



grenfell preschool & long day care centre

newsletter
7th September 2009

Happy Fathers Day to all Dads.

The children had been very busy making special Cards for you and we hope you all had a special day.

Child Care Benefit payment (CCB)

Reminder: You only have 4 weeks to have your child's 4 Year immunisation completed, otherwise Centrelink will cancel your CCB payments until they are immunised.

"Be Wise and Immunise"

Immunisation Clinics are held at the Grenfell Community Health Centre on the 3rd Wednesday of every month. Phone 6343 1811

Upcoming Clinics for 2009:

- 16th September
- 18th November
- 21st October
- 16th December



Would you like to contribute to our 5 Year Plan?

The Management Committee of the Grenfell Preschool and Long Day Care Centre have constructed a 5 Year Plan. Parents and staff had been invited to vote at the Centre for the things that they would most like to see included as part of the 5-year plan, however the response was poorly supported. The committee are asking parents to contribute again. Just collect your 8 sticker dots from the office and place them on the charts displayed in the foyer next to each of the things you would like to see included. Some of plan has been achieved for example the partition in the Rainbow Room. Help us to see that centre achieves goals and continues to improve improves

Wanted

Miss Emily from the Star Room is looking for an incubator. If anyone can help her or know of someone who has one, could they contact her at the preschool?

Lost

We are missing hats that we use when the children forget to bring them. If you have them at home or some hats that we could use we would be grateful for them.

A child from the Garden Room is missing a doll which has a tag on the side of her body which says Early Learning centre and a much loved cream

teddy bear. We have searched everywhere at the centre and cannot find them. They are special to the little girl who has lost them.

They may have been placed in a child's bag by mistake. Please have a look and if found they can be returned to the Preschool

Country Energy Caragabal sheep Races

Saturday 12th September
Caragabal Country Club – Midwestern Hwy
BBQ. Kids rides, bar facilities, great prizes, band starting at 7pm.

Book Fair

Thank you to all the families that supported the book fair. Due to your support, the centre has received some beautiful books for their library.

Staff

Lauren McMurtrie is at our centre completing her final year internship. She has been studying a Bachelor of Education (Early Childhood) at Charles Sturt University for the last four years.

Please feel free to come in and say hello to her. Miss Patsy will be back this week after being on Long Service Leave. Sharon will be in Parkes on Monday doing a Leading & Managing a LDC, Preschool or OCC Steps to Success Course. Belinda will be in Dubbo on Tuesday and Wednesday doing a course on Identifying & Responding to Risk of Harm. Christine will be in Bathurst.

Pink Bling Sing Night

We have had a great response with selling tickets in the raffle for the Pink Bling Sing night at the Albion Hotel on the 12th September. Please try to support the night as they are raising money for cancer research.

School Photos

The school photos have been booked for early November. Fotek School Portraits will do them as they did last year. When we have more information, on the date and price we will inform you.

School Transition

Children from the Preschool will start their kindergarten visit to the Grenfell Public School beginning on Friday 30th October for five weeks. St Joseph's School will be held on 4, 11 and 18th November. All children that will be attending school in 2010 have been invited to attend. You will receive an information letter informing you of times and what to bring in the next few weeks.

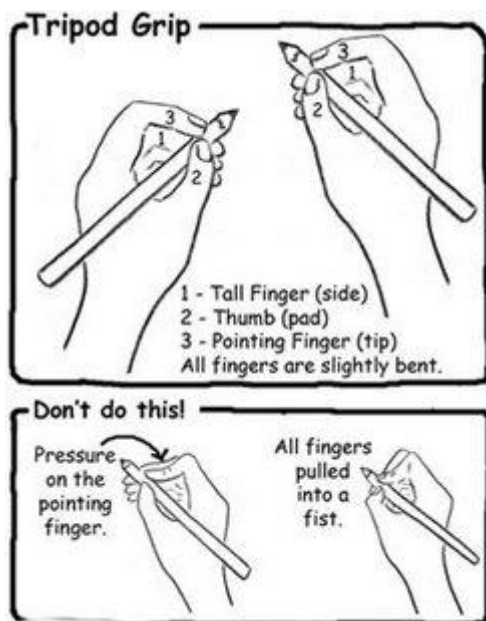
Invitation to all AGM – 21st September 2009 7pm

We invite all parents to come along to the AGM and to become more involved in our fantastic Centre

DoCs Visit

We had a visit from our Docs adviser, on Tuesday. He was at the centre to check on our Licence compliances and to look over the centre. He was impressed with the centre and said we had one of the best centres in the area. He also said we had the best soft fall in the area too. We all know that the centre is great however hearing it from someone else is very important

Showing Children how to hold a pencil



Show children how to hold a pencil while they draw and write with you. It is very important for you to help your child to develop the correct pencil grip. The first few days are going to be challenging. The proper grip felt "funny" and he had less pencil control, but it is better for long term if he can hold a pencil correctly. The pencil should be positioned so that there is equal pressure between the thumb, the side of the middle finger and the tip of the index finger. All fingers are bent slightly. This is called a "tripod grip" or "tripod pencil grasp".

Raising Children

Raising Children have a website with lots of information on raising children. We have the DVD at

the centre for you to borrow or you can get onto their website raisingchildren.net.au Here is one of their recipes you might like to try.

Lead by example. If you want your child to eat their fruit and veg, make sure they see you enjoying yours on a regular basis.

Carrot and muesli mini muffins Makes 24



150 gm self raising flour
150 gm mixed fruit muesli
180 gm carrots, grated (about 2 medium carrots)
100 gm brown sugar
½ tsp cinnamon
2 eggs
150 ml olive oil

1. Preheat oven to 180°C. Lightly oil a 24-hole mini muffin tin.
2. In a large bowl, combine flour, muesli, grated carrot, sugar and cinnamon. Mix to combine. Lightly whisk eggs and add to oil. Pour into carrot mixture and mix until just combined (do not over mix).
3. Spoon evenly into the muffin tin and bake in the preheated oven for 12-15 minutes or until a skewer inserted comes out clean.
4. Allow to rest in the tin for 5 minutes before turning out and cooling on a wire rack

Dates to Remember

AGM

Monday 21st September at 7pm

Community Health Centre – Immunisation Clinic
Wednesday 16th September 2009

Reminder to return all Enrolment Forms please

School photos November

School transition

Grenfell Public School starts 30th October 2009 for 5 weeks on a Friday

St Joseph's School starts 4th November 2009 for 3 weeks on a Wednesday

Contact Us

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