



Dubbo West Preschool Inc.
Quality Early Childhood Education

NEWSLETTER

DUBBO WEST PRESCHOOL INC

Welcome to Term 1

Term 1 Events

- **1/2/2024–16/2/2024 – Week 1–3 – settling into preschool**
- **12/2/2024 – Parent management committee meeting**
- **20/2/2024 – Things that creep & crawl show (at preschool)**
- **26/2/2024 – 1/3/2024 Week 5 – Emergency evacuations & lockdown drills**
- **4–7/3/2024– Montage Fotos will be taking children's photos (order envelopes are in pockets)**
- **11/3/2024 – Parent management meeting & AGM**
- **18–22/3/2024 – Harmony Week (further details will be given to you by your classrooms)**
- **25–28/3/2024– Grandparent/ special persons day with an Easter hat parade and book fair (further details will be given to you by your classrooms)**
- **29/3/2024 – Good Friday (public holiday, Preschool closed)**
- **1/4/2024 – Easter Monday (public holiday, Preschool closed)**
- **5/4/2024 – Farmer Fiona show (at preschool)**
- **8/4/2024 – Parent management committee meeting**
- **12/4/2024 – Last day of term 1**

Drop off & pick up times

Our doors open at 8.30am if you could sign in after that please. You are free to collect your child anytime during the day. The preschool does close the doors at 4pm so we ask that you be here at the latest by 3.50pm so you can collect your child in time. The staff will call you at 3.50pm to see if someone is on their way if you haven't arrived.



Parent Management Committee

Our next Parent Management Committee Meeting is 11/3/2024 for the 2024 committee. If you have any items you would like discussed please speak to a teacher in your room or fill in a form in the foyer and hand it to the office. Please add your contact details for a response.

2024 Parent Committee

President: Natasha Searle

Vice President/Fundraising: Esther Behsman

Treasurer/Public officer: Melissa Harris

Secretary: Jenna Lehman

Member: Ali Langbien

Member: Megan Mackey

Member: Leanne Freeth

Member: Ana Phillis

Member: Tegan Keed

Member: Abbey Rouse

Our AGM will be held 11/3/2024 at 6pm. The AGM is a presentation of our financials by our auditor and the appointment of the auditor for 2024. The auditors will be Luka Group. The parent management committee was voted in at our end of year Special General Meeting as per our constitution.

DWPS Branded Clothing

- Hats - \$15 (Navy)
- T-shirt - \$20 (Red, Blue, Pink and Teal)
- Long-sleeve Polo shirt - \$25.00 (Red and Navy)
- Jumper - \$27.00 (Red, Navy, Pink)

The costs are kept as low as possible with any profit going back into the preschool.

Available at the Office.

FEES

For those of you that are not claiming fee relief your fees have now been loaded onto the KinderM8 app. These fees can be paid at the office or via bank transfer BSB 082-564 Acc 13-740-3791 (Please put your child's name as the reference). We ask that all outstanding fees are paid two weeks prior to the end of each term. If you are having issues accessing the Kinder M8 app please see Mel at the front office.

Summer Routine

We are now running our summer routine, which means our outside time is first thing in the morning before it gets hot. On arrival please apply sunscreen or have it applied already so the children are ready to play outside. Make sure to have your hat and drink bottle to go out to the playground.

Bus Stop

Please be aware that there is a bus stop near our driveway where children catch the bus. Please do not park in the bus zone for the safety of the bus children. You can also receive a fine for parking in bus zones.

Sun Protection

- **Bucket or legionnaire hats are recommended (there are hats for sale at the office)**
- **Sunscreen must be applied on arrival in this summer routine (we supply sunscreen or you can bring your own)**
- **No singlet tops or singlet dresses please (all tops should have a sleeve or a t-shirt under them or over the top). This is in our policy and is in our parent information book prior to enrolment.**
- **No thongs or open toed shoes please they do not protect toes when riding bikes and climbing.**

Names on Clothing

It is great to see so many preschool t-shirts, jumpers & hats. Please remember to put names on them so we can easily see who they belong to. If you did not get your free enrolment pack please see Mel at the office she has a list of those who don't have their packs yet.

Is my bag big enough?

Having a bag that fits all of your child's belongings inside it makes it much easier to pack all everything away and not have things fall out. Remember when the weather changes they will also need to fit a jumper or jacket in. It needs to fit a lunch box, drink bottle, change of clothes, a hat, beautiful craft and maybe a jumper. This is a skill that will help when they go to school so they are learning at preschool to pack everything in your bag and zip it up.

Sheets or a Pillow?

If you could pack a set of sheets or a small pillow in the calico bags, you were given with your free hats, jumpers & t-shirts for rest time please. Children have a choice if they want to have a bed or a sleep but we do still have a short rest period during the day. If you have any questions about rest time please speak to your staff in the room.

Medical conditions

For children attending with medical conditions please make sure you:

Update their medical conditions plans regularly (at least annually) and when changes occur
Ensure required medication is kept here in our locked cupboard and with chemist labels attached, in date and not in children's bags

If required that a risk management plan and communication plan will be completed in consultation with you

This includes asthma, anaphylaxis, diabetes and any other medical condition. You should also have received a copy of the medical conditions policy. If you haven't please see the office for a copy.



CARPARK & FRONT GATE SAFETY

As we have new families and children starting in 2024 there are a few reminders of rules around the front security gate and car park:

- Please do not hold the front gate open and let any children out who are not with you and/or are not accompanied by an adult, as the car park is extremely busy.
- Ask the child to wait for their adult and close the gate.
- Only adults should open and close the gate please not older siblings.
- Hold your child's hand when you are in or entering the car park area.
- When driving in the car park area please drive slowly and walk around the car park not through the middle where vehicles are moving so we are all kept safe.
- Please reverse park in the car park area between the designated parking dots.
- Please do not leave children unattended in the car.
- Please only park in the main car park area or on the street as the second carpark closest to the guide hall is staff parking only.

Thank you for helping with safety.

Food at Preschool

A reminder our Preschool is:

- **NUT AND EGG FREE** (no chocolate, chocolate chips or chocolate like products such as Nutella . No egg including in packet cakes or banana bread that have egg products in them as this puts anaphylaxis children at risk of a reaction so please do not pack them)
- We encourage healthy eating such as fruit first for morning tea
- No junk food please (EG:chips,lollies)
- A good balance of food for the day-enough food for morning tea and lunch
- Water only in drink bottles
- Pack a spoon or fork when needed and containers your child can open themselves and please use ice bricks in lunch boxes to keep food cold
- We encourage self-help skills when opening lunch boxes and packets (or ask a friend)



Annual General Meeting

11th March, 2024

Dubbo West Preschool
66 Baird Drive
Dubbo NSW 2830

All members of Dubbo West
Preschool are welcome to
attend

6:00 PM

Tears and Preschool

Your child is worried about preschool: what to do

Starting preschool can be exciting for your child. But anxiety and tiredness are normal too - there is so much for your child to get used to. You might notice that your child isn't eating as much, or wants to sleep more. They might even seem less happy than normal.

Your child might be worried about finding friends, knowing what to do or being separated from family. They might get upset when you leave them. Your child might also worry about what you'll be doing while they are at preschool. Will you be doing something special, and will they be missing out?

Tips to handle worries about starting Preschool

- Let your child know what you'll be doing while they are at preschool. This can help reassure them that they are not missing out, especially if you try to save their favourite activities for when they are with you.
- Talk with your child about preschool routines. You can use book about starting preschool as a good discussion starter if it's hard to get your child talking.
- Talk to the teacher if your child gets upset when you leave them. Preschool teachers are experienced at helping children through separation and will have ideas to help you and your child.
- Ask the teacher about what might be worrying your child. The teacher can tell you what happens during the preschool day. Your child might be worried about using the toilets, rest time or finding their things.
- Talk with the teacher about strategies to handle specific worries. For example, if your child is worried about food, you might be able to pack some familiar food. If using the toilets seems to be the problem, the teacher can help your child get used to them. Labelling your child's things can help them keep track of them.

Your child doesn't want to go to preschool anymore: what to do

Sometimes children's excitement carries them through the first few days. But after a few days or weeks, the novelty wears off. You might notice that your child seems less keen about going to preschool.

One thing you can do in this situation is keep reacting positively to what your child does at preschool. This can help to spark their enthusiasm again.

Getting to know other children and families can help your child build friendships that will help them settle into preschool over the longer term.

A predictable routine can also help your child realise that preschool is a regular part of his life now. But if your child's anxiety is extreme and persists, talk to the preschool teacher, your GP or your child and family health nurse.

Your feelings about your child starting Preschool

Your child takes cues from you, so if you're worried about preschool, they will pick up on this. You might be feeling worried about whether your child will fit in - will they find friends, feel comfortable, feel like they belong at preschool and be able to do what's asked of them?

If you show your child that you think they can manage at preschool, they will start to believe it too. Try not to let your child know about any worries you might have. Sometimes it's helpful to talk to other parents about how they're doing this.

Developing good communication with the preschool teachers can also help you overcome these kinds of worries. Feel free to ring and check on your child after drop off.

(from raisingchildren.net.au)



HEALTHY
LUNCH
BOX

The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au