

## News from the Starlight Room



- Our block area has been a hive of activity! There has been a new car track added to this area and the creative and social play has been extended.
- The children's skills for independence are developing with many children now making their own beds, caring for their lockers and dressing themselves.
- Furthering our creative interest in primary and secondary colours, we have introduced the light box with coloured opaque discs and magnetic shapes. We are enjoying the children's interest and learning in the area.
- It's wonderful to observe the Starlighters so involved in their small, split group time twice per day. These opportunities develop social skills as well as skills in self regulation, concentration and problem solving.
- Silkworms! You can almost see them growing. This mini- project is an excellent, hands on way to learn about lifecycles.

## News from the Moonbeam Room



- Noeli's overseas trip has prompted discussion about places around the world. We look forward to hearing all about her visit to Reggio Emilia in Italy, as well as her many other adventures.
- Mackenzie and Tanya have been in extra days to cover Noeli's absence. Danielle has been working short hours on Wednesdays to cover Rachel as she is also on holidays.
- We have been developing our fine motor skills through activities, such as threading, cutting, writing and drawing.
- Stretching and yoga has been popular. These activities help us to relax, but also develop spatial awareness, self control and a strong sense of self.
- The dress up area has been assisting children to express themselves, challenge stereotypes and play with different identities.



HIGHLAND GROVE

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## Newsletter - October 2016



It's been so lovely watching the children play in our natural outdoor environment.

Our new turf will be laid and needs to be fenced off for a few weeks. We look forward to running on it this summer.

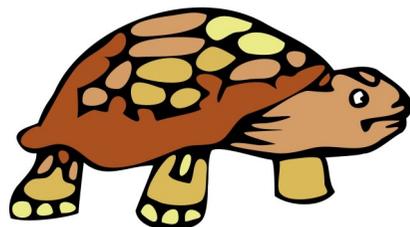
**Monday 3rd of October is a Public Holiday and HGP is closed.**

## *What's going on at HGP?*

- *The Photos will arrive back at HGP in a couple of weeks time.*
- *The Picture Plates are also being posted back to us shortly.*
- *Christmas Toy Catalogues are available next to the sign on sheets and are due back to HGP by Friday 21st of October. Payment is by cash, chq or credit card and 20% of your order is credited to Highland Grove for us to purchase equipment.*
- *Nadine, who has been completing her internship in the Moonbeam Week for the last couple of months, is finishing towards the end of October. We would like to take the opportunity to thank her for her enthusiasm and professionalism throughout her prac and wish her well as she begins her career as an early childhood teacher.*
- *Our new casual educator Alex, who is completing his Diploma in Early Childhood Education and Care is beginning a couple of weeks of prac in our Moonbeam Room in late October.*
- *Our new Inclusion Policy is being sent home for your perusal.*

### 'Bob Turner' Reptile Show for the Monday Children.

This interesting and engaging show will be presented this year by Bob's son, Aaron. The Monday children will have the opportunity to learn about and touch some fascinating reptiles. The show will start at 10.30am on Monday 10th of October and go for just under one hour. The cost of \$10.00 will be included on your October account.



### **Future Planning:**

- We are beginning the process of securing a Diploma qualified early childhood educator who will work full time in the 'Starlight Room' next year, alongside Sarah, Cass, Cathy and Tina.
- We are making plans for further changes to our playground, with the intention to continue to offer play experiences which are creative, social and somewhat physically challenging.

### **Change of Routine**

A change to our warmer weather daily routine will begin from **Monday 10th of October**. From this day, the children will begin their day playing outside. Their indoor free play/art and craft time will occur at 11am for an hour.

As the weather is now becoming warmer the children will again have **sunscreen applied prior to each outdoor play session**. If you would like to put sunscreen on your child at home, that would be a lovely help. Simply let your child's teacher know on drop off, or **use the stamp** next to the sign on sheets to indicate that sunscreen has been applied. Otherwise the educator greeting families in the playroom is happy to apply sunscreen to your child on arrival.

### New Enrolments:

**HGP is now enrolling for 2017.** HGP's waitlist is always 'open' and families are welcome to add their child's name at any time throughout the year.

**Enrolments for siblings** have been finalized. If these families require any changes to days please see Kylie, or leave a message in the office.

If you have not already paid your \$66.00 Enrolment Fee it will be included in your account this month. Thank you.

Enrolment Forms will be sent home next month to be returned in readiness for next year.

***HGP closes on Friday 23rd of December and re-opens on Monday 23rd of January 2017.***

## **Packing snacks for preschool**

Children have small stomachs and the amount of food they eat at main meal time may not be enough to keep them from being hungry between meals. Healthy snacks are an important part of a child's daily food intake. Poor snack choices can mean too much fat, too much salt and too many kilojoules.

**Healthy snack ideas** include fresh fruit, fruit tubs, cheese sticks, yoghurt, custard snack packs, long life milk, carrot and celery sticks, capsicum strips, cold cooked vegetables such as corn on the cob or jacket potatoes, scones, pikelets, fruit bread or buns, rice cakes, corn thins, wholemeal crackers or crispbreads and sandwiches.

**When buying ready made snacks**, read the nutrition panel and look for snacks that have less than 600 kilojoules per serve, less than 3 grams of saturated fat per serve, less than 200 milligrams of sodium per serve and more than 1gram of fibre per serve.

#### **Did you know...**

- ⇒ Fruit bars or straps are high in sugar and cling to teeth. This can lead to tooth decay.
- ⇒ Oven baked savoury biscuits are often as high in fat and salt as potato crisps.
- ⇒ Muesli bars are often high in fat and sugar and cling to teeth
- ⇒ Milk, cheese and yoghurt are not only a good source of calcium, they help protect teeth against decay.

