

News from the Starlight Room



- The children's skills in independence are developing beautifully with many children now making their own beds, caring for their lockers and dressing themselves.
- It's wonderful to observe the 'Starlighters' so involved in their small, split group times. These opportunities develop social skills as well as skills in self regulation, concentration and problem solving.
- The 'Starlighters' are enjoying a new experience involving name recognition. As a follow on from name transition games and name cards being available in the room, the children can now find their name on arrival and place it on the chart to show they are here! The Starlight Room educators will be supporting each child from there area of interest, growing skills in early literacy.
- The 'Rainbow Fish' story book has been a lovely provocation for discussions regarding socialization. The teachers have also used this book to increase vocabulary and prompt visual art experiences

News from the Moonbeam Room



- The role play kitchen has been assisting children to express themselves, and explore different identities. Literacy skills have also been strengthened as children have created their own restaurants, complete with menus.
- Fundamental movement Group Times have been occurring each afternoon. These groups focus on developing skills such as agility, co-ordination, strength and teamwork.
- We have been exploring water safety and protecting our oceans and waterways. We are participating in the 'Take 3' challenge, to extend upon our knowledge about the dangers of marine debris' in our oceans.
- Sharyn will be going on a lovely, 2 week holiday, from 9th October.



HIGHLAND GROVE
PRESCHOOL • EST. 1988

Newsletter - October 2017

Monday 2nd of October is a Public Holiday and HGP is closed.

Please let us know if your child will be away during the School Holidays.

Pumpkin Patch.....

Welcome to baby Maya. Congratulations Tiffany, Dane, Kilani and Kobe (from the starlight Room) on her safe arrival.



Welcome to Vicki's grandson, Flynn. Congratulations Candice, Troy and the entire family.

What's going on at HGP?

- **The Photos** will arrive back at HGP in a couple of week's 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 27th 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.
- Our **programming policies** have been sent home for your perusal. If you would like to provide any feedback, please write on the policy and post in the fees box in the foyer. Thank you.

Change of Routine

Due to the warmer weather, the **change to our Daily Routine** will begin from **Monday 9th October**. The children will begin their day playing outside. The indoor free play/art and craft time will occur from 11am until 12.30pm, after which lunch will be enjoyed with peers.

Sunscreen will also then be 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.

'Bob Turner' Reptile Show for the Tuesday Children.

This interesting and engaging '**Reptile Show**' will be presented this year by Bob's son, Aaron. The Tuesday children will have the opportunity to learn about and touch some fascinating reptiles. The show will start at 11.00am on Tuesday 31st of October and go for just under one hour. The cost of \$10.00 will be included on your October account.



Enrolments:

HGP is now enrolling for 2018. 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 families require any changes to days please see Kylie, or leave a message in the office. Enrolment Forms will be sent home next month to be returned in readiness for 2018.

Re-Enrolments have also been finalized. Please see Kylie as early as possible if you require any day changes. Thank you.

HGP closes on Fri. 22nd Dec. and re-opens on Mon. 22nd Jan. 2018

Friday Children's Show-

The Friday children's show is 'The Big Yellow Bus'.

The 'Big Yellow Bus' is a wonderfully fun fitness program that has been designed to improve children's gross motor skills as well as their overall health and wellbeing. The thoughtful and engaging active play sessions teach children that physical activity and exercise is fun.

When: Friday 20th of October at about 10.00am.

Cost: \$10.00 per preschooler (will be included on the Friday family's statement).



Did you know.....

Highland Grove Preschool supports a local 'Lyons' and 'Rotary' Club, to send up to 8 children per year to local shows and events. The children who benefit are children with additional needs or from disadvantaged families. HGP has been providing this service for almost 20 years.

HGP also has a sponsor child (This is actually our 2nd Sponsor Child in the past 20 years). His name is Pyo Htet Aung and he lives in Thanlyin Myanmar. Pyo is 12 years old, and is in grade 4 at school. Recently we sent Pyo a birthday card and some of the Moonbeam Children, who attend on Fridays, decorated it.

Each year one of our teachers, Melissa (who teaches on Thursdays and Fridays in the Moonbeam Room), lead our support of the 'Take 3' challenge, where we work together to clean up our waterways.



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.

