

All our dreams can come true if we have the courage to pursue them." - Walt Disney

HIGHLAND GROVE PRESCHOOL



ON *this* MONTH

AT HIGHLAND GROVE

Re-enrolment preference due in via email -----	3 rd
Petrea, Prac Student with Kylie -----	3 rd
Picture Plates begin -----	3 rd
School Transition Evening -----	12 th
Red Nose Disco -----	27 th
Photo Week begins -----	31 st

AROUND THE COUNTRY

World Breastfeeding Week -----	1-7
Dental Health Week -----	3-9
National Aboriginal and Torres Strait Islander Children's Day -----	4
International Day of the world's Indigenous People -----	9
National Science Week -----	15 - 23

Events at Highland Grove in August:

RED NOSE DISCO:

Our Red Nose Disco will be held here at Highland Grove on the evening of **Thursday 27th of August from 6.00pm until 7.30pm.** We will have a 'DJ' here with lots of fun dancing with friends, teachers and families. **Everyone is welcome.**

*This is a S.I.D.S fundraiser and the cost is **\$5.00 per child or \$10.00 for a family**, paid on the night. **PLEASE BRING ALONG CASH.** There will also be a limited amount of merchandise here on the evening. A cool drink will be provided on the night.*

SCHOOL TRANSITION EVENING:

Our 'Transition to School Information Evening' is on Wed. 12th of August. The night will run from 6.30 until 8.00pm in the Moonbeam Room.

Our Early Childhood teachers will be facilitating this night. It is an excellent opportunity to find out more information about your child's next big step.

An RSVP list is next to the Moonbeam iPad.

PICTURE PLATES:

These lovely plates will be completed by the children in early August (if you choose) and sent away on Wednesday 19th to return by Christmas. The cost is \$33.00 (inc GST) and will be included on accounts.

Lists are next to the iPads.



WORLD BREASTFEEDING WEEK – AUGUST 1-7

World Breastfeeding Week is a time to recognise the importance of breastfeeding and the support families need along the way. The 2026 theme, “Breastfeeding for a Sustainable Start in Life: Strengthen What Works,” highlights the value of building on the care, knowledge and support systems that help mothers and babies thrive.

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY - AUGUST 4

Children's Day is a special time to celebrate the strengths, culture, identity and future of Aboriginal and Torres Strait Islander children. It is a day for families, communities and early learning services to come together and honour the important role that culture, connection to Country, family and community play in each child's life. Families are encouraged to talk at home about respect, culture, belonging and the importance of listening to and valuing Aboriginal and Torres Strait Islander voices.



This artwork is called **Learning from Country** by Tovani Cox. Tovani Cox is a proud Bunuba, Gija, Karajarri, Yawuru and Miriwoong women from the Kimberley region of Western Australia.

“This artwork celebrates the strength, curiosity and voice of Aboriginal and Torres Strait Islander children. It reflects the idea that every child has the right to be heard and to lead their own journey through life...”

Learn more and join in this national celebration led by SNAICC – National Voice for our Children. **Find out more here**

BEST BLOGS

SAFE ON SOCIAL | safeonsocial.com/blog

The **Safe on Social** blog provides practical, up-to-date guidance to help families understand the online world children are growing up in. Covering topics such as social media safety, privacy, AI, deepfakes and emerging digital risks, the blog supports parents and carers to have informed conversations at home and make safer choices online.

Families are encouraged to explore the blog for helpful advice on supporting children's wellbeing, safety and confidence in digital spaces.

This is important for families with younger children who may not be using the internet or social media themselves yet. Many children already have a digital footprint because photos, videos and personal moments are shared online by adults. Resources like Safe on Social help parents think carefully about privacy, consent, image sharing and how to protect children's identity and wellbeing before they are old enough to make those choices for themselves.

ONE BOWL CORN AND ZUCCHINI FRITTERS

TOTAL TIME 30 min | MAKES 25 fritters

INGREDIENTS

- 1 1/2 cups (180 grams) spelt flour (or plain wholemeal flour)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon bicarb soda
- pinch of salt and pepper
- 2 eggs
- 1 cup (250 ml) milk
- 1/2 cup (60 grams) tasty cheese, grated
- 1/2 cup (75 grams) parmesan cheese, grated
- 1/2 cup chopped fresh herbs (we used dill, mint and basil)
- 3 cups (375 grams) corn kernels
- 1 cup (150 grams) grated zucchini (approx. 2 zucchinis)

METHOD:

Place the flour, baking powder, bicarb soda, salt and pepper into a large bowl and whisk to combine creating a well in the centre. Add the eggs and milk and whisk to create a smooth batter. Add the tasty cheese, parmesan, herbs, corn and zucchini and whisk to combine.

Heat a large fry pan over low-medium heat and add a drizzle of olive oil to grease. Ladle 1/4 cup measurements of the batter onto the fry pan.



Cook for 2-3 minutes or until bubbles begin to appear on the surface of the fritter and the edges begin to set. Carefully flip the fritters and cook for another 2-3 minutes. Or until the fritters are golden and bounce back to touch.

Place the cooked fritters onto a plate lined with kitchen paper and continue frying until no batter remains. Serve the fritters warm or cold. Freezer friendly.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

Focus Article: Why Wonder Matters

If you have a preschooler, you have probably heard a lot of questions. Why is the sky blue? Where does the rain go? Why do ants walk in a line? Why do I have to sleep? Why can't I wear gumboots in the bath?

Sometimes these questions are funny. Sometimes they are exhausting. Sometimes they come at the exact moment you are trying to cook dinner, answer an email or get everyone out the door. But behind every "why?" is something important: your child is trying to make sense of the world.

Young children are natural researchers. They notice things adults often walk past. They test ideas, make predictions and look for patterns. When a child drops a spoon from the highchair again and again, they are not simply making a mess. They are learning about cause and effect. When they mix mud and water, they are exploring texture, change and measurement. When they ask why the moon follows the car, they are trying to understand space, movement and perspective.

Curiosity is one of the foundations of learning. Before children can read textbooks, solve equations or write reports, they need to wonder. They need to ask questions, experiment, make mistakes and try again. These early habits help build problem-solving skills, confidence and flexible thinking.

As adults, it can be tempting to answer every question quickly. Sometimes we know the answer. Sometimes we do not. But children do not always need an instant explanation. In fact, some of the best learning happens when we wonder with them.

Instead of giving a quick answer, you might say:

"I wonder what you think?"

"How could we find out?"

"What do you notice?"

"What do you think might happen next?"

"Should we test it?"

These simple responses show children that their ideas matter. They also help children slow down, think carefully and see themselves as capable learners.

Of course, there will still be times when a simple answer is enough. Children also need adults to share knowledge and language with them. But curiosity grows when children are given space to explore, not just receive information.



Families can support curiosity in everyday moments. A walk around the block can become a chance to notice shadows, leaves, birds, clouds or sounds. Bath time can become an experiment with floating, sinking, pouring and bubbles. Cooking together can introduce counting, measuring, mixing and observing change. Gardening can help children learn about seeds, soil, insects, water and time.

You do not need special equipment to encourage curiosity. Often, the best learning comes from ordinary things: cardboard boxes, sticks, stones, water, leaves, cups, spoons, magnets, fabric, torches, mirrors or recycled containers. Open-ended materials allow children to explore in their own way and use their imagination.

It is also helpful to let children see that adults are still learners too. Saying "I'm not sure, let's find out together" teaches children that not knowing is not a failure. It is the beginning of discovery. This helps children feel safe to ask questions, make guesses and change their thinking when they learn something new.

Curiosity also supports language development. When children ask questions and explain their ideas, they practise using words to describe, compare, predict and reason. Conversations about everyday discoveries help build vocabulary and confidence. Most importantly, curiosity helps children stay connected to the joy of learning. When children feel that their questions are welcomed, they are more likely to keep asking, exploring and trying.

So the next time your child asks "why?" for the tenth time in a row, take a breath. You do not need to have all the answers. Sometimes the most powerful response is simply to pause and wonder together.

Because every big idea starts somewhere — often with a small child, a simple question and an adult who was willing to listen.



For more information on managing disappointment follow the QR code.

See link via QR code

Retrieved from raisingchildren.net.au

RHYME TIME BASKET

Collect a few familiar household items or toys and place them in a basket, such as a sock, cup, car, spoon or bear. Choose one item at a time and help your child think of words that sound the same or similar. For example, "sock" might rhyme with "rock," "block" or "clock." The words can be real or silly — the goal is to help children listen to sounds in words and have fun with language. Rhyming helps children develop early phonological awareness, which is an important skill for learning to read.



HEALTH & SAFETY: Dental Health for the Whole Family

Dental Health Week is a helpful reminder that caring for teeth and gums is an important part of every family's health and wellbeing. Healthy dental habits begin early, and the routines children learn at home can support them for life.

Baby teeth may be small, but they play a big role. They help children eat, speak clearly, smile with confidence and hold space for adult teeth to come through later. Tooth decay can cause pain, affect sleep and eating, and may lead to time away from care, preschool or school.

Good oral health is a whole-family routine. Children learn by watching the adults around them, so brushing together, choosing water, limiting sugary snacks and drinks, and making dental visits a normal part of family life can all help children feel confident about caring for their teeth.

Parents should help and supervise their child's brushing until they are about 8 years old. Before this age, children generally lack the fine motor skills and wrist coordination needed to clean all the surfaces of their teeth and gums effectively.

As a general guide, families can support dental health by:

- Helping children brush twice a day, especially before bed
- Use age-appropriate fluoride toothpaste
- Encouraging children to spit out toothpaste, not swallow
- Offer water as the main drink throughout the day
- Limiting sugary foods, juices, cordial, soft drinks and sticky snacks
- Packing tooth-friendly lunchbox foods such as cheese, yoghurt, vegetables and whole fruit
- Replacing toothbrushes regularly, especially after illness or when bristles become worn
- Booking regular dental check-ups for children and adults

Frequent snacking can affect teeth, even when foods seem healthy. Teeth need breaks between meals and snacks so saliva

can help protect the mouth and repair early acid damage. Water after meals and snacks is a simple way to help rinse the mouth and support healthy teeth.

Dental visits can also be easier when they are introduced early and spoken about positively. A check-up can be a chance for children to count their teeth, ask questions and become familiar with the dentist before problems arise.

Families may also be able to access support with dental costs. The Child Dental Benefits Schedule helps eligible children access basic dental services. For children who do not qualify, free or heavily subsidised care may be available through state or territory public health clinics, though eligibility rules vary across Australia. If public care is not an option, some private clinics offer interest-free payment plans, while university dental schools and community health hubs may provide lower-cost treatment.

This Dental Health Week, families are encouraged to think about their own dental routines. Are toothbrushes ready to be replaced? Is everyone brushing before bed? Has it been a while since the family visited the dentist? Small daily habits can make a big difference. By working together, families can help children build confidence, prevent tooth decay and develop healthy smiles that last well beyond childhood.



For additional dental resources follow the QR code.

See link via QR code

For more information go to teeth.org.au



SEEDS, SCIENCE AND SUSTAINABILITY

National Science Week is a great reminder that children are natural scientists. They learn by wondering, watching, testing and asking questions. One simple way to explore both science and sustainability at home is by planting seeds.

Planting seeds helps children see how living things grow and what they need to survive. As they water, observe and care for plants, children begin to understand the importance of soil, sunlight, water, insects and time.

Try these simple ideas at home:

- Plant easy-growing seeds such as beans, peas, sunflowers or herbs.
- Reuse yoghurt tubs, egg cartons or small containers as seedling pots.
- Talk about what plants need to grow: water, sunlight, soil and care.
- Encourage children to draw or



photograph changes as the seed grows.

- Use food scraps such as fruit peels or vegetable ends to start a small compost conversation.

These small experiences help children build early science skills while learning that caring for the environment begins with everyday actions. A tiny seed can lead to big conversations about nature, responsibility and sustainability.





SEED COLLAGE

Create a textured artwork using seeds, grains and dried pantry items. This simple craft combines creativity, fine motor skills and early science learning, while encouraging children to notice different shapes, sizes and patterns.

Start by collecting a small selection of seeds or dried foods, such as sunflower seeds, pumpkin seeds, lentils, rice, oats, dried beans or split peas. Place them in small bowls so children can look closely, sort them and talk about what they notice. Are they smooth or bumpy? Big or small? Round or long?

Next, draw a simple outline on paper or cardboard, such as a flower, leaf, tree, butterfly, rainbow or sun. Older children may like to draw their own picture, while younger children can fill in a shape drawn for them.

Invite children to glue the seeds onto the outline or inside the shape to create a collage. They might make patterns, create lines, fill different sections with different seeds, or mix them together. Encourage children to take their time and carefully pick up and place each seed.

As children create, talk about where seeds come from and what they need to grow. You might ask, "What do you think would happen if we planted this seed?" or "What do plants need to stay healthy?"

Leave the collage flat to dry, then display the finished artwork or use it as inspiration to plant real seeds at home.

For younger children, use larger seeds and supervise closely, as small seeds and dried foods can be a choking risk.

COMING EVENTS AT H.G.P:

Staff Training:

Our team has been busy continuing their commitment to training. We recently all completed our annual CPR onsite at HGP.

The whole team have completed the wonderful and inspiring 'Rhymey' Music workshop.

Importantly, every staff member has completed the National Mandatory Child Safety Training (5 hours out of hours). With the second block of training to start this month.

PHOTO WEEK

Photo Week begins on Monday 31st of August and runs for the full week. The photographers are, once again, 'Sandpit Photos'.

An email will come through shortly with a link for you to follow and provide permission for the child's photos to go onto their website for purchase. The company will also supply us with a specific photo day for each child. Watch this space.....

4-Year-Old Check:

NSW Health is providing 4-year-old checks to preschoolers. They will visit Highland Grove in the last week of October. More information to come.



Animal Moves

Get moving by pretending to be different animals! Spend 30 seconds on each animal movement: hop like a kangaroo, crawl like a bear, flap like a bird, stomp like an elephant, waddle like a penguin and stretch tall like a giraffe.

This quick activity helps children build strength, balance and coordination while using their imagination. Families can take turns calling out animals and making up their own moves.