



Central Shoalhaven Mobile Preschool

NEWSLETTER TERM 1, 2022

**Term 2 Commences
Tuesday 26 April 2022**

Cambewarra 0432 274 244

Monday
Thursday

Huskisson 0412 928 095

Tuesday
Wednesday
Thursday
Friday

Manyana 0432 274 244

Tuesday
Wednesday

CSMP OFFICE NUMBERS

4423 0571 or 0491 616 182

OPERATIONAL HOURS

8.00am – 3.30pm

Preschool Program
runs from 9am.

Please collect your child
before 3.30pm.

WELCOME TO 2022!

Welcome to Preschool for 2022, also to all our new families, we hope your children are settling in and having a wonderful time using our service. If you have any questions regarding our venues, please don't hesitate to speak with our staff or contact our office via email or phone.

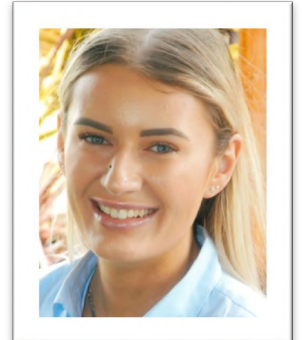
Term 1 has been an extremely challenging time for many of us, overcoming the challenges of COVID, only to face floods. I want to commend everyone on their resilience and thank you all for your trust in us in providing the best education and care for your children.

Into Term 2, our team will be continuing to build on the incredible service that we strive to deliver. We are looking at what opportunities there are to get back into having excursions in our venues and are excited to share that **Stella Studioz** will be delivering a music program to ALL venues in Term 2. We are also building on our Community Garden at Husky, so if any families have a green thumb, we would love to have your expertise when planning this program.

We are always looking for feedback and input from our families – you are the experts on your children and our goal is to capture the

wants and needs of all stakeholders in our organisation. Feedback is always welcome to the venue teams or by calling the office for a chat.

Please note Term 1 finishes on **Friday 8 April**. Preschool will recommence from **Tuesday 26 April**, following the ANZAC Day public holiday. Additionally for reference, I will be absent on **Monday 4 April** for a full day, please direct any queries on this day to venue staff or Sue in the office. I will return all calls and emails on my return.



“Crunch&Sip”

9.30am

at all Preschools

Help our little learners fuel their bodies and minds throughout the whole day, please pack a separate piece of fruit or veggies especially for “Crunch&Sip”.

DATES TO REMEMBER

Term 1 ends	Friday 8 April
Term 2 starts	Tuesday 26 April
StEPS Vision Screening	Monday 20 June—Cambewarra Tuesday 21 June—Manyana Friday 24 June—Huskisson Tuesday 28 June—Huskisson
Term 2 ends	Friday 1 July
Term 3 starts	Monday 18 July
School Photos	During the week of: Monday 15 – Friday 19 August
Term 3 ends	Friday 23 September
Term 4 starts	Monday 10 October
Term 4 ends	Tuesday 20 December

**Emma Francis
Director**

CSMP PHILOSOPHY

At Central Shoalhaven Mobile Preschool, the education and wellbeing of the children in our care is paramount.

Our quality educational programs and practice are child focussed and based on a holistic approach to early childhood education that values the development of physical skills, creativity, emotional understanding, social skills, cognitive ability, and environmental awareness.

We believe that young children should be active participants in their own learning and that they learn through a combination of modelling, targeted instruction, and lots of play. Play at preschool gives children the opportunity to communicate their ideas and consider the perspective of others. Play allows children to practice skills, problem solve and discover new challenges.

CSMP recognises that each child is unique and brings with them their own stories and view of the world. We recognise and value families as the first teachers of their children and celebrate the diversity of families in our communities.

CSMP strives to build and maintain respectful connections and partnerships within our preschool and in the communities in which we operate. We promote access and inclusion and strive towards providing learning environments that are welcoming to all.

For more information about how we enact our philosophy, please see your venues program on pick up or drop off.

2022 START STRONG FREE PRESCHOOL

With continued funding from the State Government, free Preschool has continued in 2022, there are no fees requested other than the \$50 Enrolment Fee and \$50 Equipment Levy.

If you are unsure whether this payment has been made for 2022, please contact the office. When paying your fees via EFT please ensure you leave your child's FULL name as the reference.

Banking Details

Account Name: Central Shoalhaven Mobile Preschool

BSB: 062585

Account Number: 00911748

Note – this account is only to be used for paying annual fees.

StEPS VISION SCREENING

The StEPS program is an initiative of NSW Health and offers all 4 year old children free vision screening. NSW Health advises all children to have their vision screened before they start school and strongly recommends that all 4 year old children participate in the vision screening program.

This year our vision screening will take place during Term 2 on the following dates:

Monday 20 June—Cambewarra

Tuesday 21 June—Manyana

Friday 24 June—Huskisson

Tuesday 28 June—Huskisson

The StEPS Consent Form was a part of your child's enrolment documentation. If your child is over 3years 10months on our screening dates they will undertake the screening.

If your child does not attend the venue on the specific date you are invited to bring them along on the day to ensure they don't miss out.

If you have any questions about this service, please contact the office.

Webpage: www.shoalhavenmobilepreschool.com.au

Email: admin@shoalhavenmobilepreschool.com.au

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HEALTHY PRESCHOOL

Child Unwell - Please do not send your child to preschool if they are unwell e.g., flu-like symptoms, green snotty noses, persistent coughs, temperatures etc. We will only have to phone you during the day to collect your child. Sending your child to Preschool when they are not well only spreads germs throughout Preschool making everyone sick including our staff.

Sensible Clothing - During the colder months please make sure you dress your child accordingly, with a spare set of warm clothes in their bag. Children must also wear appropriate footwear to Preschool; gumboots are not acceptable footwear for a busy day at Preschool. We have had incidents of children falling over, tripping over their own feet, so please no gumboots. Thank you.

Sunsmart - Please remember to send a hat to Preschool with your child. It is important to protect our children from the sun. The best way to do that is make sure you apply sunscreen to your child before arriving at Preschool and ensuring they have a hat. We will reapply sunscreen during the day if required.

If you do not wish for your child to have sunscreen applied, we must have a signed and dated letter from the parent/guardian clearly clarifying this is what you request, otherwise sunscreen will be applied throughout the day as required.

Nutrition - At Preschool we promote healthy eating, please do not send lollies such as rollups, chips, chocolates, sweet biscuits etc in your child's lunch box. We prefer these foods were kept for home time treats and not Preschool. Idea's for your child's lunchbox: Crackers with dip or cheese, vegetable sticks, boiled eggs, fresh & dried fruit, yoghurt, pasta, sandwiches, wraps or rolls, cold meats rolled up, spaghetti or baked beans, tuna & cruskits.

Nut Free Policy - Please do not send PEANUT BUTTER, NUT PRODUCTS or NUTS to preschool. We have some children attending that are allergic to nut products and they may have an anaphylactic reaction if they come into contact with these products. Please be vigilant of what food you are sending to Preschool. Your co-operation with this is of the utmost importance.

LABEL YOUR ITEMS

All children's belongings, bag, hat, clothing, water bottle & lunch box **must** be clearly marked with your child's name. This is particularly important as it assists in helping your child identify their own belongings, not to mention also assisting staff at mealtimes. **Please remember to send a change of clothes for your child to Preschool.**

Crunch&Sip® Pack ideas

Stuck for ideas to make your kids Crunch&Sip packs more interesting? Try these ideas:



1

Use texture

Make a pack that includes vegetables or fruits with varying textures.



2

Go for colour

Use a variety of colours in your packs to make them appealing.



3

Make it tasty

Pack chopped vegetables or fruits that taste great together.



4

Is it in season?

Vegetables or fruit in season will taste better.



5

Add a fun fact

Include a post it note with an interesting fact about the vegetable or fruit in the pack.

More information? Download the parent brochure from the Crunch&Sip webpage: www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx



The importance of play in children's learning and development

Learning through play is one of the most important ways children learn and develop.

Educators at your child's early childhood education and care service might have told you that they use a 'play based' approach for children's learning and development.

Play is an activity where children show their remarkable ability for exploration, imagination and decision making. While play is often described as 'children's work', it is intensely enjoyable for them. The type of play children engage in and its purposes change over the course of childhood from infancy to adolescence.

You may have realised that as a parent, you don't generally have to make children play or provide incentives to play. This is because children seem to have a natural urge to play and playing brings a level of pleasure and interest which means it can be maintained without external rewards.

How does play support your child's development and learning?

Physical development - active play using large and small muscles such as climbing, running, ball games, digging, jumping, and dancing. This supports children's overall health and sense of wellbeing, physical growth, appreciation for the benefits of active lifestyles and skills for independence in self-help such as dressing or feeding.

Social and emotional development - dramatic and imaginative play which includes dressing up and role play can develop positive social and emotional skills and values. This provides opportunities for children to:

- practise how to work with other children, negotiate ideas, and make choices and decisions
- develop self-confidence by experiencing success and challenges
- learn to control their emotions, reduce impulsive behaviour, or reduce stress as they act out feelings and events that might be worrying them
- develop empathy and fairness as they learn to play alongside and with other children.

Cognitive development - when your child plays individually and with others their cognitive skills, such as thinking, remembering, learning and paying attention are all being developed. Children develop the following cognitive skills through play:

- problem solving
- the power of imagination and creativity
- concepts such as shapes, colours, measurement, counting and letter recognition
- strengths such as concentration, persistence and resilience.

Literacy and numeracy development - play requires thinking, language, interactions, curiosity and exploration. Through play children develop skills and understandings including:

- an increased understanding of words and their use
- listening and speaking skills
- writing skills through scribbling, painting and drawing



- learning how stories work (plot, characters, structure, purpose and format of words on a page)
- learning that objects can stand for something else (a block can be a symbol for a telephone) which is foundation learning for formal reading, spelling and numeracy because letters, words or numerals are part of symbol systems
- learning that letters, words, symbols, numerals and signs have a purpose and are meaningful to others.

What does a play based approach to learning look like?

Educators at early childhood education and care services use a wide range of play based experiences for children's learning and development rather than using structured 'lessons' or formal teaching experiences. They set up games indoors and outdoors that are age appropriate, which can be played safely and enjoyably by every child.


Educators encourage children's learning through play by:

- providing resources that reflect children's ages, interests, knowledge, strengths, abilities and culture to stimulate and support play. Resources which allow open ended use of items like blocks or cardboard boxes foster creativity and the ability to manipulate concepts mentally as children. For example, turn a box into a car.
- planning play experiences based on the assessment of children's individual differences, interests, developmental needs and ability. For example, as a child learns to hold a pencil to draw and write, educators will give children different sized objects to grasp, and to build strength in the child's fingers.
- observing children as they play so that they can understand how they play with other children, what skills and understanding they demonstrate in play and what activities can strengthen their skills in play.
- joining in children's play to extend the child's learning and to model skills such as reasoning, appropriate language, and positive behaviours.
- providing large blocks of unhurried and uninterrupted time for play for children's ideas and games to develop.

How can you contribute to your child's learning through play?

Children's success as learners depends on strong foundations developed from infancy. Play based learning fosters critical skills, understanding and dispositions which are essential for your child's lifelong learning and wellbeing. You can encourage your child's learning through by:

- sharing information about your child's interests and abilities with their educators so that they can plan play experiences for your child based on their interests and abilities
- playing with your child
- discussing your child's program with the educators at your child's service, and the activities your child enjoys playing and taking part in
- advocating for safe and interesting play spaces in your local community.

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SCHOLASTIC BOOK CLUB

Throughout the year Book Club brochures will be sent home - have a look through, Scholastic has some fabulous bargains on offer.

[Click here](#) to download a copy of the *Parents Guide to Book Club*.

Please ensure you return your completed order by the due date using the online LOOP payment facility.

From every purchase you make we are able to buy new books for the Preschool.



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FUN FOR KIDS...

5 Minute MOVES

Simon Says

Short simple activities to get some active minutes in the day.

This is a very simple fitness activity using the basic 'Simon Says' framework. Take turns being Simon and setting the fitness challenges. Here are a few examples to get you started:

Simon Says: Shake your whole body, jump up and down, spin around, walk like a bear on all 4s to the clothes line, hope like a frog, pretend to sit on an invisible chair 5 times, hop on your left foot, jump as far forwards as you can then jump back again.

Kids in the kitchen

MOROCCAN PUMPKIN & CHICKPEA STEW



PREP 10 min | COOK 4-6 HRS SERVES 5

INGREDIENTS

2 cups pumpkin, peeled and chopped
 2 tins chickpeas, drained and rinsed
 2 onions, diced
 3 cloves garlic
 1 cup kale
 1/2 cup dried figs or dates
 2x chopped tomatoes
 4x Dutch carrots, chopped or 2x regular carrots
 1 cup vegetable stock
 Moroccan spice blend:
 1 tsp ground cumin, 1 tsp ground ginger, 1 tsp salt
 3/4 tsp black pepper, 1/2 tsp cinnamon, 1/2 tsp coriander
 1/2 tsp cayenne, 1/2 tsp allspice, 1/4 tsp ground cloves

METHOD: Heat 1 tbsp olive oil in a pan and sauté the onion, garlic and the spice blend until onions are soft. Add to a slow cooker along with the pumpkin, chickpeas, kale, figs, tomatoes, carrots and stock. Cook on high for 4-6 hours. It will be ready when the pumpkin and carrots are soft. Serve on its own or with some rice, quinoa or sourdough. Pop it into the slow cooker and enjoy the fact that dinner is mostly done.

*Love this recipe and want more? Go to [Jo Kate Nutrition](#) Jo's course *The Nourished Family* provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.*



STEM

STEM is an acronym for science, technology, engineering, and maths. Skills developed by students through STEM provide them with the foundation to succeed at school and beyond. Young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

"During the earliest years, infants and toddlers develop 700 neural connections every second," Buchter said. "These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry."

What does STEM look like in Early Learning Settings?

- Cooking activities
- Nature walks
- Challenging building activities
- Grocery store exploring
- Water play

SO..... GET OUT AND HAVE SOME STEM FUN!

Play with purpose

PEG PLAY

A tub of colourful plastic pegs can mean many hours of play and learning. Learn colours and counting, improve fine motor skills and engage in experimental play. Sort the pegs by colour into different containers. Encourage your child to name the colours. If your child can count, they could count the numbers of pegs of each colour. Be playful with the pegs. See how many pegs you can fit on your sleeve or on someone



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