

Dates for the Diary

- 1 July (Fri)** Pupil-free day - Term 2 ends
- 18 July (Mon)** Term 3 begins
- 19 July (Tues)** Parent Committee Meeting at preschool – 7pm. Come and get involved – it would be great to see some new faces!

Upcoming Parent Committee Dates

Tuesdays at 7pm: 16 August, 13 September; 11 October; 15 November and 6 December

Community Notices

Weekly Fruit & Veg Boxes



- Delivered to YOUR Door**
Three sizes: small, medium or large
- ✓ Fresh seasonal fruit and veg
 - ✓ Guaranteed quality
 - ✓ FREE delivery to Mittagong area
 - ✓ Simple and easy
 - ✓ Order before 10am Thurs for same day delivery
 - ✓ Pick up at shop also available

Delivery available to other areas for a small delivery charge.

Highland Fresh Mittagong – 92 Main Street Mittagong

Phone: 4871 1370 * **Fax:** 4872 1969

Email: freshisbest@highlandfresh.com.au

MINI EXPO

Naomi Bermingham, founder of Highland Habitat face and body products, has organised what's sure to be a fabulous mini expo at Glenquarry Hall.

Date: Sunday, 26 June

Time: 1.00-4.00pm

The Cowshed Shop will be there, flanked by all sorts of lovely stalls.

Please email Naomi if you can come (nberming@bigpond.net.au) - we need to make sure we have enough scones to go around!

President's Report

I'm happy to report that our new shelter/stage area is holding up well in the rain – maybe we'll even get a chance to see it in the snow this winter!

It's been really wonderful seeing how creative the children have been in the ways they've been using it. My favourite was the "fix it shop" when they had all the wheelbarrows in there for repair. It's a great example of the children using their imaginations and their social skills to negotiate what and how to play together – skills that will serve them well once they go off to "big school" and for the rest of their lives.

I'd also like to say how fantastic the staff look in their new gear with the preschool logo. It's a great

combination of fun and professionalism (much like our staff themselves!).

A quick reminder to please have a look at the sign up sheets for helping with the Fun Run (they're near the sign-in books). We could really use some more marshals on the track on the day and some help to put our lovely posters up around the community to promote the event. As the time for the Fun Run gets closer, there will be more opportunities to help as well!

Thanks as always to all of our staff, families and community supporters.

Keep warm! *Deanna Pagnini*

Director's Report



Welcome to the last newsletter of the term as all the plans for the Fun Run start to 'heat up' in the run up to the event. Please mark the date on your calendar and come to the Fun Run to participate in a great family day of fun.

Also, be on the look-out for the sign-up sheets as they are posted near the sign-in tables and as they come through your emails. It is great to see the preschool community become involved in many ways, big and small, in our major fundraiser of the year.

Thanks to the hard-working Fun Run Committee for their commitment and support of the Fun Run and the preschool.

In terms of programming this term, we have had a major focus on individually recording skill and confidence levels with the fundamental movements from the *Munch & Move* program.



As always, we have continued our fundamental movements' session each day for 15 minutes before lunch where we take groups of children through activities such as galloping ponies up near the vegie bins, hoop shooting, obstacle courses, leaping over mini-frog hurdles, etc.

Whilst discussing this program, we would like to remind everyone that chips, lollies, roll-ups and chocolate are on the list of excluded foods within our Nutrition Policy. They are "sometimes foods" and are not included in the dietary guide for children as they contain high amounts of fats and sugars. We prefer to see snacks such as fresh or tinned fruit, vegetable sticks, dips, yoghurts, cheese and crackers, homemade muffins, pretzels and rice crackers.

Also a reminder regarding nuts in foods such as nut crusted muesli bars or Nutella, as these pose a risk to our children with severe allergies. Nut traces in foods are acceptable.

Acknowledging the colder weather now and knowing we are moving into windy and cold July

and August, I would like to remind everyone to send in warm jackets, beanies, gloves/mittens, etc. for the children to make it more comfortable for them playing outside in the outdoor environment when they are sufficiently rugged up.

During term three we will be running the PALS social skills program. This program runs for ten weeks within small groups and covers different social skills from greetings to joining play situations, identifying feelings and relaxation skills, etc. Information and permission slips will be distributed shortly.

John Cooper, a senior clinical psychologist from Community Health will run an information night at the preschool on Wednesday, 29 June (6.30–8.30pm) so please look out for the flyer this week. Hope to see you there.

I would like to bring a somewhat delicate issue to everyone's attention as it is currently causing some concern amongst the staff. We have had lots of swearing at preschool lately, from the children and not from the staff of course! We are handling it by explaining to the children, as a group and on an individual basis, about using "nice words" at preschool and about the social rules of interaction with others. I know many parents have also been concerned about this current trend, raising it to my attention. Please do not hesitate to let us know if this habit is 'coming home' as well. Rest assured that we are trying very hard to stamp it out, whilst trying not to draw too much attention to it.

We currently have a TAFE student Ellen, in the Koala Room, completing her practical requirements. She will be finished at the end of the week. We had several Bowral High work experience students during week 6 and we will have some more later this week. Another TAFE student will join us next term to complete her practicum requirements.

Following interest from many families in seeing the children's individual developmental records and portfolios, we are making them available for viewing in week 3 of next term, from Monday 1 August.

We will also be continuing last year's innovation of parent/teacher interviews (over a two week period) in early August, where each family has the opportunity of meeting with their child's teacher to discuss their development in depth. I will be sending out a separate letter about this in the last week of term and then you can book in an interview time in the office with Leanne.

Thanks, *Pauline Iacono*

Fundraising Update: Bush Fun Run News #2

Bush Fun Run Details

WHEN: Sunday 21 August, 7.30am (registration) –2pm
WHERE: Welby Hockey Fields and surrounding fire trails.
DISTANCE: 10km (8.45am), 5km (10:15am), 2km (11am)
PRIZES: Cash and vouchers
DETAILS: www.mittagongpreschool.org.au
CONTACT: mpsfunrun@hotmail.com



Just a quick update to keep the Bush Fun Run foremost in your minds and firmly penned in your diaries. This is the main way that we raise funds to enhance the environment and resources that our children enjoy at Mittagong Preschool. So we would love you to be part of it in any way you can!

The **Fun Run courses** themselves vary in difficulty and length. The reputation of our challenging 10km course (including a creek crossing and a rival to the famous 'Heartbreak' hill) has grown so much so that our participants increased from 45 in 2009 to 68 in 2010. We have fine-tuned the 5km course making it even better than last year and who can forget the smiling faces of our young preschoolers running along proudly with their Fun Run bibs on the 'stroller-friendly' 2km course.

Even if you are not a runner/walker, there is plenty of action on the field to keep you and your family entertained – a little music, a show or two, some activities for the kids (face painting and a colouring competition) and many tasty morsels to eat and drink.

There are plenty of prizes too to be won from the races and the raffle, such as entry to Neeny's

Playhouse, beauty products from Glam and even a fantastic 'romantic' package staying at the new Gibraltar Hotel worth a total of \$499!

Each preschool family will receive 10 raffle tickets before the end of term that you can sell to friends and family – the tickets are a bargain at \$1 for the Children and \$2 for the Adult raffle. *(I might just buy all of mine – then I have a better chance of winning the romantic hotel prize!)*

Over the next 9 weeks, we need to get the word out – and everyone can help with that. As well as the committee promoting via interviews on 2ST Radio and feature stories in local newspapers, we hope that you too will talk to as many people as you can about the Fun Run on 21 August.

Thank you to everyone who has already volunteered on our 'Parent Help' sheets (either via email or on the preschool notice boards) – we really appreciate it. We will be in touch!

Your Fun Run Committee members (running towards the finish line!)

Jane Boadle, Kate Sarty, Kimberley Moule (thank you Kimberley for joining us!), Caroline Verity, Sharone French, Katie Contre and Sylvia Brandmayr

Fun Run Volunteers Needed



1) Volunteer marshals on the day (you don't have to run it (!), just give directions and/or man drink stations – you will be fully briefed of course)

2) People to put up posters (in cafes/local businesses) in the local areas of Moss Vale / Colo Vale / Yerrinbool / Burrawang / Robertson.

If none of these roles interest you – don't worry – we will have other help sheets going up soon!

All volunteers need to complete a "Working with Children" check



P&C Fundraising Shopping Trip

Saturday 15 and Sunday 16 October 2011

Mittagong Public School P&C has organised an overnight shopping trip to raise funds for more improvements around the school.

5 star accommodation, a chauffeured shopping bus, lunches a light breakfast and some great bargains are included in the **\$170** per person price.

TO BOOK complete and return the booking form below to Mittagong Public School office. For enquiries call Elise on 0400370190 or email the.fullers@bigpond.com **Deadline for deposit, names & numbers is 29 June 2011.**

Please pay a deposit of \$40 to book your seat and attach to this booking form. This will be non-refundable should you cancel later than 09 September and not be able to send someone in your place. Cheques should be made payable to *Mittagong Public School P&C*. **Final payment of outstanding amounts must be received by 09 September 2011.**

SHOPPING TRIP BOOKING FORM

Name: _____

Email: _____

Your child's name and class to send info home with: _____

Postal address: _____

Phone: (BH) _____ (AH) _____ Mobile: _____

Sharing with (*full names*): _____

Special Requests _____

Where will you board the bus? (*please circle*) Mittagong / Mt Annan Do you want a brekky box provided? Yes / No

Any special dietary requirements? _____

Do you want a 1 or 2 bedroom apartment? _____

In case of illness or emergency please contact: _____

Name: _____ Phone: _____ Mobile: _____

\$_____ is attached to this booking form as deposit / full payment. PLEASE NOTE: A credit card & ID will be needed for each room upon check in. Please organise who will do this before the shopping trip to ensure a smooth check in procedure.