



MITTAGONG PRESCHOOL
Kindergarten Incorporated

August 2023 Edition

Mittagong Preschool Newsletter

President Report

August 2023

At this mid-way point of the year, I'd like to take this opportunity to thank staff, families and other supporters who have generously supported both Preschool and Parent Association initiatives so far this year. Your effort is so encouraging! Participation in fundraisers including solar buddies, hot cross buns, Mother's Day raffle and pie time see us about a third of the way towards our target for the year. Attendance at the working bees and family events allowed the preschool community to work together, catch up with friends and make new connections. Donations towards the food drive and our other charity initiatives help those living around us and further afield.

Even when we might not always see the outcomes of our participation, purchase, attendance or donation right in front of us, please know that your support of Mittagong Preschool is enabling the excellent early education of children in our community for years to come - just as our children are benefiting now from the generosity and efforts of staff, families and supporters who have gone before us.

There are more opportunities to get involved before the year is out - we'd love to see you:

Trivia Night on Sat 19 August - 8pm

Father's Night (plus raffle) on Thurs 31 August - 5pm

*Bunnings BBQ on Sat 21 October - all day
Preschool souvenir fundraisers & end of year events*

- to be announced

"Your efforts today will affect people you will never know. It is your choice whether that effect is positive or negative." - Eddie Jaku

Jess Winkler

president.mittagongpreschool@gmail.com

Students & Staffing:

Vanessa Ambler is studying to be an Early Childhood Teacher through Macquarie University. She is with us at Mittagong Preschool for 8 weeks, mostly in the Possum Room. We welcome her to the Preschool and hope her time at Mittagong Preschool is very productive. Say hello if you see her friendly face around Preschool.

We have some educators updating qualifications at the moment ... Janel just finalised her upgrade to the Diploma of Early Childhood Education & Care - Congratulations Janel! Noriko, Rene & Janel have recently begun studying through Wollongong University to upgrade to an Early Childhood Teacher qualification.



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Diary Dates

August

Aboriginal & Torres Strait
Islander Children's Week:
31st July - 3rd Aug.

Parent Association Meeting
Tuesday 08/08

Dental Week:
7th - 11th August

Healthy Harold Incursions:
14th - 18th August

Trivia Night:
19th August

National Science Week:
12th - 20th August

Book Week: 21/08 - 25/08

Library Excursions:
Tuesday 22nd August &
Friday 25th August

SAFE Series Program:
21st August - 15th
September

Fundamental Movement
Skill Sessions:
21st August - 1st September

Father's Day Evening:
31st August

MITTAGONG PRESCHOOL & EDEN BREWERY PRESENT

Give those brain cells a workout and make some new friends along the way! Join us for a fun night of trivia at Eden Brewery.

Trivia Night

SATURDAY 19 AUGUST

Trivia starts at 8pm, but come earlier to buy dinner, and bring along some gold coins to take part in extra games.

\$10 entry
Does not include food or beverages

Tickets are limited, so call the office now on 4871 1109 to book

EDEN BREWERY

MITTAGONG PRESCHOOL

**Preschool Programs
(continued)**

In Week 6 we will introduce the **SAFE** series, a four-week program. This is an excellent protective behaviours' program, developed by the Office of the Children's Guardian. In the past the children have responded well to the key messages. Please

let me know if you would like to discuss the program. For more information, check out the website:

<https://www.ocg.nsw.gov.au/child-safe-organisations/training-and-resources/webinars-and-face-to-face-training/safe-books-and-workshops>

I will include an information sheet for parents/guardians with this month's Newsletter.



Following on from Dental Week, we have our Healthy Harold incursions next week, with **Harold's Healthy Day**. In this presentation, Harold decides to have the healthiest day he can at home and at preschool. Through storytelling, song, games & hands-on activities, the children learn about food and nutrition, important daily hygiene routines & the benefits of sleep and exercise.

Service Report

From Pauline's Desk

SAVE THE DATE: We are hosting the Bunnings' BBQ on 21st October, so mark the date on your calendar & see how you may be able to help out ... flyer & sign-up email coming soon!

We have been very busy lately from a programming viewpoint. We started the term with the PALS Program, nearing conclusion next week. The topics revolved around emotional literacy and self-regulation, including identifying feelings, empathy, overcoming fear and anxiety, managing frustration and calming down/speaking up. We continued to email out a Parent Information Tip Sheet each week, which I hope you found helpful.



We are revisiting Fundamental Movement Skills from Weeks 6 – 8, focusing on increasing the children's participation and confidence with skills that are the basis of all physical skills and sports. We are hoping for a special surprise in Week 9 as a grand finale for this program ... more information soon!

The SAFE series
Information for parents

The Office of the Children's Guardian has developed the SAFE series – four children's books containing personal safety messages for children under six. The books support children's rights & promote the concept of kids having a voice. They help children identify the parts of their body that are private, help them understand their feelings & encourage them to think about five people they trust to help them if they feel scared, sad or upset.

How can I help my child with the program?
By learning more about the SAFE series you can reinforce its protective messages at home. The books have four main themes: safe spaces, the undies rule, recognising your feelings and finding five people kids can turn to if they feel sad, scared or upset.

Sam the safe explorer: looks at how children can recognise safe and unsafe spaces. It helps kids recognise how they feel in places, even familiar places, and especially ones where they're scared or upset.

Andy learns the undies rule: is a non-confrontational way of explaining to children how the parts of their bodies covered by their underwear are private. The book reinforces the rights of the child to say 'no'.

Fiona finds her five heroes: promotes the concept of kids having a support network of five people they can turn to if they feel sad, scared or upset. It aims to undermine the use of secrecy that many abusers rely upon. It also helps children understand there are always people they can turn to for help.

Eve listens to her feelings: teaches kids to recognise when they are feeling sad, scared or upset and shows them that it's fine to communicate these feelings. The book helps children build confidence so that they have a voice and a sense of empowerment.

Mittagong Preschool has been provided with a guide to assist them to sensitively deliver the SAFE series. The guide explains how to read and discuss the books with children in a way that is not confrontational and that supports them if they disclose they've been harmed or abused.

Included in the guide are suggested activities that reinforce the messages in the books. Your child may come home asking questions, like 'finding five heroes'. You should encourage your child to explain to their chosen heroes the responsibilities that come with the role.

Children in this age group cannot always communicate how they feel, but as a parent you may observe changes in your child's behaviour that would let you know that something is not ok with them. By keeping protective behaviours communication frequent and by letting your child know that nothing is so awful they can't talk to you, may prompt your child to share with you the things that make them unhappy or scared.

The SAFE series promotes that protecting children from harm is a shared responsibility and knowing what keeps them safe is important, but that children are not responsible for their own safety, because this is the responsibility of the adults that care for the child.

national science week
12-20 AUG 2023 scienceweek.net.au #scienceweek

INNOVATION
POWERING FUTURE INDUSTRIES

Science Week 2023 at Mittagong Preschool
Through discussions about how the world works, experiments and developing foundational scientific thinking skills we will be engaging children across the week with thoughts and ideas focussed around the theme: **Innovation: Powering Future Industries**

Innovation: Fantastic fish traps
The first Australians have caught fish in traps for thousands of years. Baiame's Ngunghu, also known as the Brewarrina fish traps, are innovative structures that are still here today.

National Science Week!

Next week is National Science Week 2023 and the theme is Innovation: Powering Future Industries. We are in the process of planning some Preschool programming initiatives for the week ... more info to follow with the flyer next week. We will post some of the experiences on the e-community closed Facebook page.

We are into **Dental Week** now, having hosted Michelle & Brooke from Clearly Dental on Tuesday, we learnt all about oral hygiene, teeth, cleaning and foods that are good for our teeth. The children received a take-home pack with goodies and more helpful info. Friedel & Noriko are repeating the session for our Friday children with take-home packs as well. A big thanks to Clearly Dental, an ongoing sponsor on our Business Register! If any of the staff or families need a trip to the dentist, contact Sara at Clearly Dental and they can provide either a gap free check-up and clean if you are in a health fund or a 20% discount on your first visit if no health fund.

National Aboriginal & Torres Strait Islander Children's Week

Last week (31/07 – 3/08) we marked Aboriginal & Torres Strait Islander Children's Week, focusing on extending our Aboriginal program, including experiences that highlight Indigenous culture, music or gardening in an authentic manner. This focus reflects Outcome 1 in the EYLF where children develop & maintain foundations in Indigenous culture. We had a really lovely week at Preschool - with Indigenous perspectives across our stories, music, songs, art and mixed media experiences. It was also a really lovely opportunity to launch Greg's Indigenous cooking & gardening program, made possible through the Quality & Participation Grant. Thanks to all the staff for continually embedding content from First Nation's culture across our program.



Children's Day is a time Aboriginal and Torres Strait Islander families and communities and all Australians, celebrate the strengths and culture of our children. It is an opportunity for us to show our support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child.



Monday 31st July – Thursday 3rd August
At Preschool we will be exploring National Aboriginal and Torres Strait Islander Children's Day through stories, dancing, music and art, celebrating culture and the bright future of Australia's children.

On Friday 4th August (April Free day) our staff will be working on our Reconciliation Action Plan (RAP).

We are very excited to launch our Indigenous Gardening Project, led by **Greg Smith**, an Indigenous man, professional gardener and bush tucker expert. Greg will be visiting on **Monday 31st July and Thursday 3rd August** to meet the children and begin this much-anticipated gardening program.

History of Children's Day
In 1988, the first National Aboriginal and Torres Strait Islander Children's Day was established on 4 August and was set against the backdrop of protests led by Aboriginal and Torres Strait Islander people and their supporters during the bicentennial year. Aboriginal and Torres Strait Islander peoples felt a day was needed to celebrate our children, to give them confidence and make them feel special and included.

The date 4 August was historically used to commemorate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age, without knowing their birthday – the Stolen Generations.

<https://www.aboriginalchildrensday.com.au>



Reconciliation Action Plan Update

We are moving along with our RAP actions – currently focusing on rewriting our Vision for Reconciliation, sourcing flagpoles & flags, applying for an RSL grant to cover the cost of the poles, etc. and other training, policy and service-based initiatives. Once we have written a draft vision, we will be asking families for input ...stay tuned!

Quality Improvement Plan Area 3:

We met to discuss Area 3 this month. It relates to the physical environment. There will be a page of information in the Newsletter about how we meet and exceed the National Quality Standard. Some of our planned initiatives for extended improvement include the mud kitchen revamp, investigating wind power and a windmill at Preschool and looking at replacing the curtains.

Book Week 2023

Book Week is 21st – 25th August and the theme is "READ, GROW, INSPIRE". We are hosting two excursion days to Mittagong Library on Tuesday 22nd and Friday 25th August. A permission note will be sent out soon with details for each group's excursion. During Book Week we will also share books from the CBCA shortlisted and notable stories, set up a Library in the socio-dramatic area and embrace our love of children's literature across the program in a myriad of ways.



Working Bee Thanks:

A big vote of thanks to everyone who came along to help at the Working Bee last Saturday. We achieved some big jobs – cleaning & maintaining the creek & reservoir, filling the sandpit, renovating the garden behind the sandpit, cataloguing books, sorting stationery & clearing the prep rooms ... thanks again!!!

Our honour role includes: Penny & Opal Lee; Anna Smith; Leah, Ben, Chelsea & Ella Hayes; Tahnae, Posy & Winnie Hindmarch; Natalie Bahls; Amber, Sienna & Byron Griffiths; Tijana Nicol; Jess, Michael & Claire Winkler; Rhiannon, Luke, Emmett & Rowan Ingenhoff; Dan & Frank Pacey; Alana, James, Arlo & August Todd; Michelle, Lucia & Florence Hinton; Gary Matthews; Karla & Chris Rogerson; Fenella Duxfield, Jensen & Halle Yates; Jenny Bridekirk; Janel Burns; Noriko Tunnell-Jones; Rose Hoskins; Helen McDonald; Sue Hill-Thomson; & Pauline Iacono

Thanks for reading our Preschool News!



Quality Ratings Certificate Unpacking the Standards.
August Newsletter:
Quality Standard 3 – Physical Environment

The National Quality Standard is made up of seven quality areas

3 Physical environment

Significant Improvement Required	Working Towards National Quality Standard	Meeting National Quality Standard	Exceeding National Quality Standard
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The NSW Department of Education
Education and Care Quality Ratings
Mittagong Pre-school Kindergarten

goes beyond the requirements of the National Quality Standard in at least four of the seven quality areas.

Significant Improvement Required Working Towards National Quality Standard Meeting National Quality Standard Exceeding National Quality Standard

The National Quality Standard is made up of seven quality areas

1 Educational program and practice				
2 Children's health and safety				
3 Physical environment				
4 Staffing arrangements				
5 Relationships with children				
6 Collaborative partnerships with families and communities				
7 Governance and Leadership				

This service was last assessed in October 2019 against the National Quality Standard for Early Childhood Education and Care and School Age Care and these ratings have been awarded in accordance with the Education and Care Services National Law Act 2010 and the Education and Care Services National Regulations 2011.

Date of issue: 24 May 2021 ASR-00027489 SE-00008429

gov.au/early-childhood-quality

Standard 3.1 Design

The design of the facilities is appropriate for the operation of a service.

Standard 3.2 Use

The service environment is inclusive, promotes competence & supports exploration & play-based learning.

As an Exceeding service, what strategies does Mittagong Preschool use in Physical Environment?

3.1.1 Fit for purpose; 3.1.2 Upkeep

3.2.1 Inclusive environment

3.2.2 Resources support play-based learning

3.2.3 Environmentally responsible

Purpose-built community Preschool building, leased from Council

Large focus on growing the children as 'global citizens' –waste sorting & recycling options, gardening, composting, worm-farm, feeding our chickens food scraps, etc.

Risk identification & management policy & procedures

Daily Maintenance Checklist

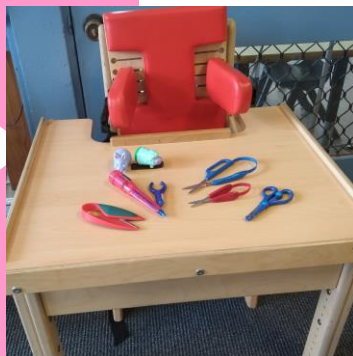
Resources rotated as per planning decisions

Daily cleaning & holiday cleaning protocols

Fundraising for planned resource renewal

Building Fund & Sensory Room Upgrade Project

Annual provision levy paid by families



We have a range of posture chairs and other specific furniture & modified resources (scissors, pens, etc), facilitating inclusion.

Applying for grants for flags & flagpoles, upgrades & bigger purchases

New resources purchased regularly

Wish-list of resources

Broken resources replaced as needed

Purchase of resources to facilitate program decisions

Mittagong Preschool

FATHER'S DAY EVENT

Dad's, Grandfather's, Uncles,
Father Figures, Special Males...

ALOE! You have been PRICKED to join us for an afternoon of fun with your loved one to celebrate Father's Day 2023! Please be on POINT and join us on Thursday 31st August at 5.00pm.



Sausage Sizzle and light refreshments provided



31st August 2023
5.00pm to 6.30pm



Decorate a pot together and take home your succulent! \$10 per pot payable before the event.

To sign up: <https://www.signupgenius.com/go/8050E4EA9AE2EA5F94-fathers2>
Please pay \$10 to the office by 24.08.2023

We are planning to celebrate Father's Day this year with a special Father's Night at Preschool. We have sent out an email with a sign-up genius to record bookings. Please note the number of people coming on the sign-up for catering reasons & the number of pots for payment.

Details are as follows:

Thursday 31st August 2023; 5pm to 6.30pm; a sausage sizzle and light refreshments; \$10.00 per Potting Experience.

Our Dads or special male-figures can come along to Preschool with their Preschoolers & make a pot, enjoy a sausage sizzle & check out our market stalls ... not to mention, being in the running for a lucky door prize and one of our wonderful raffle prizes. Make sure you sign-up soon!

We're on the Web!

Visit us at:

www.mittagongpreschool.org.au



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