



MITTAGONG PRESCHOOL  
Kindergarten Incorporated

July 2023 Edition

# Mittagong Preschool Newsletter

## President Report July 2023

Welcome back to Term 3 at Mittagong Preschool. I hope everyone had a chance to do something enjoyable over the break.

Thank you for your contributions to the Soul Warmers food drive at the end of Term 3. We were able to donate 12 bags of grocery items to the organisation which was very much appreciated.

Our upcoming Parent Association events include the Trivia Night at Eden Brewery on Saturday 19 August (tickets are available now from the office) and we'll also be holding a Working Bee on Saturday 5 August (watch out for an email with information and sign-up details soon).

We hope you're able to join us for these events, and thank you for your ongoing contribution to our preschool community.

*Jess Winkler*

[president.mittagongpreschool@gmail.com](mailto:president.mittagongpreschool@gmail.com)



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## Diary Dates

### July

First Day Term 3: Mon 17/07  
(no pupil-free day)

Parent Association Meeting:  
Wednesday 19/07 @ 7pm

Tree Week: 24/07 – 28/07

National Aboriginal and  
Torres Strait Islander  
Children's Week - Theme:  
'Little Voices Loud Futures'  
31st July - 4th August

### August

Pupil-free Day: 4th August

Parent Association Meeting:  
Tuesday 8/08 @ 7pm

National Dental Health  
Week: 7th - 11th August

Trivia Night - 19/08 @ 8 pm

National Science Week -  
Theme: 'Innovation: Powering  
Future Industries'  
14th - 18th August

Book Week - Theme:  
'READ GROW INSPIRE'  
21st - 25th August



## Trivia Night

Saturday 19<sup>th</sup> August

Planning is well under way  
for this upcoming event!

Come along for night full of fun  
and laughs!

To be held at Eden Brewery  
Mittagong, dinner and drinks  
will be available. 8 pm start for  
trivia!

Proceeds will go to the  
fundraising target for our  
Manipulative Resources  
upgrade.

Tickets on sale now!!  
\$10 per ticket --- 8 to each table!

MITTAGONG PRESCHOOL  
& EDEN BREWERY PRESENT

## Trivia Night

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.

**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  
Kindergarten Incorporated

# Preschool/School for 2024

thank you!

By now, everyone will have received the survey regarding school attendance for 2024.

## CONFIRM

If you have not yet replied, please do so by 31/07 as we need to embark on enrolments for 2024. It is important we know school choices as we move towards transitioning children to their next educational step.



I will be sending out offers for the returners by the end of August. Enrolment fees & deposits will be payable around that time to confirm placements. If you are undecided about school for 2024, please contact me to discuss this. There are many factors to consider and as a duty of care to each child, we value the opportunity to engage families in a conversation about school readiness.



# Service Report

## From Pauline's Desk

We have many program highlights planned for this term, including Tree Week, the last 5 weeks of the PALS Program, National Aboriginal and Torres Strait Islander Children's Week, Dental Week, the Healthy Harold incursions, Book Week & Excursions, Science Week, Indigenous Literacy Day, our Father's Night, Fundamental Movement Sessions follow-up, just to name a few! Please check out the calendar in the Newsletter each month, watch out for flyers and look out for emails and Facebook for upcoming events.



### PALS & FMS PROGRAMS:

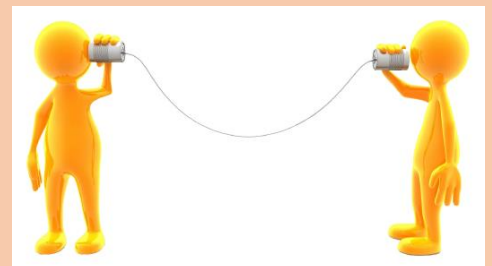
We will be continuing to email home the PALS Program Family Information Sheet each week. The second part of the program focuses on emotional literacy and strategies for regulating the 'big' emotions. I hope you are finding these helpful. As a conclusion to our Fundamental Movement Skills Groups, we are planning a unique event/excursion called a "Colour Walk". I will send home a flyer soon, outlining our plans.

### SAFE SERIES:

In Week 6 we will be introducing the SAFE Series. 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 the August Newsletter.

## Mid-Year Summaries & Portfolios

By now you will all have had an emailed copy of your child's Mid-Year Summary and an opportunity to provide feedback for prioritising goals for the next six months. The aim of the progress summary is to outline each child's individual developmental profile. This will give us as a team and you as the parents/families, a clear direction for the rest of the year for your child - focusing on enhancing strengths whilst also improving developing skills.



We have had 29 feedback emails so far, but it is not too late to respond. Please get any further emails to us by 28/07 as we are already beginning to plan our follow-up experiences. You will also have received a copy of your child's digital portfolio. We hope you have enjoyed viewing your child's learning journey so far this year. Please let me know if you have any trouble accessing your child's file.

## Pupil Free Day - 4th August

Among other matters, such as running planning training as an inservice for teachers and educators, attending some online training for PDA & Autism and holding our monthly staff meeting, we will be holding our next RAP Meeting.

I will be asking staff to contribute to a Vision Statement to guide our future work on our Reconciliation Action Plan. I will then be reaching out to families via email for input to our draft RAP Vision Statement over the coming weeks.



## Working Bee

We have a few important jobs to get done soon, hence our quick turn-around with a Working Bee set for Saturday 5th August. Our main job is the sandpit. The level has dropped so much that it is unsafe & out of action at the moment until we put another 2 or 3 tonnes of sand in. Other jobs include gardening, fixing and cleaning the creek and a few other indoor jobs. The Sign-up Genius will be out soon, so please sign up if you can lend a hand.



**WORKING  
BEE**

## Service Report continued .....

### QIP Progress:

Our working party meets once a month to slowly progress through the seven areas of the Quality Improvement Plan. The group comprises Jessica Winkler (President), Michaela Snowdon (Secretary), Chris McGuigan (Preschool grandparent), Rhiannon (minute-taker), myself and a rotation of other staff members. I thank all the members of this review team for your contributions to our ongoing improvement, especially those who are non-staff! Last month was Area 1, as reported in the June Newsletter. This Newsletter will cover Area 2, Children's Health & Safety. Our improvements in this area revolve around reviewing policies to include the requirements of the new Child Safe Standards and 'lunchbox ideas' support for our families. An outline of this area will be in the July Newsletter.

### 360 Review Process:

As part of our review of Quality Area 7 (Governance & Leadership) in our 2022 QIP, we decided to vary our staff review process to a 360 Review Process. We have completed staff anonymous reviews of Governance at the Preschool (including the roles of the Committee, Association, Director & Administrative team). We are tabulating results and setting actions for review and improvement. We are moving forward with individual staff member's reviews. It is so important that we get feedback from all stakeholders so we can make appropriate change, improve our service provision and support staff with professional development, towards their professional goals. We are also working on a questionnaire for Committee members, so we can hear feedback from that level of the organisation as well.

## Project Progress

Over the term break, we saw progression with many of our projects – our hall doors were modified with safety viewing windows, the sensory room was painted and the joinery was installed, our compactus was installed in our back shed, our base plates were installed for our shade umbrellas and our large sandpit shade sail was taken away for measurement and replacement. We also had our carpets cleaned and the hard floor (bathrooms & Making Room) was professionally cleaned, as well as our 3-monthly pest control service.

Many thanks to our band of helpers with the sensory room painting job – Frank & Pauline Iacono (room prep and clean up), Katie McGuigan and her Dad, Greg (room prep coat), Rhiannon Ingenhoff (window & door surround prep coat) & Natalie Putland (final coat times 2).

I will put some photos in a Facebook post so you can see how great it looks with a fresh coat of calming-coloured paint & the new joinery. I would like to thank everyone who donated to our Building Fund for this project, including support of our Trivia Night last year, Movie Night, Business Register Drive and of course thanks to Mittagong RSL for their grant. A community of helpers for our community project. Thumbs up everyone!!

*Thank you for reading our preschool newsletter!*

# Quality Ratings Certificate .... Unpacking the Standards. July Newsletter: Quality Standard 2 – Children’s Health & Safety

The National Quality Standard is made up of seven quality areas

## 2 Children's health and safety



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.

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-00068429

[education.nsw.gov.au/early-childhood-quality](http://education.nsw.gov.au/early-childhood-quality)

**Standard 2.1 Health**  
Each child's health & physical activity is supported & promoted.  
**Standard 2.2 Safety**  
Each child is protected.

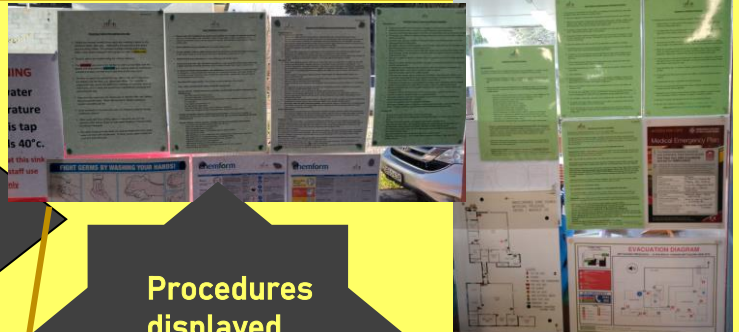


As an Exceeding service, what strategies does Mittagong Preschool use in Health & Safety?

- 2.1.1 Wellbeing & comfort
- 2.1.2 Health practices & procedures
- 2.1.3 Healthy lifestyle
- 2.2.1 Supervision
- 2.2.2 Incident & emergency management
- 2.2.3 Child protection

Emergency & Lock-down Drills - held every term

Policies related to health & safety matters reviewed regularly



Procedures displayed around Preschool

Risk identification & management systems

Regular staff training – CPR, First Aid, Child Protection

Ensuring supervision & correct staff ratios (considering risk assessment) when rostering staff

Regular maintenance & safety program

Planning & Program Initiatives

Colour Walk Event with a focus on physicality linked with an event of community interest & relevance

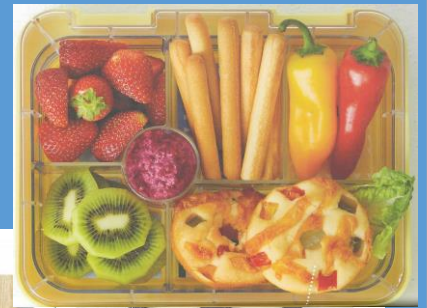
Fundamental Movement Skills Sessions

Healthy Eating Week

Bush Preschool Program

SAFE Series – a protective behaviours program

**Lunch Box Suggestion**  
from "Lunchbox Express" by George Georgievski



**VEGETABLE DOUGHNUTS**

Makes 6

This creation of mine was a huge hit with my little family – the word doughnut is enough to make any kid hyper. So, let me introduce my veggie doughnut. The good thing about this doughnut is that it uses colourful vegetables and zero sugar. I love the idea that you can tell your friends you're always using your protein shaker, but you don't have to tell them exactly what for. Serving doughnuts in school lunchboxes has never been so cool. If you don't have a doughnut muffin tin a regular muffin tin will work, but your doughnuts will look less doughnut-y.

1/4 cup vegetable oil, plus extra for greasing

3/4 cup milk (use lactose-free, soy or almond milk if you prefer)

1 egg

1 cup self-raising flour

3/4 cup grated cheddar

1/2 cup diced colourful vegetables (I used red, green and yellow capsicum here, but use any veggies or herbs that you like. My youngest, Kiki, loves tomato and basil.)



**1.** Preheat the oven to 180°C. Lightly grease six holes of a doughnut muffin tin. Unscrew the lid of your protein shaker and add the oil, milk and egg, followed by the self-raising flour. Close the lid tight and shake it until you feel your arm dislodging itself from its socket, or 1 minute; whichever comes first.

**2.** Open the lid and pour the mixture into the muffin tin holes until they are three-quarters full.



**3.** Sprinkle the cheese and diced veggies over the top of the doughnuts. The vegetables are meant to represent hundreds and thousands, so use a mixture of colours to make them look awesome.

**4.** Pop the tin in the oven for 20 minutes or until the doughnuts are cooked through. Leave to cool in the tin, then pop them straight into school lunchboxes or keep them in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.

**TIP** Vegetable doughnuts can be eaten warm from the oven, cold or even reheated in the microwave – just zap them for 15 seconds.

**Relaunch of our Business Register on the Home Page of our Website .... raising funds for our Building Fund. Stay tuned for details about our next project!**



**We're on the Web!**  
Visit us at:  
[www.mittagongpreschool.org.au](http://www.mittagongpreschool.org.au)



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