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Newsletter February 24th 2020

Hi to all families

Recycling

Please save your grocery boxes, small boxes, cardboard pieces, bottle tops, cylinders and small plastic containers for preschool. The children will recycle and use these materials to make and create with.



Preschool AGM 25th March

With the AGM approaching on Wednesday 25th March at 2pm preschool will soon be looking for interested parents to take on a role on our management committee. Please consider taking on a role as this is a great way to get involved in your community preschool. Please let Jenny know if you are able to attend the AGM.

The Big Vegie Crunch



Only 5% of NSW children eat enough vegetables. To improve this, we are increasing children's knowledge, exposure and positive attitudes towards eating vegetables.

On Thursday 5th March preschool children we will come together at 10.00am and contribute to

breaking the record of the most children eating vegetables simultaneously.

This will be a great way to reinforce the health benefits of crunching more veg!



Mosquitoes at Preschool

Since the wet weather preschool is experiencing problems with mosquitoes. We have purchased a natural product (MooGoo Tail Swat) which we have been applying to children's legs and arms during outdoor periods of play in an effort to deter bites. MooGoo Tail Swat is suitable for all ages, all skin types, including sensitive skin and is suitable for liberal application on the face and body.



Headlice

Headlice are active at the moment. Please check your child's head regularly and treat if required.

Bookworms at Casino Library

LEAP into our **Bookworms** program, a Library Experience for All Preschool aged children.

When:	Every 2 nd Tuesday and Thursday
Where:	Casino Library Children's Area.
Who:	Preschool children 3-5 year olds
Time:	10.30am
Bookings:	Essential
Cost:	Free!



Share the joys of literature and language through stories, poetry, finger plays, songs, action rhymes, games, visual material and craft. Each session is 30-45 minutes.

Preschool Fees

Please check your child's preschool pocket for invoices/account statements (ask a staff member if you are unsure where to find your child's pocket). As per preschool policy, fees are required to be kept up to date. For your convenience, EFTPOS is available at preschool or you may like to deposit into the Preschool Commonwealth Bank Account. Deposit details may be found on accounts and please ensure to reference your deposit clearly with your child's name.

Immunisation Requirements

On-time vaccination is your child's best protection against serious diseases. If children are not up to date with their vaccinations, it can also impact enrolment at preschool, child care and access to family assistance payments. Please keep your child's immunisations up to date and please provide updated immunisation details from the Immunisation Register to preschool as soon as possible.

Medical Action Plans and Risk Minimisation Plans

Medical Management Plans are required if a child enrolled at our preschool has a specific health care need, or relevant medical condition. Parents /Guardians of children with health care needs, allergies or diagnosed medical conditions are reminded to update their child's medical management plan and or risk minimisation information if required or if there have been changes.



Please verbally advise the Director/Nominated Supervisor of changes in the medical management plan or medication as soon as possible after the change, and immediately provide an updated medical management plan, medication and medication authorisation (if relevant).

Please provide details annually in enrolment documentation of any medical condition and advise educators verbally or in writing on arrival of symptoms requiring administration of medication in the past 48 hours and the cause of the symptoms if known.

Thank you
Jenny Du Frocq
Director

Munch and Move Snippets

Bread Roll Sushi

Ingredients: vegetable sticks, chicken / flaked tuna, bread rolls

Method: Hollow out bread rolls from one side to the other using the end of a fork or spoon. Place vegetable sticks in the tunnel you have formed through the bread roll. Stuffed the remaining hollowed out space with chicken / tuna. Cut in to 2-3 pieces.



What memories are your family making this weekend?

Try something new like:

- Chasing your shadows
- Catch some bugs then release them
- Handball competitions
- Take a family walk somewhere new

The recommendations are that you should spend no more than 2 hours per day watching screens (no time spent on screens at all for children under 2).

Nature Play has some great bucket list ideas you can do as a family before your child turns 1, 2 or 5.

<https://www.natureplayqld.org.au/nature-playlists>



Did you know that 1 bottle of soft drink can hide 16 teaspoons of sugar! Rethink sugary drinks and choose water for your family.