

St Mary's Community Preschool Casino Inc.  
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## Newsletter 26<sup>th</sup> July 2018

Welcome to term 3 everyone.



### Dental Health Week 6<sup>th</sup> -12<sup>th</sup> August

During Dental Health Week - on Tuesday 7<sup>th</sup> and Thursday 9<sup>th</sup> August Vicki Page (Dental/Oral Health Therapist) from Casino Community Health will be visiting preschool to discuss with children the importance of good dental hygiene.

During this visit the opportunity to have your child's teeth assessed will also be available. Of course, no treatment will be provided on the day, the assessment is designed to be an introduction to future dental visits. If you would like your child's teeth to be assessed on **Tuesday 7<sup>th</sup> or Thursday 9<sup>th</sup> August** please complete both sides of the attached Dental Assessment Consent Form and return it to preschool as soon as possible. If your child is enrolled on a Wednesday you are welcome to visit preschool with your child during the morning visits (between 9.30am -11.00am) for an assessment.



### Planning for a Positive transition to School

Planning for a positive transition to school involves collaboration across preschool and schools. St Mary's Community Preschool collaborates with local schools to develop a smooth and comprehensive transition to school program. The preschool works with families to support the individual strengths and needs of each child and provides a high quality preschool program, helping children experience a positive transition to school.

### St Mary's Primary School Little Learners

Starting school is a major transition for young children. When children know what to expect they are much more likely to feel confident and happy about starting school. In supporting children to feel confident about starting school preschool educators and children will begin weekly participation in the Little Learners Group session each Friday from 9am - 10.30am at St Mary's Primary School. If your child will be transitioning to St Mary's Primary School and will be attending the Little Learners session each Friday with preschool educators please provide a piece of fruit for morning snack. Please ensure your child has arrived at preschool by 8.50am, supporting preschool to depart and be on time for Little Learners.



## Casino Public School Teachers 2019 Kindergarten Expo

If your child is transitioning to Casino Public School in 2019 you may be interested in the following. On **Tuesday the 31<sup>st</sup> of July** Casino Public School will be hosting a Kindergarten Expo, offering two sessions – 9.30am and 5.30pm to showcase the achievements and opportunities Casino Public school can offer your child in 2019.

On **Tuesday 21<sup>st</sup> and Thursday 23<sup>rd</sup> August** teachers from Casino Primary School will visit preschool at 9.30am to get to know children transitioning to Casino Public School in 2019. Preschool families are very welcome to stay and chat with Casino Public School teachers during their visits.

## Visit to Preschool by Cheryl Baxter

On **Wednesday 1<sup>st</sup> August** Cheryl Baxter the Itinerant Teacher for Hearing (Department of Education) will visit preschool. Cheryl will teach us how to effectively blow our nose in helping to clear nose and ear canals. Cheryl will also explain and discuss with the children the importance of keeping ear and nose canals clear, which significantly improves children's hearing and therefore children's learning.



## Children's Lunch Boxes

Please pack plenty of nutritious food for your child's preschool day. At preschool we encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided. We discourage the provision of highly processed foods which are high in fat, salt and low in essential nutrients in children's lunchboxes. Examples of these foods include sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, and oven baked crackers and corn chips.



**What does  
\$20 look like?**

## Healthy snacks aren't as expensive as you may think!

How far could your \$20 go when making healthy choices. The trolley on the right has a whopping 22 serves of vegetables, 10 serves of fruit, 4-5 serves of dairy, 3 serves of protein and about 20 serves of grains!



## National Aboriginal and Torres Strait Islander Children's Day.

National Aboriginal and Torres Strait Islander Children's Day is an annual event

held on the 4<sup>th</sup> of August each year to celebrate our children. The theme for this year is - **Celebrating Our Children For 30 Years**. On **Monday 6<sup>th</sup> August** preschool will celebrate by engaging the children in a range of creative and artistic ventures. Preschool educators and children will create visual artworks through designing, painting, sculpting, making and drawing using a range of mediums and materials. If you would like to join us in this creative venture to celebrate our children, please join us between **11.30am - 12.30pm on Monday 6<sup>th</sup> August**. Preschool will need various materials for our visual artworks. If you have scrap wool, material, cardboard, small boxes, or other recyclables we would love these for creating with.

## The Importance of Children's Mental Health and Wellbeing

Being mentally healthy is vital for learning and for leading a happy and rewarding life. As with physical health, mental health changes over time and impacts significantly on quality of life. Mental health and wellbeing should be viewed as equally integral to development as physical health. Early childhood mental health is about young children's social, emotional and behavioural wellbeing. This includes children's developing capacity to experience, regulate and express emotion; to form close, secure, satisfying relationships; and to explore and discover the environment and the world around them. Young children learn the skills for sustaining mental health through positive and responsive interactions with significant people.

During term 2 through the PALS Social skills Program Preschool educators worked with children and families in supporting children to learn key social skills such as sharing, listening, taking turns, dealing with feelings and emotions. This program has significantly supported children's social and emotional wellbeing and mental health. However, in continuing to strengthen children's mental health preschool is about to embark on another initiative - **The KidsMatter Australian Early Childhood Mental Health Initiative**. KidsMatter Early Childhood aims to provide an effective platform for supporting children, families and early childhood education and care (ECEC) services in strengthening children's mental health and wellbeing. Preschool educators will be sharing more about this program with you in the coming weeks as educators undertake professional development opportunities and implement teaching and learning strategies into the preschool program.

## Growing Healthy Minds



Jenny Du Frocq  
Director

Attachment: Free Dental Assessment for Preschool Children Form