

St Mary's Community Pre-School Casino Inc.
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Newsletter March 10th 2020

Hello to all families,

Online Safety for Under 5s

The eSafety Early Years Program provides advice on how parents/guardians can support young children to have safe and enjoyable experiences online. You are able to access the eSafety Early Years Program at www.esafety.gov.au/parents/children-under-5

Preschool will also be forwarding eSafety Early Years Program tips, information and articles to you through the preschool newsletter and or preschool handouts.

eSafety
Early Years
Online safety for under 5s

How to choose good on line content

Many children under 5 engage in screen time, whether they are video calling with family, playing online games or watching their favourite programs. It is important to ensure they are getting the most out of it.

The quality of your child's screen time matters

Not all screen time is created equal. Some TV shows, games and apps are more appropriate for toddlers, preschoolers and kids than others. While it is important that screen time does not replace time spent in face-to-face play and communication, quality screen content can benefit children. It can support their learning and behaviour.



There is evidence to show that quality screen content can enhance your child's learning, especially if it sparks their imagination and follows their interests. For example, a preschooler can get a lot out of playing with an app that lets them create a collage, design a character, paint or draw, as this prompts them to be creative and learn new skills.

Good quality content can also encourage positive behaviour

For example, a program that explores issues like friendship, or shows characters being kind to one another, demonstrates good behaviour. By watching the program with your child, you can point out the positive behaviours and ask them questions about how they feel when their friends are kind to each other. You can also refer to the program later on to guide their behaviour. Watching and playing online together and talking with your child about what makes a good quality game, app or program, helps to develop their communication skills and encourages critical thinking.

Invitation to Play

Families are invited to join us for a morning of play as we come together to value diversity and the importance of the outdoor environment in supporting children's learning. Please join us on your child's preschool day on **Tuesday 24th or Thursday 26th March**. Families with a child enrolled only on a Wednesday can choose to join us on the Tuesday or Thursday. Please stay at drop off time or join us anytime between drop off and 11am.

Morning tea provided and we look forward to you joining us.



St Mary's Primary School - Open Night

St Mary's Primary School would like to welcome all interested new students and families for 2021 to Open Night.

When: Wednesday 1st April 6pm -6.30pm - Information Session for new families in the Library
6: 30 - 7.30pm -Visit learning spaces

Free BBQ, Creative Arts showcase and much more.

Bulgarr Ngaru Medical Aboriginal Corporation (BNMAC)

BNMAC Richmond Valley provides a clinic in Casino through the Aboriginal Medical Service (AMS). BNMAC makes a difference by providing comprehensive primary health care services which include medical and dental services. On **Tuesday 7th and Thursday 9th April**, Krista, a health worker from the AMS will provide a dental education session at preschool for the children. During her visit Krista is also able to perform a quick dental assessment for each child. If you would like to take up this offer please collect a Dental Assessment Consent form from the sign in area and return it to preschool as soon as possible.

Preschool AGM 25th March

With the AGM approaching on Wednesday 25th March 2pm preschool is looking for interested parents or community members 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 see Jenny for Nomination Forms or for further information.



Medical Management Plans

Preschool is currently in the process of updating children's Medical Management/Risk Minimisation Plans, ensuring that we are able to manage your children's health care needs at preschool. If your child has particular health care needs and you have not communicated this to preschool, please see Jenny, so we can work together to record specific details.

Immunisation Requirements

A reminder to families that preschool is required to keep updated information concerning your child's immunisation. If your child has had further vaccines listed on the NSW Immunisation Schedule since enrolling at preschool, please provide an updated copy to preschool as soon as possible.

COVID-19 and Practising Good Hygiene

Given the evolving nature of COVID-19 (previously referred to Coronavirus) preschool is currently checking and reinforcing illness and hygiene policies in line with health, safety and wellbeing of children attending preschool.

St Mary's Community Preschool will minimise children's exposure to infectious diseases by adhering to all recommended guidelines from relevant authorities regarding the prevention of infectious diseases, promoting practices that reduce the transmission of infection, ensuring the exclusion of sick children and educators, supporting child immunisation and implementing effective hygiene practices.

If your child is unwell please do not send them to preschool. A reminder, if your child is needing Panadol then they need to be at home and not at preschool. As per preschool policy any child with a high fever or temperature reaching 38°C or higher will not be permitted to attend St Mary's Community Preschool until 24 hours after the temperature/fever has subsided. Recognised authorities define a child's normal temperature will range between 36.0°C and 37.0°C, this will often depend on the age of the child and the time of day.

Experts say spending time focusing on hand hygiene can help you reduce your risk of picking up coronavirus, as well as any other number of infectious diseases. Maintaining good hygiene standards is an important way to reduce the risk of acquiring and spreading respiratory infections. Please support hand washing guidelines at preschool by supporting your child to wash their hands upon arrival and departure from preschool.

Preschool Fees

If you have already paid your term fee account, thank you very much. Please remember to check your child's pocket for invoices and keep preschool fee payments up to date. Like any business or organisation preschool has accounts that need to be paid and therefore relies on prompt payment of fees. As per the preschool fees policy term 1 fees need to be paid prior to commencing term 2.

Thank you
Jenny Du Frocq
Director



Don't be rude to food!

Fussy eating is normal, in fact well over half of toddlers and preschool age children will display fussy eating behaviours before they reach school. It's part of a child's development – a way of exploring their environment, the food you provide and of course a way to assert their independence.

Remember that you are the parent – and a parent's job is to provide foods that a child likes, and is learning to like (new foods), and it's the child's job to decide what they will eat each meal. Keep your expectations realistic, start with small steps such as a child touching or licking a food, and keep meal times stress free and positive. Praise the progress, and ignore the fuss a child may display.

And when in doubt remind your children "Don't be rude to food".

Create a positive vibe around the table by questioning children

about the colour of food; or whether a food is crunchy or soft; or sweet, sour or salty, rather than letting them complain that they don't like it.

For more information go to <https://www.picnicproject.com.au/category/24-36-months/>

Parents
provide,
children
decide.

-FUSSY EATING
MANTRA