

St Mary's Community Pre-School Casino Inc.

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## Newsletter July 27th 2020

Hi to all families,

We hope everyone is well as Term 3 gets underway.

### COVID-19

With recent spikes of COVID-19 in NSW, preschool continues to implement significant health and safety measures to ensure the safety and wellbeing of preschool staff, the children and families.

We may not be able to completely eliminate the risk to staff, parents and children attending the preschool. However, we urge everyone to take responsibility and appropriate measures outlined by both state and federal governments to ensure the safety of themselves and others.

Outbreaks can occur easily in any area and we all need to practise physical distancing, good hygiene and ensure we stay at home when sick to slow the spread of COVID-19.

Below are some measures that are currently in place at St Mary's Community Preschool



### Physical distancing measures

While you are visiting/working at St Mary's Community Preschool you need to be aware of and comply with the current physical distancing recommendations from the Australian Government.

We are asking all adults to:

- ◇ where possible, stay 1.5 metres away from each other
- ◇ avoid touching each other- (hugging, shaking hands, kissing)
- ◇ wash your hands thoroughly when you arrive at preschool or use hand sanitiser supplied
- ◇ regularly wash your hands during the course of the day or
- ◇ regularly use hand sanitiser
- ◇ keep group activities to a minimum size with distancing measures between adults as appropriate
- ◇ refrain from gathering in groups.

At St Mary's Community Preschool, we are continuing to

- ◇ provide hand sanitiser at the entrance
- ◇ model and implement enhanced hand washing procedures for children and adults

- ◊ organise for high touch surfaces in the preschool to be wiped down and disinfected regularly (e.g. door handles, bathrooms, devices used by adults and children, tables, chairs)
- ◊ limit large groups of children in the one space
- ◊ increase ventilation within rooms and
- ◊ use our outdoor learning area as much as possible.

## Feeling sick – Stay Home!

Anyone who has potential coronavirus symptoms, **must not** attend the preschool under any circumstance. We urge anyone who is displaying symptoms or feeling unwell to get tested at a free COVID-19 testing clinic or see their GP. Self-isolation is required after testing until results are returned.

Symptoms may include:

- fever
- flu-like symptoms such as coughing, sore throat, runny nose and fatigue
- shortness of breath

We want to limit the risk of transmission as much as possible and thank you for your cooperation and understanding.

Useful information available at <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms>

Translating and interpreting services are available on 1800 131 450

Should you require any further information about the health and hygiene measures implemented at St Mary's Community Preschool, please do not hesitate phoning the preschool, talking with Jenny or the preschool educators.

## Little Learners

St Mary's Primary School has advised preschool that the Open Night scheduled for August the 3<sup>rd</sup> has been cancelled. Little Learners, which was scheduled to commence on Friday 24<sup>th</sup> July has been put on hold. Please contact St Mary's Primary School for further information Ph: 66622566

## Sound Spotters

*The ability to listen closely is a key ingredient of phonemic awareness. This is the part of instruction that is skipped most often, because we assume that young children know how to listen. They may not!*



**How to be a Sound Spotter.** After a busy morning or afternoon lie quietly on the floor with your children. It's not nap time, but it's a great time to unwind, which is important for young children. As you lie there quietly for five to ten minutes, listen for sounds. Become "sound spotters". Don't use your eyes – use your ears. There are always sounds and weird noises you can hear in your home or outside: an air conditioner, doors closing, stomachs growling. The possibilities are endless!

Your part is to talk about the sounds you and your children hear. Use a little enthusiasm and exaggeration to get the kids interested in this activity. The key phrase is, "Who can spot a sound with their ears?"

### Dates for Preschool Photos

Preschool group and individual photos are scheduled for **week 10** this term on **Tuesday 22nd and Thursday 24th September** with local photographer Tracy Coughran. Photo order forms will be available in the coming weeks.



### Dental Health Week 3rd - 9th August

#### How much sugar is hiding in your trolley?

Everything you eat and drink can have a major effect on the health of your teeth and gums. Tooth decay is a diet-related disease that commonly develops in response to our consumption of sugar. Sugar from the foods and drinks we consume is taken up by decay-causing bacteria that live on the surfaces of our teeth. These bacteria process the sugar, turning it into acid which is then excreted on the surface of our teeth where it draws out minerals from the tooth. If this process happens over and over, without any effort to prevent or stop the disease process, it can eventually result in the formation of tooth decay. So, what can you do?



**Drink lots of water.** Water is the best choice for your teeth. It is good for you; it is sugar free and in most areas in Australia it contains fluoride. Drinking fluoridated tap water is one of the most cost-effective ways to try to prevent tooth decay.

Sugar-sweetened beverages such as soft drinks, energy drinks, sports drinks and even fruit juices are packed with sugar. These drinks provide no nutritional content and increase your risk of developing tooth decay as well as a range of other health conditions like Type 2 diabetes. Even the sugar-free varieties can cause damage to your teeth as these drinks have a low pH, making them acidic, which can cause the tooth's surface to soften and become worn.

**Spotting added sugar in the food we buy should be easy, right?** Just read the label. Actually, it is very tricky indeed. That's because food manufacturers call sugar by more than 60 different names. Names range from the scientific sounding dextrose and maltodextrin, to attractive terms like sugar cane crystals or sorghum syrup.

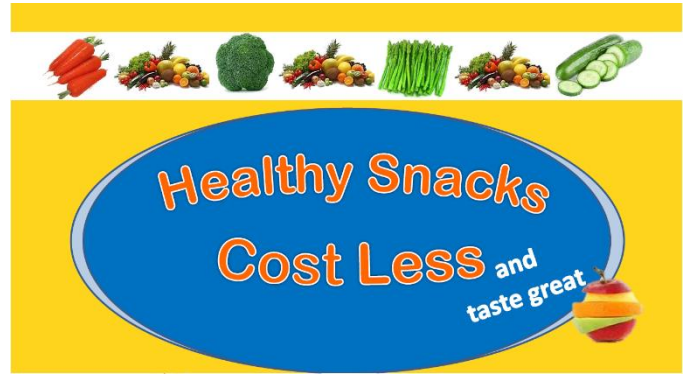
#### Top tips for reading food labels:

**Start at the very beginning.** Items on food labels are listed in order from largest to smallest by weight. If one or more of the names for sugar feature towards the start of the list, that's a sign that the product is high in added sugar

**An "ose" by any other name....** Words ending in "ose" often mean added sugar. Dextrose, maltose, sucrose to name just a few.

**How much is too much?** Do you know that one 600ml bottle of soft drink, on average, contains 16 teaspoons of sugar? This is over twice the recommended daily sugar intake for adults.

The World Health Organisation (WHO) recommends that adults and children's sugar intake be equal to 5% of the recommended daily total energy intake (kJ) to decrease your risk of developing tooth decay as well as other health benefits. For the average adult, this equates to *6 teaspoons (equal to 24 grams) of free sugar per day.*



Australian Dental Association (2020). Sugar & Nutrition, retrieved from <https://www.ada.org.au/Dental-Health-Week-2020/Oral-Health-for-Busy-Lives/You-are-what-you-eat-and-drink>

## National Aboriginal and Torres Strait Islander children's day – August 4

### Community Events



Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their 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 child. Our theme *Elders of Tomorrow* highlights the uniqueness and importance of the knowledge and wisdom of Aboriginal and Torres Strait Islander peoples, starting in childhood.

### Parent/Teacher Planning Meetings

If you would like to make a time to meet with preschool teachers during term 3 to discuss



your child's progress and transition to school, please see Mel or Gerty to schedule a meeting. Meetings may also be arranged by phone. We value your partnership with preschool in planning for your child's learning.

### Fee Free Preschool During Term 3

Preschool remains free for all families for up to six months. This means preschool will be free during term 3 and fees will not be charged.

Jenny Du Frocq  
Director