

WARATAH PUBLIC SCHOOL PRESCHOOL



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Waratah Public School

Preschool

PHILOSOPHY

At Waratah Preschool we value the joy, inquisitiveness, and sanctity of childhood. Our program is influenced by The Early Years Learning Framework and the Reggio Emilia approach, recognising the capabilities and competencies of every child.

We believe:

- **rituals** provide meaningful connections with educators, children and families.
- **a holistic** approach to supporting and learning is paramount to **nurturing** a child's physical, emotional, social and spiritual wellbeing.
- close, **inclusive** and **reciprocal, meaningful relationships** are paramount.
- in embracing **diversity**, respecting culture, language and celebrations.
- in embracing the uniqueness of each child and supporting and guiding their own **awesomeness**
- children and educators have a right to feel **safe, secure and supported**.
- all children **thrive** in an aesthetically pleasing environment with art forms, whimsy and unique items.
- **sustainability** practices empower children to be leaders for change.
- in fostering a **community spirit**.
- in **critical reflection** to drive **continuous improvement** to achieve team and personal goals.

INTRODUCTION

The school Principal, Mr Mat Freeman and staff of Waratah Public School, welcome you and your family to our Preschool.

The year at preschool is a milestone in the life of your child and the first step towards independence in a new environment. The preschool aims to provide an environment that supports each child's wellbeing, development and learning.

Preschool is just the beginning of a positive Preschool - Year 6 learning journey at Waratah Public School. We pride ourselves on building positive relationships and ensuring a successful and comprehensive transition to school program.



ASSESSMENT & RATING

In July 2016, our preschool underwent our latest Assessment and Rating process. We are extremely proud to share that we were rated as EXCEEDING in each of the 7 Quality Areas of the National Quality Standard.

STAFFING

Waratah Public School Preschool is governed by the Department of Education and directly supervised by Mr Freeman. The preschool is staffed by two permanent and one temporary university trained early childhood teachers and three Certificate III trained Student Learning and Support Officer's (SLSO's).

Our staff work as a team to provide a welcoming and inclusive environment for all children and families. We aim to build positive partnerships with parents and carers to support children's learning and wellbeing.

THE FIRST FEW DAYS

When your child starts preschool, they may have periods of distress. This is quite a natural reaction and children generally settle within 15 minutes of a parent/caregiver leaving. Our educators are experienced in comforting children and helping them to adjust to their new surroundings. Do not feel concerned if your child cries or if you feel like crying. This will not last long if your child is ready for the preschool experience.

When saying goodbye, leave quickly, but never sneak away. Be honest with your child about when you are leaving and when you are coming back. You can phone the preschool throughout the day on **(02) 49 680791** to check on your child.

ENROLMENT

To be eligible for enrolment in preschool, children must turn 4 years on or before 31 July in the year in which they attend. All families will be placed on a waiting list and prioritised based on the Department of Education Preschool Enrolment Policy. This policy can be found on the school website.

An enrolment form must be completed by parents/caregivers. Additional information forms are also included in the enrolment package and must be returned before your child commences preschool.

Documentation Required

- Birth Certificate or Passport
- Medicare Immunisation Statement
- Proof of Address
- Court Orders
- Medical Information (Approved Action Plans & Medication)

COURT ORDERS

Please notify staff of any changes. If court orders are in place please bring to the school office for photocopying.

Please note: The Preschool program is for one year only, the year prior to Kindergarten.

ATTENDANCE

Children will attend for 5 days per fortnight. Please see the calendar provided in your enrolment pack.

POSSUMS	Week 1 —Monday, Tuesday, Wednesday Week 2 —Monday, Tuesday
KANGAROOS	Week 1 —Thursday, Friday Week 2 —Wednesday, Thursday, Friday

DELIVERY AND COLLECTION OF CHILDREN

Parents and children are asked to wait at the **FRONT** entrance of the preschool until the centre is opened at **9.00 am**. No child is to be left unsupervised during this time. Children are to be collected promptly by **3.00 pm**.

For reasons of safety, children must be brought to and collected from the preschool by an authorised parent, carer or other responsible adult. They must be collected by someone aged 18 years or over. Parents/caregivers are required to provide a list of persons authorised to collect their child/children from preschool.

Parents/caregivers are required to present their child directly to an educator upon arrival and notify a staff member when they are collecting their child at the end of the session.

Parents are also asked to;

- sign the attendance book, recording correct times of drop off and collection each day.
- notify teachers if anyone different is collecting their child.

SETTLING IN

During the first weeks, educators will focus on:

- Helping your child to feel valued, secure and cared for.
- Providing a positive and calm transition for children and families.
- Observing and interacting with individual children closely, to develop an understanding of individual strengths, needs and interests.
- Developing relationships with families and children and providing “unhurried” time for children to become familiar with the new routines, environment and educators.
- Having fun!

WHAT TO BRING TO PRESCHOOL

On the **first day** of preschool, please bring;

- a large box of tissues
- Medication AND Action Plans (puffers, spacers, EpiPen's)

Each day your child will need to bring:

- school bag
- spare clothes and underwear
- lunch
- drink bottle (WATER ONLY)
- afternoon tea
- a hat (broad brimmed, legionnaire or bucket
- NO CAPS)



Once per week, please provide;

- A piece of fruit (for shared fruit break).

PRESCHOOL FEES

The NSW Government introduced fees for preschool classes in 2012. Fees are determined by the Relative Index of Community Socio-Economic Advantage (ICSEA) and this is reviewed and adjusted accordingly each year.

The fees for Waratah Public School Preschool for 2021 have been set at **\$20.00 per day**. Fee relief of \$10 per day is available for Health Care Card holders or families identifying as Aboriginal or Torres Strait Islander.

A ‘Resource Contribution’ fee of \$40 per child/per year or \$10 per term will also be invoiced.

Full term payments are requested **by the end of each term**. Fees can be paid in full or in instalments. Payments can be made online or in person at the school office.

For online payments, please visit our website, <http://www.waratah-p.schools.nsw.edu.au/> and click on ‘Make a Payment’.

Fees are a legally enforceable debt and non-payment will be followed up by the school in line with Department of Education policy.

THE EARLY YEARS LEARNING FRAMEWORK (2009)

Our preschool is guided by the Early Years Learning Framework (EYLF). This framework is based on three key ideals;

- **BELONGING** - the basis for living a fulfilling life. Children feel they belong because of the relationships they have with their family, community, culture and place.
- **BEING** - is about living in the here and now. Childhood is a special time in life and children need time to just “be” – time to play, try new things and have fun.
- **BECOMING** - is about the learning and development that young children experience. Children start to form their sense of identity from an early age, which shapes the type of adult they will become.



The vision of the EYLF is for all children to experience play-based learning that is both engaging and builds success for life. Through implementing the framework, teachers will assist your child to achieve the following outcomes:

- a strong sense of their identity
- connections with their world
- a strong sense of wellbeing
- confidence and involvement in their learning
- effective communication skills.



RELATIONSHIPS WITH FAMILIES

At Waratah Public School Preschool, we value families as partners in your child's learning. We encourage open communication and pride ourselves on developing and maintaining respectful and meaningful relationships. Throughout your child's journey at our preschool, you may have the opportunity to participate in our program through the following means;

- Sharing your culture and language
- Cooking experiences
- Assisting with excursions
- Family BBQ's
- Parent-Teacher Meetings
- Working bee's
- Waratah Public School P&C



COMMUNITY PARTNERSHIPS

Our preschool has built strong partnerships with the local community. The purpose of these partnerships is to make children and families more aware of their community and to build positive relationships and views of the services available to them.

Hunter New England Health (HNEH) Kids and The University of Newcastle

Our preschool was extremely lucky to have been offered an opportunity to participate in a pilot speech pathology program in 2018. This program is led by Thizbe Wegner, speech pathologist from HNEH and involves students from the University of Newcastle in their 2nd, 3rd and 4th year of studying Speech Pathology. This program started as a once per week program for approximately 4-5 preschool children in 2018 and has now expanded to 3 days per week and includes approximately 25 children from Preschool through to Year 4 at Waratah Public School. This program allows preschool educators to refer children that are identified as experiencing a range of speech and/or language difficulties, often leading to early diagnosis and being able to put interventions in place to support these children. The program has been confirmed to continue in 2021 for 2-3 3 days per week.



Lambton Fire Brigade

Each term the preschool participates in an evacuation and lockdown drill and every year Lambton Fire Brigade come to the preschool. The fire fighters teach the children about fire safety, what to do in an emergency and how to stay safe around fire.



Waratah Police Station

Each year we take the children for an excursion to Waratah Police Station. The Community Liaison Officer takes the children for a tour through the police station, looking at the cells, interview rooms and the fingerprint machine. The children meet several police officers before going down to the basement to have a look at police vehicles.



Responsible Pet Program

The 'Responsible Pet Program' visits the preschool to discuss safety around dogs with our preschool children and staff. Children learnt how to approach a strange dog, when to approach a known dog and when to refrain from going near them. It was an extremely valuable experience for children and staff and we will continue this annually so that more children can be educated about safety around dogs.



SUN PROTECTION

Waratah Preschool is registered as a Sun Smart Centre.

The Cancer Council of NSW advises that exposure to UV radiation from the sun causes sunburn, long-term skin damage and an increased risk of skin cancer. The following sun safety practices have been developed in keeping with our school's sun protection policy.



CLOTHING

At Preschool, children are required to wear sun safe clothing which:

- has sleeves
- covers their stomach, chest and back

NO singlets or short sleeves will be allowed. Children who wear clothing that doesn't fit with our policy, will be provided with spare clothing or asked to play in the shade.

SUNSCREEN

All children are required to wear sunscreen whilst playing outdoors. We ask that families apply sunscreen prior to arriving at preschool. Sunscreen will be available if a parent/carer hasn't been able to apply sunscreen at home. Children will have their hand stamped if they have applied sunscreen. Parents will be asked to sign a sunscreen permission form for additional applications of sunscreen.

- Parents are asked to apply sunscreen before arrival during Terms 1 and 4
- During Terms 2 & 3, Children will be encouraged to apply their own sunscreen under the supervision of staff.

HATS

All children are required to wear a sun-safe hat. Suitable hats include:

- broad-brimmed hat with a brim size of at least 6cm.
- legionnaire hat
- bucket-style hat with a brim size of at least 5cm and a deep crown.

Caps are not suitable.

Children without suitable hats will be provided with a spare hat for the day or asked to play in a shaded area.



ILLNESS & INFECTIOUS DISEASE

Some illnesses may be infectious. To prevent these infections spreading to other students, please see your doctor and keep your child at home for the advised time. **An overview of infectious diseases and the relevant exclusion periods can be found in your information pack.**

Responsibility of Parents

- Keep children at home if they are unwell
- Inform teachers if your child has been ill or exposed to an infectious disease
- Inform educators if your child suffers from a medical condition
- Provide educators with medication and an approved action plan (Asthma, Anaphylaxis, Diabetes, etc.)
- Collect child from preschool if they are deemed too ill to remain at preschool.

Responsibility of Educators

- To inform all families of the outbreak of an infectious disease
- Phone parents if their child is too ill to remain at preschool. If parents are unable to be contacted the nominated person on the collection of children information sheet will be contacted.

MEDICATION

If your child requires regular medication, this should be discussed with your child's teacher at the time of enrolment. Children will not be enrolled until a health care plan has been developed in consultation with families.

- Action plans must be current (Within 12 months of enrolment date), dated and signed by your doctor.
- All medication (Epi-pens, asthma puffers) must be provided to preschool educators before your child can commence preschool. This is a condition of enrolment.
- Medication must not be left in a child's bag or locker or be accessible to children in any way. Please ensure that prescribed medication is handed to a staff member upon arrival for safe storage.
- Medication must be presented in its original packaging and clearly labelled with the child's name, reason for medication, administration requirements, dosage and current use by date.
- Families must be provided with a copy of the Medical Conditions Procedure, if their child has a diagnosed medical condition. This outlines the process for dealing with medical conditions and administering medication.



ACCIDENTS/ ILLNESS/INJURIES/INCIDENTS

In the case of any accident, incident, injury, or illness at preschool, educators are required to complete an incident form and inform parents on the day of the incident. Parents will need to sign this form as an acknowledgement of being informed.

In the case of any injury to the head, the school principal and parent/caregivers will be phoned immediately.

In the event of a serious accident, every effort will be made to contact parents. If this is not possible, we will contact other people listed on the contact list. If deemed necessary, an ambulance will be called to transport your child to hospital.

NB: all ambulance costs to the hospital are covered by the school. Transport home from the hospital is the responsibility of the parent.

Please inform staff of changes in workplace, phone numbers and/or addresses, so that records can be kept up to date.



IMMUNISATION

Before your child will be allowed to enrol at our preschool, the office must have sighted your child's updated Medicare Immunisation Statement. **Blue book will not be accepted.**

The Medicare statement may look like this and can be accessed through your MyGov account. Please speak to your doctor if you require more information.

Further Information

[Immunise Australia Program -](#)

[NSW Health - Immunisation](#)

[Australian Childhood Immunisation Register](#)

Immunisation history statement - online version

As at: 12 June 2013
For: MARCOS O MYERS
Date of birth: 01 January 2008
Immunisation status: up to date



Schedule	Immunisation	Date given	Brand name given	Provider type
2 months	Diphtheria Tetanus Pertussis Hepatitis B Polio Hib Pneumococcal Rotavirus	01 Mar 2008	Infanrix Hexa Prevenar 7 RotaTeq	GP
4 months	Diphtheria Tetanus Pertussis Hepatitis B Polio Hib Pneumococcal Rotavirus	07 May 2008	Infanrix Hexa Prevenar 7 RotaTeq	GP
6 months	Diphtheria Tetanus Pertussis Hepatitis B Polio Hib Pneumococcal Rotavirus	07 Jul 2008	Infanrix Hexa Prevenar 7 RotaTeq	GP
12 months	Hib Measles Mumps Rubella Meningococcal C	03 Jan 2009	Hibrix Priorix Meningitec	GP
18 months	Varicella	30 Jun 2009	Varikix	GP
4 years	Diphtheria Tetanus Pertussis Polio Measles Mumps Rubella	04 Jan 2012	Infanrix-IPV Priorix	GP
Next immunisation(s) due		Date due		

This child has received all vaccines required by 5 years of age.

NSW Immunisation Schedule

Funded July 2020



CHILDHOOD VACCINES			
AGE	DISEASE	VACCINE	INFORMATION
Birth	Hepatitis B	H-B-VAX II OR ENGERIX B (IM)	Within 7 days of birth (ideally within 24 hours)
6 weeks	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA (IM)	ROTARIX: Dose 1 limited to 6-14 weeks of age BEXSERO: Prophylactic paracetamol recommended. Catch up available for Aboriginal children <2 until 30/06/2023
	Pneumococcal	PREVENAR 13 (IM)	
	Rotavirus	ROTARIX (Oral)	
	Meningococcal B (Aboriginal* children only)	BEXSERO (IM)	
4 months	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA (IM)	ROTARIX: Dose 2 limited to 10-24 weeks BEXSERO: Prophylactic paracetamol recommended. Catch up available for Aboriginal children <2 until 30/06/2023
	Pneumococcal	PREVENAR 13 (IM)	
	Rotavirus	ROTARIX (Oral)	
	Meningococcal B (Aboriginal children only)	BEXSERO (IM)	
6 months	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA (IM)	Children ≥6 months with at risk conditions for IPD† are recommended to receive an additional dose of PREVENAR 13 – see AIH* Aboriginal children ≥6 months with certain at risk conditions may require an additional dose of Bexsero – see AIH*
12 months	Meningococcal ACWY	NIMENRIX (IM)	Bexsero: Prophylactic paracetamol recommended. Catch up available for Aboriginal children <2 until 30/06/2023
	Pneumococcal	PREVENAR 13 (IM)	
	Measles, mumps, rubella	MMR II OR PRIORIX (IM or SC)	
	Meningococcal B (Aboriginal children only)	BEXSERO (IM)	
18 months	Diphtheria, tetanus, pertussis	INFANRIX OR TRIPACEL (IM)	Children with at risk conditions for IPD† are recommended to receive an additional dose of PNEUMOVAX 23 – see AIH*
	Measles, mumps, rubella, varicella	PRIORIX TETRA OR PROQUAD (IM or SC)	
	<i>Haemophilus influenzae</i> type b	ACT-HIB (IM OR SC)	
	Diphtheria, tetanus, pertussis, polio	INFANRIX-IPV OR QUADRACEL (IM)	
4 years	Diphtheria, tetanus, pertussis, polio	INFANRIX-IPV OR QUADRACEL (IM)	Children with at risk conditions for IPD† are recommended to receive an additional dose of PNEUMOVAX 23 – see AIH*
AT RISK GROUPS, ADOLESCENTS AND ADULTS			
AGE/GROUP	DISEASE	VACCINE	INFORMATION
All people with asplenia, hyposplenia, complement deficiency and treatment with eculizumab	Meningococcal ACWY	NIMENRIX (IM)	See AIH* for required doses and timing Additional groups are recommended to receive these vaccines but these are not funded
	Meningococcal B	BEXSERO (IM)	
>5 years with asplenia or hyposplenia	<i>Haemophilus influenzae</i> type b	ACT-HIB (IM or SC)	If incompletely vaccinated or not vaccinated in childhood
Year 7	Diphtheria, tetanus, pertussis	BOOSTRIX (IM)	
	Human papillomavirus	GARDASIL 9 (IM)	
Year 10	Meningococcal ACWY	NIMENRIX (IM)	
Pregnant	Influenza	INFLUENZA	Influenza: Any trimester Pertussis: each pregnancy between 20-32 weeks
	Pertussis	BOOSTRIX OR ADACEL (IM)	
Aboriginal people ≥50 years	Pneumococcal	PREVENAR 13 (IM) then PNEUMOVAX 23 (IM)	Prevenar 13: ≥50 years Pneumovax 23: 2-12 months later Pneumovax 23: at least 5 years later Pneumococcal funded for people ≥70
	Pneumococcal	PREVENAR 13 (IM)	
70 years	Zoster	ZOSTAVAX (SC)	Zoster: Catch up available for 71-79 year olds until 31/10/2021
People with at risk conditions for IPD†	See the online AIH* for conditions recommended to receive PREVENAR 13 and PNEUMOVAX 23		
INFLUENZA			
AGE/AT RISK CONDITION	RECOMMENDATION		INFORMATION
All children 6 months <5 years	ANNUAL INFLUENZA VACCINATION		For vaccine brands and eligibility see: www.health.nsw.gov.au/immunisation/Pages/flu.aspx
Aboriginal people ≥ 6 months			
People with at risk conditions ≥6 months			
≥65 years			
Pregnant women			

* The term Aboriginal is inclusive of Aboriginal and Torres Strait Islander people. † IPD: Invasive pneumococcal disease. *AIH Online Australian Immunisation Handbook.

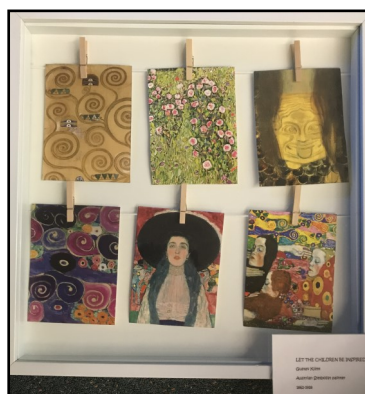
July 2020 © NSW Health. 54-PN (HPG)W0300202

REGGIO EMILIA

Our Preschool philosophy is based on the Reggio Emilia Approach, which values the environment as the 3rd teacher. We pay careful attention to creating simple and natural learning spaces and experiences which invite curiosity and exploration.

CREATIVE ARTS

Children gain inspiration and facilitate their learning through opportunities to immerse themselves in art. We place value on the aesthetic experiences we provide and the beauty and preparation of the environment. The Reggio approach regards the environment as the third teacher. In our preschool, educators, families and the environment are all teachers. The atelier, or art space, plays a vital role in enhancing and guiding children's learning. Artists both local and abroad provide ongoing curiosity and inspiration for our children.



NATURE

Natural resources are sourced from our environment and utilised through every day exploration. Children are guided through experiences to value, respect and love their natural world. The use of light and mirrors and sensory materials such as mosaics and tiles, form an appealing sense of wonder and discovery. Preschool educators aim to 'bring the outdoors in', by using natural resources and limiting the use of plastics. We teach children about sustainability; exploring ways in which we can reuse everyday items for learning experiences. Children take ownership of their environment and show pride and respect in caring for their natural world.



PHYSICAL ENVIRONMENT

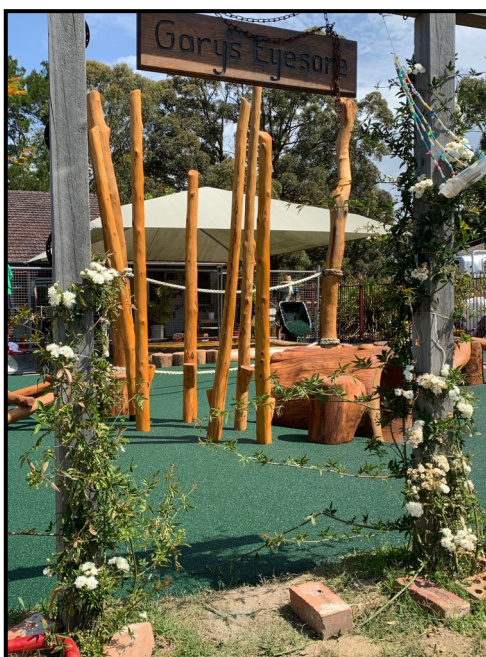
Each room is presented with open spaces, inviting resources and engaging activities. Low shelving houses a wide range of resources that are easily accessible to the children. The environment is literacy-rich and includes natural and man-made resources. Children are encouraged to be the leader's of their own learning and their interests are catered for in intentionally planned learning experiences. They are free to choose resources that extend their learning.

Children's artwork is displayed respectfully around the room or in the child's portfolio; they have a choice in how and where their work is displayed.

Our indoor and outdoor environment as been upgraded in 2019 to include new cabinetry, front entry and play equipment and a sandpit made from trees logs.

Our sensory garden provides a natural space for children to explore and includes mirrors, chalkboards, a bird house, feeders and a bird bath as well as a fish pond.

In 2020 our environment will be further enhanced by the development of a Native Stingless Bee garden which has been sponsored by ORICA.



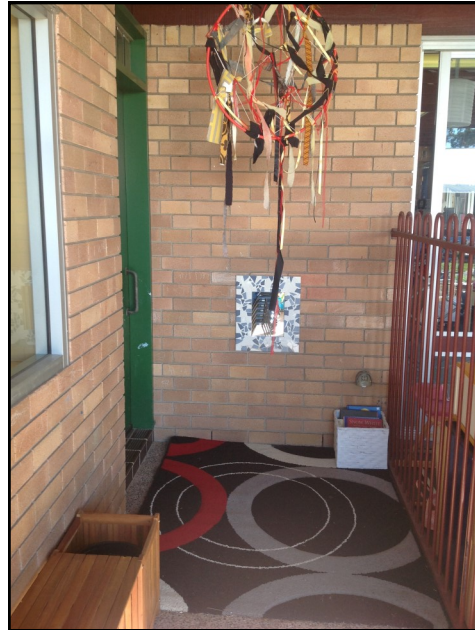
REST AND RELAXATION

We make provisions for a choice of quiet activities as part of our program.

All children will also be offered the opportunity to rest during the day. No child will be forced to sleep, however yoga mats, cushions and sheets are available if your child wishes to sleep.

We have also created quiet spaces outdoors for children to resort to and we encourage children to utilise these spaces when they are feeling the need for quiet and calm.

Please refer to our Rest and Relaxation procedures for further information. More information on rest and relaxation and child wellbeing can be found on Page 12 of this booklet.



MESSY PLAY

Preschool is a time for your child to explore and learn in the natural environment. To ensure that your child gains the most out of their preschool experience, it is important that they are given the freedom to engage in a variety of activities, including messy play.

Research has shown that engagement in sensory and messy play is valuable for children's brain development. Messy play at Waratah Public School Preschool will include;

- Painting
- Shaving foam
- Dirt/mud play
- Sand play
- Water play

Please send your child in old, sun safe and comfortable clothes, so that they can enjoy themselves as best they can! Please label clothing that is likely to be removed - shoes, cardigans, etc.



NB: Please provide changes of clothes (Undies, t-shirt, shorts, jumpers etc.) for your child - these should be left in your child's bag.

CHILD WELLBEING

At Waratah Public School, we have a strong focus on Wellbeing. We follow a Trauma Informed Practice (TIP) approach and preschool teachers engage in regular professional learning surrounding wellbeing and trauma. This has included extensive training on how the brain works and how trauma can affect a child's learning. As an important part of Waratah Public School, our Preschool has embraced the TIP approach and implement a number of strategies, used widely throughout the whole school.

Check-In Board

Children are explicitly taught about feelings and emotions and both children and teachers check-in with their feelings each morning. This can be changed throughout the day, if required. This system enables teachers to acknowledge each child's feelings and have discussions around managing emotions, expressing themselves appropriately and most importantly, letting children know that it is ok to have these feelings.



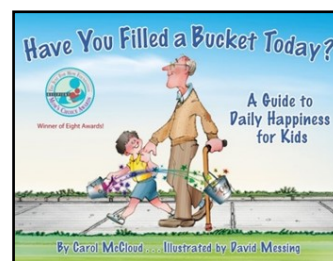
Kit Kat Room

When children recognise that they feel angry, sad, tired or unwell, they are able to remove themselves from situations or activities and retreat to our Kit Kat Room. This space has sensory resources, headphones, music, earmuffs, cushions and a beanbag, whilst still enabling children to be part of the classroom. When they feel in control of their emotions, they self-regulate and return to activities and their peers in their own time.



Bucket Filling

The focus of this initiative is to model positive behaviour/ interactions and encourage children to fill their peers 'invisible buckets', through kind gestures such as encouraging each other, sharing, complimenting and helping. It is also used as a tool of behaviour reflection – guiding children to think about how their words and actions impact on others. A range of resources have been purchased for the school and preschool and more information can be found on this website - <http://www.bucketfillers101.com/>



Cosmic Kids Yoga and Mindfulness

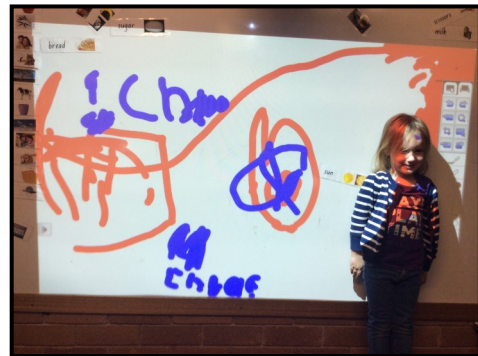
We use our interactive whiteboard to display the YouTube yoga classes, which include popular stories such as Star Wars and Frozen. "Cosmic Kids yoga adventures use movement to help kids have fun and feel great. Fun stories bring to life simple lessons for a happy life" - <http://www.cosmickids.com/>



TECHNOLOGY

Our preschool is provided with many opportunities from our school, Waratah Public. The preschool has an Interactive projector, iPads and WiFi access. Teachers also participate in regular professional development on incorporating technology into the classroom, such as Makey Makey's, Claymation, iMovie and Robotics. The school has developed a Maker Space, which encourages students to be creative in their thinking and develop problem solving skills. The preschool children have access to BeeBots and the school Maker Space.

Children use technology such as the projector and iPads to photograph their environment, share experiences and engage in educational experiences. Teachers use the technology to document learning, share learning with families and support our educational program.



STEM & STEAM

Our preschool has been introduced to the concept of STEM (Science, Technology, Engineering & Mathematics) and STEAM (Science, Technology, Engineering, Art & Mathematics) and we were excited to discover that we were already embracing this style of learning. Children engage in learning experiences which utilise open-ended resources and encourage children to challenge their own thoughts and knowledge. During these activities, children are learning to;

- Problem solve
- Cooperate and collaborate with others
- Experiment with ideas and strategies
- Building resilience and a never give up attitude!

Children create things such as waterways, work together to move obstacles, create bridges, pulleys, fans, lighthouses, vehicles and boats.



ADDITIONAL FEATURES

- **LEARNING SUPPORT TEAM** – Preschool educators can refer children to the school learning and support team if they have concerns for a child’s learning or behaviour.
- **SCHOOL COUNSELLOR** – Preschool children and their families have access to the school counsellor, if required. The counsellor can assist with transitioning to school, addressing learning difficulties and working with families experiencing grief.
- **TRANSITION** - The preschool visits the school regularly, to help the children become accustomed to the school environment. We visit the library, canteen, hall, playground and Kindergarten rooms during the year and participate in whole school celebrations such as NAIDOC, Easter Hat Parade and Harmony Day.
- **LIBRARY** - Children can choose a book to borrow from the preschool ‘library’ each day. Please send a cloth bag or old pillow case labelled with your child’s name.
- **BOOK CLUB**. Catalogues will be sent home twice per term and are appropriate for children aged 3-12years. All orders contribute to rewards for the preschool.
- **DREAMTIME STORIES** - Every Wednesday morning, Mr Mathieson, who is an ex-teacher at Waratah Public School and a proud Awabakal man, visits the preschool to share a Dreamtime story and talk about Indigenous culture and history.



COMMUNICATION

From time to time you will receive information about upcoming events. We aim to provide plenty of notice to families. Email is our most common form of communication, however, please be sure to check your child’s bag and lockers, as well as;

- Skoolbag app (WPS)
- WPS Newsletter
- Noticeboards
- Facebook page

We also occasionally ask families to complete short surveys.

TRANSITION TO SCHOOL

Waratah Public School Preschool is within the grounds of Waratah Public School (WPS). This provides our Preschool with unlimited transition opportunities to prepare children who will be starting Kindergarten at Waratah Public School in the following year. These opportunities include;

- Visiting classrooms, library, hall and playground.
- Ordering from the canteen.
- Utilising school resources, such as the computer room, library and playground.
- Meeting teachers from WPS.
- Engagement in school-wide events such as assemblies, Easter Hat parade, NAIDOC Day, Harmony Day, Anti-Bullying Day, evacuation practices, whole school disco's and supporting our schools sporting ventures.
- Collaborative learning with classes from WPS.
- Visits from our school principal.
- Duties completed by K-6 teachers and SLSO's throughout the year, to promote continuity from Preschool to Year 6. In Terms 3 & 4, a focus is placed on Early Stage 1 and Stage 1 teachers completing these duties.



Our formal transition process includes;

- Kinder Connect evening - planned for families to be oriented to classrooms and teachers, meet other families and be taken on a tour of the school by our principal.
- Meet the Buddy Playdate - An opportunity for children and families to meet their buddies before official orientation sessions.
- Parent information session
- Three classroom sessions



FOOD AND NUTRITION

Our preschool is guided by the Australian Dietary Guidelines. We encourage healthy eating habits at preschool and don't encourage lollies, cakes, chips, chocolate, sweet biscuits, or products high in sugar or sodium (savoury biscuits). **We also do not encourage jam or honey on sandwiches.**



Our preschool has developed a localised 'Food and Nutrition' procedure in line with the National Dietary Guidelines. Any food that doesn't align with our policy, will be sent home. A note will be placed in your child's lunch box.

ANAPHYLAXIS

At times, we have children enrolled who suffer from allergies. These can be life threatening. Every child has the right to be kept safe, therefore, if a child with anaphylaxis is enrolled at our Preschool, there will need to be further restrictions on food.

Please do not send any nuts or products containing nuts - this includes muesli bars and sandwich spreads such as peanut butter and Nutella.

MEAL TIMES

Children are required to bring **lunch and afternoon tea.** Items requiring refrigeration are to be placed in the fridge upon arrival. Cooler bags with frozen ice bricks are a great idea, especially in summer, but **please unzip these slightly before placing in the fridge.**

Parents are asked to provide a drink bottle containing water only. Juice, soft drinks and flavoured milk are not encouraged. Your child will have free access to their drink bottles throughout the day.

NB: Please label ALL lunch boxes and drink bottles

FRUIT BREAK

Each day, educators are able to cut up a fruit platter for all children to share. This is reliant on the donation of one piece of fruit per family, per week. The children really look forward to fruit break and this is a great opportunity for your child to try different types of new foods.

SUSTAINABILITY

Children are taught about reducing, reusing and recycling, composting and managing worm farms, during meal times. They separate their waste into 4 bowls (rubbish, plastics recycle and worm farm) at each meal break. Children also have the opportunity to be waste, water or energy 'warriors', in which they monitor the energy and water usage and 'feed the worms' with food scraps.



Healthy Food Guidelines

<u>Best left in</u>	Fruits and Vegetables	<u>Best left out</u>
All fresh fruit (whole or cut up) Fruit in natural juice (from a tin or tub)	Whole vegetables (e.g. corn on the cob) Salad vegetables Canned vegetables (e.g. corn) Veggie sticks	Fruit juice and fruit drink Fruit straps Fruit bars Potato chips and crisps

<u>Best left in</u>	Breads and Cereals	<u>Best left out</u>
Breads: loaf, pita, rolls, Lebanese, wholemeal, wholegrain, Turkish, scrolls, pumpkin bread, raisin bread, rye *High fibre breakfast cereals Rice Pasta Noodles Pikelets/pancakes Noodles Pikelets/pancakes Fruit muffins/scones	Pasta or rice salad Air-popped popcorn Cous cous Rice/corn cakes *Rice crackers Rice/corn cakes *Rice crackers Crumpets *Crispbread/crackers	*Low fibre, high sugar or salt breakfast cereals Pastries e.g. croissants, donuts, danish 2 minute noodles *Muesli and cereal bars Cakes Sweet biscuits – plain, cream filled, chocolate and chocolate chip Sweet biscuits – plain, cream filled, chocolate and chocolate chip Coloured, buttered or salted popcorn

<u>Best left in</u>	Milk, Yoghurt, Cheese	<u>Best left out</u>
Cheese Plain milk	Vanilla or fruit yoghurt Custard	Flavoured milk Flavoured custard Dairy desserts or puddings
Note reduced fat dairy products are recommended for children over 2 years of age		

<u>Best left in</u>	Lean Meat, Fish, Chicken or Alternative	<u>Best left out</u>
Roast beef, tuna, salmon Lean chicken, fish, pork, veal, beef, lamb Cubes of tofu Hard boiled egg *Baked beans	4 bean mix Kidney beans Lean meatballs Sardines	Frankfurts Cabanossi Chicken roll Bacon Sausages Chicken patties Sausage rolls or pies Salami Devon
Note check your service allergy policy before sending eggs		

<u>Best left in</u>	Drinks	<u>Best left out</u>
Water Plain milk	Fruit juice and fruit drink Soft drinks Cordial Flavoured mineral waters	Flavoured milk Energy drinks Sports drinks

***Use these guidelines to choose healthier packaged foods**

Good for kids
good for life

Nutrition Information		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.5g	4.9g
- saturated	4.6g	3.0g
Carbohydrate	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg

Always compare products using the **100g column**

Less than 20g **fat** per 100g

Less than 5g **saturated fat** per 100g

Less than 15g **sugar** per 100g

Less than 600mg **sodium** per 100g

HEALTHY SNACK IDEAS



SNACKS BEST LEFT OUT OF THE LUNCHBOX



WARATAH PUBLIC SCHOOL



**Where Great Things
Happen!**