WELCOME

Welcome to 2014 at Lurnea Public School Preschool - one that is filled with learning adventures, discovery, laughter and loads of fun with you and your children.

OUR PROGRAM

Settling in

During this early stage of the year, our focus is on creating a warm and welcoming environment for the children so they feel a sense of security and belonging from the beginning. It is a time for establishing connections and for making new friends. These early days of the year are used to establish routines and guidelines for the children whilst in the centre environment. Behaviours such as being kind and gentle with your friends, looking after each other, respecting the work and play of others and working together are qualities we encourage from day one.

Likewise, if you would like to come in and share some time with the children, perhaps with a special activity such as reading them a story, teaching the children a song in your language, or becoming involved in an art activity you are more than welcome. We will soon be placing a Parent Visit Roster near the sign on area and we encourage you to add your name.

CONNECTING WITH OUR FAMILIES

Family Participation

It is very important to us that families feel welcome to join in and contribute to our educational program. Parents and Carers have a unique perspective on their child’s progress and interests, and we value any observations and comments you may have.

Family Photos

We are asking all families send in a postcard-sized family photo to display on our family tree. The photos provide a wonderful opportunity for the children to interact, develop language and social skills and to strengthen the connectedness between home and Preschool.
REMINDERS

Water
Water is the best drink for your child to have during the day. Please ensure you send a labeled bottle of water every day, avoid sticky, sugary juices and cordial.

Food
It is a requirement of the license of the Preschool that we have a Nutrition Policy which meets the Dietary Guidelines for Children. Certain foods don’t meet these guidelines, such as chocolate of any kind, sweet biscuits, cakes, roll ups, muesli bars, rice bubble treats, oven baked fruit bars or dairy desserts (i.e. Yogo, Milo). Also high salt/fat snacks are not suitable.

The children are at Preschool for a very short period of time and we recommend a piece of fruit and a small healthy snack each day as this is more than enough.

GOOD IDEAS FOR FOOD

- Fresh Fruit
- Dried Fruit
- Plain Popcorn
- Breads
- Cheese
- Yoghurt
- Crackers
- Pasta
- Baked Beans
- Plain Custard
- Weetbix
- Boiled Eggs
- Falafel
- Sandwiches
- Wholemeal Scones
- Raw Vegetables
- Cooked Vegetables
- Cold Meat
- Salad

For more information and ideas on healthy eating and physical activity go to the following website - [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

Sun safety
Our Preschool is a ‘Sunsmart centre’. We are required by law to enforce a Sun Safety Policy. Please read the policy that is displayed near the sign on folder, to get a greater insight into what is required of you and the Preschool in ensuring sun safety of the children. Your child is required to bring a clearly labeled hat to Preschool every day. Outside play requires children to wear hats at all times. Clothing needs to be comfortable and sun appropriate.

Sun-safe hats can be:

- Broad-brimmed with a brim size of at least 5cm (adults 7.5cm)
- Bucket style with a deep crown and brim size of at least 5cm (adults 6cm)
- Legionnaire, where the peak and the back flap meet at the side.