

Lennox Head Community Preschool Inc



"Children are worth the effort
Today, Tomorrow and Beyond."

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Newsletter

February 2019

Office Hours— Tuesday, Wednesday 8.30- 3.30pm

Dates to Remember: These dates will also be on the SchoolStream calendar and the website calendar. We also suggest you add them into your personal calendar.

Term 1

Dates — Tuesday 29th January—Friday the 12th of April

(Tuesday the 29th is a pupil free day)

Week 2-3—2-day children will be visiting the library and commencing news and library borrowing.

Week 3 - The 'readers' will also commence attending Mon, Tues, Thurs and Fri for half an hour to play games with us. (these are the year 5 & 6 children from next door)

Week 3 — We will be visiting the fire station to learn all about fire safety. We will also be practising our first fire drill for the year. We practice every 3 months (as per our regulation requirements)

Week 4— Preschool AGM—Annual General Meeting (AGM) to elect the members of the 2018 Management will be held on Wednesday the 20th of Feb at 6pm at the Preschool. If you would like to nominate yourself or someone else, please see Jannette or Tara at the office to complete the nomination form. Please keep in mind, more than one person can nominate for a position. We would love to hear from all interested parties!

Week 5—we will be hosting a welcome information night commencing at 6pm.. We hope for everyone to attend. This evening will be an information session to inform you of the programming/planning and other educational procedures of the centre (which were not discussed on orientation night). You will have the opportunity to meet the other families in your group and network to support your children's social development. Tuesday 26th of February (Mon/Tues Families); Wednesday 27th of February (Wednesday Families); Thursday 28th of February (Thurs/Fri Families)

Week 5 — Miss Tara will be heading to Singapore on Friday for an International Hockey tournament.

Term 2: Dates: Monday April 29th of May-Fri 5th of July

Week 2-3 — Reptile show will be visiting the 2-day groups. This will commence at 9am. All children will need to be at preschool by 8.45 on Friday 10th and Monday the 13th of May

Week 2 — SAVE THE DATE — Mothers Morning on Saturday the 11th of May. There will be 2 sessions 8.30-10am and 10.30-12noon

Week 9 — Sea bird Rescue. The two-day children will be attending seabird rescue for our annual excursion.

Term 3: Dates: Monday 22nd of July-Friday 27th September

Week 2 — 3 — We will be visiting Dr Angus Lambie at Lennox Dental to further develop why/how we look after our oral health

Week 4 — Gigalees clowns will be visiting all the preschool groups throughout the week

Week 9 — Proposed Fathers Morning. We are suggesting changing the father's night to father's morning to hopefully provide more opportunity for all family dynamics. Pencil it in Saturday the 21st of September

Week 10 — the 2-day groups will be visiting Trevor at the Lennox Head Butchery and Deli to further learn about our organs and bodies.

Term 4: Dates: Monday 14th October—Thursday 12th December (Friday 14th is Pupil Free Day)

Week 6 — SAVE THE DATE — concert nights on Nov 19th and 21st (at this stage)

Week 9 — SAVE THE DATE — carols in the park Sunday the 1st Dec (subject to change)

Week 9 — Dr Hubble Bubble will be visiting for an end of year performance

Take the time to review the day sheet, refer to the website and your child's book each month to stay informed. Any comments, suggestions, queries or concerns please email the relevant teachers. You will receive a reply to your enquiry within

Welcome to Preschool!!!!

**We are so excited for the year ahead!
And we can't wait to share it with you all!**

This is our first newsletter of 2018. Newsletters are produced Monthly to inform you on what's happening at preschool and also provide some tips and tricks to support your children's development.

FEES - If you have any questions regarding fees. Please contact the office on Tuesday or Wednesday to speak to Tara (ideally send an email and we will respond as quickly as we can)

FEES REFERENCE— Please use your child's name and group as the payment reference number. E.g. "John Smith MTW"

Preschool Mobile Number: 0455877105

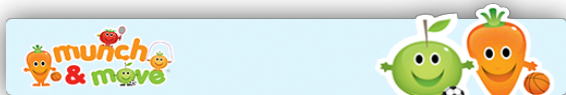
This number is to be used as a **text message service only**. Do not call this line as it will not be answered. This is to be used if your child is sick, holiday dates and information sharing in this regard.

SchoolStream—ensure you have downloaded it as this will be one of the main forms of communication. We are minimising our environmental footprint by reducing the need for paper.

If you need support with setup or need to receive the 'how to' guide or the access codes, please see your educators!

Next Preschool Management Meeting - "AGM"
February 20th at 6pm at the preschool (open to all parents) This will be the AGM, please see Jannette or Tara for Nominations.

Preschool WEB- if you are seeking notes, newsletters, calendar dates to remember, or our policies please head to:
www.lennoxheadcommunitypreschool.com.au
Thank you to Tarzdesigns for your expertise and beautiful web design. <https://tarzdesigns.net.au>



Let's Look at Lunches

Inspiration for fresh, fast & budget friendly lunchboxes
from your local health service

Looking for healthy lunchbox inspiration?

Subscribe to Let's Look at Lunches, a fortnightly e-newsletter developed by Northern NSW Local Health District. Each fortnightly newsletter is packed full of inspiration and tips, recipes and great ideas to help take the challenge out of packing a healthy lunchbox. All you have to do is send your first name, email address and postcode by:

- Text to: 0429 033 517 or
- Email: lookatlunches@gmail.com

Give it a try – you can unsubscribe at any time.

Snacks - Tips for Parents

Healthy snacks are an easy way to help meet your child's daily nutrition requirements. When packing your child's lunchbox, choose healthy snacks that have lots of nutrients, rather than those that are high in fat, salt and sugar. Here are some healthy snack ideas:

- Fresh fruit and vegies such as apples, grapes, strawberries, mandarins, pears, plums, apricots, bananas, kiwi fruit, nectarines and oranges – carrots, celery, cucumber, cherry tomatoes, snow peas, whatever's in season.
- Small quantities of dried fruit (e.g. sultanas, dried apples, dried apricots)
- Vegetable pikelets or savoury scones made with grated vegetables and cheese on top
- Cheese slices or cheese sticks (reduced fat for the over 2's) either on their own or with low fat, low salt crackers

Always have healthier choice snacks in the fridge and pantry to remove the temptation of choosing the less healthy ones. Role model – choose healthy snacks yourself.

Tap water makes the best drink

Here's what it has to offer:

- It's cheap and readily available
- It doesn't contain any kilojoules or sugar
- It our body to function well
- It's the best drink for quenching thirst
- It contains fluoride which helps make teeth stronger.

Always have water available when children are active, especially in the hot summer months, but encourage them to drink water regularly, even in cooler months.

We are currently seeking sponsors for 2018. If you own a business/shopfront within Lennox Head, please see the office to become a sponsor ☺

Current 2019 Sponsors

Newsprout Web Hosting - 66876533

<https://www.newsprout.com.au/>

Kevin McNally Plumbing – 0433952447

Woodrabbit – 66813221

Lennox Gelato & Coffee Co

JDL Electrical – 0427859124

Dr May Marr – 66875202

Lennox Homes – 0412635302

Roofing Craftsmen – 02-66862785

Lennox Point Dental – 0266876190

Lennox Butchery and Deli – 0266877232

Tidy Yard Sack Service – 0266874929

Lennox Head Rural Fire Service

iWok – 0266877478

2018 Sponsors

Quattro Lennox Head – 66876950

Taylor Made Food – 041761493

Florentina Flowers – 66874877

Coastal Podiatry – 66877717

Lime Café – 66877132

Quattro - 66876950

Inner Beauty - 66875477

Mullet Hair - 66875566

Lennox Head Barbers - 0401187322

Fishy Fishy - 66875599

Nixon Bulk Foods - 66877647

Barefoot & Breezy - 66874070

Lennox Hair - 66876131

Lennox Head Surf - 66877038

Freewave - 66877129

The Point Café - 66876500

Surfit - 66877002

Jordans Farm Fruit Shop – 66876137

Shortys – 66874358

Coastal Café – 66876109

Urban Hair – 66877470

Lennox Arts Collective - 0404 348 215

Whitewood Boutique – 0402296459

The Book Room – 66875639

A Spot of Beauty by Helen -0405004505

Kaye Adam Hair & Makeup