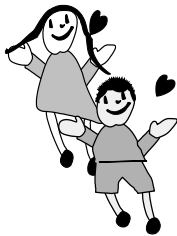


Lennox Head Community Preschool Inc



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

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Newsletter

March 2019

Are you a GRAPHIC DESIGNER? Would you like to donate your expertise, and in return we will advertise your business? We would love to make our Newsletter more appealing, while keeping the valuable content. Contact the office via email or see Tara or Jannette. Thank you.

Office Hours— Wednesday 8.30-3.30pm

Tues & Thurs 8am-9am & 3pm-4pm

Dates to Remember:

Term 1

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

Week 7 – Miss Michelle will be finishing up with week before commencing maternity leave. We can't wait to meet our new addition 😊

Week 8 – Management meeting at preschool at 7pm on the 21st March

Term 2: Dates: Monday 29th of April-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 for 2-day groups 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

Welcome to the Management for 2019!!! The Preschool is a community non-for-profit organisation. We are governed by the management which comprise of representatives from our parents and the community.

We would like to introduce you to the Management of 2019

President—Ros Orlanno (no children currently attending)

Secretary—Georgina Davis (Lincoln-WD/Eliza MTD)

Treasurer—Karen Atterby (Leo – MTW)

Caroline Ibell (Jack TFW)

Rikki Sussman (Louis TFD)

Sarah Scott (Kate WW)

Megan Spyker (Levi MTW)

Tash Johnson (Joshuah WD)

Leah Miles (Cruz WD)

Liesel Jeffers (Tilly MTD)

These are your representatives and act on behalf of you, if you need anything or have any questions/input you may seek support from your group/days representative.

SQUEEZY YOGHURTS vs TUB and SPOON

We understand the convenience of squeeze yoghurts however we would like to draw to your attention a few of the things that are impacted with their use. Your child's hand **eye co-ordination** (this begins with the use of spoon to mouth); **oral muscle tone** (the muscular development of their mouth and facial muscles—directly influencing their speech); **fine motor skills** (grab and early pincer grips through holding the spoon). Also consider the **cost per kilo** vs buying a large tub and transferring it into a small container. This will also minimise our environmental blueprint as we reduce our waste.

Next Preschool Management Meeting – Thursday 21st of March at 7pm at the preschool (open to all parents) If you would like anything added to the agenda, please email the preschool by 13th March

School Stream- 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>

Crunchy foods to fight away the colds at winter.

During winter there are many benefits of having crunchy foods. Throughout the colder months our nasal/ear canals can be susceptible to sickness and blockages. Chewing foods that need muscular effort to break down, can support the body to rid itself of the mucus build up when sick. There are also major benefits to our arousal levels (alertness) and speech development when consuming chewy/crunchy foods.

Crunchy/Chewy foods for Self-Regulation

Oral stimulation or sensory input can help children change their level of alertness. Chewing takes the lead as you may already find your kids are innately obtaining oral sensory input by chewing on their collars, their hair, their tongue or their pencils. Crunching and munching is guaranteed to help most kids focus during their lessons. Gnawing on crunchy/chewy foods offers a nice oral motor workout which will support their focus, attention and processing information they receive from their world.

From the time they are young, we tell our children that it's important to eat healthy food to build strong muscles and grow up big and tall. But what we might neglect to mention are the effects that healthy foods have on the brain. Certain foods help you feel more alert and awake, which in turn increases concentration. Crunchy foods wake us up because we have to work harder to consume them, and that satisfying crunch engages the ears as well. The more senses involved in eating, the more likely we are to become more alert. Chewing chewy food is work -- and you can't do it half asleep. Like crunchy foods, chewy snacks can help a child feel more alert simply because of the effort it takes to consume these foods. Choose crunchy/chewy foods that also contain nutrients that will give the body a healthy boost of energy.

Chewy foods for speech development -

How does EATING AND CHEWING aid in the development of speech? The muscles used for eating are the exact same muscles used to produce speech sounds.

Tongue

- The tongue tip is used for t, d and n sounds, and lifted for an l sound. - The back of the tongue makes k and g sounds. As the tongue practices sucking (while breast/bottle feeding) and later moving lumps of food around, it gets stronger and more flexible and more efficient to quickly move about the mouth in a variety of positions for speech.

Lips

- Lips are used to make those "lip together" sounds of m, b and p. - They are "rounded" for the w sound.

- Lips get strong by sucking and pressing together to keep foods in the mouth.

Jaw

The jaw moves up and down to allow room for the movements of the tongue during speech. Jaw movement is learned by chewing foods. Say the word "I" and notice how your jaw is down for the first part and then comes up for the second part (aa ee).

Soft Palate (muscles at the back of the mouth)

- This is where the nasal sounds are produced, like n and ng. Sometimes these muscles are held high and sometimes they drop down. These muscles are exercised by sucking and swallowing.

Often, children move smoothly through the progression of textures and parents don't need to worry about what their kids are eating as long as the food is safe, nutritious and there are no speech issues. But when a family whose child has a speech delay, or a very small repertoire of speech sounds, we can look at lack of experience with food textures as a possible contributor to the problem.

It's a good idea to work on acceptance of new food textures, in order to increase the number of nutritious foods the child will eat, expand their preferences, and to exercise those muscles for speech. <https://sjunesmithblog.com/2013/05/23/how-food-influences-a-childs-speech-and-language-development/>

**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/>
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Woodrabbit - 66813221
Lennox Gelato & Coffee Co
JDL Electrical - 0427859124

Dr May Marr - 66875202
Swell Plumbing - 0439105648

Roofing Craftsmen - 02-
66862785

Quattro - 0266876950

Lennox Point Dental -
0266876190

Lennox Butchery and Deli -
0266877232

Tidy Yard Sack Service -
0266874929

Lennox Head Rural Fire Service
iWok - 0266877478

Lash On Wax Off - 0467 448 690