



LENNOX HEAD COMMUNITY PRESCHOOL

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New Preschool Update

Many families are curious and asking about the new centre. We will be adding information to our monthly newsletter to pass onto you as we receive it. At this stage we have no NEW information to pass on. However, we can confirm the council are working hard on this project. At this stage we will be located where the new round-a-bout will be developed. It will be an ADDITIONAL centre (not a relocation). The preschool licence will be over the 2 locations.

We will update you if and when we have any new information 😊

THANKYOU

To the parent who volunteered their time and services to review and upgrade our newsletter! We are so grateful

FEES

Please remember all fees are required to be paid in advance as per your nominated schedule

MOTHERS MORNING

Thank you all for your attendance and making mothers morning so super special again!

StEPS - Vision Screening

"Statewide Eyesight Preschooler Screening" will be visiting preschool on the 14th and 16th of May. Ensure you have returned your completed envelope.






DATES TO REMEMBER

TERM 1 (Completed)




TERM 2 Mon 29 April - Fri 5 July 2019

- Wk 3  Miss Tara attending a week long conference "Stronger Smarter"
- Wk 4  **University Student** begins 20 days of placement
- Wk 5  Love Lennox Festival - save the date in your diary. The love Lennox festival is Saturday the 1st of June
- Wk 5  Picture Products due (Keep an eye on your SchoolStream alerts and pigeon hole for more information)
- Wk 6  **EG Incursion** - virtual reality incursion exploring indigenous culture (2 day groups only)
- Wk 7  Long Weekend - No Preschool on Monday the 10th June
- Wk 9  **Sea bird Rescue** 2-day children will be attending seabird rescue for our annual excursion.
- Wk 10  PJ Party Last day of term for all groups

TERM 3 Mon 22 July - Fri 27 Sept 2019

- Wk 2  Miss Tara attending "Stronger Smarter Training" Tuesday and Wednesday
- Wk 2-3  We visit **Dr Angus Lambie, Lennox Dental** to further learn why/how we look after our oral health
- Wk 4  **Gigalees clowns** visit all groups this week.
- Wk 7  **Proposed Father's Morning, Sat 7th Sept 2019**
We are suggesting changing the father's night to father's morning to hopefully provide more opportunity for all family dynamics. **PLEASE NOTE THIS IS A CHANGE OF DATE**
- Wk 10  2-day groups visit **Trevor, Lennox Head Butchery & Deli** to learn about our organs & bodies.

Term 4 Mon 14 Oct - Thu 12 Dec (*Fri 14 is Pupil Free)

- Wk 6  **End of Year Concerts** for 2-day groups on Nov 19 & 21 (TBC)
- Wk 9  **Carols in the Park** Sun 1 Dec (subject to change)
- Wk 9  End of year show by **Dr Hubble Bubble**

2019 Preschool Management Meetings > 7pm, at Preschool.

Thu 23rd May; Thu 20th June; Thu 25th July; Thu 15th Aug; Thu 19th Sept

Send agenda items to mail@lennoxheadcommunitypreschool.com.au no later than 7 days before.

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W-Sitting

Children W sit for a number of reasons. When a child W sits they create a large base of support and a lower centre of gravity. In this position the posture muscles of the trunk and core don't need to work hard and often not at all! For this reason, it can be a stable position for some children particularly those with **lower than average tone, flexible joints or weak core muscles**. This makes it easier to use their arms and hands for play. No wonder they do it!



For other children **tight hip muscles** may be a cause and sometimes, it's just habit. It's ok when...your child moves briefly in and out of W sitting when playing or transitioning from one position to another. It's not ok when...this is the only position your child will adopt for floor play and spends prolonged periods in this position.

So what if my child W sits?

W sitting is not generally considered a normal pattern of sitting. However, whether intervention is required will depend on a number of variables and the overall development of your child.

W sitting may contribute to

pigeon toed walking; altered development of the hip; sway back posture; weak trunk and core muscles; tight hamstrings

How you can help...

By encouraging other sitting positions you will be introducing variability in your child's sitting repertoire while working on their trunk stability.

Sitting cross legged, long sitting, side sitting or providing a small step to sit on are good alternatives.

Supporting Fine Motor Strength

These ideas will encourage the development of the muscles in your child's hands and fingers. As well as increasing the messages between the hands and limbs to develop manipulation and strength.

- Drawing** - Use pencils and/crayons. Both these mediums require pressure for a dark line to form. Textas flow easily and do not require pressure.
- Cutting** - regular exploration of cutting. Once I have mastered the ability to manipulate the scissors, include thicker paper/ thin cardboard to my cutting to improve muscular strength.
- Finger drawing**/writing in wet sand and paint.
- Playdough**/clay
- Threading**
- Pegging** - helping to peg out the washing; The Peg Game - sneaking up behind people and seeing if you can peg a peg on their clothes without them noticing.. sneaky
- Pinching activities** - using tongs/tweezers (options are endless here, an idea is to sort items or move item from one place to the other)
- Squeezing activities** - use spray bottles to have a water fight. Or put food dye in some spray bottles for a new way to paint; squeezing sponges
- Scrunching** - scrunch newspaper to throw at a target or stuff in a paper bag to make a puppet
- All **craft** items including sticky tape, rulers, rubbers, pencils glue etc.
- Construction** - Lego, blocks etc.
- Dressing** - undoing and doing up my own buttons, Velcro, zippers, belts etc.
- Eating** - using cutlery; opening/closing my own lunch box and food bags; spreading items onto bread/crackers etc.; helping in the kitchen to cut and count; Opening and closing Jars
- Hygiene** - brushing my hair; brushing your hair; brushing my teeth;
- Grasp and release movements** - when climbing e.g. on a rock wall, a tree, a jungle gym
- Tug-a-war!!** Doing this while laying on your stomach also supports core strength.



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