





LENNOX HEAD COMMUNITY PRESCHOOL

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New Preschool update

The RFS DA has been approved. Ours has now been submitted and we are waiting on the council department to review it :)

2023 AGM

AGM Notice - Our 2023 AGM will be held on Wednesday the 22nd of February at preschool at 6pm. If you would like to nominate to be on the Management Committee please see your room leader and complete the form at the sign in area. We do have a good time! And it is a great way to connect with other parents and become more involved in your child's preschool journey.

Let's Meet our staff

Miss Tara








- **How long have you been with the preschool?** I have been a part of the preschool since 2007. Starting as a room helper before commencing my Cert III, then Diploma, followed by my Bachelor and then Masters.
- **When you were a kid, what did you want to be when you grow up?** A secondary maths teacher or I wanted to join the army.
- **What's the most exciting/fun part of your job?** I love making your children feel safe and loved. Its through this they can learn and grow. There is never a day I don't want to come to work. I just love it!
- **What's your favourite food?** Depends on my mood haha.
- **What show are your currently binge-watching?** I actually don't watch TV or the like.
- **What's one thing you're really good at?** Sports
- **What's your favourite colour?** Yellow
- **If you could go anywhere in the world where would you go?** Anywhere that my partner and daughter are.
- **A random fact about me?** I never finished high school. I was really sick as a teenager and was unable to complete year 12.



DATES TO REMEMBER (Please add to your diary)

Events will be confirmed closer to the dates and changes may occur

TERM 1 (Mon 23rd Staff Development Day) Monday 23rd Jan - Fri 7th April




- Wk 3  Visit to Lennox Head Primary School Library (2 day groups only)
- Wk 5  Fire Station Visit (all groups)
- 22/2  Preschool AGM
- Wk 6  PaLS Program Commences (2 day groups only)
- Wk 9  Harmony Day

TERM 2 (Mon 24th April Staff Development Day) 24th April - 1st of July

- Wk 5  Healthy Harold - Big Feelings (2 day groups)
- Wk 10  PJ Party (all groups)

TERM 3 (Fri 22nd Sept Staff Development Day) 17th July - 22nd September

TERM 4 (Fri 15th Dec Staff Development Day) Mon 9th Oct - Fri 15th Dec

- Wk 8  **End of Year Concerts** for 2-day groups SAVE THE DATE (Tuesday and Thursday night of your child's respective attendance days) 28th Nov and 30th Nov.
- Wk 10  This is our final week for 2023. And we will be having parties on the last day Tuesday, Wednesday and Friday.  End of year show by Shorty the Clown and Party Week!!!

!! A few reminders... !!

Now we are into the year we have a few reminders for you.

- Please always sign in and out
- Always bring a hat and a pair of shoes
- It is your child's job to unpack their belongings in the morning
- Separate your food into 3 separate meal times. Crunch & Sip into the craft box, lunch on the shelf in the fridge and afternoon tea in the crisper. (This is the most common theme to be missed. Please support your child and have these separated)
- Apply sunscreen before you arrive or when you arrive at the start of the day.
- If your child has medicine or any illness symptoms they cannot attend for the following 24hr period. As such if your child is sent home from preschool, they cannot attend the next day.

Preschool Management Meetings: Our AGM is coming up and we would love for you to come and join us, connect with fellow parents and become more involved in your child's preschool journey.



SUPPORTING INDEPENDENCE

YOUR CHILDREN ARE MORE CAPABLE THAN YOU THINK!

At Preschool the children are encouraged to take responsibility for themselves, their belongings, their decisions and choices at all stages throughout the day.

This involves but is not limited to such things as putting their own lunch in the fridge, putting on their own pants, answering their own questions (through both exploration and thinking), washing up their own plate, packing away areas they have been playing, putting away their craft and organising their own belongings and lockers.

Sometimes in our daily lives it can be quicker to just answer their questions or do it for them. In taking the time and opportunity you can support the increase of independence and build confidence in their own ability (as well as significantly support their processing and planning. Brain development). In the long run this will also help you, a lot!

As the child learns the benefits of order resulting from cooperation, he begins to view himself as a person who is capable of making a contribution to others. Growth in this area is best acquired developmentally, whereby the child becomes useful and needed at an early age, with the expectation of becoming more self-reliant and independent as time passes.

This list is ACCUMULATIVE. As the child advances in age they can continue to maintain past responsibilities as well as assuming new ones. Tasks that are the child's own personal responsibility, such as making their bed and tidying their room, we should no longer do for them. Tasks that help the whole family may be rotated, or a choice of chores may be given.

This list, meant to suggest possibilities, is only a starting point subject to the situation and creativity of the adult.

In gaining these responsibilities, it may be wiser to proceed gradually.

This involves encouraging each child to 'TRY' and 'HAVE A GO' at new things. E.g. 'I can't put my own pants on...' suggest sitting down and trying and if you need help I am right here.

If your child asks you a question answer it with another question with a prompt to the answer e.g. What's the time? (You are setting the table for dinner) Answer - Hmm if I am setting the table what do you think the time might almost be?

Before assigning duties, it would be helpful to keep the following principles in mind:

1. Allow the children choices in which jobs they would like to do. To do nothing is NOT an acceptable choice. They follow through with the choice or accept the consequences.

2023 Sponsors

These businesses support our preschool. Please help us thank them through supporting their businesses.

All Pest Solutions

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Lennox Head Rural Fire Service

Lennox Homes

0412635302

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[https://
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2. Allow the consequences to follow logically from the uncompleted job. Do not discuss beforehand what will happen if someone does not fulfil the commitment.
3. Vary the tasks. Children become easily bored with the same chores. They like new challenges.
4. Children like to move on to more challenging work; new privileges that they can take on now that they are bigger/stronger/older.
5. Remember that you are the model of "order". Do not expect an orderliness and cleanliness from children that you do not expect of yourself.
6. Examine your personal standards. Perhaps you are a perfectionist, you feel uncomfortable if things are slightly out of order or are concerned about what others think. Learn to accept the house as a place of activity for family members, not as a reflection of your personal worth.
7. Probably most difficult: never do for the child what he can do for himself.

(PLEASE SEE NEXT PAGE FOR JOB IDEAS)



Home Responsibilities for 3-4 year olds

1. Setting the table.
2. Putting groceries away.
3. Help with grocery list and shopping.
4. Follow a schedule to feed pets.
5. Assists with work in yard and garden.
6. Sweep, mop, and vacuum.
7. Make own bed (keep linens simple)
8. Helps load dishwasher and wash dishes.
9. Prepare food and learn simple recipes.
10. Share toys with friends.
11. Getting the mail.
12. Should be able to play without constant adult supervision.
13. Sharpen pencils.
14. Uses simple manners, such as "Please", "Thank you", "Excuse me".
15. Dresses independently except for small buttons or ties.
16. Independently uses the bathroom, washes hands, brushes teeth and hair.
17. Clean up what they drop after eating. Clean up spills.
18. Pick up toys as finished and put in proper place
19. Put dirty clothes in basket
20. Stack books on shelf
21. Sort rubbish
22. Take out the rubbish to the big bin

Home Responsibilities for 4-5 year olds

All previous tasks

1. Help with meal planning and grocery shopping.
 2. Help prepare lunch to take to school.
 3. Set the table.
 4. Peel carrots and potatoes.
 5. Involved in more challenging preparation of food, including baking and cooking, with assistance.
- Prepare simple snacks
6. Make bed and straighten room.
 7. Choose clothing the night before, dresses self.
 8. Ties shoes.
 9. Attends to personal hygiene.
 10. Fold clothes and sorts/puts them away.
 11. Match socks and put away
 12. Yard work and gardening.
 13. Feed pets and clean their living area.

