



April/May 2023

# LENNOX HEAD COMMUNITY PRESCHOOL

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## New Preschool update

Our DA has been submitted and we are waiting on the council department to review it :)

## Let's look at lunches

A free 6 week email series to take the stress out of packing healthy lunches. Filled with ideas, recipes and tips.

Families can register at <https://healthupnorth.info/lookatlunches>

## Let's meet our staff

Miss Bec - Educator/Responsible Person



- **How long have you been with the preschool?** Since 2003
- **When you were a kid, what did you want to be when you grow up?** A boy
- **What's the most exciting/fun part of your job?** The children and their comments
- **What's your favourite food?** Chocolate
- **What show are you currently binge-watching?** Working Mums and Firefly Lane
- **What's one thing you're really good at?** Tara says supporting those around me.
- **What's your favourite colour?** Blue
- **If you could go anywhere in the world where would you go?** Bush!
- **A random fact about me?** I hate feet!



## 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**





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

Wk 3  Group Photos Tues, Wed & Thursday  
 Wk 5  Healthy Harold - Big Feelings (2 day groups)  
 Wk 5  Mothers Afternoon for 2 day children.  
 Tuesday and Thursday 4.30-5.30pm  
 3rd June  Love Lennox Festival  
 Wk 10  PJ Party (all groups)

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

31st July Waiting List for 2024 closes

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

Wk 2  Fathers Afternoon Tuesday 17th and Thursday 19th of October (Save the Date)  
 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!!!



## Preschool Arrival



Please do not arrive at preschool prior to drop off time unless previously organised. This is time for the Teachers and Educators to prepare our day and children do not understand why they arrive and cannot start their day straight away. It's not fair on them or the staff.

Thank you Tara.

Preschool Management Meetings: The 3rd Wednesday of each month. 6.30pm at the Preschool

Visit [www.lennoxheadcommunitypreschool.com.au](http://www.lennoxheadcommunitypreschool.com.au) for Notes, Newsletters, Calendar Updates & Policies.



# The importance of the First 2000 Days - Screen Use

The first 2000 days of a child's life is an important time for the development of physical, social and emotional wellbeing. What happens in this time can shape a child's future.

Screens and devices can be effective for learning and entertainment. But to thrive, children need more time to be active and to socialise.

## What is screen time?

Screen time is spending time in front of a: computer, game, mobile or smart phone, tablet or iPad and TV.

Only about 15% of 5-12 year olds and 20% pre-schoolers meet screen time guidelines.



## How much screen time can children have each day?

Most Australian children spend more time on screens than is recommended. The Australian guidelines for the Early Years (birth to 5 years) recommend that:

- Children younger than two years of age are not provided with any screen time
- Children aged 2-5 years spend no more than one hour on screen time per day (less is better).

## Impact on health and development

Research shows that too much screen time can affect children's health and development. This can lead to short and long-term health problems and can have social, emotional, cognitive and physical impacts. These include:

- Difficulty with social skills and relationship building
- Poorer concentration
- Reduced motivation and self-esteem
- Distraction from exploration and play
- Exposure to inappropriate content that can impact future behaviour
- Disrupted sleep due to blue light exposure
- Language delays and reduced verbal interactions
- Reduced muscle and bone growth • A reduction in physical activity levels
- Problems with eyesight development
- More likely to snack on unhealthy foods and not eat enough fruit and veggies.

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