



CABARITA MORTLAKE KINDERGARTEN NEWS

Term 1, 2023

Welcome to Preschool!

We would like to extend a big welcome to all our children and families for 2023. It has been wonderful to see lots of familiar faces as we have many returning families and we have also been enjoying getting to know our new families. Now that most of the children are settled and comfortable, we will be starting to have some supplementary activities and over the coming weeks we will have several special visitors and events that we hope the children will enjoy and learn from.

Term dates for 2023 (please note that these are the dates for children attending so may differ to published NSW school dates as we set our own staff development days)

Term 1: Tuesday January 31 - Thursday April 6th

Term 2: Monday April 24th - Friday June 30th

Term 3: Monday July 17th - Friday September 22nd

Term 4: Monday October 9th - Friday December 15th.

Stay Informed

You should all be receiving regular updates on Storypark showing you what the children are learning and exploring - if you haven't received any please let your class teachers know.

In order to stay up to date with all the events at preschool make sure you check out our website cabaritamortlakekindy.com.au or our facebook page. We also have several parent noticeboards around the centre displaying preschool and community events.

We Value your input!

We always welcome any input, feedback and suggestions from our preschool families and community. You can provide feedback via email, directly to staff or by placing a note in our feedback boxes (located at the sign in area). At times staff may also use the feedback boxes to collect your ideas or feelings about specific topics or issues - please help us continue to improve our preschool by having your say.

Important Dates:

Mon March 13th - A.G.M. and election of committee 7.30pm

Tues March 14th & Thurs March 17th - Healthy Harold visit

Tues March 21st & Thurs March 23rd - Dog safety visit

Fri March 31st & Mon April 3rd - Little Wing Puppet Show

Thurs April 6th - Last day of term of term 1

Monday April 24th - Children return for term 2

Tuesday April 25th - ANZAC Day public Holiday (Preschool closed)

Preschool Hotline:

0478 953 728

If you need to reach us during the day when your child is attending preschool, please phone this number as it will always be answered.

AGM - Monday March 13th, 7.30pm

All families are encouraged to have at least 1 parent attend our AGM



We are a community preschool and as such are required by the State Government to establish a parent management committee to help with the running of the preschool. **There are a number of different committee roles that need to be filled and we will be asking for volunteers to take on these roles at our Annual General meeting - please consider volunteering if you are able, as many hands make light work.** We recognise that taking on a committee role can be daunting, but without parent volunteers the preschool will not be able to function. If you have any questions or would like to learn more about a specific committee role, please see Derryn or one of the classroom teachers.

Parking and Road Safety

Just a quick reminder that the area outside the front and side gates of preschool is a 1/4hr parking zone during some hours of the day. For anyone parking in these zones we do ask that you be mindful of children walking in the area or crossing behind or in front of your car. We also want to remind parents that it is important to ensure your child's safety on and around roads. Please make sure that you follow these steps to ensure that all our children are safe:

- Ensure that you are holding your child's hand on or around the road.
- All children should be put in the car using the kerbside door
- Never leave a child in a car alone – this is dangerous and is also a fineable offence.
- Ensure that your child is using the correct safety seat in the car for their age and size.

For more information on keeping your child safe around cars please

visit www.kidsandtraffic.mq.edu.au

Please also consider our neighbours by not parking across their driveways.

Sun safety

With the current warm weather we thought this was a good time to remind all families to continue to ensure that they are being sun safe. Please make sure that your child brings their hat to protect them from the sun and that they wear sun safe clothing (no straps, bare shoulders or open backs). Warm weather also means water play so please make sure that you pack spare clothes for your child in case they need to get changed.



Mosquitoes

Given the recent rain and ongoing warm weather we are expecting to have an increased number of mosquitoes in the neighbourhood. Please be aware that we **do not** have mosquito repellent available at preschool so we recommend that all families apply a good quality insect repellent in the morning.

Make sure that you sign in and out each day as this is a legal requirement and also helps us make sure that we have accounted for all the children. If someone else is picking them up or dropping them off please remind them to sign in/out.



Supervision

Just a short reminder that during drop-off and pick-up times our playground area is closed as staff are unable to supervise this area whilst attending to the needs of the children and parents. Please make sure that when you drop off your children in the morning that you leave them in a classroom with an educator. When collecting children in the afternoon once you sign them out they are your responsibility and you need to supervise them. We would appreciate it if you could prevent your children from running around the yard at these times to prevent accidents from occurring.

Finally please remember that between 8am-9am it is a *kiss and drop* period and that children should be collected by 3.15pm as they must be off the premises by 3.30pm. Unfortunately children not collected by 3.30pm will need to pay late collection fees.

Future Enrolments – Are you on the waiting List?

There is high demand for placements at our preschool at the moment. To ensure that that you or any family or friends who may wish to send their child to preschool in future years do not miss out on a position, we do recommend that you place their name on our waiting list as early as possible. Children can be placed on our waiting list at any time, however priority will be given to children who will be eligible to start school the following year.

Updated Immunisation forms

Please remember if your child has turned 4 in the past few months, you are required to provide current Immunisation documentation. Please update your child's file by emailing us a copy or bringing in a photocopy!

Gate safety

We would just like to remind everyone about the importance of ensuring that all the preschool gates are closed properly when you enter or leave the preschool. Please do not rely on the gates swinging shut and securing themselves as sometimes they don't especially in windy weather. It is really important that you check that the gates have shut behind you, especially those around the front yard, so that we can ensure the safety of not only the preschool children but also siblings as well - we would hate for any child to be able to get access to the street because a gate was left open by mistake. Please also insist your child does not go outside the gates until you are ready to leave. We also ask parents to ensure that the children do not play with or climb on the gates as we have had incidents where children fingers have been squashed or feet were trapped – not only do we want to avoid injuries to the children but we also want to reduce damage to the gates.

Labels, labels, labels!

Please make sure you have labelled all your child's belongings including hats, clothes, bags, towels, bottles and lunchboxes so we can return them to you.

Any unlabeled items will be placed in the lost property basket so please check this regularly for missing items.

Morning Tea and lunches

Just a reminder to ensure that you include ice blocks with your child's food to help keep it cool.

Healthy Lunch box ideas:

Some lunch suggestions include:

- Sandwiches, pita bread pockets, roll-ups or Turkish bread with various healthy fillings eg lean meats, cheese or salad
- dips along with pita or crackers and vegetable sticks for dunking
- potato salad, chickpea salad, tabbouleh or other salads
- Leftovers including pizza, pasta, rice and noodle dishes that can be eaten cold

Healthy snack (morning tea) options

Fresh fruit, stewed fruit in natural juice, yoghurt, pieces of cheese, fruit bread, rice cakes, pikelets and crackers all make nutritious snacks. Tiny Teddy biscuits, most muesli bars, fruit chew bars and fruit in jelly are not very nutritious and are not recommended.

For further tips on healthy food options and ideas to encourage activity you can access a range of resources from the Munch and Move program via [Resources - Munch & Move \(nsw.gov.au\)](https://resources.munchandmove.nsw.gov.au)

You can now support us with tax deductible donations!

By donating to the CMK Building Fund you can help us raise valuable funds to help us upgrade and improve our playground, building and preschool environment. Any donation over \$2 is tax deductible and you will be issued with a tax receipt. You can make your donations at the preschool or can do a direct deposit at any time using the following link

<http://www.givenow.com.au/cmpkbuildingfund>

Please encourage your family and friends to donate too!

FUN FITNESS FRIENDS
PLAY AFL IN 2023

BE A PART OF A GREAT LOCAL COMMUNITY

play AFL Training kicks off early March 2023
First game 1 April 2023
St Lukes Oval, Stanley St, Concord

New players welcome to come and try at Wednesday training sessions from 15 March email info@concordgiants.com.au to let us know you're coming.
EARLYBIRD OFFER:
Register by 28 January to receive a bonus personalised boot bag

FREE BOOT BAG
Earlybird Offer

FOR GIRLS AND BOYS AGED U5-U17

"My kids had so much fun in their first season playing AFL with the Concord Giants! They are always excited to get to training and love game days. I have met so many lovely families!"

ConcordGiants.com.au

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