

Bermagui Preschool Newsletter – June 30th 2023



2023/2024 Important Dates:

End of Term 2: Fri 30th Jun

Winter Vacation Care Program: Mon 3rd Jul to Fri 14th Jul

Start of Term 3: Mon 17th Jul

End of Term 3: Fri 22nd Sep

Spring Vacation Care Program: Mon 25th Sep to Fri 6th Oct

Labour Day Public Holiday (Preschool CLOSED): Mon 2nd Oct

Start of Term 4: Mon 9th Oct

End of Term 4: Wed 13th Dec

Staff Development & CHRISTMAS CLOSURE: Thu 14th Dec to Mon 1st Jan 2024

Summer Vacation Care Program: Tue 2nd Jan 2024 to Thu 25th Jan 2024

Australia Day Public Holiday (Preschool CLOSED): Fri 26th Jan 2024

Staff Development Day (Preschool CLOSED): Mon 29th Jan 2024

Preschool Orientation Day: Tue 30th Jan 2024. (Children and families invited for $\frac{1}{2}$ hour orientation & re-enrolment session)

Start of Term 1 - 2024: Wed 31st Jan 2024

Please note these dates may be subject to change.

What's On at Preschool...

In the Bungaree Room the children have enjoyed excursions to the oval to enjoy running and ball games. Back at Preschool they are having fun with numbers and counting and continue work on their First Nations Language Program. In the Bidhu Room the children have been following an interest in STEM and exploring how pulleys, levers and simple machines work. They have also started work on designing a new hen house for our Moodji Farm and are looking forward to working with Dan our Gardening Man to create a new home for our chooks.

Educator Update

We have sadly accepted the resignation of Tegan Beggs who has been offered a job working with Healthy Harold and the team at Life Education. We would like to thank Tegan for her dedication to our children and preschool and wish her best of luck with her future endeavours.

We are excited to have Tilly Coates joining our team as a Diploma trainee. Tilly has a wealth of experience and many of our children will remember her facilitating a wonderful children's yoga program at our Preschool last year.

Fee Increase Reminder

The Board of Directors have agreed to an increase in Long Day Care fees from July 1st 2023. A regular day will now cost \$100 per day and a casual day will cost \$110 per day. If you have any concerns please see Narelle.

Fruit for our Fruit Bowl

Colourful and crunchy fruit and vegetables should be an important and enjoyable part of each child's diet. Both vegetables and fruit contain essential nutrients that are important for their health, growth and development. Each day in the Bidhu and Bungaree Room we sit together and invite the children to eat fruit and vegetables as part of our Preschool program. We ask our families if they can to please place a piece of fruit or vegetable in our fruit and vegetable bowls each morning to help support our Preschool program and the healthy eating habits of our children. Thank you.

Toilet and Cardboard Rolls Needed

Moodji Project Manager, Dan Bakker is in need of toilet rolls for garden projects. Please leave your toilet rolls in the basket at the front of Preschool. Thank you.

Are your families ready for Child Care Subsidy changes?

Child Care Subsidy (CCS) is increasing from 10 July. Here's what families need to do.

Families who already get CCS

Families already getting CCS don't need to do anything to get the new rates. Services Australia will apply the changes from 10 July.

Share the [fact sheet for families who already get CCS](#) with these families.

Families who will become eligible

Families who earn between \$356,756 and \$530,000 may be entitled to CCS from 10 July. Families who haven't claimed CCS, should [lodge a claim](#) with Services Australia.

Some families already using care may currently be assessed for CCS and get 0% but will be eligible for an increased rate from 10 July. These families should check that their [income estimate](#) is up to date through their [Centrelink online account](#).

Share the [fact sheet for families who will become eligible for CCS from July](#) with these families.

Families with more than one child aged 5 or under in care

Families earning below \$362,408 with more than one child aged 5 or under in care can still get a higher rate for their second and younger children from 10 July.

From 10 July, the rates for each child are worked out using two separate income tests. Families can use the CCS Calculator at [StartingBlocks.gov.au](#) to find out what their future rates may be.

Families with Aboriginal and/or Torres Strait Islander children

Aboriginal and/or Torres Strait Islander children can get at least 36 hours of subsidised care per fortnight, regardless of their family's circumstances, from 10 July.

If they would like to get at least 36 hours of subsidised care, families can call Services Australia on the [Centrelink families line](#) to let them know a child in their care is Aboriginal and/or Torres Strait Islander. It's voluntary to tell Services Australia this.

Families may get more than 36 hours of subsidy per fortnight based on their circumstances and the amount of recognised activity they do. Families will still need to pay the gap fee.

Share the [fact sheet for families with Aboriginal and/or Torres Strait Islander children](#) with these families.

More information

For more information, visit [childcaresubsidy.gov.au](#).

Horseshoe Café – Kids Lunchboxes!!

Horseshoe Café is looking to provide pre-ordered kids lunches for preschool Monday to Friday. Lunches will need to be pre-ordered for the following week to ensure we have enough time to prepare and order. Lunches will include all homemade snacks (nothing pre-packaged) fruit, sandwiches, yoghurt, muffins, muesli bars etc. with the menu changing regularly. You will be able to grab your order sheets from preschool. Simply fill in the details and circle what you would like on the form and put in the drop box with your money and leave the rest to us. Lunches will be delivered to preschool each morning. Please get in touch if you have any dietary concerns or questions. Looking forward to helping make school lunches a little easier ☺

Erin and Horseshoe Team x

Staying Healthy at Preschool

Throughout the year, staff at Bermagui Preschool follow strict policies and procedures for health and hygiene. We work hard to minimise the chances of cross contamination of germs between children. One of the best measures to prevent cross contamination is effective hand washing. We ask that families encourage their children to wash their hands on arrival and before departing Preschool.



Some of the other measures we use at Bermagui Preschool include:

- Cleaning and disinfecting bathrooms and play areas twice daily, and toys and equipment on a rotating basis or as required.
- Promoting healthy habits through group discussions, role modelling and activities which include hand washing, correct toileting, nose blowing, covering coughs with elbows and eating at the table.
- Monitoring the children throughout the day to ensure they have support for their health and hygiene needs.
- Asking parents to collect their child from Preschool if they are not well enough to attend and at risk of infecting other children. Parents can help by talking to their children about these procedures at home. Please keep your sick child at home, in consideration of the other children and staff. Also understand that despite our best efforts, children still catch colds and other infections, either at preschool, playgrounds, and supermarkets or from visiting friends etc. However, it is an important process that allows your child to build up anti-bodies that will protect them as they grow older and interact with more people in a larger environment.
- Teach children to always wash their hands after using the toilet and before eating. This way, the germs on their hands will not enter their mouth with their food.
- Encourage the children to use the toilet & toilet paper correctly, flush the toilet and then wash and dry their hands.
- Show children how to blow their nose effectively, and use tissues that can be disposed of (along with the germs).
- Teach children to catch their cough in their elbow, when coughing.
- Once your baby is out of the "exploring with the mouth" stage, discourage toys and fingers in their mouth.
- Give lots of praise and encouragement (e.g. "Well done!", stickers, stamps, hugs etc).
- Using games and songs. Here are some we use at preschool:

This is the way we wash our hands (to the tune of Here we go round the Mulberry Bush)

This is the way we wash our hands, wash our hands, wash our hands.

This is the way we wash our hands before we eat our food.

With a little bit of soap (to the tune of the Birdie Dance Song)

With a little bit of soap and a little bit of water, we wash our hands

After going to the toilet and playing outside, we wash our hands

After playing with our pets and before we eat, we wash our hands

With a little bit of water and a little bit of soap, we wash our hands

Thankyou 😊:

- 😊 Liz (Eden's mum) for donating chooks to the Moodji Farm. The girls have settled in so well!!!
- 😊 Erin (Will's mum) for helping with sustainable practice at our Preschool
- 😊 All those families who are visiting and volunteering in the Moodji Farm on Thursdays. If anyone would like to join the Moodjiteers and Grub Club please contact Dan Bakker.

Waiting and Taking Turns:

We all use turn taking on a daily basis. Taking turns in conversation, walking through a doorway, during meals, at appointments, while shopping, and even while driving are just some examples of how turn taking occurs day in and day out. While learning to take turns is a part of social emotional development, this can be a real challenge for some children. Throughout a preschool day, children are expected to wait often. This could be while they wait for an educator who is supporting/helping someone else, wait to go to the bathroom, wait during a transition, wait for a toy/resource or wait for a turn in a game. As you can see, taking turns is part of daily life. As children become exposed to more opportunities to practice taking turns, they get better at it and more patient. But when they first start out, taking turns can be frustrating for children, families and teachers alike! At Preschool we use this simple strategy to support children to take turns.

1. If a child needs to wait their turn for an adult's attention, the child places their hand silently on the adults arm. At first the adult may need to show the child how to do this.
2. The adult then puts their hand over the child's, to acknowledge the child is waiting, while they continue to focus on the first child.
3. Once the educator is able to attend/talk to the child they can say thank you for waiting and focus on the child. This way, children will know if they have something to say or need support/help, they will get their chance but they will need to wait their turn.

Policy Update

Services are legally required to ensure families are notified of any changes to policies which affect: the service's provision of education and care to any enrolled child or a family's ability to use the service; fees; or fee collection procedures, 14 days in advance. (Education and Care Services National Regulations 2011). Bermagui Preschool is currently reviewing the Interactions with Families Policy. Copies of the existing policy are available on our website and the proposed Policies are available on request at Preschool for families to review and provide feedback via email bermikids@hotmail.com. Please see Narelle for further information.

