



Highmount Pre-school  
36 Lechte Road, Mount Waverley, VIC 3149  
T (03) 9802 2812

## IMPORTANT DATES

### TERM DATES

End of Term 4, Friday 21<sup>st</sup>  
December 2018

### ANNUAL GENERAL MEETING

Monday 12<sup>th</sup> November 2018  
7.30pm

### WORKING BEE

Sunday 25<sup>th</sup> November

### END OF YEAR PARTY

Friday November 30<sup>th</sup>  
4.30 – 6.30 pm

## NEWSLETTER TERM 4, 2018

Dear Highmount Families,

With the end of the year approaching, I would like to thank all our families for their ongoing support throughout 2018.

As a community managed kindergarten, we rely on the involvement and participation of parents and families to ensure the successful operation of our fantastic preschool.

Whether through stay and play, laundry duty or supporting our fundraising activities and working bees, we appreciate all that the Highmount families have contributed this year.

Thank you to the 2018 Committee for volunteering their time to run our kindergarten. You have done an extraordinary job and your dedication is greatly appreciated. Along with our bookkeeper Catherine, and our administration manager Anastasia, Highmount has been in good hands!

Mostly, thank you to our amazing teachers and volunteers who look after our children like their own, and make Highmount such a welcoming and loved preschool year after year. We are very lucky to have such a consistent and dedicated team.

In preparation for our end of year party, our final working bee for this year is Sunday November 25<sup>th</sup>. The outdoor space is looking amazing with the fruit trees and plants blossoming, so just a general tidy up is required.

Please join us at our end of year party on November 30 to welcome and meet our new 2019 families, farewell our four-year-old group as they prepare for school, and celebrate a fun year!

Kind Regards,

*Lou Skepper*

President

[highmount.president@gmail.com](mailto:highmount.president@gmail.com)

## Do we have the latest information about your child's immunisation?

**If your child has recently received a vaccination, then our records may be out of date.**

It is important for our service to know enrolled children's immunisation status.

In the event of a disease outbreak, this allows us to quickly identify children who may be at risk of infection and take any protective action required.

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### Do we have an Immunisation History Statement showing your child's most recent vaccinations?

If not, please provide us with an up to date statement from the Australian Immunisation Register:

- use your Medicare online account through myGov or the Express Plus Medicare mobile app to access your child's statement
- visit a Medicare service centre or call 1800 653 809 to request a statement be posted to you.

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**Receive reminders when vaccinations are due** using your mobile device. Download the VaxOnTime Victoria app available for iOS and Android devices.

**To view the immunisation schedule or to find out more about immunisation** search your topic of interest on [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

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## Sun Protection

The Cancer Council of Victoria recommends sun protection whenever UV levels are three or higher. Average UV levels in Victoria are three or higher from mid-August so it's time to dust off the sun protection gear and not wait until term four.

Please ensure that a hat is packed in your child's school bag.

We also suggest that you apply sunscreen on your child at home before the kindergarten session on high UV level days.

UV levels can be checked on the Highmount Preschool website: [www.highmountpreschool.org.au](http://www.highmountpreschool.org.au)

### Highmount Preschool is committed to:

- promoting sun protection strategies for children, families, staff and visitors to minimise the harmful effects of over exposure to the sun's UV radiation
- ensuring that curriculum planning will minimise over exposure to the sun's UV radiation and also promote an awareness of sun protection and sun safe strategies
- providing information to children, staff, volunteers, parents/guardians and others at the service about the harmful effects of exposure to the sun's UV radiation.

## 3 YEAR OLD REPORT

Dear Families,

We have enjoyed a happy and productive year with our three-year-old groups. Some of our program highlights included: Teddy bears picnic, Dress up day, Multicultural day with our family, Footy day, Parent morning teas, Sports Day, Mother's Day and Father's Day celebrations, Diwali and Chinese New Year.

Our play based approach to learning and the early years framework, has developed and extended the children in the following areas: Language and music skills, Cognitive and problem solving skills, emotional and social development and fine and gross motor skills.

The children are becoming more independent and mature. It is wonderful to be part of their progress and share in their happiness. I wish all the children going on to four year old kinder a happy and successful time. I am sure they will have fun. Also good luck to the children who are going on to other kinder programs, we will miss you!

Thanks to all our lovely parents who supported the program during the year, we appreciate your hard work and involvement in your child's early education.

I have enjoyed my Wednesday and Friday afternoons with the four-year-old groups, and I wish them all a happy start to their prep school year. Please come back and visit us!

Thanks to Cathy and Jenny for a great year, we are lucky to have such dedicated and experienced co-educators.

Thanks to our volunteers Sue and Hilda who are so patient and enthusiastic and have made strong connections with our children.

A big thanks to our caring president Lou and our committee for all the positive changes to our kinder.

Also thanks to Anastasia our administration officer, who provides the staff with so much support and assistance.

Wishing everyone a Merry Christmas and a relaxing holiday break.

Thank you,

*Fiona, Cathy & Jenny*

## 4 YEAR OLD REPORT

Dear Parents,

I can't believe I am writing my last newsletter report for 2018. We have had a wonderful year, and with the early years learning and development framework as our guide, we have achieved many goals.

As the children now move towards school, they will have a strong sense of identity; learning to interact with their peers with care, empathy and respect. They have also shown us how independent and confident they have become. The children are now aware of fairness and they have developed a sense of belonging to their kinder group and the community. The children have also developed close friendships with their peers and they have learnt to cooperate and collaborate effectively with each other. They have shown us how incredibly creative and enthusiastic they are throughout the year. I am sure the schools will further develop the children's wonderful skills in these areas.

We have had a busy year at Highmount with incursions and excursions, the highlight being a bus trip to the Kew traffic school, where we consolidated all our learning about road and bike safety. The various incursions such as the Responsible Pet Education program, Thingle Toodle's visit, the Bones show, chicken hatching and the science experiments presented by a scientist from Monash University all provided opportunity for learning and enquiry. Our multicultural morning teas, Fathers and special friend's day as well as grandparents and special friends day were also lots of fun! It was great for all our visitors to see our kinder and join in with the activities.

Thank you to all the parents who have been involved with our kinder throughout the year. We really appreciate all your involvement and friendship. Parental involvement is vital to the running of the kinder. A special thanks to Tess Jonker for organizing some fantastic events with the families and children this year such as multicultural day, Father's day and sports day.

Thankyou to the members of the committee, with Lou Skepper as the president for all the wonderful work they have been involved with in helping to create our fantastic new learning environment – the outdoor playground. All the educators have observed how engaged and enthusiastic the children have been in their new environment.

Thank you to Cathy Hill and Jenny Galanos who both play a vital role in the running of our kinder. Thank you to Fiona for her dedication in running the three-year-old group and working with the four year olds on Wednesday and Friday. Thank you also to our volunteers, Sue McIntyre, Hilda Cousins and Smita Ghosh. They do a fantastic job!

Finally, to all the children, we will miss them, as we have grown so close over the year. I am sure they will be confident, competent and caring little people, prepared for whatever lays ahead of them during their first year

Have a safe and happy Christmas and festive season.

Best wishes,

*Rachel, Cathy, Jenny & Fiona*

PS. We are all looking forward to Scott Ryan and Chester the Bear at our kinder concert.

PPS. Don't forget to come back and visit us

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## 'STAY AND PLAY'

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Volunteering your time at the kinder can be a juggle. We know how hard it can be to fit into our busy schedules - particularly if you have younger children and cannot stay for the whole session. For your child, it is a special opportunity to share their experiences at kinder with you, and for you to watch your child interact with their peers.

*"Parents and families play an important role in supporting their child's education. Research has shown that when schools and families work together, children do better, stay in school longer, are more engaged with their school work, go to school more regularly, behave better, and have better social skills. Parent engagement also results in longer term economic, social and emotional benefits."* – [www.education.gov.au](http://www.education.gov.au)

The educators are very grateful for any time you can spare. Even just ½ an hour to read stories, play games, do puzzles or help with art smocks and writing names on the children's paintings is a great help to the teaching staff.

Children love to have their parents assist during sessions!

The roster is located near the sign in book.

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## SICK CHILDREN

Children should only come to kinder if they are well enough to participate in activities. Please keep your child at home if he/she is not well, even if he/she wants to come to preschool, to avoid spreading illness.

**If your child requires paracetamol or ibuprofen, they should not be attending the kinder.**

If your child is going to be absent from kindergarten due to illness or has an infectious disease, please notify the educators.

If your child has gastro they need to be symptom free for at least 24 hours.

## FOOD ALLERGIES

We aim to be a nut free kinder.

Please do not send foods that contain nuts to minimize the risk to children who suffer anaphylaxis and allergies.

The kindergarten also encourages the use of reusable containers.

Snack suggestions:

- Fruit -prepared the way your child prefers.
- Vegetables – carrots, celery sticks, etc.
- Biscuits and cheese.

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## HIGHMOUNT FACEBOOK PAGE

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Did you know Highmount now has a Facebook page?

Have you 'liked' our Facebook page yet?

Please "like" our page to keep up to date with news and events happening at the kinder! We would love as many parents as possible to leave a review too!



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## KINDER COMMUNICATION

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Have you downloaded the Flexibuzz App yet?

Flexibuzz is a free app for download on Apple and Android phones and tablets.

It is an app designed to keep parents up to date with newsletters, notices, news and events. It also helps to reduce paper waste. Please download the app and make use of this great communication tool.



## SIGN IN BOOK

When your child is attending their kindergarten session, you/the person bringing your child will need to sign the attendance book with the time you arrived, your name and the name of the person, who will collect your child.

When collecting your child, you/the person collecting your child must sign the book again and record the time the child is being signed out.

**This is a requirement of the Department of Education and Training.**

## DROP OFF & COLLECTION

Highmount's responsibility for a child within the kinder grounds does not start until the session begins, and it reverts to the parents/guardians as soon as the session ends.

At the beginning of sessions, parents and guardians are required to wait with their children on the veranda until the teacher is ready to receive the children.

Parents/guardians arriving late will be reminded of the kinder's drop off/collection policy which can be found in the handbook. Late collection is an inconvenience to staff and can cause distress for children.















# *Highmount Preschool End of year Party!*

***30 November 2018 4:30pm - 6:30pm***

***Join us to celebrate a wonderful year and  
welcome our 2019 families!***

***Please bring a shared plate of eats (NO NUTS)***

***Drinks will be provided, along with  
face painting and icy poles for the children!***



## We are SunSmart - a note for families



Too much UV can cause sunburn, skin and eye damage and skin cancer.

Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Slop, Slap, Seek and Slide!**

Our service aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures encouraged by educators.

**During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **Slip on a shirt** - dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. This should be applied every two hours. From 3 years of age, please help your child apply their own sunscreen so they can start to learn independent skills.
3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved sun hat.

4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the service. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.



### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available on the free SunSmart app or widget, in the weather section of the newspaper and on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au). Sun protection times can also be found at [the Bureau of Meteorology website](http://the Bureau of Meteorology website) and live UV levels are available from [ARPANSA](http://ARPANSA).



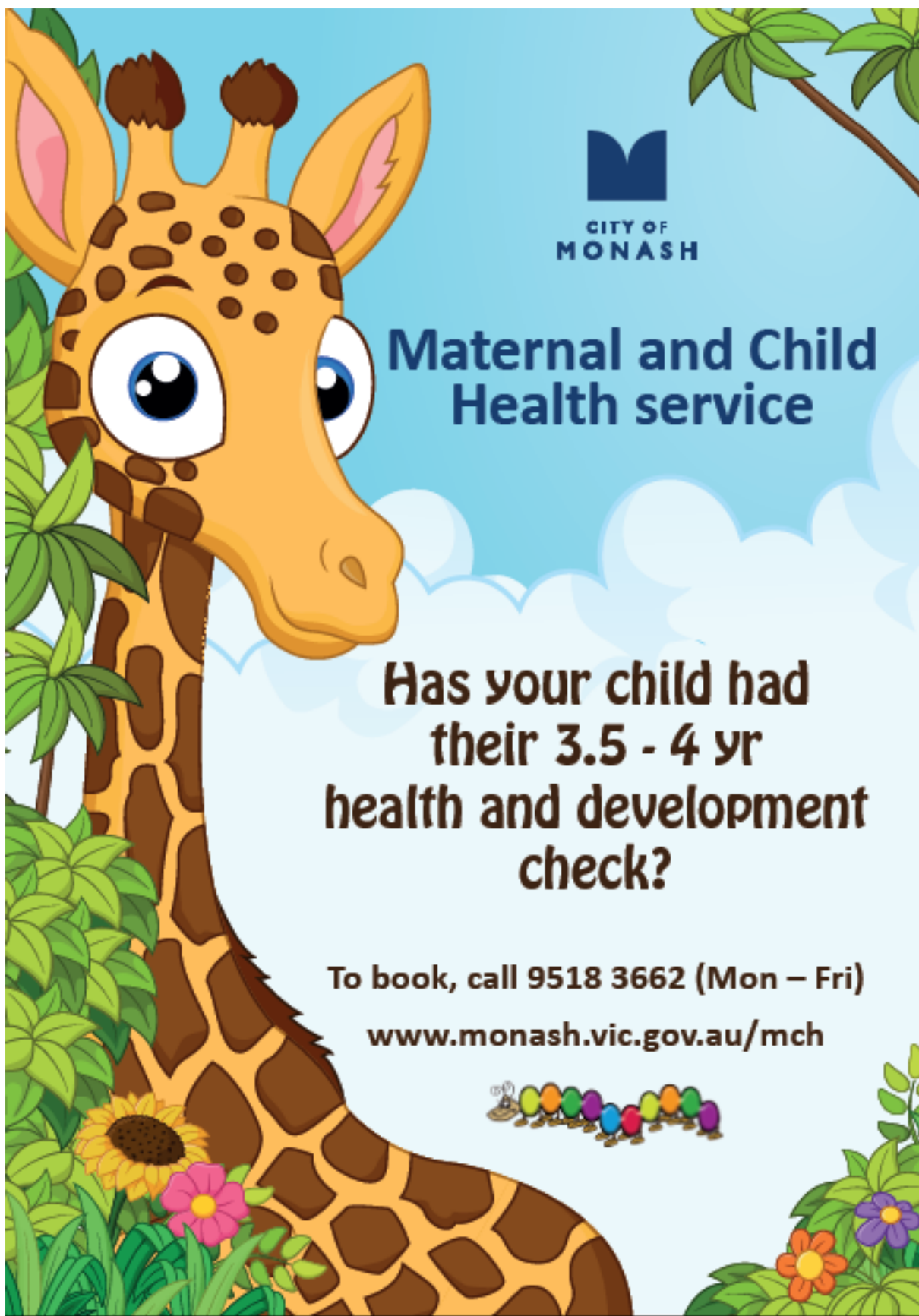
Further information contact SunSmart  
P: 03 9514 6419  
E: [sunsmart@cancervic.org.au](mailto:sunsmart@cancervic.org.au)  
W: [sunsmart.com.au](http://sunsmart.com.au)





to our generous corporate sponsors for the construction of our new playground!





## **Maternal and Child Health service**

**Has your child had  
their 3.5 - 4 yr  
health and development  
check?**

**To book, call 9518 3662 (Mon – Fri)**

**[www.monash.vic.gov.au/mch](http://www.monash.vic.gov.au/mch)**





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