



# HIGHMOUNT NEWSLETTER

Term 1, 2020

## IMPORTANT DATES

### TERM DATES:

Term 1 finishes Friday 27th March

Term 2 begins Tuesday 14th April

### WORKING BEE:

Saturday 15<sup>th</sup> March

8:00am – 10:00am

### HENNY PENNY HATCHING:

Monday, 16<sup>th</sup> March

### LITTLE WORLD PHOTOGRAPHY:

Monday, 27th and Tuesday,

28th April 2020

### SCHOOL CLOSURES:

#### **Term 1**

Monday, 9<sup>th</sup> March - Labour Day

Public Holiday

#### **School Holidays**

Sat 28<sup>th</sup> March – Mon 13<sup>th</sup> April

#### **Term 2**

Mon 8<sup>th</sup> June – Queen's Birthday

Public Holiday

## President's Report

It's great to see all the children settled in and having a wonderful time with their friends and teachers, and I'd like to thank all our staff for such an organised start to the year.

### **Story Park App**

I love seeing the Story Park updates each week with all the exciting learning activities the children have been involved in. This is the first year we have used Story Park, so if you haven't accepted your invitation to join, please do. It's a fantastic insight to your children's learning and development. If you have any questions about accessing or using the App, please see Bec.

### **Help Required**

Our teachers do amazing work with the children, but they can always use a helping hand around the kinder. Please register for 'stay and play' each term to assist with classroom activities and play. The roster is located near the sign in book, and the children love having a family member to show around their kinder 😊.

### **Working Bee**

Our term 1 working bee is coming up on Sunday, 15th March from 8:30am. If families can spare an hour or two, we need help to top up the soft fall bark and sandpit, as well as a general tidy up of the playground. If you have a wheelbarrow, shovel or rake, please bring it along. If you don't, just bring yourself and help to lighten the load. It's always a fun morning!

At Highmount, we value open communication with our families. Parents and families are always welcome to contact myself, or the Committee of Management.

**Lou Skepper**

President

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



## HIGHMOUNT COMMUNICATION

Please “Like” our page and follow us on Facebook 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!



Join us on Instagram



**Story Park** is a free App available for Apple and Android phones and tablets. The App is designed to keep parents up to date with newsletters, notices, news and events.

Please download the App, register/Log in and find Highmount Preschool to receive updates and reminders on your chosen device.



## 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 until the end of April.

**Please ensure that a hat is packed in your child's school bag in Term 1.**

**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 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.

## 4 YEAR OLD REPORT

Dear Parents,

It has been a fun and happy start to 2020 at 4YO Kindergarten. At the beginning of Term 1 we focused on fostering a sense of belonging in the children's new learning environment. But what exactly is 'belonging'? All children need to feel that their world is a safe place where people care about them. They need to know that they are valued, respected and that they will be supported and nurtured. Therefore, respectful relationships and the celebration of identity is where a sense of belonging is cultivated. With this understanding in mind we have taken the time to genuinely get to know each child, engaging them in meaningful conversations and encouraging them to share aspects of their identity through experiences like the 'About Me Board', 'Show and Tell', 'Name Art' and activities that focused on family, culture and developing the children's interests.

Our current learning and development foci are cultivating social competency, promoting good mental health and developing emotional literacy. We have been working on understanding and managing our emotions as well as giving children the skills to safeguard their mental health. Our kindness tree, movement to music, guided meditation, mindfulness and role play are just some of the experiences that are supporting the children to cultivate these areas of personal growth and development.

Soon our we will be turning our attention to Healthy Lifestyles. We will be learning all about the importance of hygiene with a focus on hand washing and we will also explore healthy eating and fitness. We will provide the children with opportunities to engage in cooking experiences and physical play activities that promote healthy living.

If you have any questions regarding the 4YO Kindergarten program, please do not hesitate to speak to Jenny, Hilda or myself. Open communication between parents and teachers is essential for the success of each child's learning and development. We are looking forward to working with each of you to make this a wonderfully magical year for the children.

*Rebecca Tyson – 4-year-old Kinder Teacher*





## 3 YEAR OLD REPORT

Dear Parents,

Our three-year-old group is settling in well and the children seem happy and excited to be at kindergarten!

The first term sees us working on supporting the children's wellbeing. Our objectives are:

- Building warm, respectful and trusting relationships with the children.
- Helping the children to become familiar with routines and transitions.
- Introducing activities to encourage social interactions and making connections with other children.
- Supporting children and their families with separation anxiety.

During each session of kinder we are working on: listening, understanding and following instructions; sharing and respect for each other; self-help skills; participating in a range of activities; making friends and having fun!

The children are already forming trusting and warm relationships with the educators and becoming familiar with the routines and transitions. The educators in turn are getting to know the children's beautiful, individual personalities. The children are also starting to form friendships with each other. This includes social play during both indoor activities (such as imaginative play) and outdoor activities (such as the treasure hunt).

We celebrate a wide range of cultural activities at kinder. We recently learnt about Chinese New Year by talking about what Chinese New Year means and handing out mandarins and red envelopes with chocolate coins for good luck. This links in with the Early Years Learning Framework – Outcome 2 – Children are connected with and contribute to their world (exploring the diversity of culture, heritage, background and tradition of families and children).

In the coming weeks, the children will be involved in Easter activities. This includes the Henny Penny Hatching Program, where the children will have the opportunity to observe first hand, baby chicks stumbling out of their shells. We will also include other Easter activities, such as an Easter egg hunt, decorating egg shapes, making Easter baskets and cards. We will also be reading factual books about life cycles and picture books about chickens, eggs and the Easter Bunny.

Other areas of learning this term will include: painting using different mediums; learning about shapes; butterflies, insects and bugs and music and movement.

Over the past weeks, the children have enjoyed activities such as: painting; singing and dancing to songs; making green monsters and gardens out of play-dough; outdoor treasure hunts; making funny faces from craft materials and imaginative play.

Thanks goes to Bec and Jenny for all their hard work this term. Thanks to parents for providing healthy snacks for the children and a reminder to bring along your child's hat for each session.

Please feel free to come and see me anytime if you would like to discuss your child or the program.

Kind regards,

Hilda Cousins – 3-year-old Activity Leader P.S Please remember to bring your child's hat each session.

Thank-you,

*Hilda Cousins – 3-year-old Activity Leader*





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## STAY AND PLAY ROSTER

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Volunteering your time at the kinder can be a juggle. We know how hard it can be to fit into your busy schedules, particularly if you have work commitments or younger children. 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 appreciate any time you can spare. Even an hour or two to read stories, play games and interact with the children is a great help to the teaching staff.

**The children always take great pride in having a family member there!**

***Please sign up on the roster which is located on the window above the sign in book.***

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## SICK CHILDREN

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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.

Please encourage frequent handwashing and cough/sneezing etiquette to avoid spreading infection.

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## FOOD ALLERGIES

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We aim to be a nut free kinder.

Please do not send foods that contain nuts (including Nutella), to minimize the risk to children who suffer anaphylaxis and allergies.

The kindergarten also encourages the use of reusable containers to minimise rubbish.

Snack suggestions:

- Fruit or vegetables -prepared the way your child prefers, e.g. apples carrots, celery sticks, etc.
- Biscuits and cheese.
- Sandwiches, wraps, rice or noodles
- Water or milk to drink (no sugary drinks such as juice or cordial)



## LITTLE WORLD PHOTOGRAPHY

**Monday 27th and Tuesday 28th April 2020 –  
Preschool Photographs – 3YO & 4YO**

This year Highmount Preschool has engaged the services of Little World Photography to take our annual photos

[www.littleworldphotography.com.au](http://www.littleworldphotography.com.au)

Parent information and registration forms will be circulated before this date.



**Sunday 15<sup>th</sup> March 2020 at  
8:00am to 10:00am.**

## SIGN IN BOOK

When your child is attending their kindergarten session 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, 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.

**Please do not allow your children to stand on the gate when entering and leaving the kinder. It puts stress on the hinges and prevents the gate from closing properly. Thank you for your co-operation.**





# *Henny Penny Hatching*

## **Monday 16th March 2019 - Henny Penny Hatching – 3YO and 4YO**

The Henny Penny Hatching program is a Highmount Preschool favourite.

The program is suitable for children of all ages and provides endless opportunities for observation and interaction. Parents are often keen to participate and it is a wonderful experience for parents to share with their children.

Traditionally, the delivery staff are swamped by excited children as soon as they arrive at the kindergarten. The children are often as interested in watching the equipment being set up as they are in the actual event of the chicks hatching. Their excitement increases as they begin to observe the eggs rocking inside the hatcher and to hear little chirps coming from within. The little 'peck hole', which appears in the egg next, sometimes followed by a beak, draws great interest, then the children watch with fascination and awe as a tiny chick gradually emerges and kicks itself free from the shell.

Eager eyes observe the chick over the next few hours as it dries out, transforming into a cute little fluff-ball, before being transferred into the brooding pen where it interacts and moves around freely. For children in particular, these observations become a major point of discussion, a series of shared experiences which they can verbalise and which will enhance communication on all levels.

The Henny Penny program is a wonderful opportunity to nurture and care for living creatures, whilst studying their life-cycle.

For further information: <http://www.hennypennyhatching.com.au>

## RESOLVING CONCERNS OR COMPLAINTS

Families are encouraged to direct any feedback, concerns, complaints or grievances to the **Nominated Supervisor**

**Rebecca Tyson** on **9802 2812**

Alternatively, you can contact the **Approved Provider**,  
Highmount Preschool Association Incorporated:

Name: Lou Skepper

Position: President

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

Mobile: **0403 327 762**

**Or Contact:**

**Department of Education and Training (DET)**

**Quality, Assessment & Regulation Division (QARD)**

**Eastern Metropolitan Area**

**North-Eastern Victorian Region**

Level 4, 295 Springvale Road

GLEN WAVERLEY VIC 3150

Ph: 1300 651 940

[emr.qar@edumail.vic.gov.au](mailto:emr.qar@edumail.vic.gov.au)

## 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.

## 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.

**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)

## POLICIES AND PROCEDURES

There are a total of 38 policies covering all mandatory and best practice areas related to the National Quality Framework for Early Childhood Education and Care (NQF). These policies have been developed based upon information provided by the national peak body Early Learning Association of Australia (ELAA) to meet legislative, regulatory and funding requirements.


Highmount Preschool values and encourages family input into decision making and strives to draw upon this input to continuously improve the quality of the preschool.

We are pleased to invite you to view the preschool's policies at <http://highmountpreschool.org.au/policies/> particularly those that are in draft form and provide any feedback via email [highmount.kin@kindergarten.vic.gov.au](mailto:highmount.kin@kindergarten.vic.gov.au)

Hard copies of the policies can be made available upon request.


Further information on the National Quality Framework for Early Childhood and Care (NQF) is also available on the Australian Children's education and Care Quality Authority (ACECQA) website via [www.acecqa.gov.au](http://www.acecqa.gov.au)





# GAMEAWARE

Taking Gaming From Habit To Hobby



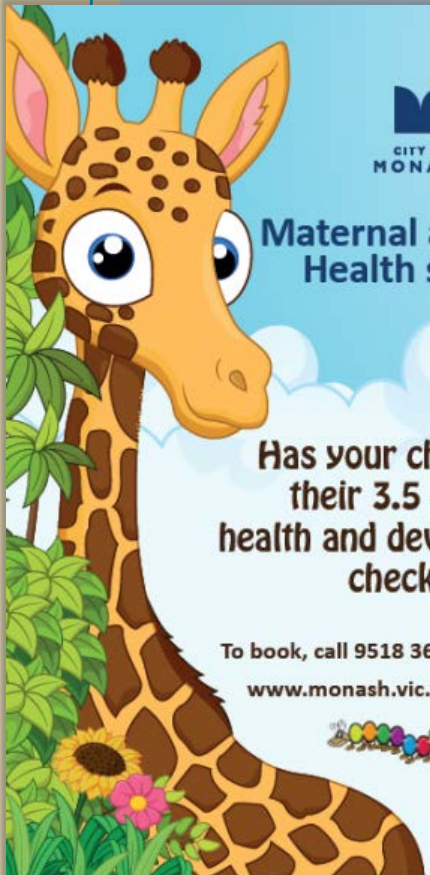

## PARENTEVENING

- Come and learn about what makes gamers tick
- Find the elusive sweet spot for sustainable gaming
- Learn where the line blurs between passion and compulsion

**Date:** Wednesday 11 March 2020  
**Time:** 6.30pm - 8pm  
**Location:** Wheelers Hill Library  
 860 Ferntree Gully Rd, Wheelers Hill

[www.gameaware.com.au](http://www.gameaware.com.au)

RSVP by 2 March 2020  
[FamilyServices@monash.vic.gov.au](mailto:FamilyServices@monash.vic.gov.au)

## 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)



## GREAT IDEAS START HERE...

Highmount Preschool continuously strives to improve our service and program.

We encourage parental involvement and input.

We welcome all comments, suggestions and concerns.

Feedback can be provided anonymously and will be treated with confidentiality and respect.

The Suggestion Box is in our welcome area next to the Attendance Book.