



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

## NEWSLETTER TERM 3, 2019

### IMPORTANT DATES

#### TERM DATES:

Term 3 finishes:

Friday 20<sup>th</sup> September

Term 4 begins:

Monday 7<sup>th</sup> October

*(Remember to pack a hat)*

#### Father's Day morning tea

##### 3 year old group:

Friday 30<sup>th</sup> August

8:45am-9:30am

#### Father's Day breakfast

##### 4 year old group:

Monday 26<sup>th</sup> August

8:45am-9:30am

#### Kew traffic school excursion

##### 4-year-old group:

Thursday 12<sup>th</sup> September

#### CELEBRATING 50 YEARS OF HIGHMOUNT PRESCHOOL:

Saturday 14<sup>th</sup> September

1:00pm – 4:00pm



### President's Report Term

Dear Highmount Community,

I would like to congratulate our Assistant Educator, Cathy Hill on her pending retirement! Cathy has provided 25 years of devoted and loyal service to our preschool. Her dedication and care towards all of the children that have passed through our doors over this time is remarkable. Many families in our community remember Cathy and the wonderful experiences she helped create for our children in their kindergarten years.

Along with Cathy's commitment to our children, she has been a generous and thoughtful member of our teaching team, always considering others and quietly going beyond what is expected without seeking recognition.

Cathy's last day will be Thursday 19<sup>th</sup> September, and I invite all families to join us for a farewell morning tea at 10.30am to show our appreciation and to wish Cathy all the best in her retirement.

I would also like to congratulate Hilda Cousins on her appointment as our new Assistant Educator! We are excited to have Hilda join our teaching team upon gaining her Diploma in Early Childhood Education.

Hilda joined the Highmount team as a volunteer in 2017 and quickly became a valued member of our preschool community with her bubbly personality and rapport with the children. Please join me in welcoming Hilda to her new role!

Finally, please join us for our **50<sup>th</sup> Anniversary Celebration!!!** Saturday 14<sup>th</sup> September, 1pm – 4pm, see flyer below.

All past and present families and teachers, along with the wider community are invited to celebrate 50 years of Highmount Preschool! Celebrations include an historical photo displays, afternoon tea and cake, magic show, balloons and face painting. Please spread the word and help us celebrate a wonderful milestone!

Lou Skepper

President

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

## Frequent handwashing

is the most effective way to reduce the chance of catching a cold



### Tips for parents: Preventing colds

- Ensure your and your child's hands are washed frequently throughout the day for 15-20 seconds
- Carry hand sanitiser with you to use if you don't have access to water and soap
- Make washing hands fun, try singing happy birthday twice as a way to guide how long children and adults should wash their hands for
- For younger children, have a stool handy in the bathroom to ensure they can reach the water and wash their hands effectively

For further information visit:

<https://www.rchpoll.org.au/polls/preventing-colds-knowing-what-works/>



**4 YEAR OLD**

JOIN YOUR LITTLE ONES FOR A

**Father's Day  
Breakfast  
Snag-a-dad**

Monday 26 August 2019  
8.45am to 9.30am



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#### HIGHMOUNT COMMUNICATION

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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!



**Flexibuzz** 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 & Tick" Highmount Preschool to receive updates and reminders on your chosen device.





## 4 YEAR OLD REPORT

Dear Parents

So far, this term, we have all been settling in with Carol as our permanent teacher. We have been so helpful in showing her where things are stored, how things have been done and what to do next.

We have been exploring winter with white playdough, beanie pasting and discussion at group time.

On Tuesday 6<sup>th</sup> August, we celebrated Multicultural Day by coming dressed in our national costumes, painting flags and sharing foods from different cultures. It was great fun and there was lots of sharing and learning.

We have been enjoying group games, such as 'Doggy Doggy, who's got the bone?' and 'What's the time, Mr. Wolf?' and most recently 'Jenga' with our large unit blocks in a small group.

We introduced and made our own 'license' for the kindergarten vehicles and if the child ignores the road and safety rules, they risk losing their license and ability to ride for the rest of the session. So far, we have not had heavy infringers, there has only been a need for warnings. This road safety information is leading into our excursion on September 12<sup>th</sup> to the Kew Traffic School.

We have introduced a 'Child of the Week' system where a particular child is selected randomly and is the 'Child of the Week' for the following week. They bring in family photos, are the leader of the line, choose children to disperse to outside, bring in show and tell and share with the group and bring in a book to share. We are hoping that this will dispense with the numerous toys and items being brought in from home.

On Monday 26<sup>th</sup> August, we are holding a Father's Day event. The children have begun preparing their homemade gifts. A notice will be sent out shortly.

Leading up to our incursion, "Science for Pre-schoolers" on Thursday 15<sup>th</sup> August, we had been conducting our own science experiments. We have tried the sultana floating in soda water, colour mixing on ice and the soda bicarbonate and vinegar reaction. The children have been showing great interest in these experiments and are quick to hypothesize, draw conclusions and send the experiments in a variety of unusual ways.

We look forward to our excursion and a Footy Day event later in the term.

Carol, Fiona, Cathy, Jenny and Abida

The 4 YO Educator Team

## 3 YEAR OLD REPORT

Dear Parents,

Farewell to **Cathy Hill** who is retiring at the end of this term. We would like to acknowledge her dedication to the families and children at Highmount over her 25 years' service. We wish her all the best in her retirement.

We welcome **Hilda Cousins** who has been volunteering with us for two years and is currently completing her studies to work as a qualified co-educator at Highmount. She will be working with the three and four-year-old groups during term 4.

We are coming towards the end of another busy term at kinder. The children are spending much longer at activities, working in small groups, problem solving and practicing sharing with their friends. The children have been enjoying the following activities

- Creating and constructing with boxes and scrap materials
- Using scissors in their collage and drawing work
- Playing board games, colour matching and number games
- Shared stories and props eg. The Very Hungry caterpillar, Dear Zoo
- Kinetic sand play experiences
- Shape and letter recognition...roller painting shape stencils...talking about attributes of shapes and naming them, also 3D shapes
- Varied Creative and Expressive Art experiences, including colour mixing with eye droppers
- Multicultural day... this was a wonderful experience for the children. Trying different foods, wearing national dress and inviting parents, grandparents to share the fun.
- We continued this interest area with consolidation experiences over the week, making Chinese dragon masks and flag matching lotto. Learning the words to Twinkle Twinkle in Mandarin. Thanks to Chenhan's Dad Lei for teaching us!
- Greeting each other in different languages.

During our music time the children have played simple percussion instruments. We have also been learning new singing games and chants and listening to a range of CD's.

Educators have spent time with the children talking about feelings, how we speak to each other with respect and courtesy and how to resolve conflicts with other children.

Encouraging your child to greet the staff and other children, fosters a sense of belonging and mutual respect.

A new parent roster for term 4 will be put up on the window above the sign-in book. Please put your name down for a session and to help with washing if you haven't had a turn. The children love showing you their play space and the staff appreciate the extra help. Thanks to all those parents who have given their time and made our sessions run smoothly. Coming on kinder duty is a good way of watching your child interact with others and the environment and have time with the staff to chat about any issues.

Thanks again to our students/ volunteers, Hilda and Jessica who are just marvellous with the children. **Fiona** will be on long service leave for the last two weeks of term three.

**P.S remember hats for term four.**

Please feel free to discuss your child's progress any time.

Thanks,

Fiona, Jenny, Hilda, Jessica and Cathy





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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

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.

## FOOD AND ALLERGIES

We aim to be a nut free kinder.

Please do not send foods that contain nuts (including Nutella), to minimise 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)

For healthy lunch box inspiration visit:  
<http://www.nutritionaustralia.org/national/resource/school-lunchbox-ideas>

## TIPS FOR STARTING SCHOOL

Starting school is an exciting time for students and families, however it can be a big step for those starting Prep.

Here are some tips on how you can help your child have a positive start to school:

### The year before school:

- Ask your child what they think about starting school.
- Encourage your child to ask questions about going to school.
- Help your child stay healthy. Make sure they have regular health and dental checks and keep immunisations up to date.
- Encourage your child to do things on their own. This could be dressing, going to the toilet, washing their hands, unwrapping their food and opening and closing their drink bottle and lunchbox.
- Talk to friends and other families about what school is like.
- Talk to your child's early childhood educator about things you can do at home to help your child.
- Talk to the school about how you can engage in your child's learning and development at school.
- Ask the school what time your child starts on the first day and where to take them.
- Participate in school transition programs and orientation days.

For more information and resources see:

<https://www.education.vic.gov.au/parents/going-to-school/Pages/tips-starting-school.aspx>

<https://raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting-school>

## 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.**





Mount Waverley North Primary School  
Aspire • Believe • Achieve

# ENROL NOW FOR 2020

School Tours every Tuesday at 9:30am  
Pre-School Playgroup, Fridays 10 - 12pm  
By Appointment Only

Enquiries: 9802 3168 | [www.mtwavnth.vic.edu.au](http://www.mtwavnth.vic.edu.au)  
Marcus Avenue, Mount Waverley






PHOTOGRAPHY

for people who believe in making  
moments last

[www.melissamartinphotography.com](http://www.melissamartinphotography.com)  
Mount Waverley | Melbourne




CITY OF  
MONASH

## 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)



### 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 is 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 our preschool.

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

Hard copies of the policies can be provided 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)



### Quality Improvement Plan & Suggestion Box

Our QIP is located on the welcome area notice board. We invite families to have a look through our current goals and provide feedback and ideas via our suggestion box. Your comments and opinions are valued and will be confidential and anonymous if you wish.

## Parent Resources



Did you know we have a Parent Resource folder in the welcome area?

Information and Resources for your perusal include:

- Local Community Resources eg. Monash Link
- Developmental Milestones & The National Quality Standards
- Belonging, Being and Becoming & the Early Years Learning Framework
- Nutrition, Child Health and Development
- School readiness
- Literacy and numeracy tips and much more!

We also have a new **Community Library shelf** for our kinder families to explore!