



# HIGHMOUNT NEWSLETTER

Term 3, 2020

## IMPORTANT DATES

### TERM DATES:

Term 3 finishes Friday 18th September

Term 4 begins Monday 5th October

### SCHOOL CLOSURES:

#### **Term 3**

#### **School Holidays**

Saturday, 19<sup>th</sup> September –  
Sunday, 4<sup>th</sup> October

### OTHER:

#### **Family Portraits Photo Shoot**

Sunday 10<sup>th</sup> October 2020

#### **Kelly Sports**

Dates to be confirmed

#### **Book & Toy Sales**

Dates to be confirmed

#### **Kinder Photos**

Date to be confirmed

#### **Science Incursion - 4YO only**

- December 8th - Blue and Purple Groups
- December 10th - Red and Green Groups

## President's Report

Welcome to Term 3!

We certainly didn't expect this term to turn out like it has, and we are so thankful to our educators and families for adapting to yet more changes in a what is a crazy year.

The implementation of a home learning curriculum has been a challenge for our educators, and I'm sure you can appreciate the hard work undertaken to ensure all our children continue to receive excellent learning opportunities whilst at home.

The weekly program provides an opportunity for children to participate and engage in activities that align with the usual kinder curriculum. It also provides the opportunity for children and parents to communicate with the educators and share what they have been doing at home. It is important that children maintain a connection to the kinder during this time, so we encourage parents to share the Story Park posts and contribute photos.

As we have not been able to hold our usual working bees and fundraising events during terms two and three, the opportunity for families to be eligible for the maintenance levy refund has not been possible. Depending on the opportunity for a working bee during term four, the committee will issue a partial or full refund of the maintenance levy to all families this year.

Our planned incursions and events for this term have been rescheduled for term four, so keep an eye out for the new dates.

We will continue to keep families updated with any new information regarding a return to kinder as soon as we receive official communication.

I'd like to thank our staff, committee and administration for their continued work and support to ensure the ongoing successful operation of the kinder.

This year has been very challenging, and everyone has happily contributed to what has been required in order to provide the best outcomes for our amazing community.

Let's look forward to a bright and happy term four!

Kind Regards,

**Lou Skepper**

President

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

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## HIGHMOUNT COMMUNICATION

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Please “Like” our page and follow us on [Facebook](#) and [Instagram](#) 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 on [Google Review](#) too!



[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 and 4.**

**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.

## 3 YEAR OLD REPORT

Dear Parents,

The 3YO kinder children have really developed and grown in their learning and development throughout Term 3. The children are becoming more independent and confident in their abilities. We have been encouraging co-operative and collaborative play and supporting the children to develop a strong sense of their own identity within the kindergarten program.

The children have been exploring aspects of their identity through lots of role-play, both during indoor and outdoor playtime. Examples of role playing include: acting out storybooks such as "The Three Billy Goat's Gruff" and acting out real life experiences such as a Doctor's surgery, supermarkets and cooking at home. During outdoor play, we have been focusing on physical activity, such as running, jumping, climbing and balancing. The children have also enjoyed lots of creative experiences, with drawing, painting, cutting and pasting, as well as sensory activities using shaving cream and fake snow. The children continue to confidently explore their kinder environments during play.

The children have also participated in some wonderful events, such as Crazy Hair Day and International Friendship Day. The children arrived at kinder with some amazing "crazy hair"! On International Friendship Day, we spoke about what friendship means to the children and the responses were just beautiful. This is a sign of the children's sense of belonging and their awareness of being connected to others.

The 3YO group have really developed close friendships with their peers and continually demonstrate throughout each session, kindness towards each other. It's lovely for Jenny and I to observe each session!

We will continue to support the children in the following areas during Term 4:

- Encouraging resilience and wellbeing
- Listening
- Sharing and respect for each other
- Participating in group activities
- Asserting themselves and working through conflicts
- Having fun!

I hope you have all enjoyed the stories, child notes and community communications on Storypark. It's a great way to keep in touch, particularly during these times. Remember to contribute to Storypark with your children's stories, activities and interests done at home! This helps us to join in your children's learning and provide further ideas and activities for their learning and development.

A big thank you to Bec, Jenny and Abida for their continued support and wonderful ideas and to Lou and the Committee for all their support.

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

I'm looking forward to a productive and fun-filled Term 4 and seeing my beautiful 3YO faces again!

Thank you,

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

## 4 YEAR OLD REPORT

Dear Families,

Term Three has seen Highmount Preschool make the transition to remote learning for all children in the four-year-old group. The remote learning program that I have developed aims to support children with diverse needs and interests. Broad goal planning allows me to attend to individual children within a group goal and supports children to engage in integrated learning experiences that are rich, meaningful, and appropriately challenging. Our remote learning objectives are:

- to cultivate the children's wellbeing and physical development through their movement patterns as well as the integration of sensory, motor and cognitive systems for organised, controlled physical activity for both purpose and enjoyment.
- to develop the children's confidence and effectiveness as communicators as they explore and use multi-modal and conventional ways of communicating.

To support learning at home we are providing experiences approved by the Department of Education and Training Victoria as well as those we have developed ourselves. Furthermore, we are very excited about the YouTube channel we have established in an effort to bring story-time and circle time experiences into the home. The videos that feature myself and Hilda, will aim to support the children's ongoing learning and development and help them maintain their sense of connectedness to us.

Jenny is also providing an amazing week-by-week science program to support the children to develop key dispositions and skills for learning while at home. We have already received fantastic feedback regarding the first experiment that she planned for the children. A big thank you to the parents who have tried it out at home and let us know how it went. We love seeing how the children are thriving and achieving as they engage with the remote learning program. The feedback and input also assists us to go back and plan more responsive, relevant and engaging experiences.

Bi-weekly 'class catch ups' will be taking place from 25<sup>th</sup> August via Google Meets. This amazing idea came from our Vice President, Prue Thomaidis, who has done a fantastic job of supporting the 4YO program this year. I would like to thank Prue for all that she has done to enrich our program! Prue has organised a class catch up for Thursday 20<sup>th</sup> August, and I am very much looking forward to seeing and talking to the children again via the Google Meets platform.

A friendly reminder that if you have not returned your Transition Learning and Development Statement permissions forms to please do so as soon as possible. I will continue to send ideas for experiences and routines that can support your child to make a positive start to school next year. I will also be sending out to relevant families who have given permission to participate in our 'Starting School Support Network' on the 24<sup>th</sup> August, information about who will be attending the same school as your child.

## 4 YEAR OLD REPORT

An important part of creating a successful and positive transition to school is creating a support network for both parents and children as you navigate this period of change. With this in mind, I would have been creating a list of schools children are attending in 2021 and parents contact details (this can be a phone number or email) so that you can link in with other families that will be attending the same primary school. Knowing if other children are attending the same school as your child is also important as many schools will ask you if you would like to nominate a friend/peer that you would like to be in their Prep class to help with the transition. Please consider the positive impact that this can have on your child's transition.

If you wish to share which primary school your child will be attending in 2020 and your contact details with families in our 4yo group, and you have not already done so, please fill out the 'Sharing of Information for School Transition Authorisation' form and email to [highmount.kinder.teacher@gmail.com](mailto:highmount.kinder.teacher@gmail.com). This form was sent to every family in the 4YO Kindergarten group so please make sure you check your inbox if you think you require a copy of this form. Please note, this information will not be shared publicly on the Storypark platform, it will be sent to participating families directly.

While Term Three has seen the landscape of teaching and learning change dramatically, as a community we have managed to prevail and overcome all the challenges thrown at us so far. I think that is something that we should be incredibly proud of!

Stay safe and well,

*Rebecca Tyson – 4-year-old Teacher*



## TERM 3 HIGHLIGHTS

# THE BAKE-OFF

At the start of Term 3 our baker rose to the challenge of creating their Rainbow master pieces.

We received so many wonderful entries and the competition was very tight. Our educators deliberated before the winners were decided.

We want to thank everyone who submitted entries. You made us hungry and envious of your skills.

The prizes were:

1st Prize - Gourmet Food Hamper

2nd Prize - Woolworths \$50 Voucher

3rd Prize - \$50 voucher cake order from CakeNDeco

4th Prize - Swiss Bakehouse family sized pie

Our winners were:

1st place	Patil family
2nd place	Anagipura family
3rd place	Thomaidis family
4th place	Stathopoulos family

A special mention to our Vice President (Prue), Marketing Officer (Anne) and Anastasia for organising the prizes and running of this event. A big thank you to our wonderful educators for the difficult task of judging.



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# ACTIVITIES

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## SPOONVILLE



During Lockdown 1, Teddy Bears and Rainbows could be found in windows and gardens as children went on daily walks around their neighbourhood.

Lockdown 2 has brought Spoonville.

Spoonville has originated from England. It was created as a way to help the mental health of the community during this pandemic. Share your pictures and help Spoonville spread around the world!

### Rules of Spoonville

**PLACEMENT** - Place your spoony person during your exercise trip

**CREATING** - Make sure bits won't blow off your spoony person (we don't want to litter).

**WOOF WOOF** - I'm afraid spoony people are not keen on dogs (dogs please stay back)

**VISITING** - Come and see the spoony people but don't stay long and no touching.

**WEATHER** - Make sure spoony people can take the rain (nail varnish is good for our faces). Legs and arms can be sticks from your garden.

**MAIN GOAL** - Have fun being creative!

Spoonville has it's own website <https://spoonvilleinternational.com/>

Here are some pictures of Spoonvilles.



Please feel free to email Anne at [highmount.marketing@gmail.com](mailto:highmount.marketing@gmail.com) if you'd like to share them on our Highmount Facebook page. We'd love to see them.

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## ACTIVITIES

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# TREASURE HUNT



Looking to keep your kids minds occupied. Why not create an ALPHABET treasure hunt.

Put all the letters of the alphabet in a hat, let them draw out 1 letter.

They have to go hunting around to find 10 objects they can that start with that letter.

It's a great way to build up their letter confidence!

# TREE ART CANVAS



Buttons, glue, paint, and a blank canvas are all that you need to make this gorgeous Tree Art.



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## ACTIVITIES

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### Father's Day is coming! Sunday 6th September.

Some gift ideas you can start working on with the kids.



#### INTERVIEW YOUR CHILD ABOUT THEIR DAD.

Here are some questions you can ask;

- What is your dad's name?
- How old is your dad?
- What is your dad's superpower?
- What is your favourite thing to do with your dad?
- How does your daddy make you laugh?
- What is your dad's favourite food?
- What is something your dad says all the time?



And then get them to draw a picture of them with their dad.

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## ACTIVITIES

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### COASTERS - FATHER'S DAY GIFTS

Items:

- square tiles
- pictures of your child (why not have them holding a sign)
- bottle of mod podge (you can buy from art store)
- Clear acrylic, enamel, or polyurethane.



Step 1 - take photos of our child/children

Step 2 - Cut photos into slightly smaller squares than the tile



Step 3 - Use Mod Podge to glue and seal image down, allow to dry.

Step 4 - Once dry, spray enamel on. Allow to dry.



Step 5 - Gift wrap and present!!!

Happy Father's Day.



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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.

## FOOD ALLERGIES

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)

## 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)



# IMPORTANT COMMUNITY CONTACTS

CITY OF  
MONASH

## Help is Available

There are a variety of services available in our community to help you and your family manage this challenging time.

[www.monash.vic.gov.au/community-information](http://www.monash.vic.gov.au/community-information)

## COUNCIL SERVICES

### Monash Customer Service

☎ 9518 3555

✉ [mail@monash.vic.gov.au](mailto:mail@monash.vic.gov.au)

💬 [www.monash.vic.gov.au](http://www.monash.vic.gov.au) (webchat)

### Waste Transfer Station

7:30am-3pm (7 days)

### Monash Youth Services (Remote Access)

☎ 9518 3900

✉ [YRCR@monash.vic.gov.au](mailto:YRCR@monash.vic.gov.au)

### Monash Community Support

☎ 9518 3555

## GOVERNMENT UPDATES

### Mobile App



Download the "Coronavirus Australia" government app in the Apple App Store or Google Play

### WhatsApp

Join the Federal Government's WhatsApp channel on iOS or Android.

🌐 [www.aus.gov.au/whatsapp](http://www.aus.gov.au/whatsapp) and then follow the instructions.

## FINANCIAL HELP

### Australian Taxation Office

☎ 13 28 65 🌐 [www.ato.gov.au](http://www.ato.gov.au)

### Centrelink

🌐 [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

### Money Smart ☎ 1300 300 630

🌐 [www.moneysmart.gov.au](http://www.moneysmart.gov.au)

### Eastern Financial Counselling Service (Anglicare)

☎ 9896 6322 ✉ [efcp@anglicare.org.au](mailto:efcp@anglicare.org.au)

### National Debt Help Line

🌐 [www.ndh.org.au](http://www.ndh.org.au)

## HEALTH SERVICES

Emergency Number ☎ 000 Police, Fire, Ambulance

Coronavirus Hotline ☎ 1800 675 398

Nurse on Call ☎ 1300 606 024 (24 hours)

## FAMILY WELLBEING SERVICES

### Maternal and Child Health Advisory Line

☎ 13 22 29 (24 hours)

MCH App free from app stores for child health tips and advice on your phone.

### 1800RESPECT

☎ 1800 737 732

National sexual assault, domestic family violence counselling service.

### Kids Helpline

☎ 1800 551 800

(24 hours)

🌐 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Free phone & online counselling for kids, teens, young adults, parents and carers.

### DirectLine

☎ 1800 888 236

(24 Hours)

Alcohol and drug counselling and referral.

### Lifeline

☎ 13 11 14 (24 hours)

Crisis support and suicide prevention.

### Elder Abuse Helpline

☎ 1300 368 821

### Parentline

☎ 13 22 89

(8am-midnight)

Counselling and support for parents and carers every day of the year, including public holidays.

### Beyond Blue Support Service

☎ 1300 22 4636

Mental health support services.

### Headspace

☎ 1800 650 890

Youth mental health service for 12-25 year olds.

### Suicide Support Line

☎ 1300 651 251

### MensLine Australia

☎ 1300 789 978

Telephone & online counselling service for men.

### Wavecare Counselling

☎ 9560 6722

Telehealth consultation & counselling available for referred clients.



## EMERGENCY RELIEF AND SUPPORT

### Victorian Government Emergency Relief

☎ 1800 657 398

🌐 [www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19#emergency-relief-packages](http://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19#emergency-relief-packages)

### Monash Oakleigh Community Support and Information Service

25 Downing St, Oakleigh  
(Mon, Wed & Fridays: 10am-1pm)  
☎ 9568 4533

✉ [admin@mocsis.org.au](mailto:admin@mocsis.org.au)

🌐 [www.mocsis.org.au](http://www.mocsis.org.au)

### Waverley Community Information and Support Service

☎ 9807 9844 or 9807 5996

✉ [wavcis@bigpond.com](mailto:wavcis@bigpond.com)

🌐 [www.monashwaverleycis.org.au](http://www.monashwaverleycis.org.au)

Leave a phone message and one of the volunteers will call back as soon as possible.

## CRISIS HOUSING

If you need further advice or assistance, contact Bill Kendall at Monash Council on

☎ 0412 787 850 ✉ [bill.kendall@monash.vic.gov.au](mailto:bill.kendall@monash.vic.gov.au)

### Crisis After Hours ☎ 1800 825 955

During business hours this number will direct the appropriate housing service (determined by location).

**Uniting Harrison** (Suburb: Mulgrave)  
321 Ferntree Gully Rd, Mount Waverley  
☎ 1300 277 478

**Community Housing Limited** (Suburbs: Glen Waverley, Wheelers Hill & Burwood)  
19-23 Prospect St, Box Hill ☎ 1300 245 468

**Salvo Care** (Remaining Monash Suburbs)  
317 High St, Kew ☎ 9853 5680

## AT RISK OF HOMELESSNESS

If you, or someone you know, is at risk of losing their current tenancy, the Private Rental Assistance Program (PRAP) has funding which can support at-risk households to sustain affordable and appropriate housing in the private rental market. PRAP funding can be applied for through Salvo Care or Uniting Harrisons.

**Salvo Care** ☎ 9853 5680 **Uniting Harrisons** ☎ 1300 277 478

## USEFUL CONTACTS

### Health Services

#### Monash Health – COVID-19 Screening Clinic

☎ 1800 675 398

🌐 [monashhealth.org/patients-visitors/coronavirus#screening-clinics](http://monashhealth.org/patients-visitors/coronavirus#screening-clinics)

Check website for further instructions before attending the clinic.

#### Refugee Health & Wellbeing Clinic

##### Monash Health - Dandenong

☎ 9792 8100

Health clinic for asylum seeker and refugee patients who require non-urgent medical care.

#### Carers Victoria

☎ 1800 514 845 🌐 [www.carersvictoria.org.au](http://www.carersvictoria.org.au)

Provides advice or assistance to carers.

#### Disability Information Helpline

☎ 1800 643 787

Mon-Fri: 8am-8pm, Sat-Sun: 9am-7pm,  
Not available public holidays.

### Working for Victoria initiative

🌐 [www.vic.gov.au/workingforvictoria](http://www.vic.gov.au/workingforvictoria)

### Links for more information for businesses

#### Australian Government:

- 🌐 [www.business.vic.gov.au](http://www.business.vic.gov.au) and search for the information you need.
- 🌐 [www.aus.gov.au/whatsapp](http://www.aus.gov.au/whatsapp) and then follow the instructions.

#### Victorian Government:

- 🌐 [www.business.gov.au](http://www.business.gov.au) and search for the information you need
- 🌐 [www.dhhs.vic.gov.au/business-sector-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/business-sector-coronavirus-disease-covid-19)

#### City of Monash

- 🌐 [www.monash.vic.gov.au/business-resident-support](http://www.monash.vic.gov.au/business-resident-support)
- 🌐 [www.monash.vic.gov.au/Hardship-Policy](http://www.monash.vic.gov.au/Hardship-Policy)

## 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)

### **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.