



Glenbrook  
Preschool

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Preschool  
Kindergarten Inc.



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## NEWSLETTER

May 2024

### Important Dates.....

- Mother's Day week—  
Week 2, Term 2
- Committee Meeting—  
15th May
- National simultaneous  
Storytime—week 4, T2
- Reconciliation Week—  
Week 5, Term 2
- King's Birthday Holiday—  
Monday 10th of June
- Committee Meeting—19th  
June
- Last Day of Term 2— Frid  
5th of July
- Preschool resumes for  
term 3— Monday 22nd of  
July



**mark  
your  
calendar!**



## HAPPY MOTHERS DAY!!

**Sunday the 12th of May**

To all of our wonderful, caring, selfless Mothers, Caregivers, Aunties, Grandmothers & other special people in our lives, we wish you all a Fabulous Mother's Day on *Sunday the 12th of May*.

Mother's are the greatest teachers, they teach with love, compassion & fearlessness.

You all make immeasurable contributions to your children's world each and every day and for all that, you need to be celebrated!!

**MOTHER'S DAY /FAMILY OPEN MORNINGS—**

**WEEK 3, MON 6TH & THURS 9TH OF MAY**

**8.30AM –10AM, 2024.**



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Visit our Website for information & events [www.glenbrookpreschool.com.au](http://www.glenbrookpreschool.com.au)



# Policy Update

We are currently reviewing our “Arrival and Departure policy & Information and record keeping policy” for May.

If you would like to add anything or read our draft policy please feel free to email Jessica or pop into the office, we are always happy to have some parent input.



## 2025 Re-enrolment/Starting School Form

2025 Re-enrolment forms will be emailed out this week, could you please complete the re-enrolment/starting school form and return it to preschool by Monday the 13<sup>th</sup> of May 2024 to save disappointment. Positions are limited.

Although your child may be heading to big school next year, we need this document returned for official notification. **Please note this form is NOT for new enrolments of siblings**, please complete a waiting list for siblings if you haven't already.

Offers of new enrolments will happen as soon as we have re-enrolments organised.

If you haven't received the email link by Friday please contact Amanda ASAP.



2025 Re-enrolment of children currently attending Preschool  
AND details of children going to BIG school.

We are currently organising enrolments for 2025 and require some information from you. We like to get started early in this process so that we can tell new families on our waiting list when what positions may be available as soon as possible. Although your child may be heading to big school next year, we need this document returned for official notification. Please note this form is NOT for new enrolments of siblings, please complete a waiting list form for siblings if you haven't already. Offers of new enrolments will happen as soon as we have enrolments organised. Thank you.

Child's Name : ..... Date : .....

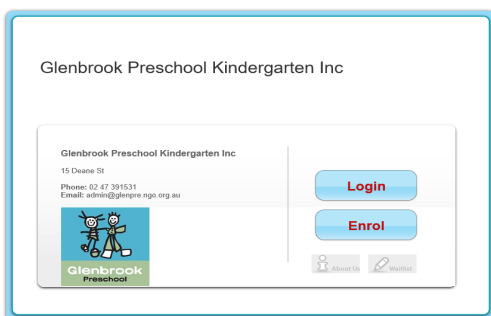
Please number in preference the sessions you prefer for your child returning to Preschool, 2025.

In 2025 our program will consist of 2 & 3 days per week enrolments within the classrooms. Attendance patterns shown below, meet the 10 hour universal access being offered by Department of Education and ensures that children can access "Start Strong Funding" which will help our preschool to lower preschool's daily fees. Behave as the option for enrolment. Please number in preference, or none if necessary. We aim to accommodate everyone's needs and will speak to families if we are unable to offer one of your preferences. Limited vacancies available in each room for 2025.

- 2 days per week - Mon/Tues Caterpillar room
- 2 days per week - Thurs/Fri Caterpillar room
- 2 days per week - Mon/Tues Frog room
- 2 days per week - Thurs/Fri Frog room
- 3 days per week - Mon/Tues/Wed - Partially funded Wednesday at a cost of approx. \$75.00 per day.
- 3 days per week - Wed/Thurs/Fri - Partially funded Wednesday at a cost of approx. \$75.00 per day.

Is there anything else you would like to communicate about your child's enrolment?

## Keeping details UP-TO-DATE



Please ensure we have your most up-to-date address, email, phone numbers and your child's emergency contacts.

Please update through HubWorks or email the office.



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## FRIENDLY REMINDER FOR IMMUNISATION RECORDS

It is important to provide the preschool with the most up to date copy of your child's Immunisation records at all times. It is imperative that we know the current status of immunisations of all children within our preschool. The Government have also clamped down on the records kept at our Preschool, hence the reason we have requested current ACIR Immunisation History Statements from all families. The 'blue book' is no longer accepted. You can obtain a statement at any time by contacting Medicare:

- By telephone on 1800 653 809
- By email on [acir@medicareaustralia.gov.au](mailto:acir@medicareaustralia.gov.au)
- Online at [www.medicareaustralia.gov.au/online](http://www.medicareaustralia.gov.au/online)
- In person at your local Medicare office, Centrelink office or Child Support Service Centre



If your child is due for their immunisations please arrange to have them done ASAP and provide us with the updated copy of the Immunisation History Statement. If the Preschool has an outbreak of a vaccine-preventable disease any child whose immunisation record is not up to date will be excluded from the preschool for the recommended exclusion period, for example; Whooping cough exclusion period can be up to 21 days.

## Bush Play begins in Term 2

**Why we love 'Bush Play'**—Bush Play has been found to reduce stress and anxiety in children. Exposure to natural environments improves children's cognitive development by improving their awareness, reasoning and observational skills. Children who play regularly in natural environments show more advanced motor fitness including coordination, balance and agility. Natural environments also stimulate social interaction between children. Children who play in nature have more positive feelings about each other and encourages enhanced language and collaborative skills. With all of these wonderful benefits and so many more you can see why *Bush play* is an important part of our program!! Speak to your teachers for further information.

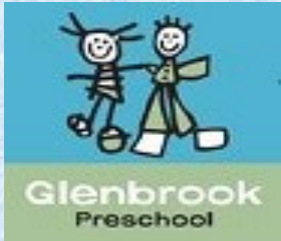


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# Glenbrook Preschool Kindergarten Inc.

ABN 40 679 863 968

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Cnr Lennox & Deane Streets Glenbrook NSW 2773

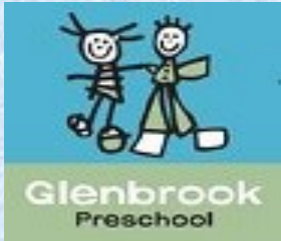
Ph: (02) 4739 1531 Fax: (02) 4739 3058

Email: [admin@glenpre.ngo.org.au](mailto:admin@glenpre.ngo.org.au)



## Upcoming Calendar for term 2

Events	Date	Time	Class	Invited
Preschool Returns	Monday 29th of April	8.00am	Mon/Tues Classes	Mon/Tues Classes
Mothers day/ Family visit	Monday 6th of May	8.30-10am	Mon/Tues Classes	Mon/Tues Classes
Mothers day/ Family visit	Thursday 9th of May	8.30-10am	Thus/Frid Classes	Thus/Frid Classes
Kings Birthday	Monday 10th of June	Public Holiday	Mon/Tues Classes	
Last day of term T2	Friday 5th of July	All Day	Thus/Frid Classes	Thus/Frid Classes



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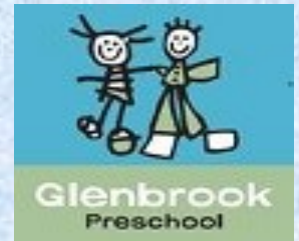
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# Upcoming Calendar for term 3

Events	Date	Time	Class	Invited
National Science Week	Week 4 12th-16th August	Throughout the week	All Classes	All Classes
Fathers day/ Family visit	3rd & 6th September	2pm	All Classes	Everyone
Preschool Photos	3rd & 5th September	9.00- 11.30am	All Classes	All Classes
STEPS Vision screening	Friday 13th September	9.00- 11.30am	All Classes	All Classes
Last day of term T3	Friday 27th September	All Day	Thus/Frid Classes	Thus/Frid Classes

Please note—these dates may change due unforeseeable events. If dates are changed we will notify parents immediately.



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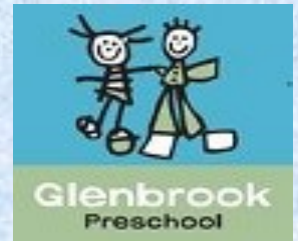
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## Upcoming Calendar for term 4

Events	Date	Time	Class	Invited
Term 4 Begins	Mon 14th October	8am	Monday	
World Teachers Day	5th October	ALL DAY	ALL	ALL
End of year celebrations	Week 9	TBA	Mon/Tues Classes	Mon/Tue Families
End of year celebrations	Week 9	TBA	Thus/Frid Classes	Thus/Frid Families
Last day of Year/ Party day	Tuesday 17th December	All Day	Mon/Tues Classes	Mon/Tues Classes
Last day of Year/ Party day	Thursday 19th December	All Day	Thus/Frid Classes	Thus/Frid Classes

## Fact Sheet

# SELECT HEALTHIER SNACKS



It is important to offer your child healthy snacks. Young children can more easily meet their nutrition needs if healthy snacks are offered between meals. Offering small, planned snacks is much better than allowing children to graze between meals.

### Choose snacks based on:

- fruit
- vegetables
- milk, cheese, custard and yoghurt
- high fibre or wholegrain breads, crackers and cereals.

### Tips to make healthy snacks easy

- Keep healthy snacks in the fridge and pantry.
- Put healthy snacks in your child's lunchbox.
- Have fresh fruit in a bowl on the kitchen bench.
- Have meals and snacks at the same time each day to help establish a good routine.

### Easy and healthy snack ideas include:

- fresh, frozen, canned or dried fruit
- plain or fruit yoghurt
- rice paper rolls
- hummus with pita bread or breadsticks
- small fruit muffin
- cooked noodles with tofu and vegetables
- custard
- corn or rice cakes with avocado or peanut butter
- sushi
- vegetable sticks with dip
- wholegrain cracker with cheese
- fruit smoothie

### Tips to encourage healthier snacks

- Set limits on the number of unhealthy snacks (including packet snacks such as potato chips, muesli bars, biscuits) allowed and explain that these snacks are treats and not everyday foods.
- Offer a range of healthy foods so your child can choose what they want.
- Don't keep unhealthy snack foods in the house.
- Choose healthy snacks yourself and eat together to show your child that you enjoy healthy food. It will help your child learn to eat healthy snacks!



For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)