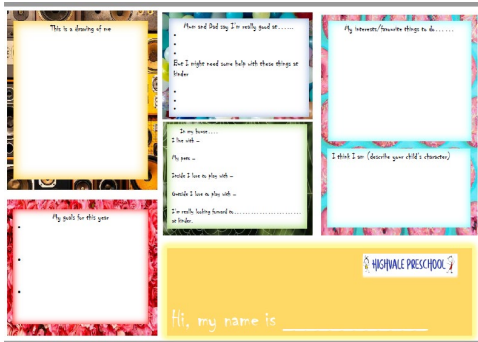




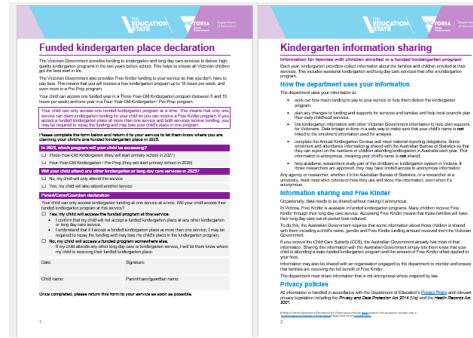
Highvale tips!!!!



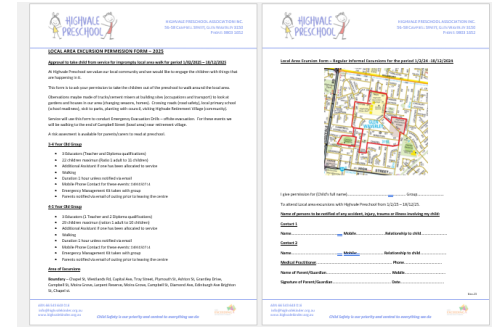
# The Handout you received this evening has: Documents to be returned at Orientation Day



“All about me”

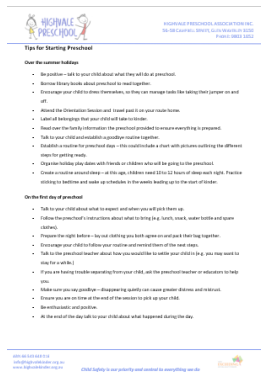


One Funded place declaration form

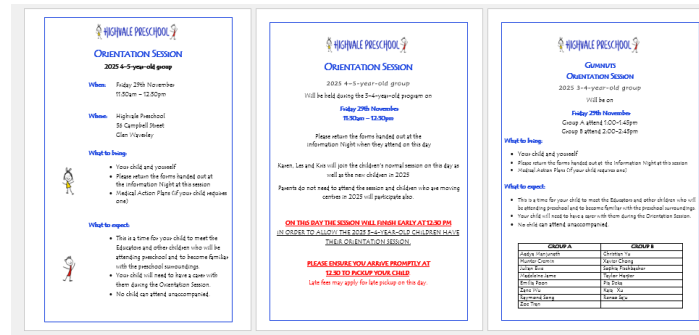


Local Area Excursion form

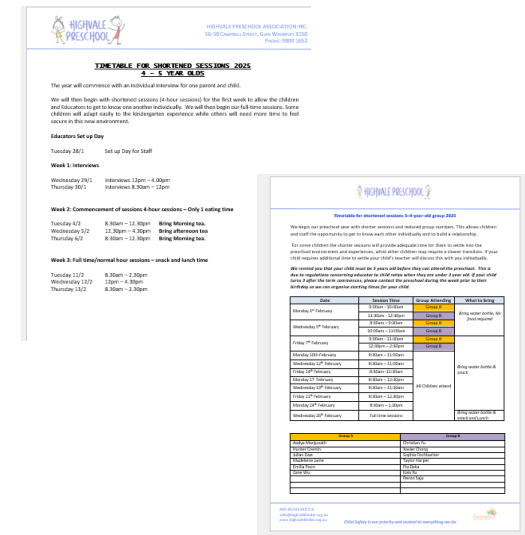
## Documents for your information



Tips for starting preschool



Orientation Day information



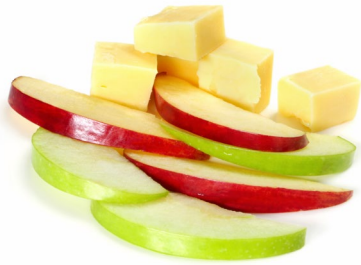
Shortened session for 2025



# Snacks and lunch

## Snacks...

- Both the 3-4 year old and 4-5 year old groups have snack time.
- Each child is asked to bring a healthy snack



- We do encourage you to send a piece of fruit, vegetables or cheese to Preschool which they can eat at snack time



## Lunch...

- 4-5 year old children will be eating lunch at Preschool each day.
- 3-4 year old children eat lunch on Monday and Friday.
- Children are always encouraged to eat their sandwich or main food first. If your child will not eat the crusts on the bread, please remove them before packing their lunch. If your child does not eat sandwiches, please send other appropriate food...salad, rice, pasta etc.
- Remember not to expect children to eat everything! This is also a social time for the children and being expected to eat everything can cause distress to your child.



We do not heat food. If you wish your child to have warm food at lunchtime, please use a thermos.



It is always a good practice to use an ice pack in your child's lunch, especially in warm weather.



# Drinks...

Children must bring their own named drink bottle,  
containing water only.

These should always be a pop-top type of bottle



We try to encourage healthy, nutritious eating so please do not send along biscuits, lollies, chocolate or other “junk foods”. Try and avoid a lot of little packaged snacks as these are usually very high in sugar and salt content.



Nude food is to be encouraged. No packaging please, use individual plastic containers to separate food types. These can be reused daily and is a more sustainable way to provide snacks.





## Some healthy snack and lunch ideas are:

Fresh or stewed fruit

Vegetable sticks and dip

Cubed cheese and dry biscuits (e.g. rice cakes are low in salt)

Sandwiches with a variety of fillings including grated cheese, carrot and lettuce.

Sultanas

Yogurt

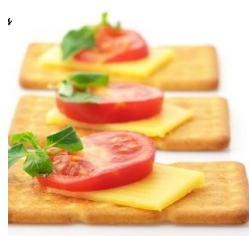
Mini quiches / zucchini slice

Fruit muffins

Salad

Rice or Pasta.

No Yakult is to be sent to kinder please



# Clothing and Bags...

Preschool bag – to transport paintings and other work home, preferably one, which they can open and close themselves.

It must be A LARGE BAG as it needs to hold lunches, snack, spare clothing and work. No trolley bags.

Please label the outside of your child's bag clearly with their name.



Please none of these



Trolley case



Hard case novelty backpack



Bag too large for child



Novelty or too small backpacks

Children should be dressed in comfortable clothing, which they can manage themselves, especially when using the toilet.

Please name all removable clothing.

Although we supply smocks, the children will still get messy at times, so please send them in suitable clothing.

Please keep a spare set of clothing (including underpants and socks) in your child's bag at all times.



Sturdy footwear for outdoor play is preferable. Shoes with some grip are helpful, and no thongs, crocs or backless shoes please as these are dangerous for climbing. Boots are ideal for winter. Shoes should fit your child's foot.

Children should wear sunscreen in term one and term four. Please apply at home. We do have sunscreen at kinder if you forget.

Children should not to wear spaghetti strapped dresses or singlets to kinder. Children must always have sleeves (short sleeved T-shirts are acceptable)



Children should bring a warm hat and jacket to wear in the winter and cold days, as we will be playing outdoors each session unless it is raining.



Children will be supplied with a sun smart hat to wear from the beginning of term 1 until 30th April and again from 1st September until the end of term 4.



## Celebrations...

Children love celebrating birthdays! If your child is having a birthday during the year, you may wish to bring cupcakes or individually served treats.



Some children have allergies to certain foods, please speak with your educator prior to making arrangements involving catering for the entire group.

Due to children with allergies, it would be mindful if you refrain from using nuts.

As the Preschool has a healthy eating policy, we request that you only provide **one small** treat per child and **no lolly bags** please.

We sing some birthday songs in celebration.

If for personal reasons your child is not permitted to engage in these activities, please speak to your educator.





# Family Involvement and Support...

Volunteering at the preschool gives you an opportunity to be involved in a special time in your child's life...the beginning of their education. Joining the Committee of Management will allow you to have input into many aspects of our service.

Outside of session hours you may like to:

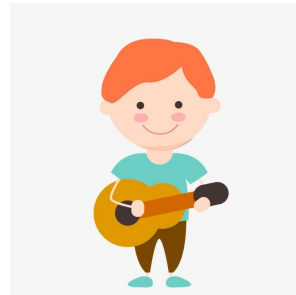
- Support the Committee of Management
- Support our social activities
- Working bees
- Donate resources
- Support our sustainability program
- Offer feedback via surveys
- Helping with laundry by having an occasional turn to wash smocks, towels etc.

## Committee



Sessions at preschool offer even more opportunities for you to share your knowledge and talents.

- Share special skills or talent (cooking, music etc.)
- Occupational talks
- Share Cultural stories and songs
- Mystery reader
- Participate in special days
- Share your culture



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# Illness...

Children who are unwell must not attend preschool.

If your child requires Panadol or similar to get through the day then they should not be at kinder.

Families will be contacted to pick up an unwell child.

Gastro cases must be symptom free for 24 hours after their last episode.

The teachers will notify via email of any cases of contagious disease.

Please respect that all families have the right to send their child into a healthy environment and we do not wish children or educators to become unwell.

Please email or call the preschool to notify educators of your child's absence when unwell.

## Can I come and play?

A quick guide for sick children returning after illness. The guide is based on recommendations from "Staying Healthy in Childcare 5<sup>th</sup> Edition-Australian Government NHMRC Preventing infectious diseases in early childhood education and care.



Management and Educators may request families seek medical advice and provide a medical certificate stating that the child is no longer infectious prior to returning to care.

# Communication...

Please add the preschool phone number to your list of contacts. Most of our phone contact with you will be done on 9803 1652. We do have a mobile phone for excursions but this is not our preferred method of contacting you.

Emails can be sent to any staff member by using their given name and then @highvalekinder.org.au e.g. [Karen@highvalekinder.org.au](mailto:Karen@highvalekinder.org.au)

Please use your child's teacher as first point of contact for session related issues.

Teachers and educators regularly check emails. Urgent calls are best done via phone.



Administration issues please contact Anne Marie via email [AnneMarie@highvalekinder.org.au](mailto:AnneMarie@highvalekinder.org.au)

Unlike some childcare settings, we do not give or send out daily reports on your child.

Each fortnight the 3-4 and 4-5 year old group teachers send a detailed reflection on the current learning and program via email..

4-5 year olds will receive a photo collage of their child's group every alternate week.

The Information book is downloading or having a link at hand for referencing many queries.

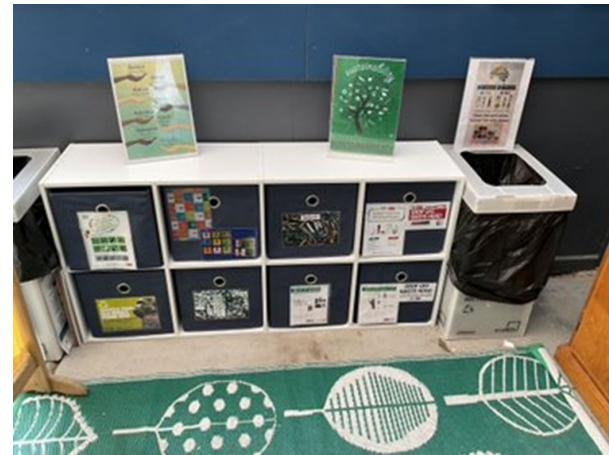
All policies are available on the website



# Sustainability At Highvale...

At Highvale Preschool we believe in being as sustainable as possible. The children will learn about recycling, reusing and all things sustainable.

We ask that our families support us in our endeavours.



## How can you help?

- Follow the philosophy of nude food.
- Participate in our Recycling Program by collecting:
  - Milk bottle tops
  - Plastic bread tags
  - Batteries
  - Foil pill packets
  - Old pens
  - Toner Cartridges
  - Used dental products and Razor blades
- We use lots of different items in our art and craft work. Send in scraps of material, bottle tops, polystyrene meat trays.



## Toilet Training...

Most children are ready to be trained between the ages of 2 -3 years. Before starting preschool is a good time to begin the process if your child is ready to do so. The summer months are the perfect time to start.

When your child is going through the process of learning to use the toilet, please advise our Educators so they can support your child at this time.

Using a pull up maybe a good option and sending spare clothing in case of accidents.







We welcome you to our Preschool  
community and hope that you and  
your child have a wonderful year  
with us.

