

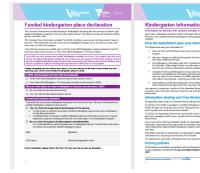


The Handout you received this evening has:

Documents to be returned at Orientation Day



Old Safety's corplarity and control is everything us do





Local Area Excursion form

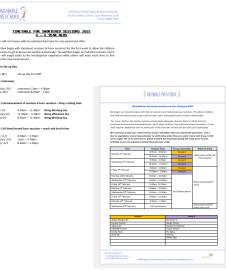
PRESCHOOL

"All about me"

One Funded place declaration form

Documents for your information

HIGHVALE HOOMAGE PRESCHOSA AREOCRITICAL INC. SIGNAGE PRESCHOOL	₹ HIGHWALE PRESCHOOL ₹	🖗 HISHWALE PRESCHOOL 🖗	🖗 HIGHWALE PRESCHOOL 🖗
Tigs for Starting Preschool	ORIENTATION SESSION	Compare a second sec X	V destruct resolvery
Over the summer holdion	2025 4-5-year-old group	ORIENTATION SESSION	GUMNUTS
			ORIENTATION SESSION
 Be positive – talk to your child about what they will do at preschool. 	When Friday 29th November	2025 4-5-year-old group	2025 3-4-year-old droup
 Borow Ibrary book about preschool to read together. 	11.50am - 12.50pm	Will be held during the 3-4-year-old program on	Will be on
 Encourage your child to dress thermoleses, so they can manage tasks like taking their jumper on and off. 		Feiday 29th Novembro	
 Riend the Orientation Service and Itseef and it or your routerhome. 	Where High ale Preschool	Ti-SDam - 12-SDam	Fidgy 29th November
Advend the Orientation Section and Travel pair is on your roade forms. Jakelial Information that more childraft Jake to literate	56 Campbell Street	in state - transfer	Group A attend 1.00-1.45pm
Bead over the family information the preschool provided to ensure events ing is prepared.	Cler Waveley	Please vehicle the forms handed out at the	Geosp 8 attend 2:00-2:45pm
 Tak to your child and establish a roodbye routine tarether. 		information Night when they attend on this day	What to lving:
 Datablish a reading for preschool days - this could include a dust with pictures outlining the different 	What to being		 Your child and yourself
steps for petting medu.	 Year child and yeared 	Kaven, Les and Kvis will join the childven's normal session on this day as	 Plage return the forms handed out at the information Night at this search
 Organise holding play-dates with trievals or children who will be going to the preschool. 	A Please return the forms ignated out at	well as the new children in 2025	 Haipad Autan Plen Ofysiar shiit repares and
 Greate account deep - at this age, children need 12 to 12 hours of deep work sight. Practice 	the information Night at this session	Pavents do not need to attend the session and children who are moving	What to exect:
sticking to bedtime and wake up schedules in the weeks leading up to the start of kinder.	 Medical Action Plane Citypour child requires 	Pavents do not need to attend the session and children who are moving centres in 2025 will participate also.	
On the Ent day of preschool	one)	centres in 2023 viai periodate also.	 This is a time for your shift to most the Educators and other shiften who be attending prochool and to become familiar with the preschool surround
 Talk to your child about what to expect and observour will pick them up. 		ON THIS DAY THE SESSION WILL FINISH EARLY AT 12:30 PM	 Your child will need to have a saver with them during the Directation Search
 Follow the preschool's instructions about shall to bring (e.g. lunch, snack, water bottle and spare 	What to expect	IN ORDER TO ALLOW THE 2025 5-4-YEAR-OLD CHILDREN HAVE	 Ne érilé can attend unaccompaniel.
ckathes).	 This is a time for your child to meet the 	THEIR ORIENTATION SESSION.	
 Prepare the sight before - layout clubbing you both agree on and pack their log together. 	Educators and other children who will be	THE STRUCTURE STRUCTURE	CROUP A CROUP I
Errorsanger your child to follow your routine and remind them of the text steps. Tab.to the preschool texter about how you would like to settle your child is few, you may work to	attending precision and to become familiar		Adys Harjuneth Christian Yu Hunter Cremin Xavier Chena
 Tak to be president watch receipte watching to be only pay only in the watch to star for a white. 	with the preschool surroundings.	PLEASE ENSURE YOU ARRIVE PROMPTLY AT 12:30 TO PLCKUP YOUR CHILD.	Julian Doa Saphia Fishkashar
 If you are basing involves anothing from your child, wit the preschool insolver or educators to help. 	Your child will need to have a care-with	Late fees may apply for late pickup on this day.	Medelahar Teyler Herjer Konfis Zasa
10%	them during the Orientation Session.	Late feel may apply for late pickup on this day.	Emfis Joon Pis Dola Zang Wu Kata Xa
 Make surv you say goadbye – disappearing quintly can cause grader distress and relations. 	 No child can attend unaccompanied. 		Reymand Save Revea Sev
 Ensure you are on time at the end of the secular to pick up your child. 			Zee Tren
 Be extinuisatic and positive. 			
 B) the end of the day laft to your child about what happened clarity the day. 			



Tips for starting preschool Orientation Day information Shortened session for 2025

Medical Action Plans...

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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 <u>named</u> drink bottle, <u>containing water only.</u> <u>These should always be a pop-top type of bottle</u>







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



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.





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.

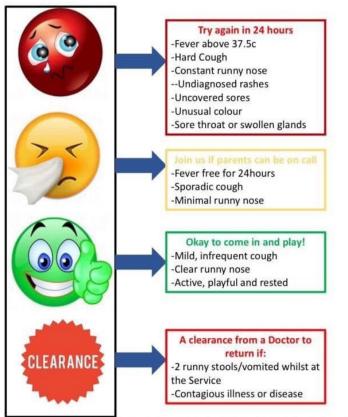
The teachers will notify via email of any cases of contagious disease.

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 5th 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. <u>Karen@highvalekinder.org.au</u>

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 <u>AnneMarie@highvalekinder.org.au</u>

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.



