



Albury Preschool

Newsletter Issue 5 Term 3, August 2021



Albury Preschool would like to acknowledge the Wiradjuri people who are the traditional custodians of this land on which we come together to learn and explore. We would like to pay respect to the elders past, present and future for they hold the memories, traditions, culture and hope of Indigenous Australians. Albury Preschool is a proud not for profit, community-owned preschool.

Covid-19 When attending Preschool please remember:

- Home health screening everyday – if any signs of illness or any possible contact with a suspected or confirmed case of Covid-19 by any person please get tested and stay at home
- Wear a mask whilst in Preschool carpark or grounds
- Remember to use the QR code to check in
- Use hand sanitiser and wash children’s hands on entry
- Maintain physical distancing of 1.5mt at all times whilst at Preschool
- PLEASE STAY OUTSIDE OF CLASSROOMS - Staff will assist children to put their belongings away
- Please limit contact with others and time spent within grounds. If you need to speak in length to a staff member please ring or email.



National Aboriginal and Torres Strait Islander Children’s Day

4 August 2021

www.aboriginalchildrensday.com.au



We continue our journey in embedding Aboriginal and Torres Strait Islander culture into our programs by acknowledging National Aboriginal and Torres Strait Islander Children’s Day. Resources and further information available at: <https://aboriginalchildrensday.com.au/activities/>

Did you know that Albury Preschool has a Reconciliation Action Plan? If you are interested in becoming involved in our working group please let us know! More information at Narragunawali <https://www.narragunawali.org.au/>

IMPORTANT EVENTS

2022 Enrolment deposit due by

- Friday 30th July
- Crazy Hair Day—Cystic Fibrosis fundraiser
- Red 1/2 Mon 9th Aug
- Blue 1/2 Wed 11th Aug
- Purple 1/2 Fri 13th Aug
- Thursday 12th August (TBC—onsite or via Zoom)

Footy Colours Day

- R1/R2 Monday 13th Sept
- B1/B2 Wednesday 15th Sept
- P1/P2 Friday 17th Sept

END TERM 3

- Friday 17th September
- #### START TERM 4

- Tuesday 5th October
- #### Labour Day Public Holiday Monday 4th October

Albury Preschool Class Tea Towels

The children are having self-portrait drawings printed onto a quality cotton tea towel which will show Albury Preschool’s name, the year and all the children’s work as a whole class. Order form attached to end of this newsletter!



Please note that the Preschool driveway is for

DISABLED PARKING ONLY



Health Care Cards

Please let us now if your circumstances have changed and if you now have a health care card. This can reduce fees when they are payable again and also informs our future funding allocations



Thank you for your kind donations in support of the Paediatric Ward at Albury Base Hospital. We raised \$272 which will be used to purchase resources for the children in hospital!

POLICIES

We are currently reviewing the following policies:

2.3.0 Managing allergies and anaphylaxis

2.6.0 Health & hygiene

2.6.1 Handwashing

2.6.4 Contact with bodily fluids

4.4.0 Staff accident and injury

6.3.1 Priority of access

If you would like to view or comment on these policies please speak to a staff member

EARLY CHILDHOOD EDUCATION AND CARE DIRECTORATE NSW DEPARTMENT OF EDUCATION



This week is Early Learning matters week where early childhood educators, parents, carers and community leaders nationwide will come together online to raise awareness and understanding of the importance of early learning. High quality early education and care supports children to be confident, enthusiastic learners, building a foundation for wellbeing and achievement throughout their lives.

There are lots of ways to participate in Early Learning Matters Week. You might want to: share photos of how you support early learning and care services, #earlylearningmatters, post a message about why early learning matters to you, talk to educators and teachers about early learning in your family or community. Please read the attached flyer on “Why early learning matters”



Albury Preschool is rated exceeding the National Quality Standard

ENROLMENT FORMS

2022

We are currently in the process of implementing a new enrolment system which will enable families to enter and update their enrolment forms online. We will contact you in the next few weeks via email as soon as StoryPark Manage is ready to go live!

*** CANCELLED ***

Parent/Teacher Meetings

Unfortunately due to Covid-19 on-site visitor restrictions we have had to cancel our scheduled face to face parent and teacher meetings for the children in Blue and Purple groups. If you would like further information regarding your child's mid year assessment of learning and on-going plans please contact your class teacher via Storypark or by email

alburypreschoolmel@gmail.com

alburypreschooldannii@gmail.com

alburypreschoollouise@gmail.com



FAMILY SURVEY

As a Be You learning community, we're encouraged to reflect on how we're doing things — what we're doing well already, and what we can improve to promote children and young people's mental health and wellbeing. This survey seeks the important voice of families in the Be You Learning Community. The educators at your child or young person's learning setting want to know your thoughts, ideas and opinions about mental health and wellbeing so they know what's working well and what can be improved. We would really appreciate you taking a few minutes to complete the survey at link below:

https://beyou.syd1.qualtrics.com/jfe/form/SV_8BrqyFHxHoJ4DXv/?org_id=ORG%20-%2000095487

****SPARE CLOTHES****



Please ensure that children have warm coats, gumboots and spare clothes in their bags. If anyone has unwanted spare clothing especially socks they would like to donate to Preschool they would be greatly appreciated!

Feeling a certain amount of stress or worry about COVID-19 is to be expected, but for some children, it may trigger anxiety. As a parent, knowing what to look for and how you can support them will help.

The coronavirus pandemic continues to be a stressful time for many people, including children.

“Different age groups will have different levels of comprehension about what’s going on, but children of all ages may feel stressed, unsafe and uncertain right now, particularly as the goalposts continue to change with restrictions easing,” says Dr Grant Blashki, a GP and Beyond Blue’s lead Clinical Advisor.

“This can be particularly true if they see the adults around them looking worried or stressed.”

While a certain level of stress and worry is one thing – and may even be expected during this time – anxiety is something different.

“There’s certainly a continuum between stress and anxiety,” says Blashki, “and while there’s not an absolutely clear line in the sand when one becomes the other, there are some warning signs to be aware of and act on.”

RECOGNISING SIGNS OF ANXIETY IN YOUR CHILD

Signs to look out for include if your child frequently gets upset or angry more easily than usual, is often worried and/or fearful, and goes out of their way to avoid new situations or doing anything that makes them feel anxious.

Blashki says there are also four questions you can ask which will help determine whether your child is experiencing anxiety – rather than a normal level of stress or worry – in response to the pandemic.

1. Is it impacting their daily life? “Anxiety often affects a child’s ability to function normally day to day, meaning they can find it harder than usual to cope well with typical, every-day stresses.”

2. Is it all encompassing? “This means considering whether what they’re experiencing has started to affect every aspect of their life, in all settings, as opposed to just certain things or situations.”

3. How long has it been going on? “While rules and restrictions are changing regularly, allowing for some transition time is important,” says Blashki. “For example, it may take a bit of time for some children to feel confidence about being back at school. If signs of anxiety persist for more than two weeks, that’s a red flag.”

4. How severe is it? “Compared to slight worry or stress, anxiety can result in physical symptoms like feeling sick, sleeplessness and stomach aches.” Other common symptoms of anxiety in children include irritability, difficulty concentrating and sitting still, and fatigue.

WHAT YOU CAN DO

If you’re concerned that your child is feeling anxious, the following strategies can help.

Support them. “Using your common sense regarding your child’s age and personality, there’s a lot you can do as a parent to support them,” says Blashki. Talking to them about coronavirus in an [age-appropriate way](#) is a good place to start. “Help them achieve and keep perspective and maintain a sense of hope. Remind them that physical distancing and hygiene ‘rules’ are all part of helping the community look after vulnerable people. Appealing to their sense of altruism can make the changes we’re living with seem like a positive, productive thing rather than a reminder for children that there’s something to worry about.” Find [strategies to support anxious children](#) on the Healthy Families website.

Stay informed. “Search for credible information about what anxiety is and how it affects children specifically, so that you understand more about it and what you can do to help.” Find useful information about anxiety in children aged 1-5 <https://healthyfamilies.beyondblue.org.au/age-1-5>

Seek help. “If you’re worried, contact your GP. As well as providing advice and support, they may – if appropriate – establish a mental-health-care plan for your child, which allows for up to 10 Medicare-rebated sessions with a psychologist.” View [support options for children](#).

