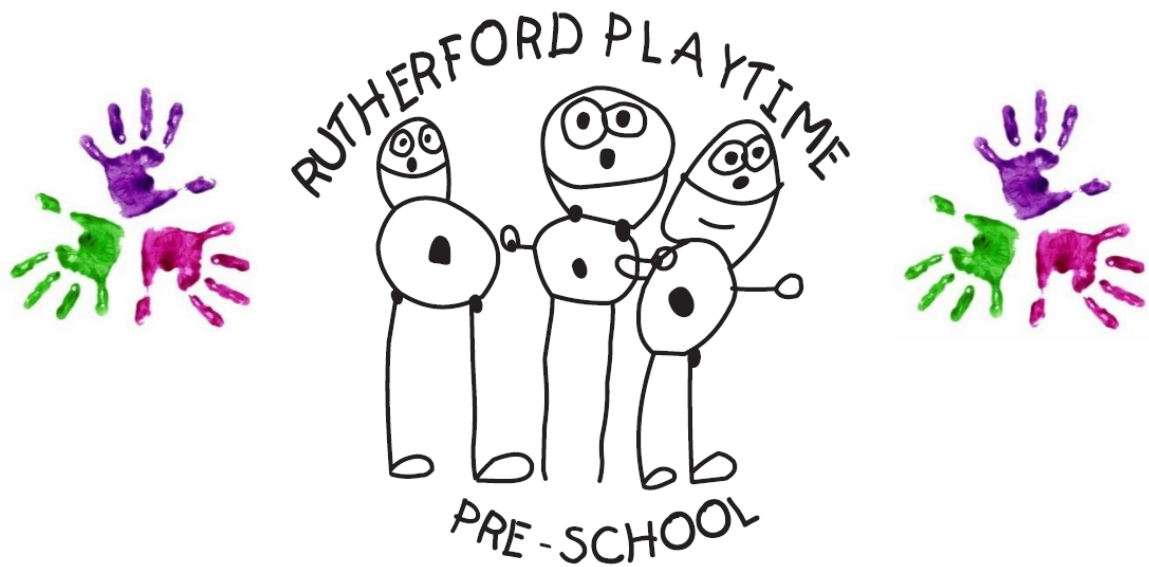


Rutherford Playtime Preschool



Term 1 Newsletter 2024

(January, February, March)

Term 1 is here! And what a busy term it has been.

OOSH UPDATE: We are still waiting for council to give the green light to get our occupancy certificate. Once that is done we can apply for a Service approval. But it is getting closer.

Easter Public Holiday's

Playtime will be **CLOSED** on Good Friday 29th March and
Easter Monday 1st April.

We acknowledge and pay respect to the Elders past and present. We pay homage to the traditional owners of the land our centre stands on, the Wonnarua people.



Facebook and Instagram Page.



Like us on Facebook and give us a follow on Instagram for photos, the latest news as well as upcoming events.

..Upcoming Events..

Feb

Events

July

Holi Day (colour run)

Wednesday 28th

NAIDOC Week, Keep the

fire burning – 8th – 12th

March

August

Easter hat Parade -

Thursday 28th

Book week

19th – 26th

April

Margo the Dentist

Thursday 22nd

Henny Penny Egg hatching

2 week event from 29th

September

Grand Parents Morning tea

Thursday 15th

May

October

Mother's day Morning tea

Monday 13th 10am

Reptile man

TBC

Fancy Dress week

9th -13th

June

November

Pyjama Week

17th – 21st |

Ride to school and bring
your bike/scooter to school
day.

Good for Kids Healthy snack ideas –

Looking for a healthy, kid-friendly snack idea?



Healthy Frozen Yoghurt Bark

INGREDIENTS

500g / 2 cups Greek yogurt
2 tbsp honey
1 tbsp cranberries
1 tbsp raisins

Toppings:

5 fresh strawberries, chopped
1 tbsp dark chocolate chips
1 tsp desiccated coconut

METHOD

1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want then freeze for 2 hours. Enjoy!

How much screen time is too much?

For healthy development, the Australian government guidelines recommend:

Babies and Toddlers under 2: Have no screen time.

Pre-schoolers aged 2 to 5: No more than 1 hour per day


Children aged 5 to 17: No more than 2 hours per day (not counting school activities).

As young children grow and develop, they need more time in active play, less time sitting and enough sleep each day to be healthy. Time away from screens is time they can be active and build social skills.

After all, our bodies aren't designed to sit for long periods – we need to move to stay healthy.

Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Plus, making changes together can help the whole family have healthier screen use, including parents.

Family and Community




Rutherford Playtime Preschool

We're on a mission to help find a cure to childhood cancer!

[f](#) [X](#) [✉](#) [in](#) [Join Us](#)

Please Help Us Reach Our Goal

Raised	Our Goal
\$125	\$2,500



Support our Challenge to Help Kids with Cancer!

We're taking part in 86K for a Cure to help find a cure for childhood cancer. Every month, 86 children are diagnosed with cancer. There is usually no known cause, treatment can go on for many years and it puts an enormous strain on family life. So we're taking on this challenge throughout March for the 86 children who are diagnosed with cancer each month in Australia. Together, we can help find a cure for childhood cancer and create safer, more effective treatments. Please **DONATE NOW** and support our challenge to change the lives of kids with cancer. Our Preschools will be taking part in weekly works to help reach our goal.

Support us and Check out our Facebook page for the link to donate.



Family and Community



Kik Family martial arts.

ADDRESS: 315 New England Hwy, Rutherford NSW 2320

PHONE NUMBER: 0414694537

EMAIL ADDRESS: info@kik.net.au

**Monday 18th March - Sunday
24th March**

Harmony week is fast approaching, and is an opportunity for all people to celebrate our vibrant multicultural Country.



**Let's come together to celebrate
our cultural diversity.**

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's dedicated to showcasing our differences and acknowledging we all belong.

During the week we encourage everyone to experience, explore and appreciate our wealth of cultural, religious, linguistic and ethnic diversity.

If you or a member of your family or close friend would like to come in and do a special culturally inspired experience, please let one of your room educators know or give us a call and we will arrange a time.

Each room will be embracing Harmony week in their own unique way, so please keep an eye out within the rooms and on our Facebook page to see what's happening

Staff Information

One Minute with Miss Candy

Miss Candy joined our team last year as our Toddler Room leader. She holds her Diploma in early childhood education and care.

Sleeping Bunnies is her fav song to sing with her Toddler friends.

On the weekends you can catch Miss Candy going to the movies or four-wheel driving with her partner Josh and her daughter Peyton. Her favourite colour is Purple and her favourite food chocolate.



Policy Updates.

Sleep Policy

Sun cream Policy

OUR TEACHERS

Approved Provider (Owner): Sandra Goldsmith

Nominated Supervisor: Tahlia Goldsmith, Miss Haylee

Preschool Room: Miss Khloee & Mr David

Toddler Room: Miss Candy, Miss Britto & Miss Lily

Tweenies: Miss Zoe & Miss Jasmine

Nursery Room: Miss Shauni & Miss Bella

Floaters: Miss Hannah & Miss Paige

Message from our Preschool Room.



This Term the preschool have focused on a range of topics and have engaged in lots of fun experiences. Here is what we got up to

Exploring Sea Creatures: We started the year off by exploring our amazing world of sea creatures. We learned about different ocean animals, made fun crafts, and even did activities to help keep our oceans clean.

Discovering Farm Animals: After one of our friends visited Oakvale Farm, we became fascinated by farm animals. We learned about cows, sheep, chickens, and more! Through interactive experiences and creative craft activities, children explored the sights, sounds, and textures of farm life, cultivating a deeper understanding and appreciation for the natural world.

Jungle Adventures: Inspired by a trip to the zoo from one of our other preschool friends, we ventured into the jungle to learn about jungle animals. We roared like lions, swung like monkeys, and slithered like snakes. Our jungle-themed crafts were wild and exciting!

All About Me: Next, we turned the spotlight on ourselves. We learned about our own interests, our friends, and our teachers. We also talked about how we're all different and special. Our artwork celebrated our uniqueness and diversity. Come check out our all about me display wall on the front window!

Learning About Our Heroes: We've are currently exploring our community helpers! From firefighters to doctors, police officers to teachers, we're discovering the amazing people who make our community safe and strong.

Special Guests: We've had some special visitors join us on our adventure! The fire brigade came to visit and taught us all about fire safety. We also have Mr. Kirkwood, who will be giving us a thrilling karate demonstration. It's going to be so much fun learning from real-life heroes!

Meet Twiggy Sticks : Our Adorable Class Pet!

Every weekend, one lucky child gets to take our plush toy Twiggy home and share in his adventures. It's a special opportunity for our

little ones to bond with Twiggy outside of the classroom and create lasting memories together.

During Twiggy's weekend stay, our pre-schoolers have the chance to document their adventures with Twiggy in Twiggy's travel journal.

Whether it's a trip to the park, a visit to grandma's house, or a cozy movie night at home, children can share their experiences with Twiggy sticks and their families.

When the weekend comes to an end, children return Twiggy to school along with their filled-out Twiggy sticks journal. During group time, they eagerly share their adventures with Twiggy, sparking lively discussions and inspiring creativity.

Caring for Twiggy teaches our children valuable lessons in responsibility, empathy, and compassion. They learn the importance of taking care of our plush creature and develop a sense of connection to their world.

School Readiness:

Each week, we introduce a new letter of the alphabet, immersing children in hands-on activities, games, and songs that reinforce letter recognition, phonemic awareness, and early literacy skills. Through engaging experiences, children develop a strong foundation in language and communication, setting the stage for reading and writing success.

Counting and Colours: We love numbers and colours! Through games, puzzles, and hands-on activities, we help kids learn to count and recognise different colours. It's all about making math and colours exciting and accessible.

Social and Emotional Learning: Learning to share, communicate, and express emotions are big parts of getting ready for school. We create a supportive environment where the children can practice these skills through play, group activities, and discussions.

Miss Khloee and Mr David (:

Preschool Photos 😊





Message from our Toddler Room.



The toddler room has kicked off the year with flying colours, During the month of January we took our time easing into new routines, getting to know new friends and some new educators.

We started off with a topic of "All about Me". This gave us the opportunity to express ourselves, explore our families, sharing about our homes and dove deep into different activities and experiences to show who we are. This also extended onto a mini topic of "these are a few of our favourite things", where the toddlers had group time discussions about all the things we like including dinosaurs, cars, fairies, trucks and princesses.

We moved on with a fun topic of our healthy bodies and investigating healthy eating. We learned about all different fruits, vegetables, the food pyramid and different ways to move our bodies to increase our strength and keep our bones healthy.

We got ourselves involved with yoga, different types of dancing, obstacle courses and experience like army crawling races and moving our bodies like different animals.

This also expanded onto sensory and our 5 senses.

We explored the 5 senses in dept with plenty of different tastes, smells, textures and sight.

During this topic we also investigated a little into colours, colour mixing, shapes and patterns. We used all different experiences to experiment with colours and ways to incorporate science with discovery of colours.

After having many group time discussions, the March topic of construction and building has come in for the first few weeks.

The toddlers have absolutely loved this as it has been able to allow them be creative, construct tall towers, build motor bike bridges and ramps with a lot of messy sensory play thrown in to keep things fun and the interest high.

The toddlers have also been talking a lot about the upcoming event of Easter. This is always a fun time especially for the kids, so the toddler room will be celebrating and engaging in activities after our construction topic.

Miss Candy, Miss Britt, Miss Lily

Toddler Photos 😊



Message from our Nursery Room.



In the month of January, the Tweenie room children focused on our new theme for the year which is jungle. This program was called "Welcome to the jungle". The children were involved in learning about the animals that live in the jungle along with lots of arts and crafts to help guide us while learning about new animals. The children loved getting involved using their hands and feet to create animal craft to display in our room, along with getting to experience hands on activities such as nature sensory trays. Learning about animals and nature at a young age can help children build a sense of connection with their environment as they are learning about the nature in our world along with starting to identify and mimic sounds and animal makes.

EYLF OUTCOMES: Outcome 2, Children Are Connected With And Contribute To Their World and 2.4 Children become socially responsible and show respect for the environment.

In the Tweenie room for the month of February we explored the topic of our 5 senses. 5 senses include our sight, smell, taste, hear and touch. This program extended on many different learning types as the Tweenies got involved tasting oranges, using sensory bags, using their sight to identify colours and hearing by listening to music. Children use their 5 senses everyday but by helping a child's attention to the five senses and discussing/showing them increases their understanding of communication and about the world around us. This is also an example of learning through play.

EYLF OUTCOMES:

2.4 Children become socially responsible and show respect for the environment.

4.4 children resource their own learning through connecting with people, place, technologies and natural and processed materials

In the month of March our program is focusing on healthy eating/cooking and Antarctic animals. These 2 different focuses were chosen as the Tweenies have shown an interest in our home corner area using the kitchen and food to play and interact with one another. Along with exploring our Antarctic animals as the children are always showing interest in our animal toys that we provide in our Tweenie room.

The children will be exploring a range of art to decorate our room along with getting to help cook some banana bread and being encouraged to try their fruit at meal times. Helping promote healthy eating at a young age means they will be more likely to make their own healthy choices as they get older, this will help the child's overall health. Along with exploring more of our animals in a different climate shows the children how different our world can be.

EYLF OUTCOMES:

3.2 Children take increasing responsibility for their own health and physical wellbeing.

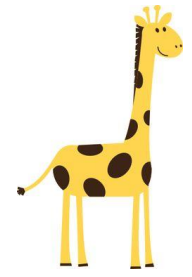
2.4 Children become socially responsible and show respect for the environment.

Miss Zoe & Miss Jasmine 😊

Tweenie Photos



Message from our Nursery Room.



In the Month of January, the Nursery children explored different Water activities, where they could splash, kick, feel the cold water using their hands and feet.

Water play provides the opportunity to develop fine and gross motor skills across all age ranges. Actions like pouring, scrubbing, squirting, stirring, and squeezing are all important movements that leads to increased fine motor skills and hand-eye coordination.

Water play for infants allows the exploration of new substances and gives children the opportunities to make discoveries.

The children have been expressing interest in a variety of activities so we would like to further explore and develop upon Water play and all the benefits.

Different activities the children have explored are ocean water animals, Sensory Play using water balloons, coloured water with glitter and sponges, painting walls using brushes and rollers, making paint using cornflour to paint with, 5 little ducks, cups, and jugs for pouring, nature sensory play using leaves, flowers etc and water transfer.

EYLF outcome:

3.1 Children become strong in their social and emotional wellbeing

4.1 Children develop dispositions for learning such as curiosity, co-operation, confidence, creativity, commitment, enthusiasm, persistence, imagination, and reflexivity

4.2 Children develop a range of skills and process such as problem solving, inquiry, experimentation hypothesising and investigating

5.1 Children interact verbally and non-verbally for a range of purposes

In the Nursery Room for the month of February we explored the topic of Colours and Shapes as many of our children are showing emerging interest in colours all around them in their world. We have been using visual representation to support the children to visualise a variety of different colours shapes together apart of group experiences aswel as through singing, crafts, and sensory experiences to follow through their interest for this month focused topic.

The children showed great interest singing and listening along to The Rainbow Song learning the colours. We also used flashcards as visual aids and colour story books to support children's learning and development to different colours and shapes to help identify and match colour and shapes.

The children did experience with colours through different sensory experiences like playdough, kinetic sand, colour mixing with milk. Colourful foam to allow the children to observe and be a part of hands-on experiences to explore colours and see them react with other colours.

Early Learning Framework Outcomes:

5.1 Children interact verbally and non-verbally with others for a range of purposes

4.3 Children transfer and adapt what they have learned Early Learning Framework Outcomes:

1.1 Children feel safe, secure and supported

In the Month of March, we focus on an over all topic 'Learning through Play'.

Play is key to children's learning, development, confidence, and wellbeing.

Variety in play is important because it helps with all areas of children's

development. Unstructured play and structure play are the main types of play, as children grow, the way they play changes.

Play is central to your child's learning and development. When your child plays, it gives them many ways and times to learn.

Play also helps your child:

Build confidence.

Feel loved, happy, and safe.

Understand more about how the world works.

Develops social skills, language, and communication.

Develop physical skills.

Throughout the Month the children explore

Creative play alone or with others, including arts and craft and musical games.

Imaginative games – Building cubbyhouse with the activity

blocks/boxes/blankets. – Play dress up with baby dolls. -Washing the animals after messy play using dirt.

Dreamtime Stories and then following it with music using tapping sticks and dance.

Throwing, catching, grabbing, and moving balls

Peek-a-boo games using the tunnel and blankets.

Gentle tickles or objects with different texture develop the sense of touch using feathers, mud, and foam.

Puzzles

Sensory Play activities

Tummy Time activities

Fine motor skills

Gross motor skills

Cognitive Development

Miss Shauni, Miss Bella & Miss Chloe

Nursery Room photos 😊



PIC•COLLAGE