



Tumut Community Preschool

Dear families and Preschool Community

What a year this has been. Time is flying and we have only seven weeks of Preschool left, a very daunting thought for all of us who have to say farewell to the children and families who are leaving for big school next year. It is always such a nostalgic time of year for us.

This year has been particularly challenging and as adults who work in the preschool, we are very proud of the resilience and adaptability that your children have shown in the face of uncertainty and change. Your children are so capable, and have demonstrated such amazing positivity in a really crazy year. We are very proud of them.

The Educators at Preschool always work hard to ensure your children are supported, cared for, informed and safe, and have gone above and beyond this year.



RATED

EXCEEDING

NATIONAL QUALITY STANDARD



Enrolments for 2021 and beyond

We are enrolling now for 2021 (and beyond). If you want to join our amazing Preschool next year please fill out an Enrolment interest form on our Website (www.tumutpreschool.com.au).

Families now have the option to pre-enrol children for the year you intend sending them to preschool (so not just the next calendar year). This is as easy as jumping onto our website and clicking on the Enrolment Interest form and selecting from the drop-down menu the year you would like your child to start preschool. We are getting lots of enquiries about enrolments into the future and this will ensure families don't miss out on a placement.

If you are not sure about enrolling your child, please don't hesitate to call us so we can discuss with you the options.



Preschool

Photos 2020

Unfortunately we have made the hard decision not to have a photographer come into the Preschool this year. We do however have a backup plan and all families will receive a memento of their child's year at Preschool which we hope will be very special.

Roslyn Clare Photography who has taken our photos for the past two years has offered:

Mini sessions for 2020 Tumut Preschool families outside of Preschool. Please email interest to roslyn@roslynclarephotography.com - \$15 per child for 1-3 images



Sun safe hats

Please remember to pack your child's bucket or brimmed hat.

We have a strict "no hat no play" policy, which means children are restricted to the covered areas if they do not have a hat.

We strongly encourage sun safe practices for the long-term health benefits of children.

Please have your child's name on the hat so we can make sure it doesn't get lost and goes home with your child.



Reducing your risk of skin cancer

Sun-safe hats

Key points

- A sun-safe hat protects the whole face, head, back of neck and ears.
- A hat can reduce the amount of ultraviolet (UV) radiation reaching the eyes by 50%.
- Broad-brimmed, bucket and legionnaire-style hats provide good protection.
- When choosing a hat for children, ensure that it fits correctly, and shorten the cord to reduce the risk of it catching during play or on equipment.

Our faces are exposed to ultraviolet (UV) radiation every day of the year. So it's not surprising that areas such as the ears, temple, lips and nose are among the most common sites for skin cancer to develop.

The right hat not only protects your face, head, ears and the back of the neck but can reduce the amount of UV radiation reaching your eyes by 50%.

Choosing the right hat

A sun-safe hat will:

- Have a broad brim to adequately shade the whole face
- Be made of a close-weave fabric to ensure no light gets through
- Have a dark lining to reduce the amount of UV radiation being reflected on the face and eyes
- Not obscure vision or pose a safety concern (i.e. cords or toggles that can get caught on children's play equipment)
- Have good ventilation, especially if the hat is to be used while exercising.

Types of sun-safe hats:

- **Broad-brimmed hat:** Brims should be at least 7.5cm for an adult and 6cm for children. For children under the age of 10 years, the brim should be proportional to the size of the child's head and provide shade for the whole face.

- **Bucket hat:** Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should be at least 6cm for adults and 5cm for children, and should shade the face, ears and back of the neck.
- **Legionnaire-style hat:** Legionnaire-style hats should have a flap that covers the neck. The side flap and front peak (brim) should meet to protect the sides of the face.

Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and are not recommended.

Ultraviolet Protection Factor (UPF)

Hats may be labelled with an Ultraviolet Protection Factor or UPF. The UPF is a scale developed to rate how much UV protection a fabric provides. A fabric with a UPF of 50 allows only one-fiftieth (or 2%) of UV radiation to pass through it and so offers excellent protection.

Hats for children and babies

Cancer Council recommends that sun-safe hats be a compulsory part of a child's school uniform. The type of hat may depend on current school uniform policy, age of the children and/or activity. For example, broad-brimmed hats may be most appropriate for general daywear, and legionnaire-style hats may be more suitable for structured physical activity.

Cancer Council does not recommend that children wear a cap at school, even if it is available as part of the school uniform. A cap does not provide protection for a child's neck, cheeks or ears.

Hats designed for babies should be lightweight and should crumple easily when the infants put their heads down.

Always check that chin straps or cords and toggles have a safety snap or a safety release clip to ensure that, in the case of the hat becoming caught on play equipment or other object, it comes easily away and does not pose a choking hazard to the child. Other options are to remove any straps entirely, or look for hats that can be adjusted at the crown.

Cancer Council NSW recommends that when the **UV Index** is 3 or above, you should protect your skin in five ways:

- Slip on clothing that covers your arms and legs
- Slap on 30+, broad-spectrum sunscreen
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on wrap-around sunglasses.

For more information on skin cancer prevention and sun protection, visit our website

www.cancerCouncil.com.au/sunsmart.

School Readiness

School readiness refers to whether a child is ready to make a successful transition into school. While many people think of academics (e.g. writing their name, counting to 10, knowing the colours) as the important school readiness skills, school readiness actually refers to a much broader range of skills.

In addition to some academic basics, school readiness skills also include self-care (independent toileting, opening lunch boxes and managing their belongings), attention and concentration, physical skills (e.g. having the endurance to sit upright for an entire school day), emotional regulation, language skills and play and social skills.

This is the whole picture and at Preschool we focus on all domains of school readiness.

Starting from Friday 6th November at 11.15am, Tumut Community Preschool will have a weekly segment on our amazing local radio station.

Our Educational Leader, Kylie Murdoch will be discussing all things Preschool, as well as tips and info to help families with Preschool aged children. We will also be including some of our Preschool children in the broadcasts.

Please tune in each Friday and support our Preschool and local station. We are so grateful to Dave and the team at Sounds of the Mountains for supporting us as a not-for-profit early childhood learning service.



STEAM (Science, Technology, Engineering, Arts, mathematics)

At Tumut Preschool we focus on all of the STEAM learning principles and our qualified staff design learning opportunities based on these concepts and your child's interests and strengths and the deep knowledge our educators have about learning and child development.

Learning should be fun and enjoyable, so our STEAM teaching is incorporated in to every day play experiences in which children can engage freely as well as in intentionally planned small group experiences where educators support each child to engage and extend their learning in STEAM concepts.



Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



Here's what you'll find on the website:

- [Interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy [recipes](#) and snack ideas.
- Informative [blogs](#) about healthy eating for the family.
- [Sign up](#) to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

