



Welcome back to Larool – have a great term!!!

Dear families,

Welcome back to pre-school – I can't believe that it is Week 2 already. The teachers have been busy planning exciting activities for their classes over the break. Mrs Brookes and Mrs Healey's groups will be talking about numbers, shapes and dinosaurs. Mrs Sumpton's groups will be talking about the weather and dinosaurs and Mrs Holmes class will be looking at insects, farms and Father's Day.

This year we are trying something new to welcome visitors into our pre-school. We are holding a "Grandparent and Special Person Morning Tea" in week 5, catered for by our wonderful SPLAT members. An invitation will be in your pocket this week, so please see if you can send along someone special to visit us. The morning teas are on Tuesday 17th August, and Friday 20th August from 10.00am – details will be on your invitation. Please RSVP to your child's teacher.

Effective communication between pre-school and home is a high priority at Larool. Staff aim to build warm positive relationships of trust and mutual respect with all parents. A large part of building this relationship is the sharing of information between home and pre-school, and pre-school and home. Staff are always available each morning to hear how your child is, and be made aware of any concerns. We also like to

pass on to parents information about any particular incidents that take place during the busy pre-school day, with particular attention given to information we think you should know. Sometimes, however, in a busy afternoon it can be difficult to catch every parent.

In order to ensure that staff are able to pass on all information to parents we have a new system in each classroom. There will now be a note beside your child's name when staff wish to inform you about something in particular. Staff will always want to greet every parent each afternoon and share information, however with our new system, we are hoping to ensure that no parent has missed out on *something particular they need to know*. If you see beside your name "please see staff" please approach a staff member before you leave the pre-school. I also ask that parents be aware that sometimes a small incident may happen that goes unrecorded, as your child did not let staff know about a small trip or bump they had. Please give us your feedback about our new system.

Thank you to all our parents for your continued interest and involvement in your pre-school. Please do not hesitate to contact me should you have any concerns or feedback.

Enjoy the term
Michelle

What's on at Larool

- Wed 11th August
Dog Safety Visit
- Wed 11th August
Dog Safety Visit
- Saturday 14th August
Trivia Night
- Tuesday 17th August
Grandparent's Day
(Whole Pre-school)
- Friday 20th August
Grandparent's Day
(Whole Pre-school)
- Sat 21st August
Henley – on – Todd
Regatta, Alice Springs NT
- Week starting 30th Aug
Father's day stalls
- Wed. 1st September
Lamington collection
- Wed. 1st September
Battle of Australia Day
- Sunday 5th September
Father's Day
- Tues 14th September
Kindifarm
- Fri 24th September
Last day – Term 3
- Mon 11th October
First day – Term 4

President's Message

Welcome to term 3 and I hope everyone enjoyed their holiday break.

Here at Larool Preschool we aim to provide a warm, welcoming and happy environment for all children. We have a great staff team that is always approachable if you would like to talk about your child's progress. As the president of the Management Committee I am always available for parents who would like to chat about any preschool related issues or concerns. We also welcome any feedback or ideas you may have on the overall program, classroom activities or preschool environment.

Our annual preschool Trivia Night is approaching and this is lots of fun and a great way to mix with other parents in the preschool environment. Please come along and support your preschool. Management and SPLAT would also like to remind you to vote for Larool Preschool by either voting on line or filling out a form located just outside Michelle's office. Lastly, term 3 fee invoices have now been distributed to all families, please plan ahead so your fees are paid by the due date!!

I can be contacted on the Preschool's email laroolpreschool@optusnet.com.au or by phone 0412 502 922 at any time.

Have a safe and happy term,

Sam Williamson
President
Management Committee

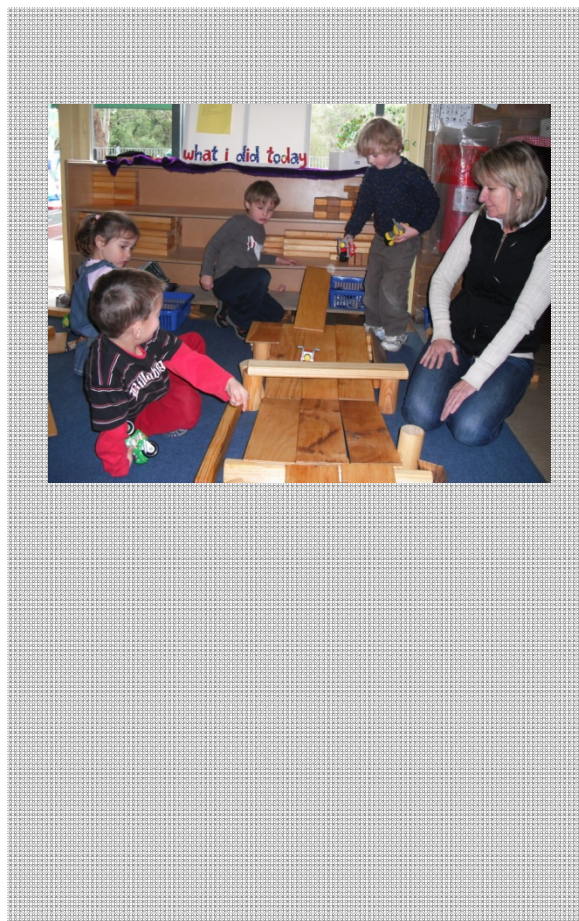
Library Wrap

Welcome back and I hope you all had time to enjoy the calm mornings during the holidays. With term 3 a few weeks in, the library is back in full borrowing mode. At the end of this term you will see a change in library coordinator. In 2008, Term 3 I was asked if I would like to be library coordinator, and with about 200 books in arm I put together the library that the children get to use every week.

There have been some changes since the start and all the volunteers that have helped have made the job a lot easier. I believe the library has given the children something extra to look forward to within the preschool setting and complement the classroom curriculum. It is also a skill that the children are acquiring for when they start school and use the big school library.

With that said the time has come to hand the coordinator role onto another parent. Jodi Imrie has been part of the volunteer team since the beginning of 2009. I am sure that with the same support that I have had from the volunteers, Jodi will do a fantastic job.

So from me, thank you for all the support that I have had to keep the library running. I have loved every minute of my co-ordinator role. I will still be around preschool, helping as a volunteer library mum and SPLAT member. I hope that you all have a great rest of 2010,
Happy Reading Caroline Nicholson



SPLAT News

Welcome back everyone. Thanks again to all the parents who came along to our cleaning bee at the end of last term. It was a very enjoyable and productive day. Thanks to Jenny for all the organising once again.

This term we look forward to the delivery of our picture plates, Father's day stalls, Grandparents day, Memento tea towels, Lamington's (yes, due to many requests we have decided to run this event again) Toy catalogues (available near the sign in sheets) and the biggie TRIVIA NIGHT.

Historically the Trivia Night is the biggest event of the pre-school calendar and is always a fun evening. It is a great fundraiser for the preschool and a lovely chance to get to know each other and catch up with other parents from Larool.

Tickets are \$10, you can organise a table of 8-10 friends or we can sit you on a table with parents from your child's class. The order forms for tickets are in your locker pockets. Please return ticket orders and payment by the 10th August to ensure you have a seat on the night.

The evening is BYO food and drink. Alcohol is permitted. The theme for the evening is the 1980's and you are encouraged to dress up and have a bit of fun as we trivia down memory lane.

Think big hair, Madonna lace, Miami vice, legwarmers, hyper-colour, and shoulder pads, bubble skirts, school uniform.

There will be prizes for best dressed and best decorated table in the 1980's theme. We will have our beautiful Larool art to auction as well as many other great auctions, raffles and giveaways, and by popular demand the Barbie shy will be back.

We are still searching for prizes so if you or your company would like to donate a voucher or gift please email us at splat@laroolpreschool.com.au

We are also seeking donations of a bottle of wine to use as prizes. If you would like to donate a bottle please leave it in the box in Michelle's office.

See you on the 14th August.
Kath



SPLAT fundraising helped our preschool replace the big, yellow slide and lay bright, colourful soft fall for the children to play on. Thanks SPLAT!! See you all at the Trivia night.



Healthy Lunch Box Ideas

Busy kids need a healthy pre-school lunch to boost their energy and help them concentrate and learn in the afternoon. With our top lunch box tips you'll find packing a healthy lunch to nourish your kids a breeze! And remember morning tea and lunch, don't forget your child is welcome to bring any type of snack (including yoghurt and fruit pots) as long as it **does not contain nuts**.

Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

Keep it fresh - packing the lunchbox

It is important to keep food in the lunch box cold to inhibit the growth of harmful bacteria. Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.

Helpful tips for adding fresh fruit and vegetables to lunch boxes

- Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it's colourful, easy to eat and bursting with vitamins.

- Offer different seasonal fruits each day for a change in flavour, colour and texture.
- Freeze fruits in the summer or for sport days. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
- If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particularly important for younger children).
- Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and Imperial mandarins.
- If you've added tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
- Mild tasting and crunchy lettuce varieties like Iceberg and Oak leaf and Lebanese cucumbers are ideal for kids.
- Add leftover (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. Naturally sweet and loaded with beneficial antioxidants roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.

http://www.freshforkids.com.au/lunch_box/lunch_box.html



This Space is available!

Do you have a budding Picasso at home? Do you know someone who would love to see their art in the Preschool Newsletter? If you would like your child's artwork to appear in our newsletter, put it in the Fees box with your child's full name on the back.

Their masterpiece will be returned to you.

Many thanks to **Caleb Chew** for this fantastic rocket speeding past the planets!!!

