



Feed your children well and get them doing daily activity.

Term 2 has been busy and very enjoyable at Larool. We have the last of our class open mornings this week, and all have been a great success. Thank you for your participation, and big thank you to all the staff for their preparation for each day. It has been wonderful to see so many parents and extended family visit our Pre-school and enjoy spending time with their children. Watch out for photos of our open mornings displayed around the Pre-school.

Larool staff are constantly investigating new ways to enrich our programme. During Term 2 the children enjoyed visits from The Lizard Man (who brings an amazing array of reptiles), and The Music Man who shared songs and a fascinating collection of instruments from around the world. Next term our one day Wednesday group will enjoy a Dog Safety Show. They will be entertained by a well trained Border Collie and given some useful tips on dog awareness.

Unfortunately Mrs Wendy Moore has resigned her position on staff due to family circumstances. Mrs Traci Watson, who has been relieving in the position, has now accepted the part-time position permanently. We are all excited to have her on staff and welcome her to the Pre-school.

I would like to extend a very big thank you to our wonderful SPLATTERS, for organising and running such an amazing Trivia Night. Our Pre-school is very lucky to have such talented and committed parents - the programme & environment we provide for your children is greatly enhanced through this terrific fundraising effort.

Thank you specifically to all the parents who generously donated goods and services, and to everyone who attended the night.

Exciting improvements to your Pre-school:

You may have noticed our bright new yellow slide. It was sourced following an extensive search, and installed two weeks ago, after it was identified late last year that the old slide was reaching the end of its life. The Pre-school is also fortunate to be getting new staff hand-washing sinks in each classroom over the up-coming holidays, to replace the old stainless steel basins. Thanks again to all the parents involved in enabling these significant improvements to our Pre-school.

Don't forget our Working Bee afternoon on Saturday 4th July from 1pm. Thank you to Jodi and Frank for co-ordinating this. Please come along, if you can help,

MUNCH and MOVE: 3 staff attended a seminar called "Munch and Move". It aims to educate about appropriate physical activity and foods for children 3 - 5 years. See page 4 of this newsletter for more information about this programme.

Term 2 will conclude on Friday 10th July, and Term 3 will commence on Monday 27th July. Keep a copy of our "Whats On" column handy so you can keep up to date on Pre-school events and dates.

Enjoy the rest of the term, and have a happy and safe break. Michelle

What's on at Larool

- Friday 3rd July 9-10am
Room 2 Open morning
- Saturday 4th July
Working Bee afternoon
- Monday 6th July
Family Photos due back
- Friday 10th July - Term 2 ends
- Monday 27th July- Term 3 starts
- Wednesday 12th August
Dog safety show
- Friday 14th August
Statewide Eyesight
Preschooler Screening
- Tuesday 18th August
Statewide Eyesight
Preschooler Screening
- 20th August
Lamington fundraiser
- Monday 24th August
The Jeral Puppets
- Friday 28th August
The Jeral Puppets
- w/c 31st August
Father's Day stalls
- Sunday 6th September
Father's Day
- Wednesday 9th September
School Readiness Evening for
Parents
- Monday 14th September
Tea Towel orders



The meaning of SPLAT

You've seen the logo, come along to the events and no doubt generously put your hand in your pocket a couple of times already this year, yet many parents may still be unclear exactly what SPLAT is.

SPLAT stands for Social Parents of Larool Activities Team. We organise activities - both social and fundraising - for the Pre-school.

We aim to bring a social element to your time at Larool. We do this by running events like the family BBQ, Christmas party, children's disco and by circulating class lists. When the children receive an egg at Easter and a book for Christmas, these have been arranged and funded by SPLAT. We are also responsible for the Mother's and Father's Day stalls, which are break-even events.

Fundraising is an important part of SPLAT's remit as it allows the purchase of extra toys and equipment and helps finance major projects. In the past, money raised has paid for the soft-fall playing surface, the ocean mural and the sandpit covers, and very recently Michelle purchased new Big Books to be used at the Pre-school.

We raise money by running a large number and wide variety of projects. Many of these produce memento items, which offer a souvenir of your child's time at pre-school while also raising cash. These include picture plates, tea towels, family photos and, this year, the new cook book.

Some events, such as the Bunnings BBQs, are designed to attract money from the external community. They allow Larool families to contribute to the Pre-school in a non-financial way, by volunteering their valuable time.

Other events take place because they are such good earners (not to mention fun). The chocolate drive and Trivia Night, combined, will contribute over \$18,000 to the Pre-school this year.

SPLAT's ultimate goal is to provide a calendar that is very full with a wide variety of activities. This allows families to decide which activities appeal to them and which they can support.

We encourage you to pick and choose. Not every event on the SPLAT calendar will suit every family, but we hope you find something you can participate in.

Help me, it's the holidays!

There is a new "Resources" section on the Pre-school website. Check it out for holiday activity ideas.

Larool Laugh

*What did the cat have
for breakfast?*

Mice bubbles.

Larool Library Wrap

It has been another exciting term in the library with lots of books being borrowed and returned. The kids are taking more interest in what they are reading, with some being repeat borrowers. It remains an enjoyable part of each child's preschool week.

We still need about 4 volunteers to help on a Wednesday. Without them, we can not give the same experience of borrowing books to the Wednesday only children. The volunteer can be a mum, dad or a carer. If anyone can help out once a month it would be much appreciated. To see your child's face when they show you the book they have borrowed is priceless. This activity also prepares children for school routines.

There will be no book borrowing in the last week of term. Please turn your book shelves up side down to find all books that belong to the library, as we are missing some. Return all library books in your bag in the last week of term. During the holidays all the books will be checked and the bags numbered.

Last, I would like to say thank you to all the parents that have helped with the library in terms 1 and 2.

Thank you,
Caroline Nicholson (Library Coordinator)



All the kids just loved the recent visit from the Fire Department



From the Management Committee

The Management Committee continues to deal with the nuts and bolts business of the Pre-school, including:

- applying for government funding for water saving plumbing upgrades
- commissioning new sinks and cupboards for the classrooms
- sourcing and installing a replacement wide slide (very scarce but now in)
- investigating problems with the general plumbing of the Pre-school (we've had a few blockages!)
- monitoring the recruitment of students for 2010 (going very well)
- managing the financial position of the Pre-school (we are right on budget)
- assessing the Pre-school's infrastructure needs (and how money raised might best be applied)

This term, we have also spent time reviewing the Pre-school vision, and short and medium term objectives. The

committee is charged with reviewing these each year to ensure we are running Larool in accordance with the Pre-school's constitution, and that the vision remains relevant to today's staff, parents and children.

We encourage all parents to refrain from bringing children to Pre-school if they are unwell. It's that season and we want to minimise the chances of spreading illness to children and staff. Thanks for your co-operation.

The Committee would like to congratulate and thank SPLAT for the enormous effort put into the Games and Trivia Night. It was a rip roaring success, not just for the money raised but for the fantastic time had by all. Thanks also to the donating businesses and everyone who came and contributed so enthusiastically to the atmosphere, and cash register!

Below are profiles of 2 members of the Management Committee, Chris Fitzpatrick and Cathy Garrett. If you have any questions, suggestions or issues you would like to raise, please speak to either of these parents or to Michelle Healey at any time.

Chris Fitzpatrick, President Management Committee

How many children do you have- names, ages and school stage

Cate (4) Room 1 Mon/Tue & Matthew (3)

How long have you been at Larool so far? 1.5 yrs

How much longer will you be at Larool? Next year will be the last

Why did you choose Larool? Friends recommended it

Why did you decide to join the Management Committee? My wife, Michelle, volunteered me

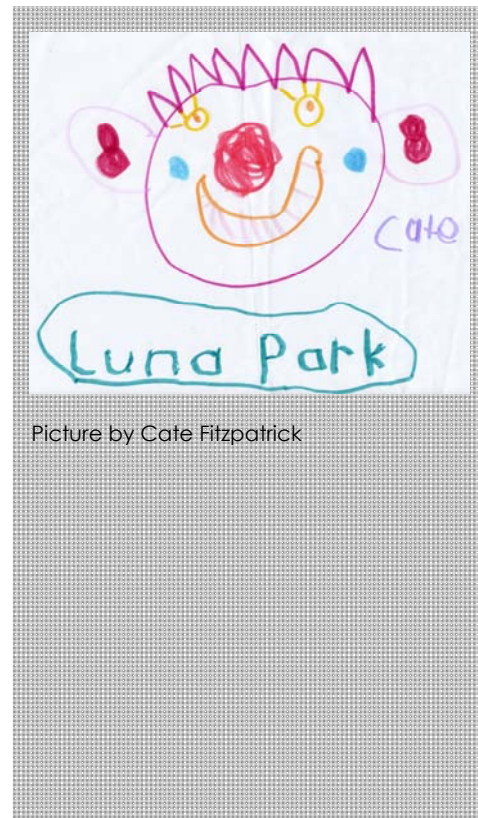
What is your favourite Larool fundraiser? Trivia night!

What is your favourite park? Me: SFS when Waratahs are playing; kids Fagin Park

What/where has been your favourite family holiday? South Africa - highly recommended

What is your favourite game to play with the kids

full contact rugby in the backyard (kids gang up on dad, and they play dirty)



Picture by Cate Fitzpatrick



Cathy Garrett



How many children do you have- names, ages and school stage

Madisson (5) at Kindergarten; Thomas (4) Room 1 Thu/Fri; Joshua (2) waiting eagerly until he can start preschool.

How long have you been at Larool so far? 2.5 yrs

How much longer will you be at Larool? 3.5 yrs

Why did you choose Larool? Friends recommended, and in comparison to others, it was by far the loveliest environment for the kids.

Why did you decide to join the Management Committee?

To be involved in our children's pre-education, to meet other parents, to help where I can.

What is your favourite Larool fundraiser? Confessions of a chocoholic....

What is your favourite park?

Edward Bennet Reserve, cnr. Cardinal Ave & Boyd Ave, West Pennant Hills

What/where has been your favourite family holiday? Umbria, Italy, 2005

What is your favourite game to play with the kids

Anything active - riding scooters, bikes, soccer





Drawing by Georgina Knowles

MUNCH and MOVE

This term three of our staff, including myself, were invited to attend a one day seminar run by the NSW Department of Health called "Munch and Move". The program is a joint initiative of the NSW Department of Health, the NSW Department of Community Services and the University of Sydney's Prevention Research Centres, which aims to educate early childhood professionals, children, parents and families about appropriate physical activity and foods for children 3 - 5 years of age. The pre-school years have been identified as being "the best time to instill healthy habits in children that can stay with them for life."

Findings of recent research have been disturbing. Pre-School children are leading a more sedentary lifestyle, and consuming a large amount of sugary and salty foods and drinks. At the seminar, staff were confronted with the results of research that indicated that 1 in 5 Australian Preschoolers is overweight or obese; less than 50% of NSW children 2-4 years eat at least two serves of vegetables each day, and that 89% of Australian children aged 4-5yrs spend

more than two hours watching television, videos or DVDs in a 24 hour period.

Staff will be implementing ideas sourced at the seminar over the coming weeks, to make our programmes even more active, and to encourage healthy eating. You will notice with your newsletter a hand-out produced by the NSW Department of Health. This is the first in a series of 8 that will be made available to all parents over the first weeks of next term.

If you have time, take a look at the Munch and Move website:
www.healthykids.nsw.gov.au

The five key messages are:

- Choose Water as a drink
- Get active for an hour or more each day
- Eat more fruit and vegetables
- Turn off the TV or computer and get active
- Eat fewer snacks and select healthier alternatives.

www.choicefoodforkids.com.au

Check out this website from Choice. It is designed to help you choose healthier foods for Australian children by assessing food products found on the supermarket shelves. The criteria are designed to help you make healthy choices for your kids.

The healthy lunchbox

The years from 3 to 5 are a great time to establish healthy eating habits in children. When preparing your child's lunch for school, consider the following nutrition guidelines, courtesy of the Department of Health and Ageing.

Kids should have 1-2 medium pieces of fruit and 2-4 serves (each about the size of their fist) of vegetables each day. It's recommended they eat 3-4 serves of wholegrain breads, cereals, rice, pasta or noodles and 1 serve (about the size of your child's palm) of meat or protein foods (fish, tofu etc).

Children over the age of 2 can eat low-fat dairy products while still enjoying the benefits of the calcium, vitamins and protein they contain. They need 2-3 serves of dairy food a day, with 1 serve equal to 250ml of milk or calcium-enriched soy milk, 200g of yogurt or 2 slices of cheese.

Water is the best way to quench their thirst as fruit juice, cordial or soft drinks cause tooth decay - even diet soft drinks can damage tooth enamel. Foods such as sweet biscuits and chips should be kept to a minimum while fruit, yogurt, vegetables sticks and wholemeal bread and crackers are good choices for snack time.

The Preschool has purchased **2 new apply slinky machines**. Teachers can now work magic with whole apples or firm pears. Get your child to give it a try.



Jigzoos.com.au kindly donated to our Trivia and Games night.

Jigzoos are lovingly hand-crafted wooden animal puzzles. They make great educational gifts for the enquiring toddler or preschool child. The simplest has only three pieces while the most difficult has seven. The finish is guaranteed 100% safe and the edges are thoroughly sanded to ensure smooth and safe handling. There are twenty four different designs available in 3 different colour schemes. They're fun toys which also double as learning gifts. www.jigzoos.com.au

