



# Larool Loop....



Larool Pre-school, our community: a place of laughter and joy, of friends and memories...

## From the Directors Desk

A very big welcome to all our families – new and returning, to the Larool Community!

What a lovely start we have had to the year. The educators have done an amazing job settling in the new and returning children to the pre-school.

Our educators continue to use the national Early Years Learning Framework as a guide to our curriculum planning. Our curriculum is based on play, child development theory and an understanding of children's individual learning, reflecting their interests, needs and strengths. The dedication, talent and boundless care shown by our educators is the magic that assists to transform your children into the independent, confident and assertive individuals ready to take the next step in their education.

It's really a lovely supportive community we have at Larool and I hope your family has a wonderful experience this year.

If you ever have any questions, suggestions, compliments or complaints please pop into the office and have a chat, phone or send me (Monique Olthof- Director) an email: [laroolpreschool@optusnet.com.au](mailto:laroolpreschool@optusnet.com.au)

If you do have an accounts/fees question though please email Melinda Valis (Administration Manager): [larool-accounts@optusnet.com.au](mailto:larool-accounts@optusnet.com.au)

*Monique*

## Upcoming Events/ Dates to Remember

**Last Day of Term 1**  
**Friday 12<sup>th</sup> April**

**First Day of Term 2**  
**Monday 29<sup>th</sup> April**

**Mothers Day Stall**  
**Monday 6<sup>th</sup> May – Joeys/Koalas**  
**Friday 10<sup>th</sup> May- Wombats/Possums**

**Hearing Tests**  
**Tuesday 28<sup>th</sup> May**  
**Thursday 30<sup>th</sup> May**  
**\$40.00/ child**  
**Permission and payments forms will be available early next term**

**Photo Days!**  
**Photo days will be next term - we are waiting to hear confirmation from the photographer (Digital Flashbacks) then the dates will be published.**



# Reminder

- Starting from term 2 with the cooler weather we will begin our program inside and head outside when it warms up after morning tea! Please remember to pack your child a jumper/jacket and a spare set of clothes in their bag.
- Please DO NOT pack your child's lunch in an insulated lunch/thermal bag. While these insulated lunch boxes are great for school they are not necessary at pre-school as we put the lunch boxes in the fridge. Placing the insulated boxes in the fridge does not control the temperature of the food inside the insulated box and makes the fridge itself less efficient.
- What do you do if your child will not be coming to pre-school?  
If your child is sick or unable to attend pre-school, please
  - phone the pre-school on 9481 9136,
  - send an email to [laroolpreschool@optusnet.com.au](mailto:laroolpreschool@optusnet.com.au) & [larool-accounts@optusnet.com.au](mailto:larool-accounts@optusnet.com.au), or
  - text the mobile number 0406 323 105  
as early as possible to inform educators your child's absence.  
If your child is sick, please let us know what they are ill with just in case it is contagious or notifiable.

The mobile number can also be used for messages or communication if the main landline is busy.

Thank you for your continued support.



BEACH  
SAFETY



Summer Edition  
2018/19



## Child Safety HANDBOOK

A RESOURCE FOR PARENTS, CARERS AND TEACHERS

Proudly brought to you by NSW Police Legacy

### What a fabulous resource!

The Child Safety Handbook aims to help raise awareness of child safety issues that all families face, and what can be done to prevent these risks. Covering issues such as: bullying at school, personal safety, safety in the home, first aid, safety online, fire prevention, road safety, safety outdoors, healthy living and drug & alcohol awareness.

Download link:

<https://www.policelegacynsw.org.au/resources/>





**Evacuate**



**Lockdown**

**Evacuation Drills and Lock Down** - This term we have already practiced both our evacuation drill and lock down! We conduct these drills each term at a variety of times during the day.

During an evacuation the children line up at the fence at the 'emergency assembly point' and the lockdown space is in the storerooms! It only takes a few minutes, however the importance of these drills is vital to ensure that all children and educators/staff know what to do in an emergency situation. An emergency plan is displayed at the exit in each classroom.

Now would be a great time to talk to your children about what to do at home in an emergency situation.

See the links below for Fire Safety at Home.

- Fire and Rescue NSW – Community and home fire safety information  
<https://www.fire.nsw.gov.au/page.php?id=879>



**If your child stopped breathing today,  
would you know what to do?**



The Children's Hospital at Westmead has developed a FREE online program, 'CPR Training for Parents,' to teach the steps involved in Cardio-Pulmonary Resuscitation (CPR) for a baby (aged less than 12 months) or a child (aged over one year). These steps can also be used on an adult.

The content is taken directly from the Australian Resuscitation Council Guidelines. The DRS ABCD approach for an unresponsive baby and child used in this program is an international approach designed to help people remember the steps involved in responding to a collapsed person.

The program does not require you to login and takes approximately 1.5 hours to complete.

The knowledge and skills you learn in this program may SAVE a LIFE. Remember, ANY attempt at CPR is better than no attempt. Visit [www.cprtrainingforparents.org.au](http://www.cprtrainingforparents.org.au) today!



## *Kids and Traffic* Key ROAD SAFETY Messages for adults to share with young children

These *Kids and Traffic* Key Road Safety Messages are designed for adults to use with young children as they travel together as passengers and pedestrians and at play. Early childhood educators are ideally placed to share these messages with children during everyday experiences - dramatic play, music and story, arrivals and departures, transition times and discussions. They are also ideally placed to share these messages with families for them to use when out and about with their children.

Adults are responsible for the safety of the young children in their lives but by using these *Kids and Traffic* Key Road Safety Messages, they can engage children in learning about how to be safe in the traffic environment without making them responsible for their own safety.

### **Pedestrian messages**

- Always hold a grown-up's hand.
- When a grown-up's hand is not available, hold a pram, bag or clothes.
- Always cross the road with a grown-up.



### **Passenger messages**

- Always buckle up safely.
- Always stay buckled up - awake or asleep.
- Always get in and out of the 'Safety Door'.



### **Safe play messages**

- Always ask a grown-up where it is safe for you to play.
- Always wear your helmet when riding your bike or wheeled toy.





## Management Committee Update...

Thank you to everyone who attended the AGM. It was a great success filling all positions of the management committee, the parent splat committee and class parent roles. Phew!

We would like to thank all our outgoing management committee members especially James Sheppard and Kelly McDonald for all their efforts and dedication to Larool over the years, without a doubt you helped make Larool that bit more fabulous!

Our 2019 committee members are;

<b>President</b>	Annie Russell (Nina - Possum Class)
<b>Vice President</b>	Amanda Guest (Estelle - Wombat Class)
<b>Treasurer</b>	Nick Blackwell (Tim - Wombat Class)
<b>Secretary</b>	Laura Westbrook (Harrison - Joey Class)

**General Members:** Kylie Leach (Edith - Joey Class)  
Kelly Lofts (Charlie - Joey Class)  
Katie Fung (Niamh - Possum Class)  
Julianne Hallam (Annalise - Koala Class)  
Natalie Daniels (Adalyn - Possum Class)  
Mitchell Bingemann (Bowie - Koala Class)

We encourage you to come and chat to us about what your family needs are, or you can always email us [laroolmgmt@optusnet.com.au](mailto:laroolmgmt@optusnet.com.au)

We would love to get more parent feedback, whatever that may be, as your input is invaluable to us.

Annie  
President  
**Larool Management Committee**



## **SPLAT Chat-** Larool Social Committee Update

SPLAT is responsible for organising and co-ordinating social events and limited fundraising activities throughout the year. What a great way to be involved at pre-school!

I'd like to start by saying a massive thank you to our previous SPLAT team, especially outgoing President Stephanie Sheppard. Steph has contributed many hours and donations, and made such a positive impact on the preschool.

You may be wondering what SPLAT stands for? Well, it's Social Parents of Larool Activity Team. We have the fun job of organising social and fundraising events! As we now have the fundraising levy in place, SPLAT's function is mostly social. We will be organising a social event for the kids such as a disco, a night out for the mums and for the dads, as well as a few other fun things.

I would also like to thank the members who have joined this year. The current team is as follows. Lisa Lehepuu, Julia Lehepuu, Katie Bennett, Helen Price, Natalie Daniels & Nicole McDonald



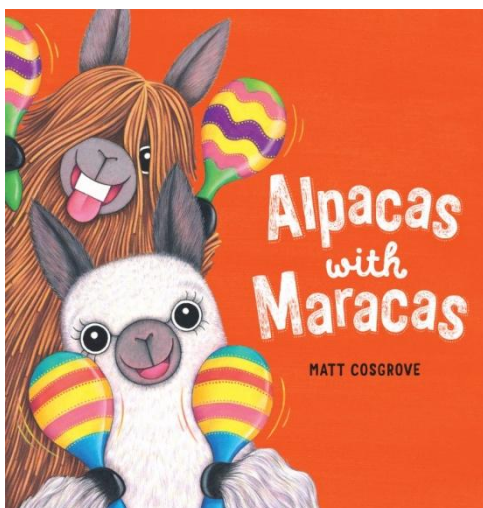


We all love a good chat so please feel free to approach us with any ideas you may have or better still join the team! We have a few spots left and many hands make light work. I'm aware that due to work and family commitments it may not be possible to attend all meetings and that isn't a problem. We have a SPLAT Facebook page you can join and just volunteer for individual tasks such as manning a stall at the disco, designing flyers, or cooking something for grandparents day.

You can find our Facebook page here <https://m.facebook.com/groups/131278023712699>

SPLAT generally meet a few times a term, at the Pennant Hills Hotel. The first meeting will be Thursday 9th of May at 8:00pm and we would love to see you there!

Kind regards,  
Lisa Lehepuu



**Larool Wombats and Koalas are excitedly participating in the National Simultaneous Storytime again this year.**

National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 19th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

By facilitating NSS we aim to:

- promote the value of reading and literacy,
- promote the value and fun of books,
- promote an Australian writer and publisher,
- promote storytime activities in public libraries and communities around the country,
- and provide opportunities to involve parents, grandparents, the media and others to participate in and enjoy the occasion.



### Feature Article...

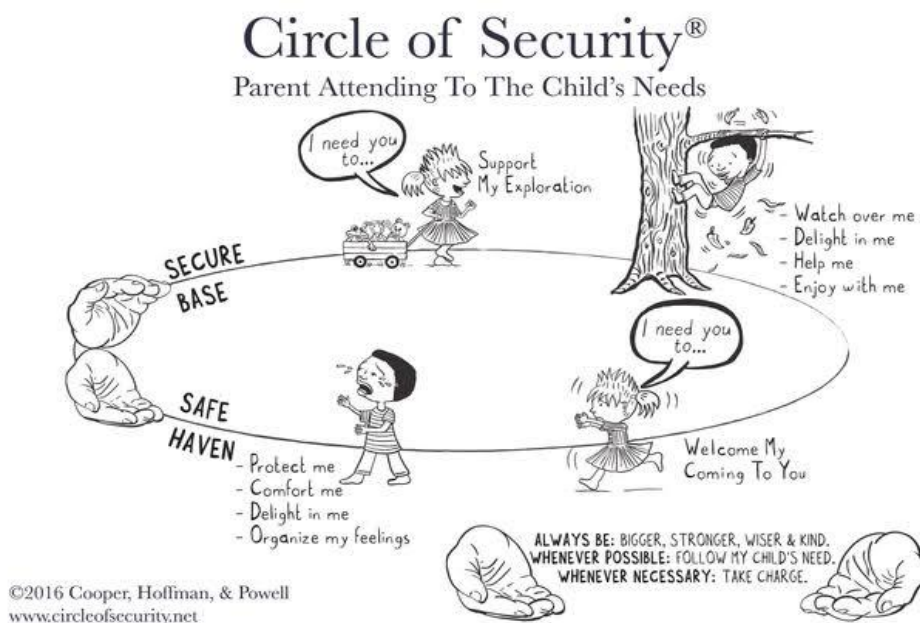
## Separation Anxiety & the Circle of Security

By Kate Andrews, ECT (Koalas Room)

It's drop off time, your child has been in a good mood all morning but suddenly becomes quiet when you enter pre-school. They know that you are going to leave them soon. They feel distressed but can't articulate why. You start to tell them it will be ok, they will have fun, you will be back later to pick them up. They start to cry and hang onto your clothing. You are starting to become distressed. Your child is getting more and more worked up. Sound familiar?

Attachment theory says that children develop their sense of security and confidence by being able to predict how their caregiver will respond to them. Through the process of developing and strengthening neural connections, children learn to anticipate how their caregivers will respond to particular behaviours. This forms the basis of their understanding of relationships. By ensuring that children know how their caregiver will respond to the feelings that they are expressing (with calm love and affection), they will feel more secure to venture out and explore their world, knowing that they have a safe place to turn when they need support.

So how can this theory help us support children to feel secure during morning drop off? It is during these times of emotional uncertainty that children need their caregivers to be firm and take charge with kindness and caring: be stronger, bigger, wiser, and kind. The Circle of Security (Cooper, Hoffman, Marvin, and Powell, 1998) parenting program demonstrates how a confident and attentive caregiver provides children with a secure base from which to venture into the world to learn and discover new things, while also providing a safe haven to return to during times of discomfort, or distress.



We pride ourselves on developing strong reciprocal relationships with all of our children and their families. So next time you are feeling distressed that your child will become emotional at drop off, approach one of the educators, show your child that you are confident that they are safe with us by smiling and reassuring them that you will be leaving them with the educator, who will be there for them throughout the day until you return. In turn, we will be confident with your child to ensure they know we will be there for them throughout the day, supporting their explorations.



Finally.... we love to hear your feedback, the good and also the not so good. You can call, email, speak with the Director or your teachers, make an appointment, write a note or drop an anonymous note into our office box- we appreciate the time that our families make to give us feedback and we take it all on board.

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[www.laroolpre-school.educa.com.au](http://www.laroolpre-school.educa.com.au)



## OUR COMMUNITY

Larool Pre-school is committed to contributing to our community.

# ALLEN & SHEPPARD



## Selling or Renting Your Property? We want to help you and Larool Pre-school

Allen & Sheppard are a proud sponsor of Larool Preschool. As part of our ongoing support of the Preschool and those associated with them, we wish to extend this **offer**:

For every home listed and sold with Allen and Sheppard Real Estate, referred to us by or listed and sold by either a past or present Larool family, **Allen & Sheppard will donate a further \$500** to the Preschool and a further **\$500 will be given in free advertising** for the property.

Alternatively if a referral is made to manage a property for rent, we **will donate \$250** to the Preschool and manage the property for the first **3 months free of charge!**

For any real estate advice, please don't hesitate to contact James Sheppard 0404 863 233  
(Past family of Larool)







## The Nothing Poem!

When children come home  
At the end of the day,  
There's a question they're asked  
As they scurry to play.

*"Tell me, what did you do at pre-school today?"*

*"Nothing. I did nothing today!"*

Perhaps nothing means that I played with blocks,  
or found beautiful rocks.

Maybe I painted a picture of red and blue,  
Or heard a story about a mouse that flew.

Perhaps nothing means that I observed a bird's nest,  
Or counted to ten with Mrs West.

Maybe today was the very first time  
my scissors followed a very straight line.

Perhaps I learned a new song, from beginning to end,  
Or maybe I played with a special friend.

When you're in pre-school and your heart has wings,  
*"Nothing"* can mean so many wonderful things!

– Author Unknown