



Larool Loop....



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

From the Directors Desk

Wow, I cannot believe that this term has gone by so quickly! We had a very busy term.

We celebrated our wonderful **Grandparents and Special Persons** afternoons. What a lovely time everyone had. A big thank you to everyone that came and to all those that provided the yummy afternoon tea to share!

Our **Disco** put together and run by our wonderful SPLAT was such a great success. It was fantastic to see so many families and smiling children there. Thank you to all the SPLAT committee and volunteers!

This term saw us saying goodbye to Mrs Trainor. I am thrilled to let you all know we have a new Wombats teacher **Mrs Shaunagh McAllister!** Shaunagh brings with her a wealth of experience working with pre-school age children and we look forward to welcoming her on Wednesday 17th October (first week of term 4). Thank you to both Janelle and Lynne for providing such a stable transition since Carlene's departure for the Wombat children. The children have loved the planned learning experiences as well as the wonderful fun spontaneous activities, especially the **'Friday Fun Dancing Day!'**

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

Upcoming Events/ Dates to Remember

First Day of Term 4
Monday 15th October

STEPS Eye Screening for 4 yr olds
Monday 5th November
Wednesday 7th November
Thursday 8th November

Wuruniri with Matthew Doyle-
Aboriginal culture & dance
Tuesday 20th November, 11am
Thursday 22nd November, 11am

Orientation for 2019 Children
Joeys & Koalas
Monday 19th November 4.15pm
Wombats & Possums
Thursday 22nd November 4.15pm

Parent Information Evening for 2019
Families
Joeys & Koalas
Monday 26th November 7.00pm
Wombats & Possums
Thursday 29th November 7.00pm

End of Year/Christmas Concert
Tuesday 4th December Joeys
Wednesday 5th December Koalas
Thursday 7th December Wombats
Friday 8th December Possums

Last Day of Term 4
Thursday 20th December



Heading Towards Summer!



Remember to protect your children's skin at preschool!

Next term we will begin our summer program where we start the day outside.

Children will need to:

1. Slip on sun-protective **clothing** that covers as much of the skin (*especially the shoulders, back and stomach*) as possible – no singlets or dresses without sleeves.
2. Slop on SPF30 (or higher), broad-spectrum, water-resistant **sunscreen** (Sunscreen is available at the pre-school to apply on arrival.)
3. Slap on a **broad-brimmed hat** that shades the face, neck and ears (*no caps*)

Be SunSmart, Play SunSmart

Did you know UV is different from heat?

UV radiation cannot be felt or seen, so it's possible for the sun to damage your skin even on cool or overcast days

- Wear a sun safe hat which is broad-brimmed, bucket or legionnaire
- Apply sunscreen before heading outside.
- Dress appropriately. Try and choose a shirt with a collar and sleeves.
- Choose shaded areas whenever you are outside.
- Pop on a pair of sunglasses.

You can download the sun smart app that will let you know when you will need sun protection!

<http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app>



Next term (term 4) we will be participating in the Statewide Eyesight Preschooler Screening Program (StEPS). The StEPS program is an initiative of NSW Health and offers all 4 year old children free vision screening.

Dates:

Monday 5th November

Wednesday 7th November

Thursday 8th November

The StEPS program is a free vision screening program designed to identify childhood vision problems which cannot be detected by observation, behaviour, family history or vision surveillance. In the first weeks of term 4 the forms will go home to families for children who turn 4 years of age by December. **The original forms must be signed and returned to preschool, photocopies and unsigned forms will not be accepted.**



What's in Your Lunch Box?

As part of our curriculum one of the things we regularly discuss with the children is being healthy. This includes talking about what foods are healthy, everyday foods and sometimes foods. These discussions take place at group times, during experiences and at meal times.

When do we have our meals at pre-school?

- Morning tea- 10.30am: healthy snack such as fruit & veg, dried fruit, rice crackers or similar.
- Lunch time 1pm: sandwich or wrap with healthy filling, yoghurt, cheese, fruit or vegies.
- Crunch'n'Sip 3.15pm: fruit or vegetables only please!

A website launched by the Cancer Council is helping parents send their children to school with exciting food that ticks all the boxes for nutrients. Website www.healthylunchbox.com.au includes recipes, ideas and tips plus an interactive lunch box builder that enables parents and their kids to plan!

FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Nutrition Australia

You may decide to add some homemade muffins or cakes. Making your own muffins and cakes are a great way to include more fruit and vegetables. Examples include sultana, carrot, zucchini, banana or pumpkin. Other cakes are best offered at birthdays and special occasions instead of in lunch boxes.

Homemade muesli bars are great filler in the lunch box– there are now lots of recipes- check out the one below! Purchased muesli bars are often very high in sugar and sticky for your child's teeth. They should not be included regularly.



Fruit and Seed Bars



Easy to freeze

Ingredients

1 cup water
¾ cup pitted dates
¾ cup instant oats
¼ cup chia seeds
¼ cup sunflower seeds
¼ cup pumpkin seeds
¼ cup cranberries
1 tsp cinnamon
1 tsp vanilla extract
Pinch of salt

Method

Soak the dates in water for 30 minutes to soften.

Pre-heat the oven to 170°C. Line a 22cm square baking tray with two pieces of baking paper, one going in each direction.

Blend the oats in a blender on high until they form a fine powder. Place in a large bowl. Add 1 cup of water and the dates to the blender and blend until smooth. Add the blended dates and all the remaining ingredients to the bowl with the oat flour and mix well.

Spread the mixture into the tray and smooth with a spatula. Bake for approximately 23-25 minutes or until firm to touch. Let cool in the pan for 5 minutes and then lift out using the two strips of baking paper. Transfer to a cooling rack for another 5 minutes and then slice.

DID YOU KNOW?

We place all of the children's lunches in the fridge!

While insulated lunch boxes are great for food safety at school where lunches are NOT put in the fridge, they are not necessary for us at Larool.

We have children who are at high risk of Anaphylaxis attending Larool.

We ask that you do not pack nuts or nut products or sesame in your children's snacks and lunches.

Your actions will help to support these children by providing a safe environment.



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties.



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts





SPLAT Chat- Larool Social Committee Update

Larool Disco

Thank you to all the parents and family who came and helped make this year's disco a success. To all the hard working members on the committee – THANK YOU. You made my job so much easier and your support is very appreciated.

We hope all the children had a fun afternoon. Many thanks to all the teachers who came to join in the fun with their students as well.

Thank you to also the volunteers for the Father's Day Stall this term – it ran beautifully and we hope the Dad's enjoyed their presents.

One more term to go!!!

Cheers
Steph Sheppard
SPLAT President

LAROOL PICTUREPLATES

Pictureplates are back for another year! You will be able to turn your kids drawings into a high-quality melamine plate that last a lifetime! The plates will cost \$22 each.

You can collect the template and order form from your child's art folder.

Just remember when you are doing the drawing:

- Leave a **2 cm gap** around the edge
- Use **strong, bold markers or texta pens or paints**
- You **can include a clear bright photo** but it will not be returned

Once the kids have completed their drawing please return the template along with the order form below and money to the box located in the office. If you would like an additional template for siblings they will be in the front office.

Orders are due by Thursday October 18th. Orders will be sent the next business day so please get your template back in time. Orders handed in without money will also not be sent. No late orders will be accepted.

Please note your finished plate takes between 6-9 weeks to be returned to the preschool.

If you have any questions please contact Kirsten Dicks (kirsten.moffat@gmail.com) or Laura Osmotherly (lauraosmotherly@gmail.com).



Please join us for a Mum's Night Out!

Date: Friday 9th November

Location: Hotel Pennant Hills, 352 Pennant Hills Road,

Time: From 7:00pm

Food: Order at the bar, its completely up to you if you wish to eat, drink or just have coffee/desert!

Thus far we have a few tables set aside in the back room, please RSVP to this email before the 9th of November.



Mindfulness! *By Julie Tierney*

Mindfulness is the new word being used around Early Childhood settings and you may be wondering what that means for your child?

At Larool, we can see the many benefits of mindfulness for young children and we endeavour to have it as part of our practice.

So, what is mindfulness?

Mindfulness is about focusing on the present and being in the moment. It is a time to stop worrying about the past or the future. Mindfulness

techniques are important for supporting children to develop self-regulation, tolerance and a sense of peace in our fast paced lives. The value of using mindfulness techniques is well researched and is well supported for enabling emotional development in children.

How are we embedding mindfulness into everyday practice at Larool?

Each day there is a time set aside within each class for rest and relaxation. Usually after lunch the children are encouraged to find a comfortable space to lie down and enjoy some quiet time. This is a prime opportunity for practicing a range of mindfulness techniques. Mindfulness activities use the children's senses to capture their attention and bring them into the present.

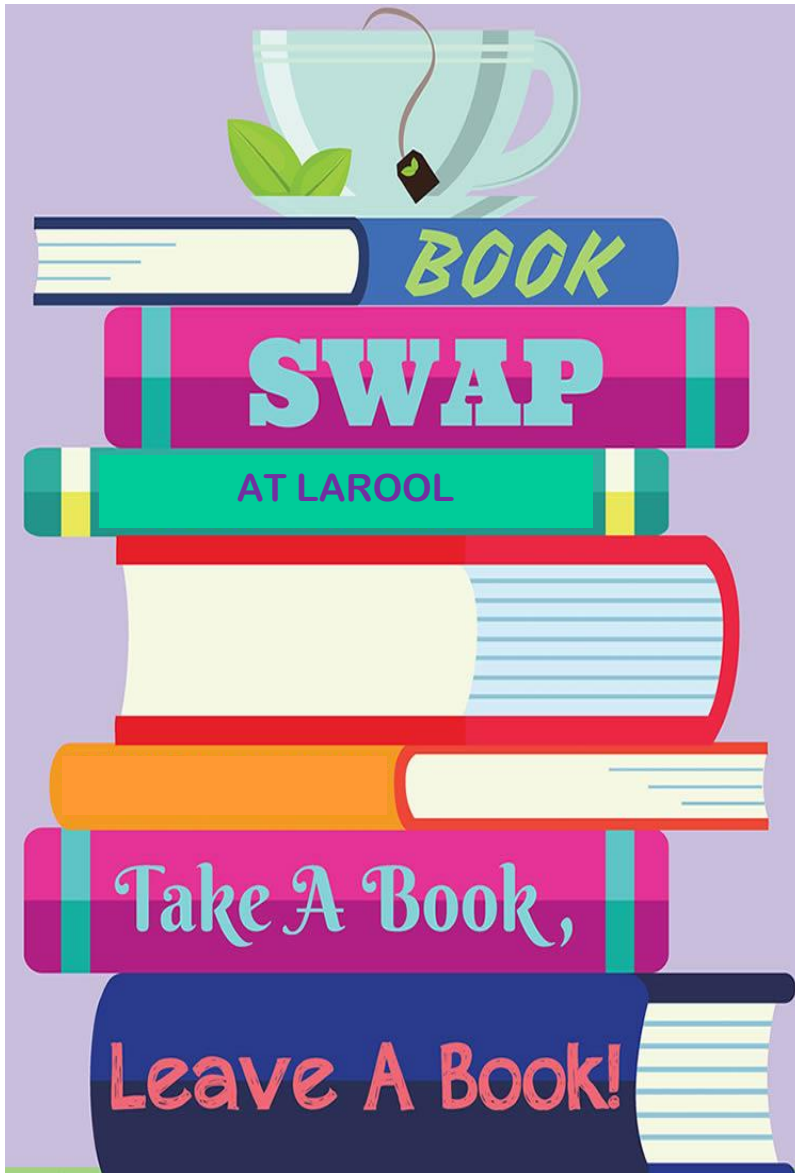
Some examples of mindfulness techniques that are used within the class include, listening to soft and calm music or relaxation stories, engaging in breathing exercises, listening to educators read from books and encouraging the children to picture what is happening in their minds eye.

Rest and relaxation can also occur outdoors where the children are encouraged to go on mind walks where they have to listen to the noises that are occurring within the environment, or they love cloud watching and trying to picture the clouds as animals or objects. There is also an app called 'Smiling Mind' that provides simple and quick meditations for children to encourage them to breathe and focus.

Why do we practice mindfulness?

At Larool we hope to nurture mindfulness in children, we see this as important for building resilience and encouraging children to better cope with the stresses in their lives. Mindfulness is important for encouraging self-regulation and therefore better engagement with the world around them!





Have you seen our book swap?

It is located outside the front office.

It is open for all to enjoy- bring a book in and swap it for a different one!

Lots of adventures to be had!

It can be extended to children's books too.

Enjoy.....



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.

laroolpreschool@optusnet.com.au

📍: 12 Larool Crescent, Thornleigh, 2120

☎: (02) 9481-9136

✉: laroolpreschool@optusnet.com.au
larool-accounts@optusnet.com.au

💻: www.laroolpreschool.com.au



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
(Father of Rose Sheppard Koalas Room Monday/Tuesday/Wednesday)



270 Pennant Hills Road, Thornleigh, NSW 2120

P 02 9481 9000

F 02 9875 4545

www.allenandsheppard.com.au



OCTOBER SCHOOL HOLIDAY EVENTS



BACKYARD BUGS WITH RANGERS ON THE RUN

This show is a wonderful introduction to the world of bugs. Children will have the opportunity to hold and touch many different bugs. Costumes are used to reinforce key points and we will have fun transforming into an ant colony.

Hornsby Library

Monday 8 October
10.30am-11.30am



Pennant Hills Community Centre

Monday 8 October
2.30pm-3.30pm

Cost: \$8.00 per child. Ages 3-6.

Bookings essential. Book online at
hornsby.nsw.gov.au

HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Hornsby Library

Thursday 4 October
10am-11am

Berowra Library

Friday 5 October
10.30am-11.30am

All ages welcome.

Cost: \$2.00 per child for
children 18 months and over.

No bookings required.

Payment at door.



KALEIDOSCOPE SCIENCE-THE GREAT BIG SCIENCE SHOW

Join us in this high energy, educational and interactive science event that will feature foaming chemical reactions, explosions, liquid nitrogen, fireballs and lots of audience participation. A fantastic and engaging experience not to be missed!

Hornsby Library

Wednesday 10 October
2.30pm-3.30pm

Berowra Community Centre

Thursday 11 October
10.30am-11.30am

Pennant Hills Community Centre

Thursday 11 October
2.30pm-3.30pm

Cost: \$12.00 per child. Ages 7-12.

Bookings essential. Book online at
hornsby.nsw.gov.au



EVENING HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Pennant Hills Library

Wednesday 3 October
6.30pm-7.30pm

All ages welcome.

Cost: \$2.00 per child for children 18 months
and over.

No bookings required.

Payment at door.



Children 7 and under must be accompanied by an adult.