We are now starting the last two weeks of term 1, with Friday 15th April the last day of term. Term 2 will start on Tuesday 3rd May. Please note that Wednesday 4th May is a Student Free Day. There will be no sessions offered, as staff will be attending a Professional Development Day. The focus of this day will support staff’s implementation of the DECD ‘Preschool Numeracy Indicators’. Normal session will again commence on Thursday 5th May. Once again we apologise for the inconvenience this may cause some families. We will aim to ensure that the second Student Free Day in term 3 will not fall on a Wednesday.

This Tuesday morning we have organised a visit from our local Police. It is important for young children to be able to identify Police and to be aware that they are there to help and support us. This is a social visit, which will help to reinforce the friendly and supportive nature of our Police.

Over the next two weeks we are also seeking family support to complete our end of term ‘clean up jobs’. Cleaning chairs, table legs, the fridge and painting drying racks etc. are all extra jobs for the end of term. If you can spare half an hour, any time during session time in the next two weeks, we would really appreciate your help. Please add your name to the list by the sign in sheet. We hope that families are able to ‘share the load’, with everyone able to help out once during the year.

Thank you in advance for your time and support.

Staff

Next term Sofie is unable to continue her work with us during the Friday morning session. Sofie has been a valued team member, who completes her job quietly and efficiently, she will be sadly missed. Please show your appreciation for Sofie during her last two weeks working here.

We are in the process of employing another staff member to work each Friday morning, to ensure we are meeting the legal staffing ratio. We will notify you when this process is completed.

Assessment & Reporting

Peta & Julie are well into the process of catching up with all families for a discussion. If you haven’t had a chat yet, your turn will be soon! Children’s Learning Folders will be sent home next week to give you an opportunity to share your child’s learning at home & provide some feedback. We hope folders can be returned before the end of term. Thanks

Governing Council Meeting

This Friday 8th April, we will hold our second Governing Council meeting from 12.30pm. All welcome.
**The Importance of Sleep**

The recent Health Checks and Family Discussions have highlighted ‘sleep concerns’ for a number of our children & families. The following information is found at:

We hope you find it helpful

[raisingchildren.net.au](http://raisingchildren.net.au)

**Children aged 3-5 years**

*need around 11-13 hours of sleep a night.* Sleep is important for your preschooler’s health, growth and development. When children sleep well, they’re more settled and happy during the day. Getting the right amount of sleep also strengthens your child’s immune system and reduces the risk of infection and illness.

**Bedtime routine**

Some children fall deeply asleep very quickly. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. As your preschooler becomes more aware of the world, sleep might be a bit slower to come. A positive bedtime routine can help, especially if you follow the routine consistently, both during the week and on weekends. A bedtime routine might look something like this:

- **6.30 pm:** Brush teeth, go to toilet, night nappy if needed.
- **6.45 pm:** Quiet time (read a book, tell a story, have a cuddle).
- **7 pm:** Into bed and kiss goodnight.

Most preschoolers are ready for bed around 7 pm, especially if they’ve had a big day at preschool. But some can demand more and more bedtime stories as a delaying tactic. You might want to establish a two or three book rule for bedtime, with the promise to read more during the day. A bedtime routine is the most important part of helping young children go to bed and settle. This should include:
  - doing the same soothing things each night before bed
  - avoiding loud or boisterous play before bedtime
  - avoiding screen-based activities like watching TV, playing computer games or hand held devices.

**Policy Reminders**

In term 2, children are no longer required to wear a hat for outside play. Please be aware that UV levels may still be above 3 in the first couple of weeks of term 3, so access to a hat is still advisable. In the colder months of the year the Cancer Council advises that children have some sun exposure to build their Vitamin D levels.

**Nut Free Kindy.** Just a reminder! Please consider the health needs of all children and do not send any products that contain nuts. Eg. Peanut butter, Nutela & Nut based muesli bars. Thank you

Before turning out the light, check that your child has done all the things that might cause calling out later. Has your child had a drink? Been to the toilet? Brushed teeth? Turn on a night-light if this makes your child feel more comfortable.

**Remind your child of what you expect** before you leave the bedroom, you can say that you want your child to stay quietly in bed – for example, ‘It’s time to rest quietly in bed’. Explain that you won’t be answering if your child calls out. Next you can say ‘Goodnight’ or ‘I love you, sleep tight’, then walk out of the bedroom. **If your child calls out do not respond** This is hard, but it’s important to ignore all further requests for attention. Your child might come up with all sorts of reasons you should come in. But if you want this technique to work, you’ll have to stay firm and ignore the calling out. That means no extra drinks, stories or kisses. **Don’t go in at all.** If you respond because your child gets louder or more demanding, your child will learn that protesting long enough and loudly enough will get your attention.

**We are observing some tired children at kindy, especially in the afternoons.** We can all relate to feeling tired and finding things like negotiating, getting along & listening harder to do. This may be due to the busy nature of our day, but poor sleeping patterns can also impact significantly. While we have a quiet ‘resting area’ available for children to access, this doesn’t make up for ongoing limited sleep patterns at home.

If you think your child has a persistent sleep problem, talk with your GP about getting an assessment of your child’s sleep. You might be referred to a paediatrician, psychologist or other health professional who is experienced in identifying and treating persistent sleep problems in children.

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**Term 2 Kindy Fees**

Fees for next term of $100 will be due by **Friday 27th May.** We require families to make part or full payment by this due date. Fees can be paid by cash in the envelopes provided, then placed in the fees box by the entrance door. Or by bank transfer, with details on the invoice. You may prefer to make weekly payments of $10 a week. Please speak to Julie if you have any concerns regarding fee payment.

**Kindy Library Books**

This term our data shows that 80% of children have borrowed books from kindy on a regular basis. Regular borrowing requires support from families to remember to return books on Tuesday and/or Thursday. Please show your support.

Thank you for reading, have a safe & happy holiday.