



Casino West
LITTLE JARJUMS
PRESCHOOL



Week 2 Term 4

Monday 11 October 2021

www.casinowest-p.schools.nsw.edu.au



Dates to remember:

Friday 22 October
Kindergarten Orientation
12:05pm - 12:45pm

Friday 29 October
Kindergarten Orientation
12:05pm - 12:45pm

Friday 5 November
Kindergarten Orientation
12:05pm - 12:45pm

Friday 12 November
Kindergarten Orientation
12:05pm - 12:45pm

Getting ready for big school

We cannot believe we have hit term 4 already!!!!

This term we are all about transition. We are continuing to foster relationships with the kindergarten teachers at big school through ongoing connection each day, participating in term 4 whole school COVID safe events and formal kindergarten orientation. Kindergarten orientation starts week 3 on Friday 22 October and will continue Friday 29 October, Friday 5 November and Friday 12 November from 12:05pm - 12:45pm. If your child is in the Burbi (Monday/Tuesday) Group and is attending Casino West Public School in 2022, we ask that you drop and collect them at the front office for orientation. Unfortunately, due to COVID-19 restrictions, families are unable to stay on site. We apologise for any inconvenience this may cause.

If your family have any goals for your child that you would like for them to work towards this term, we would love to hear about it from you so we can work together to achieve this.

Preschool is now enrolling for 2022!!

We are taking enrolments for any children turning 4 before the 31 July in 2022. We encourage everyone to spread the word and tell friends and family what a great preschool we have here at Casino West Little Jarjums Preschool. Places are filling quickly for 2022 so we ask that enrolment forms be completed and returned as soon as possible. Phone to arrange an enrolment pack on 6662 8995 or 6662 1916.

Casino West Public School Preschool known locally as Casino West Little Jarjums Preschool Phone 02 6662 8995

QA6 Collaborative partnerships with families and communities Concept 6.1.3

Learning from nature!

This week we have been taking advantage of this glorious rain we have been getting. A spontaneous interest sparked with Hunter, Azzalea and Phoenix about volume and capacity. The children were predicting which containers would hold the most water that they caught from the rain. Phoenix hypothesised that the watering can would hold the most as it is the “deepest”. After experimenting with containers of different sizes it was clear that Phoenix’s prediction was correct. The children reflected on what they had learnt and concluded that the larger containers would hold the most water but would take the longest to fill up.



We appreciate you!!!!

A big shout out to all our families who endured home learning throughout lockdown. And for our essential worker families who trusted your children in our care through such unknown times. From the bottom of our hearts we thank you for your co-operation and resilience. Fingers crossed for smooth sailing from the rest of term 4.



GREAT LUNCHBOX

1 + 2 + 3 + WATER

1. PACK

SANDWICH, ROLL, WRAP



2. ADD

VEGETABLE & FRUIT SNACK



3. PICK

1-3 MORE HEALTHY SNACKS



Recipe of the Week

Sandwich Sushi

Ingredients

Slices of wholemeal bread, crusts removed.
Fillings of your choice: our favourites include ham, carrot & cucumber; or tuna mixed with mayo, avocado, & lettuce



Method

Use a rolling pin to slightly flatten bread. Spread selected fillings over bread, leaving a 2cm strip free of filling along 1 edge. Roll up to enclose filling. Cut each sandwich into 3 rounds.



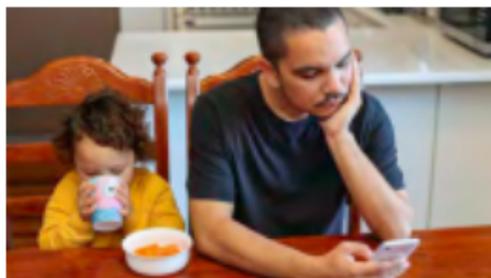
HEALTHYEATING
ACTIVE LIVING



Fuss Free Mealtimes

Avoid distractions

Parents and children can both be distracted at mealtimes.



- Switch off all screens including iPads, TV and mobile phones
- Put away toys
- Use mealtimes as a chance to talk to your family. Choose a different conversation starter each day



HEALTHYEATING
ACTIVE LIVING

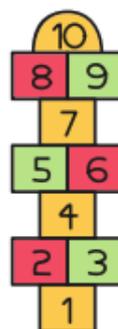


Get Moving!

Flashback Friday

Give new meaning to #flashbackfriday by playing games from the past!

Some of our favourites include:



- Quits
- Bocce
- Elastics
- Kite flying
- Hopscotch
- Frisbee
- Backyard cricket



Try a different activity each week.



HEALTHYEATING
ACTIVE LIVING



Breakfast Basics

When it comes to breakfast, some children love it while others struggle to eat before they start their day.

One in five Australian children regularly skip breakfast. This can make them tired, restless and irritable. Children who skip breakfast are also more likely to be disruptive at home and school.

Eating breakfast improves memory, concentration and brain function. Something is always better than nothing. Breakfast fuels bodies ready for the day physically and mentally. Here are some helpful ideas you can try with your family.

Easy ideas for kids that skip breakfast:

- Glass of milk
- Homemade [breakfast muffin](#)
- Homemade [breakfast bar](#)
- Raisin toast

Non-cereal ideas:

- Savoury or sweet pancakes, pikelets or scones: They can be frozen ready to grab and go each morning
- Smoothies are perfect: Any fruit mixed with milk & yoghurt will work. You can even try adding some cauliflower or zucchini if you are game!
- Toasted wholegrain muffins: Top with avocado, egg, beans, cheese & tomato or just peanut butter
- Toasties: Never overlook a toastie for breakfast. Use your favourite fillings – you can even try banana!
- Eggs in a muffin tin! Add any vegies you have and eat these [Breakfast Muffins](#) or [Brekkie Boats](#) hot or cold. Pre-make and keep ready to eat on school mornings

Get your child involved!

Children are more likely to eat something that they have helped prepare. Overnight oats are a great idea because your child can help make them the night before. Soak some oats in milk, add sultanas, grated or chopped fruit (fresh or dried), nuts or seeds and yoghurt. Then store in the fridge and eat over the next couple of days.