



Little
Jarjums
Preschool



Casino West Public School

Week 3 Term 4

Tuesday 24 October 2023

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



Dates to remember:

Thursday 26 October

P&C Meeting 3:30pm

Friday 27 October

World Teachers' Day

Tuesday 31 October

Kindergarten Orientation 9am-11am

Monday 6 November

Questacon Science Circus Incursion

Tuesday 7 November

Kindergarten Orientation 9am-11am

Wednesday 13 December

Group A:

Waterplay End of Year Celebration

Final Day Group A

Thursday 14 December

Group B:

Waterplay End of Year Celebration

Friday 15 December

Final Day Group B

Kindy Orientation

Formal transition to kindergarten has started!!

Over the next three Tuesdays our Jarjums will be heading over to "big school" to explore the learning environment and get to know the Teachers and staff. The children who are not headed off to kindergarten next year, and those attending a different school will still participate in these sessions as it is a great opportunity for them to begin to understand what it is like to be in kindergarten and what "big school" will entail.



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

Tennis Stars in the making



This term we have Luke from Casino Odyssey Tennis Academy coming in to teach our Jarjums some tennis skills. In our first session, the children practiced using a tennis racket to hit the tennis ball over the net. This is a great opportunity for our Jarjums to experience a sport that they may not have experienced before and learn some new skills.

Welcome to our Jumbunna friends

Last week we had an incursion at big school with our friends at Jumbunna. We explored the bush tucker garden and planted a tree that Jumbunna had kindly donated to our garden. Uncle Charlie and the Casino West Aboriginal Dance Group came and performed for us as well. We have taken ideas from this excursion and reflected on how we can incorporate a bush tucker garden in our outdoor learning environment at preschool.

We welcome any ideas families may have, and anyone who would like to lend a hand in creating our bush tucker garden.



We're implementing the
Child Safe Standards

www.ocg.nsw.gov.au/child-safe-standards



Recycleman

In week one, we had a visit from Recycleman a hero of sustainability. Recycleman taught us all about the importance of recycling and what we can do to make our earth a sustainable place. Over the coming weeks we will be exploring this concept further, and engaging in learning experiences that strengthen our knowledge on doing our part in the environment to support sustainability.



Casino West Public School

Casino West Public School Kindy Expo for children starting in 2024 Tuesday 24 October 2023



After you drop your children at the Kindergarten rooms at 9.00am on Tuesday 24 October we would love you to stay on for our Kindy Expo for families with children starting Kindergarten in 2024.

The Expo is in our Library.
We will provide you with information to help your kids begin their big school journey.
We really look forward to seeing you.



Casino West
PUBLIC SCHOOL

For information and enrolment
packages

Telephone 6662 1916
or visit
Casino West Public
School
84a Hotham Street
Casino NSW 2470

Children Orientation Dates

Tuesday 24 October 2023
Tuesday 31 October 2023
Tuesday 7 November 2023



9.00am - 11.00am
in our Kindergarten rooms

Your kids will love our school.

Welcome to the
Casino West Family.

Get to know me

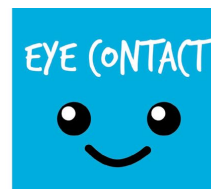
Connect
with me

Involve
me

Help me
belong ...

Say
hello

Learn
about my
community



We communicate
in many ways



HEALTHY LUNCHBOXES



Healthy lunchboxes can be fun and delicious, packed with excitement, colours, textures and tastes, an adventure in eating everyday. With a little planning your child will be unable to resist. For young children variety is important, choosing a food from each of the six groups below creates a balanced healthy lunchbox and can be easily tailored to the fussy eater.

Mix from 6

2
FRUIT

3
VEGETABLES

1
GRAINS &
CEREAL

4
DAIRY

6
WATER

5
LEAN MEAT



Health

TRIPLE P – POSITIVE PARENTING PROGRAMS

We will be running 1 Group Triple P Program this Term.

The aim of the group is to increase parents' competence and confidence by:

- -Increasing parents' ability to manage common behaviour problems and developmental issues
- -Reducing parents' use of coercive and punitive methods of disciplining children
- -Improving parents' communication about parenting issues
- -Reducing parenting stress associated with raising children



**VENUE : Daytime Program: Jumbunna HUB 70 High St Casino
Teetree Room**

FACILITATOR: Daytime Program: Wendy Ferguson

DAYTIME PROGRAM: 4 weeks:
Dates : WED 8TH Nov and 15TH Nov
One week break
WED 29TH Nov and 6TH Dec

Time : 10am - 12 noon.

COST : Free of Charge / morning tea provided.

CONTACT : wferguson @ jumbunna.com.au
Or call 66622866 to book in. (bookings essential)

Fact Sheet

ENCOURAGING HEALTHY SLEEP HABITS IN YOUNG CHILDREN



Sleep is essential for your child's health and wellbeing. It is important to establish healthy sleep habits from an early age to promote growth, good concentration, and reduce the risk of illness.

Your child's sleep needs will vary depending on their age, developmental stage, health, home environment, family and cultural background, and daily activities and routines.

The *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)* recommend the following amount of sleep for young children:

- **Infants (aged birth - 1 year)** - 14 to 17 hours (for those aged 0-3 months) and 12 to 16 hours (for those aged 4-11 months) of good quality sleep, including naps.
- **Toddlers (aged 1-2 years)** - 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake-up times.
- **Pre-schoolers (aged 3-5 years)** - 10 to 13 hours of good quality sleep, which may include a nap, with consistent sleep and wake-up times.

Tips for parents/carers

- Recognise and respond to the common signs of sleep - yawning, eye rubbing, irritability, seeking comfort and a lack of interest in activities.
- Make sure your child feels safe and secure by providing a comfortable and familiar place for them to sleep or rest.
- Provide a comfortable and safe environment for your child to sleep. Such as reducing the light, noise and temperature (21-22°C) in your child's room.
- Use calm, consistent and familiar routines to encourage your child to sleep. Start routines (bathing, toileting, brushing teeth etc.) at the same time each night and in the same order. Do quiet activities before bed time such as reading a book together.
- Limit screen time before bed which can reduce your child's ability to sleep.
- If your child does not wish to sleep, encourage other activities that support rest and relaxation. Such as yoga, reading, puzzles or drawing.
- To reduce the risk of sudden infant death syndrome (SIDS), it is important to follow safe sleeping guidelines. This includes positioning your baby correctly and checking the sleep environment. For current safe sleeping guidelines, visit the Red Nose website at www.rednose.com.au/news/guidelines-for-new-parents-to-reduce-risk-of-sids

For more information about the *Australian 24-Hour Movement Guidelines* visit the Department of Health website at www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure

Sources: Commonwealth of Australia, Department of Health (2017). *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep*.

Queensland Government, Sleep in Early Childhood Research Group (2017). *Meeting children's sleep, rest, and relaxation needs - Babies and toddlers in ECEC*.

Queensland Government, Sleep in Early Childhood Research Group (2017). *Meeting children's sleep, rest, and relaxation needs - Children aged 3-5 years*.

**MAKE
HEALTHY
NORMAL**





Term 4 Group Roster 2023

Little Jarjums Preschool
Casino West Public School

Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 <i>October</i>	09/10/23 Group A commence	10/10/23 Group A	11/10/23 Group B commence	12/10/23 Group B	13/10/23 Group B
Week 2 <i>October</i>	16/10/23 Group A	17/10/23 Group A	18/10/23 Group A	19/10/23 Group B	20/10/23 Group B
Week 3 <i>October</i>	23/10/23 Group A	24/10/23 Group A	25/10/23 Group B	26/10/23 Group B	27/10/23 Group B
Week 4 <i>October/ November</i>	30/10/23 Group A	31/10/23 Group A	01/11/23 Group A	02/11/23 Group B	03/11/23 Group B
Week 5 <i>November</i>	06/11/23 Group A	07/11/23 Group A	08/11/23 Group B	09/11/23 Group B	10/11/23 Group B
Week 6 <i>November</i>	13/11/23 Group A	14/11/23 Group A	15/11/23 Group A	16/11/23 Group B	17/11/23 Group B
Week 7 <i>November</i>	20/11/23 Group A	21/11/23 Group A	22/11/23 Group B	23/11/23 Group B	24/11/23 Group B
Week 8 <i>November/ December</i>	27/11/23 Group A	28/11/23 Group A	29/11/23 Group A	30/11/23 Group B	01/12/23 Group B
Week 9 <i>December</i>	04/12/23 Group A	05/12/23 Group A	06/12/23 Group B	07/12/23 Group B	08/12/23 Group B
Week 10 <i>December</i>	11/12/23 Group A	12/12/23 Group A	13/12/23 Group A Final Day!	14/12/23 Group B	15/12/23 Group B Final Day!

QA6 Educational program and practice - Concept 6.3.3