2014 Parent Handbook
All families will receive a copy of the CELC Parent handbook. This is a more comprehensive version than you may have received on orientation. The new parent handbook contains extensive information on the learning environment of CELC St Michael's, including our daily routine and Our Child Our Learner. It also discusses in detail children’s health and safety information.

2014 Enrolment Form
For families returning to CELC St Michael’s in 2014 we will be asking for your co-operation in completing a new enrolment form. The enrolment form has been revised to include new authorisations including authorisation to post images and daily programs on the CELC website.
You may also like to take the opportunity to update your contact details as well as any details of authorised/nominated contacts in the event we are unable to reach you.

PICTURE BOOKS FOR KIDS
“The very Hungry Caterpillar” – by Eric Carle
“Eating the Alphabet” – by Lois Ehlert
“I Will Not Ever Never Eat A Tomato” – Lauren C

WELCOME TO OUR CELC NEWSLETTER
We would like to welcome you back to CELC for 2014.
We hope you had a very Merry Christmas and a fantastic start to 2014.
A special mention to the new children and families whom have enrolled in CELC St Michael’s. Welcome.

WHY HEALTHY MEAL OPTIONS AT CELC
We are trying to encourage healthy eating choices in your children’s diets to combat health problems associated with high sugar foods like allergies, dental problems and childhood obesity.
I will offer you healthy snack and lunch ideas, resources to help your children develop an awareness of and interest in fruits and vegetables, and websites for you to access for future reference. We have resources for you to borrow from the parent library to help you with ideas and ways to promote healthy food choices.
Research into children’s nutrition and mealtime practices has found that the preschool years are a time when food habits are being developed. Most children have formed lifelong eating patterns by school age. It is an important responsibility of parents/carers and teachers to guide children towards sound food habits which will help them to maintain a healthy weight and good health in the long term CELC St Michael’s has a responsibility for the nutrition of children enrolled in our preschool. This is reinforced under the Education & Care Services National Regulation (2011) and the National Quality Framework for Early Education and Care. Our practices and policies need to address issues of nutritional balance, mealtime environment, food hygiene, safety and individual dietary needs including allergies.

Healthy Lunch Box and Snack Ideas.
A factsheet can be downloaded from www.healthykids.nsw.gov.au about healthy lunchbox’, selecting healthier snacks and the importance of water to drink as part of the Munch n Move program. Munch n Move is a NSW Health initiative aimed at promoting healthy and active lifestyles.
The six key messages that form the basis of the Munch & Move program are:
• Encourage and support breastfeeding
• Choose water as a drink
• Eat more fruit and vegetables
• Choose healthier snacks
• Get active each day
• Turn off the television and computer and get active
We would like to ask families to bring an empty water (drink) bottle to CELC. The easiest way for children to make healthy choices in food and drink is to encourage their participation. The children can fill their water (drink) bottles with water at CELC.

Websites
http://kidshealth.schn.health.nsw.gov.au
http://www.healthykids.nsw.gov.au
http://www.kidspot.com.au
**Diary Dates for 2014**

Our calendar of events will be distributed to families after discussion and confirmation of appropriate celebrations, activities and festivities has been discussed at the upcoming CELC staff meeting.

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**Grand Plans for the CELC Outdoors**

We have been working towards upgrading our outdoor environment to ensure consistency between the learning that occurs indoors, with what happens outdoors. We believe that children have a natural curiosity and are drawn to environments that are engaging and create opportunities for exploration and discovery, and this is why we will be upgrading our outdoor classroom in the April school holidays. The plans will be enlarged and put on display for comment from our CELC community. Let us know what you think.

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**CELC Car Park**

We are required by national regulation to provide car spaces for our CELC families. The car park is strictly for parking by parents of children enrolled at CELC St Michael’s on that day. Please DO NOT park at CELC if your child is not here on that day. We have parking permits available at the CELC so that your vehicle is easily identifiable by educators and other families. Please see Raelene or Donna for a parking permit.

The first car space is reserved for deliveries and families with disabled parking permits. We do have families with disabled permits and need the space designated for ease of access. Please leave the first space free.

Unauthorised use of the CELC car park will incur a fine enforced by Blacktown Council Rangers.

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**Easter Raffle – Fundraiser**

This term we will be holding an Easter Raffle. The idea is for all families to donate an Easter related item. The item may be chocolate (Easter egg) or non chocolate (bunny ears head band). **All donations will need to be at CELC by Friday 14th March.**

The donations will then be arranged into three baskets for our 1st, 2nd and 3rd prize draw. All families will receive a ticket booklet of 20 raffle tickets to be sold at $1.00 each. Raffle tickets will be distributed in the communication pockets during the week of the 10th February. Please return stubs and money to CELC by Friday 21st March.

The money raised will be used to purchase a shoe locker (outdoors), bench seating and outdoor blinds for the verandah. Any remaining funds will be used to purchase learning materials for children.

The Easter baskets will be drawn on Monday 31st March.

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**CELC Fundraising**

Why do we fundraise? Fundraisers help preschools offset the costs of providing a high-quality learning experience to children. Instead of thinking of fundraising as a burden, think of it as an opportunity to enhance your child’s early educational experience.

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**What to wear to CELC**

Just a reminder for families on what children should wear. Educators and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.
- Children who are not wearing sun safe clothing can be provided with spare clothing.

*(Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended).*

CELC requires safe footwear, it is important for activities such as climbing and running.

For the safety of children CELC requires that children **DO NOT WEAR THONGS, SLIPPERS, or CROCS** due to possible hazards.

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**Sun safety: Hats, Sunscreen and Shirts**

We are a sun safe service, and as such, we have strict guidelines to follow on how to keep your children sun safe. It is important to be sun safe - too much exposure to UV radiation in the first 15 years of life will dramatically increase the chances of developing skin cancer later in life. Shade is an effective form of sun protection though shade alone cannot provide total protection. Other ways of being SunSafe are:

- Clothing that covers as much skin as possible. T-shirts instead of singlet tops to protect the shoulders, back and chest and 30+ Broad spectrum sunscreen.
- Brims are best - A bucket hat instead of a baseball cap will help protect the face as well as ears and neck. We also ask that all parents make sure that their children are coming to the CELC with a labeled hat. By following these steps you can minimise skin cancers later in life.

CELC St Michael’s will be sending home order forms for hats that meet sun protection standards. The hats will be either legionnaire style or broad brim hats. Each hat ordered will have the CELC emblem on it and will return a small profit to the preschool for fundraising.
Transition to Preschool

1. Talk about preschool.
   Prepare them. You chose this preschool for a reason, be sure to share why with your child. Explain what a special place it is and all the great things they will be doing while there. Be careful though, don’t go into too many details. Preschoolers have excellent memories. If you say that there will be fingerpaint at preschool and they don’t do it on their first day, there could be tears. Paint broad strokes – “You are going to play with your new friends, reading books and going outside.”

2. Orientation sessions
   Take advantage of an orientation session or two before your children start. It’s an opportunity for your child to familiarise themselves with the teachers, other children and learning environment at CELC St Michael’s. I like to equate starting preschool for the first time with what it’s like as an adult starting a new job. You don’t know anyone, where to go, where to store your personal items, what happens for lunch etc. These exact anxieties children experience if you don’t visit the preschool before your start date.

3. Say Goodbye – Don’t sneak away
   I cannot emphasise how important it is to say goodbye. For you and your child. If you sneak away your child may turn around and discover you are gone. If they don’t understand that even though something exists when you can’t see it (object permanence), this could be emotionally devastating for a child and extremely difficult for teachers to console a child.

4. No turning back
   So you’ve made the decision to separate in the morning, and before you even get to the gate they start to cry. Sometimes not just cry but absolutely scream. DON’T STOP – KEEP WALKING, one foot in front of the other. If you turn back now you will be setting a dangerous precedent for future preschool drop off times. Children begin to think if they put on an Oscar winning performance you’ll come back – it worked the first time. Please keep walking. We don’t think any less of you because you are leaving us a screaming child. By all means call throughout the day and we will let you know how your child is settling into the preschool routine (ph 8814 8406).

5. Celebrate independence.
   Just because they can feed themselves, use the toilet confidently and want to put their own belongings away doesn’t mean that they don’t love you or need you. It’s just the children letting you know that they are growing – not just physically but emotionally and cognitively. They still need their parents for the love and support that only a parent can give.

Transition to Preschool/School (Picture books)
First Day – Andrew Daddo & Jonathon Bentley
I am too absolutely small for school – Lauren Small
Wombat Goes To School – Jackie French & Bruce Whatley
Scat the Cat – Rob Scotton