

## Educational, Caring, Family Focused

### WE NEED YOUR HELP TO SUPPORT GARDEN AND MOWING ROSTER

*Thank you, to Kyrstal and Lee Kelly for caring for our preschool garden and chickens over the weekend.*

*The garden is a vital part of our learning environment. The garden maintenance is an ongoing commitment to valuing the importance of young children learning, and education & care.*

**Thank you to our volunteers for the 2019 Mowing Roster.**

Term 4 2019

Wk2: 26<sup>th</sup>/27<sup>th</sup> October – Krysia and Peter Roberts  
Wk3: 2<sup>nd</sup>/3<sup>rd</sup> November – Emma and Michael Lees  
Wk4: 9<sup>th</sup>/10<sup>th</sup> November – Kelly and Rod Grant  
Wk5: 16<sup>th</sup>/17<sup>th</sup> November – Emily and Jeremy Pengilley  
Wk6: 23<sup>rd</sup>/24<sup>th</sup> November – Shannon Reid  
Wk7: 30<sup>th</sup>/1<sup>st</sup> Nov/Dec – Min Hamilton  
Wk8: 7<sup>th</sup>/8<sup>th</sup> December – Dean and Kylie Slade  
Wk9: 14<sup>th</sup>/15<sup>th</sup> December – Heath and Marika Forsstrom



Thank you for being an active part of our preschool community. To all the families who have volunteered for our lawn mowing roster. Your time is honestly appreciated.

# Save the date!

## Children's Celebration End of Year Concert

*Date: Friday 22<sup>nd</sup> November*

*Venue: Quirndi Primary School*

*Time: 6pm-8pm*

*All welcome, mums, dads,  
grandparents' and friends!*

Grandparents Morning Tea  
Book Fair  
Devonshire Tea  
Friday 25th October.  
10am-12noon  
All welcome!

Dear Families,  
The Children are welcome to dress up in fancy dress!  
We look forward to seeing you on Friday!

Do you have the Preschool App on your phone? Please speak with Alison or Shaz if you don't?

**Dear Families,** Our Preschool has been partnering with the Good for Kids team over the last few years to promote healthy habits to the children at our service. Below is an update from the Good for Kids team:

Dear parents,

We're excited to introduce you to the **Time for Healthy Habits** study! This is a **free** state-wide program to support you in improving the health of your child/children aged 2-6 years old. In this study, you will receive practical information about healthy eating, how to be more active, screen time and sleep habits for your child, once every fortnight over a period of 12 weeks. This is either through: an online program, telephone support calls, or printed health information tip sheets. As we understand how busy parents are, there will not be any face-to-face appointments, and all programs can be completed at home at a convenient time that suits you.

Please hit "Ctrl + click" on the image below to hear from the program coordinator and a parent about the study.



For more information and to sign up for the study, please visit the study website: [www.timeforhealthyhabitsnsw.com/](http://www.timeforhealthyhabitsnsw.com/) or contact: [time-healthyhabits@uow.edu.au](mailto:time-healthyhabits@uow.edu.au)

An electronic copy of the study flyer is attached in this email for your reference.

Thank you very much for your kind attention – we look forward to continuing to support you in improving the health of your child!

Warm Regards,  
The Good for Kids Team

If you are interested in sharing this information with other parents within your network, the study website has links to share the page via Facebook and Twitter.

Thank you very much for your kind attention and consideration.

Warm Regards,  
Alison



## **Why do we need rain?**

**Chloe F** "our flowers and vegetables need watering"

**Brody** "we don't have much water; we have to turn it on and then off again"

**Penelope** "we won't have anything to drink. We will be thirsty"

**Grace** "we drink water, and have showers and baths"

**Chloe F** "it makes us healthy. We brush our teeth with water and flush the toilet"

**Chloe F** "we can't wash our clothes without water"

**Wyatt** "we need water, so we live. No water and everything dies. We need rain because to fill up our dam for our cows and my calves"

**Charlotte** "we need rain. We need lots of water for the dams and the ocean"

**Ryder** "there has only been two rains"

**Layla** "we need water for our plants and flowers, or they get dead"

**Jake** "Chaffey dam is not filled up at all at the moment. Our water at home comes from rain. We need trees to survive. I wonder if trees still help us to breathe when they are dead"

**Liam** "light ice makes rain clouds and sun. When it rains, clouds come over"

**Peter** "gardening"

**Brody** "we can fill up our drinks"

**Evie** "for making cakes"

**Ryder** "for the trampoline"

**Kelsey** "drinking, having a bath and shower"

**Braxton** "so right down the back of our house we need the grass to grow"

**Chloe S** "so that the grass grows, and cows can eat it"

## **When it rains, where will the water go?**

**Ava** "into our tanks"

**Sam** "then it will flow from our tanks, down the pipes and into our taps."

## **What happens if we don't have water?**

**Huzayl** "nothing will grow"

**Sam** "we need to buy some"

## **What is the best way to save water?**

**Dougie** "you put it into a tank"

**Sam** "quick showers"

**Hudson** "water plants in the morning"

**Sam** "I do it (water plants) at night-time"

**Ava** "don't leave the taps running, turn it off"

**Sam** "if you leave the tap running it will keep going, but if you turn it off, it will go backwards into the tank."

**Walter** "have a smaller bath"

**Kelsey** "fill the dishwasher up so it's full of things before we put it on"

**Braxton** "we should do a rain dance!"

We went outdoors and did a rain dance... "Rain, rain, stay and play"