

Parent Information Handbook

2026



**St John's
Preschool**
ASHFIELD



St John's Preschool Ashfield Incorporated

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Welcome to St John's Preschool

St John's Preschool is a Christian preschool and is a ministry of Christ Church Inner West. Our aim is to provide high quality Early Childhood Education in a caring Christian environment. We trust our association with one another will be a happy one.

We seek to provide a physically safe and emotionally secure setting where children can build relationships, explore and experiment with a variety of materials and experiences in a supportive, confidence-building atmosphere.

Our educators support children through their knowledge of child development, understanding of individual children, their strengths, interests and potential. We support children's development in partnership with families and the community.

The preschool operates on the foundation of our philosophy and within the Early Years Learning Framework & National Quality Framework, following a Child Centered Curriculum.

We look forward to getting to know and understand your child, through the information you provide during the enrolment process and the "About Me" form.

We look forward to sharing your interest in and concern for your child as we support you in their education.

Thank you

Grace Lau & Laura Faa'ui

Acting Director 2026

Enrolment officer and Educator

St John's Preschool Philosophy reviewing 2024

Belonging, Being, Becoming

Welcome

St John's Preschool respectfully acknowledges that we learn and play, on Wangal land. We recognise the importance of high-quality early childhood education and care.

Who we are.

Our service is a not-for-profit community-based preschool for 3-5year old children. We believe each child is unique and is a creation of God. Furthermore, each child has a right to education and receive high quality care. St John's Preschool offers an inclusive community environment that supports and cares for every individual child's interest, strengths, and stages.

Children's learning

Through a stimulating 'child' centred curriculum we seek to encourage, exploration, fun, investigation, and a desire for a life of learning. Children's play is a meaningful expression of self-engagement with others. Our individual programs cater for all children to reach their full potential.

Families

God instigated the family as the central unit primarily responsible for the nurturing and teaching of children. We recognise the family is the most influential part of each child's life. **We seek to engage and partner with every family.**

Diversity

Cultural diversity is important at our preschool. It is reflected in the way we integrate each child into the program that embraces children as capable, competent learners who are resilient and where self-esteem and self-confidence can be fostered.

Respectful relationships

We believe communication and participation is the key to an effective program with a two-way process from preschool to home. Our relationships with children, parents, carers, our wider community, and each other are based on trust and respect.

Curriculum – individual programs

It is vital to align with National Standards for curriculum design and work within the guidelines provided. We believe the best practices are when professional qualified staff partner with our local schools, parents – carers, community members and the child themselves shape the curriculum.

Ongoing improvements

Our commitment is to ensure that our environment, practices and legal obligations are reflected upon, reviewed, and changed so the best practices and safety is always paramount in our preschool.

Enrolment Paperwork

During the enrolment process you will be given an orientation pack. It is essential that the following be returned, and/or added to HubHello before your child begins preschool:

- ♦ Preschool consents form
- ♦ Up to date immunisation statement available from Medicare**
- ♦ A birth certificate (can be copied at the office)
- ♦ Up to date health care card/pension card for parents claiming a low-income discount on fees
- ♦ Medicare card
- ♦ Medical Management Plan if required for asthma / anaphylaxis etc

Any pediatrician or similar reports received for your child relating to health and development

** NSW Legislation from September 2017 requires parents to provide proof of immunisation before their child starts preschool. Families from overseas will need to take their proof of immunisation to a GP and have them transfer the information to the Australian Immunisation Register (AIR). Parents can then request an AIR Immunisation History Statement. Unfortunately, we cannot accept copies of blue books as proof of immunisation.

Please note a copy of your child's immunisation details can also be obtained at any time by:

- ⇒ using your Medicare online account through "MyGov"
- ⇒ using the Medicare Express Plus App
- ⇒ calling the AIR General Enquiries Line on 1800 653 809
- ⇒

Staff Information

St John's Preschool teaching staff are all professionally trained in Early Childhood, regularly attend professional development, seminars and subscribe to periodicals to keep abreast of developments in the field of Early Childhood Education.

Our service ratios are above accredited compliance. Each room has our educators each day. Our flexible permanent casual educators change rooms according to needs each year.

At times our staff will work across the service if staff are absent. We love that children have known relief staff at these times.

The below are the class email addresses :

lillipilli64@gmail.com

frangipaniroom1@gmail.com

jacarandapreschool@gmail.com

Age

Children may be enrolled from the age of three (3) years to six (6) years or until eligible for enrolment at school. Children must be fully toilet trained before commencing pre-school.

We offer a two day/week program for children and 3 day/week programs.

Attendance Patterns Preschool program 9am—3pm .

Flexible drop off from 8:30 and pick up—4pm.

3 day week program Monday/Tuesday/Wednesday

Wednesday/Thursday/Friday

2 day a week program Monday/Tuesday & Thursday/Friday

Parents are asked to adhere to the session times. Children must be brought into the classroom, signed in and the teachers made aware of their arrival before their parent/guardian leaves.



Arrival and Departure

Children are encouraged to arrive by 9.30am to ensure that they can settle into their day with their peers and participate in the morning routines which foster the child's sense of membership to their class group.

NOTE: PLEASE ENSURE THAT YOU ARRIVE NO LATER than 15 minutes before the end of your child's day. This allows you time to collect their belongings and discuss your child's day with their teachers. Late Fees will apply for all children who have not been collected on time at a rate of \$20 per 5 minutes or part thereof. Please read the Fee Policy and Fee Agreement for further details.

A sign in/out sheet is in each classroom. Children must be signed "in" - stating the actual time of arrival and "out" each day the child attends.

Sanitiser is available to parents when they enter, and children are taken to wash their hands up on arrival and departure to reduce the risk of cross-infection.

Who can pick up your child?

Please make sure that you document names and contact details of people who you authorise to collect your child on your enrolment form. All people authorised to collect your child must be at least 18 years of age. They must provide photo identification the first time they collect your child on your behalf, unless you introduce them in advance in person, to your child's educators.

Under no circumstances will your child be released to anyone who is not confirmed in writing as a person authorised to collect.

If you wish to change or add authorised persons to your enrolment form, then please speak to the Director or Executive Administrator. If you have Access (or custody) concerns, please inform the Director as a matter of urgency as staff are powerless to enforce wishes without court orders.

Withdrawal of a child

If you are intending to withdraw your child from preschool, **4 weeks' notice must be provided to the Director in writing.** Failure to do so will incur a charge of 4 weeks' fees. Bonds will not be refunded if notice less than 4 weeks is given.

Our preschool terms operate as per the NSW School Terms (unless otherwise indicated by the Director).

Funding

The preschool is a 'not for profit' organisation, funded by the New South Wales State Government and the fees paid by the families whose children attend the centre.

Fees

Our fees for 2026 continue to be subsidised through the Start Strong fee relief government initiative. The fee rates for 2026 will be finalised late in 2025 after the Management Committee of the preschool do an annual financial review..

Fees are payable by the due date on the invoice, by **internet transfer or bank deposit only.** Please reference your payment with your child's name. A **Fee Agreement** must be signed by parents on enrolment and the conditions set out in the agreement need to be adhered to.

Late payments will incur a \$30 charge. Invoices for the whole term's fees are issued by email in week 2 of each term. If you require a hard copy, please request at the office.

Receipts will be issued for all payments by email or upon request at the office.

The bond is refundable upon leaving the preschool provided your child has attended for at least 3 months, all outstanding payments have been made and the notice period of 4 weeks written notification has been acknowledged in writing by the Director.

Receipts will be issued for all payments by email or upon request at the office.

Discounted fees are available to children who are listed as dependents on a Centrelink concession card. If this applies to you then you will need to provide proof of a current card to the office. You must provide a new card when an old one expires. Failure to do this will result in fees being charged at a non-concession rate.

Parking

Car parking is available on Bland and Alt Streets, in addition to at the rear of the preschool, accessible from Alt Street.

Please do not park in front of the rear gates of the preschool as this is required for emergency access. Parents and children must enter and exit the preschool via our front gate.

Preparing for the First Day

Preschool Days

The transition to preschool is a big step for families and their children. Each child will react differently, some settle very quickly and others take a little longer. Teachers recognise that families know their child best and encourage parents to collaborate with staff to transition your child. If you feel your child may have specific concerns separating please arrange a time to meet with the teachers to ensure a smooth first day.

Children can experience difficulty being away from their families. This can cause transition to be distressing for the children and families. This is a normal response and the staff will be more than happy to help with strategies to support the transition to preschool. Families are encouraged to say goodbye to the child and not slip away. This enables a farewell for the child and that you reassure them you will be returning soon. Please let the staff know when you are leaving.

The staff are aware this may be a distressing time for you and your child, so please feel free to telephone during the day to check your child's progress. If you have any concerns please talk to the teachers, they are more than happy to help settle you and your child into preschool.

St John's Preschool Goals

At St John's we strive to provide excellent quality care for your child while offering high education and development support in preparation for formal schooling.

We strive to:

- Enhance each child's development and understanding of our wider community.
- Ensure every child/family feel safe, secure and cared for.
- Extend a child's understanding through programs and self discovery.
- Listen to every voice of a child and scaffold the child's learning through play while acknowledging the journey of culture, diversity, beliefs and understandings of the world
- Prepare each child individually for school, developing intellectually the child's interests and focusing on strengths.
- Maintain our environment to support the children to explore, wonder and enjoy learning.
- Maintain affordability to our community.

Purpose and Vision Statement

St John's Preschool is a place where children and families can experience the love of God through nurture, acceptance and responsive care from preschool and church staff. Our service is a place where a child's uniqueness and individuality is celebrated. St John's preschool is committed to providing excellent quality care and education, to our community.



Learning at St John's Preschool

St John's Preschool is a Christian preschool and is a ministry of Christ Church Inner West. Our service is an early childhood learning centre for children aged 3-5 years of age, preparing children for school years. St John's Preschool develops understanding of theories based on the current child development research. Our team of teachers are professionally trained educators who teach children within a holistic approach. Every staff member supports our preschool philosophy and commitment of Godly care to our community.

The staff will extend the children's understanding of belonging, being and becoming through the Early Years Learning Framework (DEEWR, 2009).

Learning in the Preschool Context

Children learn through self directed learning (play) and the many opportunities play provides.

At St John's preschool, child directed learning is the core element of our programs. Planning and programming for children emerges from the child's play interests, daily life in children's homes and the preschool setting. Teachers extend children's learning through intentional activities and resources that pose problems, ask questions, make suggestions, add complexity to tasks and providing information, materials and the assistance needed to enable each child to consolidate learning. While providing for the child's interest brings joy and self discovery we are offering deep educational development growth for each individual child.

In our preschool we acknowledge and value that each child learns to be strong and inde-

pendent from a loving and secure relationship with family and /or a primary carer. Our skilled teachers observe and support each individual child's learning by facilitating an individual program that caters for children's learning as they develop in different ways and at different rates. All areas of learning and development are equally important and interconnected. We share your child's learning with you through many mediums such as our daily diary, individual child learning observations and child development summaries.

Storypark

All families are invited to join our online program called Story Park where the daily diary and individual observations of the child are shared with parents. Parents will receive an invitation from their child's teacher and then create a password to access the site. Parents are also able to make comments, upload their own stories and invite friends and relatives to access their child's page. At the end of the year the cumulative report can be saved by families and printed at home if desired.

Bible Time

Our preschool has a Christian philosophy, so the sharing of the Bible is part of our day.

Bible time is held most days for 15 mins for each of the class groups. During this time, the children are introduced to God and Jesus in a caring and child centred way. The concepts and ideals of the Christian faith are taught in a manner which is meaningful to our children and at a level which they can understand. Stories, songs and discussion all make for an exciting and interactive time.

If you have any questions about the program, please speak with the Director or a staff member.



The Learning Environment

The learning environment becomes the third teacher in our setting. The environment is set to communicate our values and provide a rich repertoire of learning for children.

The areas promote:

- Children are competent learners from birth who can be resilient, capable, confident and self—assured.
- Encourage children to explore and wonder in self discovery.
- Areas support every developmental stage and interest so the children can extend their learning.
- The areas provide space and time for children to consolidate and revisit experiences to promote engagement and learning.
- Experiences provide children with open ended creative experiences which are intentionally resourced for children to express creativity and self awareness.

Curriculum—Early Learning Years Framework

Through conversation, observation and documentation of children's engagement, interests and achievements, teachers develop programs that support and stimulate collaborative learning. The Curriculum implemented at St John's Preschool provides interest based learning. While observing and documenting children's play, teachers learn about the developmental progress of individual children.

The framework acknowledges children to be competent, intelligent and capable to discover and learn within the developmental stage and age they are at. Each child is unique, with his or her own interests and strengths. The programs at St John's supports all of the child's learning.

Please feel free to look at the curriculum by following the link to the Early Years Learning Framework. A new national early learning framework produced by the Australian Government, Department of Education

<https://www.dese.gov.au/child-care-package/resources/belonging-being-becoming-early-years-learning-framework-australia-information-families>

Transition to school

At St John's Preschool we provide a solid foundation for all areas of children's lives and prepare them for the transition to primary school. Everyday the children are provided with experiences to equip them with the skills needed. Our preschool is developing strong links with our local primary schools and have transition processes in place to assist all children.

Parent Involvement

St John's Preschool has an Open Door Policy. We encourage you to contact the preschool for ways to connect with our classrooms.

We encourage you to talk regularly with the teachers to raise any concerns or the wonderful achievements your child may be experiencing.

We encourage regular and thorough discussion between parents and carers. Our team appreciates discussing individual children with their parents and will always make time available. We regularly give feedback on your child's day and offer formal conversations such as parent teacher interviews to discuss your child's development together. Our preschool calendar will offer all the dates for the term and year for our parent conversations.

Proposed special events to attend in 2026

Events

At preschool we love celebrating together. We will advertise closer to the date the events you will be invited too. These events include celebrations of your parenting roles, grandparents and end of year celebrations.

Excursions

During the year children will participate in routine excursions or outings away from the preschool. These outings will be within walking distance of the preschool. For all non-routine excursions (for example, where private and public transport may be used), a separate permission will be sought.

Management Committee

Our Preschool is community based and encourages parental participation. The day to day operation of the Preschool is organised by the Director and staff. The professional welfare of the staff, the buildings, as well as policy making decisions, are the responsibility of the Management Committee, who are the "Approved Provider".

Our Management Committee is made up of 4 elected parent representatives and up to 5 members nominated by St John's Church. Any parent can join the Association and stand for election to the Committee.

It is through this committee and the general meeting of parents, that you can have a say in the sort of Preschool we have and how it is run. Please plan to attend our next Annual General Meeting, where our parent members will be elected. It will be held during first term and you will be notified the date and time. Emails to the Management Committee can be sent to

office@stjohnspreschool.org.au and will be re directed accordingly.

Conflict Resolution

Any complaints about our preschool can be made to the Director, by email (office@stjohnspreschool.org.au), phone (97976392) or in person.

For a detailed discussion of conflict resolution please speak to any of our staff or refer to Quality Area 7 in our Policies documentation.

Feedback

We regularly seek parent feedback both formally and informally. This will include surveys about upcoming events, the preschool program and improvements being made to the buildings or grounds.

Feedback from families, including comments, compliments and complaints, are important in helping us continue to improve our service and programs. Emails can be sent to office@stjohnspreschool.org.au or by speaking with the Director. You can also talk with your child's room leader, the Director or President of the Management Committee.

What to bring to preschool

A friendly backpack that includes:

Food

A lunch box with food for Morning Tea and Lunch.

Clothing

Please dress your child in clothing that is easily washed so that they may enjoy the experiences provided, including clay, painting, sand and water play. A spare set of clothes should be kept in their bag for any changes needed. Please mark all items with a permanent marker. Suitable footwear is recommended.

Hat

A wide brimmed hat will be provided for your child and is an essential part of your child's attire. Every child will be issued with an approved hat to comply with our sun safe policy. A small charge is made to your child's account for each hat.

All food must be provided from home and divided into morning tea and lunch containers with your child's name clearly written on the container. The preschool does not heat food for the children, so a cold lunch should be provided. We are a **nut free** preschool. Depending on the children enrolled, we may also restrict other allergens such as eggs, seafood etc.

The Preschool encourages and promotes healthy eating habits whilst being sensitive to the cultural backgrounds of families who attend the service. Foods deemed to be unacceptable will be sent home. These may include:

Chocolate, cakes, sweet biscuits, lollies, chips, nuts, flavoured milk or fizzy drinks.

Children are encouraged to drink **only water** through the day. Please supply a water bottle with your child's name clearly printed on it so your child can access water as needed. No other drinks are required or recommended.

Birthdays

Birthdays are a very special event for children, and we like to celebrate with them at Preschool! You are very welcome to bring something to share to preschool if you wish.

20 iced cup cakes are the preferred option because they require minimal handling, therefore reducing the risk of cross-infection. Woolworths sells nice small iced cakes that are a perfect size. Please ensure anything you provide does not contain alcohol, nuts or small choking items such as edible hard lollies.

NOTE: Party bags or gifts should NOT be brought to preschool to be handed out.

Sunscreen Policy



St John's Preschool is a registered Sun Smart Centre. Sunscreen is available for your use at the preschool. Parents are requested to apply sunscreen to their children when they drop them off in the mornings.

All children must wear a broad brimmed hat while playing outdoors and shoulders should be covered. We do not lend hats, so please make it your child's responsibility to put their named hat in their bag before coming to preschool.

Health and Safety

Accidents

Although all care is taken to prevent mishaps, accidents may occur which involve your child. When a child is injured, a staff member will administer first aid immediately, comfort your child and notify you either immediately or at the end of the day, depending on the severity of the injury. All full-time staff hold a current first aid certificate and are experienced in managing injuries which may occur. If the injury is minor, we will monitor your child's recovery.

If the injury is serious or to the head, we will contact you immediately and formulate a plan of action. In this situation we will ask you to collect your child.

In line with Child Protection legislation, if we cannot contact you or your contacts or you will not come to collect your child, we will call **000** for an ambulance. The Room Leader or Director will remain with the child at the hospital and await your arrival.

All injuries are recorded on an Incident/Illness form and parents are requested to read and sign it. These records are used to monitor the frequency of accidents and evaluate our practices to maintain an optimum level of safety.

Illness

Children who are unwell should not be sent to preschool. Children who have vomited or had diarrhea are excluded until 24 hours since the last episode. The exclusion period can be extended by the NSW Health department when multiple cases are recorded in our area.

We are also following government COVID-19 Guidelines which state children or staff with possible symptoms (fever, cough, sore throat, shortness of breath or a runny nose) cannot attend. Please also avoid bringing unwell siblings to preschool where possible.

If you have given your child paracetamol or other medication (for illness) in the morning, then they should not attend Preschool. Please inform preschool staff if your child has been given any medication. If your child has a fever they should be kept home, and the preschool notified as soon as possible.

Please do not send your child, even when he or she insists that they want to attend, when there is a risk of passing on a contagious illness to other children and staff. For more information, please see our Infectious Disease Policy and also "Staying Healthy in Childcare" available here: http://www.imagineeducation.com.au/files/GapTraining/Staying_Healthy_5th_Edition.pdf

If a child becomes unwell at preschool, we will contact parents and ask you to come and collect them. If we cannot contact the parent/guardian, we will contact the first emergency contact on your enrolment form and proceed through the list until an authorised person is contacted.

NOTE: Fees are charged regardless of your child's attendance. Costs are the same whether your child attends for the day or not. Fees are charged for the exclusive reservation of that place for your child, not their attendance.

Hygiene

Our centre follows strict hygiene, health and safety procedures. Staff model and teach all procedures to promote healthy hygiene. Washing hands is required after toileting and before and after meals. Paper hand towels and tissues are available for the children to use.

Children and staff are also required to wash hands upon arrival to eliminate the cross contamination of germs.

Child Health

If your child appears unwell please keep them home until healthy and well. If you are in doubt please call the office for assistance.

For further information: Staying Healthy in Childcare 5th Edition

Website: http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ch55_staying_healthy_childcare_5th_edition_0.pdf

Please inform the Director if the child has contracted or been exposed to any infectious illnesses for the safety of the other children, our team and pregnant mothers. Also, if your child has been absent as a result of an infectious disease, you may be asked to present a certificate signed by a doctor on their return.

Medication

If your child is receiving any regular medication, then this will only be administered with your written authority. Speak to your child's Room Leader for a medication form to fill out. All medication must be in its original packaging with a chemist label that clearly has the child's name and dosage printed on it.

If a child's temperature goes up above 38°C during the day we will call you to come and collect them. At that time, we will ask you if you wish us to administer an age appropriate dose of Panadol whilst we await your arrival.

Immunisation

The NSW government requires that all children, unless medically contra-indicated, are immunised for childhood diseases according to the NSW immunisation schedule. An up to date immunisation history statement or immunisation history form is required before your child can start Preschool. You must also provide updated immunisation statements as your children receive subsequent vaccinations (eg. When they turn 4).

You can find further information at www.health.nsw.gov.au/immunisation

Asthma

If your child has asthma, a Medical Management Plan ("Action Plan") completed by the child's doctor must be provided to the Preschool on enrolment. Whenever a child with asthma is enrolled at our Preschool, or is newly diagnosed as having asthma, a Communication Plan and Risk Management Plan will be developed in consultation with parents.

In the case of an asthma emergency, medication may be administered to a child without written parent/guardian authorisation. If medication is administered in an emergency the parent/guardian of the child or the child's registered medical practitioner will be contacted as soon as possible.

If required, you must also provide an IN-DATE Ventolin inhaler (or other medication) for whenever your child is at preschool.

Allergy & Anaphylaxis Prevention

If your child has an allergy, a Medical Management Plan ("Action Plan") completed by the child's doctor must be provided to the Preschool on enrolment. Whenever a child with severe allergies is enrolled at our Preschool, or is newly diagnosed as having a severe allergy, a Communication Plan and Risk Management Plan will be developed in consultation with parents.

If required, you must also provide an IN DATE Epipen for whenever your child is at preschool.

Parents who do not have children with allergies are asked to help those who do by avoiding supplying food that contains nuts such as:

Peanut Butter	Nutella
Hazelnut spread	Biscuits/cookies containing nuts
Health food/Muesli Bars containing nuts	Chocolate bars with nuts
Yoghurts with nut accompaniments	Satay sauces with meat or vegetable dishes
Packets of any loose nuts	

Sometimes, as required and as advised, the preschool may also request that children avoid bringing other food items such as egg or fish.

NOTE: If your child has peanut/nut products for breakfast, please ensure that their hands and mouth are washed before attending preschool.

Child Protection Policy

The NSW Department of Education give clear and specific guidelines regarding Child Protection Issues. In accordance with these guidelines the staff are trained to recognise the signs of possible child abuse and neglect and are obliged by law as Early Childhood Professionals and mandatory reporters, to report any incidents of suspected abuse or neglect to Family and Community Service. Call the **Child Protection Helpline on 132111** if you have doubts about the safety or well-being of any child.

If you need support to prevent abuse, contact **CAPS - Child Abuse Prevention Service**, which is a 24-hour telephone counselling service, on **1800 688 009**.

Parenting Arrangements

In the event of a separation in the family where one parent has the care of the child and where restrictions may be in place, relevant Court documents must be given to the Director. Court orders are the only way we can ensure your child is picked up by the correct and authorised adult.

It is also necessary to inform your teacher and the Director of any changes which may have occurred, so they can help accommodate your child's individual needs.

Emergency Evacuation Procedure

We conduct emergency evacuation drills at least once each term, as required by the Regulations. We also conduct Lock Down drills from time to time. Everyone who is in the preschool at the time must take part, listening and responding to staff directions while assisting us with the children. These drills are vital to ensure that staff and children are prepared to take appropriate action in the event of a genuine emergency.

The drills are evaluated each time to enable us to continuously improve our procedure and practices.

Policies

Please speak to your room leader, the Director or office staff if you would like to view the policies of the Preschool. They are available in each classroom and in the parent resources in the Preschool foyer and upon request for all parents.

Policies are reviewed regularly and sent by email to parents with an invitation to give feedback on the policies being reviewed.

What's In My Lunchbox Today?

At St John's Preschool, we promote healthy eating as our preschoolers are growing at a rapid pace with growth spurts frequently occurring. With a quarter to a third of nutrients that your child requires each day being consumed at lunchtime, it is important to provide them with foods that will help sustain their growth, build their immune system and assist in their learning and cognitive development.

A great way to promote healthy eating for your child is to encourage them to be involved in deciding and packing what they will eat at Preschool, discussing with them as you prepare together what foods they think are good choices to help their bodies grow big and strong.

There are many books and websites available to assist you in coming up with many different healthy and creative ideas for your child's lunchbox, both as a meal suggestion and snack. There are many books and websites available to assist you in coming up with many different healthy and creative ideas for your child's lunchbox, both as a meal suggestion and snack ideas. For further information check out the following sites:

<http://www.freshforkids.com.au>

<http://hubpages.com/hub/Healthy-Lunches-for-Preschoolers>

[http://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/
lunch-box-ideas.aspx](http://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas.aspx)

What to Bring ?

Please clearly label all belongings

Daily Requirements

- ◇ School bag or backpack - big enough for children to fit their lunch and morning tea boxes, spare clothing, paintings etc.
- ◇ Preschool hat for outdoor play (provided on enrolment)
- ◇ Lunch Box - for their lunch
- ◇ Morning Tea Box - Fruit or another healthy snack food
- ◇ Spare underwear and seasonal change of clothes - in case of accidents or messy play. Including change of weather clothing such as jumper.
- ◇ Water bottle labelled with your name.

Toys

We have a wonderful selection of resources and toys at preschool, we ask that toys from home are not brought to Preschool (unless a special day has been organised by teachers). We have lots of toys to enjoy at Preschool and individual children's toys may be lost or broken.

Rest

At Preschool our program includes quieter times during the day to allow children to rest and restore energy for the day.

In Conclusion

We aim to provide the highest standard of care and education for your child.

We look forward to contributing to this important period of their lives and working in collaboration with you.

On behalf of our team of wonderful teachers, welcome to our service.

***If you have any questions regarding anything stated in this
Parent Information Handbook, please speak with the Director or your child's Room
Leader***