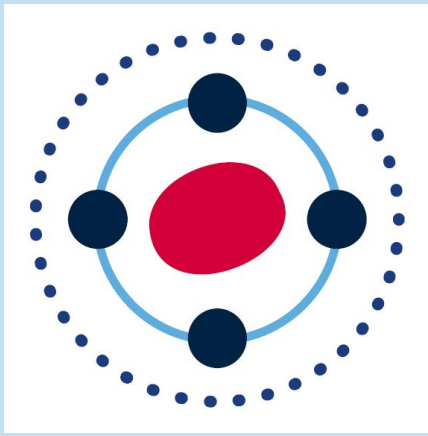




| NSW Department of Education

Getting ready for Kooloora Preschool





What you'll find inside this booklet



This booklet is designed to help make the start of your child's early learning journey a positive and happy one. You'll find handy hints from to make it easier for you and your family to get your child ready for preschool. It will also reassure you that you've made the right decision in sending your child to preschool.

Going to preschool

The idea of preschool can be a bit daunting for many parents. You may feel like your little one is growing up too fast. Don't worry! Preschool is a time when your child will have lots of fun with children their own age. Preschool helps to develop and broaden the way children experience education, encouraging them to become confident, eager and enthusiastic learners who are looking forward to starting big school.



Want to see our policies and procedures?

Scan the QR code or visit [Policies and procedures \(nsw.gov.au\)](https://www.nsw.gov.au/policies-and-procedures)



Scan Me



Getting prepared

What your child needs

- ☐ A bag
- ☐ A lunch box
- ☐ Lunch
- ☐ Snacks for morning or afternoon tea and a drink bottle
- ☐ A change of clothes, including socks and underwear
- ☐ A hat
- ☐ A sheet and/or blanket for rest time

Have you met the preschool team?

Our highly experienced staff are committed to establishing genuine, positive relationships with children, families and the community. The team is led by Tanika Harris who is an early childhood specialist and Wiradjuri woman. Kayla Bennett, a Wiradjuri woman, provides support in her role as Preschool Learning Support Officer. Kara Walker, a Yuin woman, shares her cultural knowledge and expertise as Aboriginal Education Officer.

The team share their diverse experiences, knowledge and skills to develop a quality play based environment that enhances each individual child's learning journey.

The educators will be able to tell you about what happens at preschool and answer any questions that may help your child settle in.

The preschool has a range of policies and procedures to promote the health, safety and wellbeing of all children. These include arrival and departure, food and nutrition, education and sun protection.

If you would like more information on our preschool policies, talk to the preschool teacher.





Comfortable clothes

Dress your child in comfortable, practical clothes that are safe and easy for them to manage on their own, including sensible shoes for playing and climbing.

While teachers try to avoid children staining their clothes, paint and dirt are all part of having fun and learning.

Children will be expected to wear a hat to play outdoors. Encourage your child to get used to wearing a hat when they are outside.

Label everything

Clearly label all of your child's items such as their clothes, bag and lunch box. There will be a lost property box at the preschool.

However, make sure your child's name is not visible on the outside of anything they'll be wearing to and from preschool.

Health conditions and additional needs

Before your child starts preschool, it's important to let the preschool know if your child has any allergies, health conditions, disability or any additional learning and support needs. This will give the preschool time to make any necessary arrangements for your child.

Support for children with disability or additional learning or support needs is tailored to their needs and may include early intervention classes, resource support and itinerant support teachers.

Immunisations

Make sure your child's immunisation schedule is up to date. Preschools cannot enrol a child unless they either:

- are fully vaccinated for their age
- have a medical reason not to be vaccinated
- are on a recognised vaccination catch-up schedule.





Learning and activities

Your child's learning at preschool will build on what you have taught them at home. Children learn through play. Your child's interests will direct the learning experiences the teacher plans for your child through play.

Through these learning experiences, your child will explore and experiment. They will develop their skills in solving problems, communicating and socialising. They will also develop self-esteem, confidence and the foundations for their formal learning.

The learning program in preschool is guided by the **Early Years Learning Framework** for Australia.

startingblocks.gov.au



Preschool activities for learning

- Puzzles and playing with blocks
- Painting, drawing, cutting and pasting
- Reading books and listening to stories
- Talking and listening
- Dressing up and playing in the 'home corner' or cubby house
- Listening to and playing music
- Dancing and drama
- Climbing on equipment, balancing, running and jumping
- Using computers
- Playing with clay, play dough, sand and water

Supporting your child's learning

Children learn best when parents and teachers work together. You know your child better than anyone else, so you can help the teacher understand your child by sharing information about their interests and any additional needs.

Ways to support your child at preschool

- Find out as much as you can about the preschool, such as the routines and what your child needs to bring to preschool.
- Get involved in your child's preschool, such as volunteering as a helper.
- Talk with preschool staff about activities you can do with your child at home, such as reading with your child.
- Talk with staff about your child's learning and raise any concerns or issues early, so you can work together to resolve them.
- Talk with your child each day about what they did at preschool.
- Connect with other parents and carers on social media.



Healthy preschool routines



A good start

A nutritious breakfast will help set your child up to have the best day possible at preschool. It will help them to concentrate and give them energy to play. It will also help them develop good eating patterns for the rest of their life.

Did you know?

The preschool will ask you to sign a register at the beginning and end of each day or session. Make sure you sign this register, which you can usually find at the preschool entrance.

Walking safely to and from preschool

- Always hold your child's hand.
- If your hands aren't available insist your child holds the pram, your bag or your clothes.
- Only let go of your child's hand when you're safely inside the preschool grounds.
- Always cross roads and through car parks at the safest place and where possible, walk further to use pedestrian facilities such as footpaths, pedestrian crossings or traffic lights.



Food at preschool

Eating at preschool is an important part of the daily program and we promote healthy eating habits. Our preschool staff will also help your child during meal times by reminding them to wash their hands. Staff will encourage them to finish their food and not to share their food with friends.

You will be asked to provide healthy food for morning tea and lunch. Water only should be in drink bottles. A fridge is available but please pack an ice brick to keep food cold.

healthykids.nsw.gov.au

Lunchbox tip

Pack food that you know your child likes and will eat. Help your child learn how to unwrap their food and eat it on their own.

Allergies

Anaphylaxis is a severe and sudden allergic reaction to certain allergens, such as nuts, shellfish, or insect bites.

You must let the preschool teacher know if your child is allergic to foods or is at risk of anaphylaxis.

allergyfacts.org.au





When your child is sick

What to do if your child is sick

If your child has the following symptoms then it's best to consult your doctor and keep your child at home:

- a fever of 38°C or above
- vomiting or diarrhoea
- cough or respiratory symptoms
- cold or flu symptoms
- rashes of an unknown origin.

For more information about infectious diseases that may affect your child, contact NSW Health on 02 9391 9000.

health.nsw.gov.au

mhcs.health.nsw.gov.au



Some common infections

Chicken pox

A slight fever, runny nose and a rash that begins as raised pink spots that blister and scab.

Measles

Fever, tiredness, runny nose, cough and sore red eyes for a few days, followed by a red blotchy rash that starts on the face and spreads down the body and lasts four to seven days.

Conjunctivitis

The eye feels scratchy, is red and may water. Eyelids may stick together during sleep.

Impetigo (school sores)

Small red spots change into blisters that fill with pus and become crusted. Usually on the face, hands or scalp.

Ringworm

Small scaly patch on the skin surrounded by a pink ring.

Hand, food and mouth

Starts with blisters that begin as small red dots which later become ulcers.

Gastro

Vomiting or diarrhoea.

Head lice

Don't be alarmed if an outbreak occurs. Head lice are not dangerous and are easy to manage. Having head lice is not a reflection on your child's level of personal hygiene.

Preventing head lice

- Regularly check your child's hair.
- Keep long hair tied back or braided.
- Keep a fine-toothed comb in the bathroom and encourage your family to use it when they wash their hair.

Treating head lice

Daily combing with a white hair conditioner using a fine-toothed comb will help get rid of head lice and their eggs (nits).

If your child has head lice, let the preschool know so they can ask other families to check their children's hair. Your child does not have to be identified.

health.nsw.gov.au/environment/headlice



Useful websites

education.nsw.gov.au/useful-websites

Translated school information

education.nsw.gov.au/translated-documents

Aboriginal Education & Communities

education.nsw.gov.au/teaching-and-learning/aec

Aboriginal Education Consultative Group

aecg.nsw.edu.au

Allergies

allergyfacts.org.au

Immunisation

health.nsw.gov.au/immunisation

Early childhood

childcarefinder.gov.au

Parents and carers resources

education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers

Complaints, compliments and suggestions

education.nsw.gov.au/early-childhood-feedback

NSW Health

health.nsw.gov.au

mhcs.health.nsw.gov.au

Road safety

education.nsw.gov.au/safe-travel

We acknowledge the homelands of all Aboriginal people and pay our respect to Country.

Say hello



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education.nsw.gov.au

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