

Welcome to....



Cowandilla  
**Children's Centre**  
for Early Childhood  
Development and Parenting

Cowandilla Preschool  
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## Preschool Program

Thank you for enrolling your child in our Preschool Program at Cowandilla Children's Centre. We look forward to supporting and extending your child with in collaboration with you. Here is just a little bit of information that we think may be useful as you begin your journey with us.

### Play is Learning

Play is very important for your child's growth and development. It is both a natural and developmentally appropriate way for children to learn.

Through play experiences children explore and learn to understand the world around them as they **communicate, discover, imagine and create**.

When children play, they are showing what they have learned and what they are trying to understand.

Educators will guide your child's learning by carefully designing play experiences and stimulating indoor and outdoor learning environments. They interact with children to support their learning and extend their thinking through play.

### What to Bring

Morning and afternoon snack  
lunch

Change of clothes

Water bottle

Already applied sunscreen

Hat

Please ensure all items are clearly named.

### Sun Safety

In Terms 1 and 4 children are required to wear a hat. It is recommended that children arrive at preschool with sunscreen already applied.

Educators will support children to reapply throughout the day as required.

### Fees

Fees at Cowandilla Preschool are \$100 per term. An invoice will be provided to you by the school once your child starts attending.

### Aboriginal and Torres Strait Islander Perspectives.

We are proud to incorporate Aboriginal and Torres Strait Islander Perspectives across our preschool program. We begin our morning routine by reciting our own contextualised Acknowledgement to Country each day.

### Communication

We value open communication with all families. Our program will be emailed to each family along with newsletters and Preschool News Updates, usually on a fortnightly basis. Please make sure we have your correct contact details. You can also follow our Cowandilla Children's Centre Facebook page for any general information.



### OSHC

Preschool children are able to be enrolled in the schools Out of School Hours Care (OSHC) Program. Once an enrolment form is completed you will need to book each session for your child to attend.

# Growing and Learning

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in the following ways:

1. Maximises physical and cognitive growth
2. Contributes to children's healthy brain development, energy levels and positive wellbeing.

Our preschool follows the Right Bite Food and Drink Supply Standards to guide the development of our Healthy Food and Nutrition Policy. You can find more information on the following website.

<https://www.sa.gov.au/topics/education-and-learning/health-and-wellbeing/healthy-eating-policies> Please see below for some ideas that may help you with foods to pack for your child at preschool. If you have any other ideas and suggestions, please share with a team member so we can share with other families.

<b>Foods encouraged at Cowandilla Children's Centre</b> <b>All the RIGHT BITE GREEN category foods</b>	<b>Foods to avoid at Cowandilla Children's Centre</b> <b>All the RIGHT BITE RED category foods</b>
<p><b>Examples</b></p> <p><b>Breads</b> Multigrain, wholemeal, rye, hi-fibre breads or rolls, burritos, English muffins, focaccia, lavosh, pita, raisin/ fruit, tortillas and Turkish breads. Some corn crispbreads and rice cakes.</p> <p><b>Cereal foods</b> Rice, pasta, noodles, polenta and burghul/cracked wheat that are high in fibre</p> <p><b>Breakfast cereals</b> Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.</p> <p><b>Vegetables</b> Fresh and frozen vegetables used in a variety of different ways.</p> <p><b>Fruit</b> Washed fresh fruits, frozen, canned and dried fruits.</p> <p><b>Legumes</b> All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, peas, bean curd, tofu and pappadums (made from legume flour).</p> <p><b>Dairy products</b> Plain milk – 375ml or less for primary schools and preschools, yoghurt and cheese.</p> <p><b>Lean meat, fish, poultry and alternatives</b> Lean chicken, beef, lamb, pork, canned tuna and salmon and eggs.</p>	<p><b>ALL nuts and NUT Products are always discouraged at our preschool due to common and sometimes unknown allergies in young children.</b></p> <p>Other <b>RED</b> category foods and drinks are discouraged at our preschool.</p> <p>However, some may be provided on special occasions (maximum 2 per term) such as family gatherings and end of term celebrations in which the whole preschool community is involved.</p> <p><b>Examples</b></p> <p><b>Deep fried foods</b> All types.</p> <p><b>Snack foods</b> <b>Commercially</b> produced snack foods such as crisps, chips, biscuits and other similar products.</p> <p><b>Ice-creams</b> All types.</p> <p><b>Cakes and slices</b> <b>Commercially</b> produced cakes, muffins, sweet pastries and slices – croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and bars.</p> <p><b>Savoury pastries</b> <b>Commercially</b> produced pies, pasties, sausage rolls.</p> <p><b>Other savoury hot or cold foods</b> <b>Commercially</b> purchased pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages.</p>
	
	<div data-bbox="802 1664 1437 2040" style="border: 2px solid red; padding: 10px;"> <p><b>NO NUTS OR NUT PRODUCTS PLEASE</b></p> <p>Unfortunately, nuts are a common allergen for young children. We have a child enrolled at our preschool who has a severe and life-threatening allergy to nuts and nut products should they come into contact with them.</p> <p>We ask that you <b>DO NOT</b> send your child with any <b>NUTS</b> or <b>NUT Products</b>, including any raw nuts, peanut butter and/or Nutella.</p> <p>Thank you for your cooperation on this matter.</p> </div>