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## Home



Find out more about our goals and our focus in our philosophy statement (PDF 71KB)  
([https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant\\_philosophy.pdf](https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant_philosophy.pdf)).

## Volunteering

If you'd like to volunteer with us, we'd love to hear from you. See volunteering in schools, preschools and children's centres  
(<https://www.decd.sa.gov.au/supporting-students/parent-engagement-education/volunteers/volunteering-schools-preschools-and-childrens-centres>) and have a chat to us about how you can get involved.

We invite you to join the governing council, which meets twice a term to make sure the preschool runs smoothly. Read through what a governing council does  
(<https://www.decd.sa.gov.au/sites-and-facilities/governing-councils/understanding-governing-councils/what-governing-council-does>) and speak to us to register your interest.

## Acknowledgement of Country

We acknowledge the traditional owners of the land we are on and pay our respects to their Elders past and present, and extend that respect to other Aboriginal people who are present today.

## Bushfire risk

On forecasted 'catastrophic' fire danger days we will be closed. Make sure you know how we intend to contact you in this situation. You can find more information about an active bushfire from the CFS website (<http://www.cfs.sa.gov.au/>). See the bushfire page on the Department for Education's website (<https://www.education.sa.gov.au/sites-and-facilities/bushfires-and-emergency-closures/bushfire-information>) for general information.

## Contact us

**Preschool director:** Mrs Bridget Klingberg

**Phone:** (08) 8568 2079

**Fax:** (08) 8568 2476

**Email:** [dl.4638.leaders@schools.sa.edu.au](mailto:dl.4638.leaders@schools.sa.edu.au)

**Street address:** 11 Saleyard Road Mount Pleasant SA 5235

**Postal address:** 11 Saleyard Road Mount Pleasant SA 5235

## What we offer

We offer a number of programs and services to support your child's early years learning (<https://www.decd.sa.gov.au/teaching/curriculum-and-teaching/primary-and-secondary-curriculum/curriculum-taught-south-australia>).

## Preschool program

### Times

Your child can attend preschool for up to 15 hours per week.

Odd weeks

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am to 3.00pm	9.00am to 3.00pm	9.00am to 3.00pm	–	–

Even weeks

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am to 3.00pm	9.00am to 3.00pm	–	–	–

### Fees

The parent contribution is \$135 per term. See our enrolment and fees (<https://www.preschools.sa.gov.au/mount-pleasant-district-kgtn/getting-started/enrolment-and-fees>) page for more information.

## **What to bring**

Children need to bring these items each day:

- bag
- change of clothes
- drink bottle containing water
- healthy snack
- packed lunch.

Please write your child's name on all their belongings.

We will supply your child with a hat. This will stay at the kindy.

## **What not to bring**

Children should not bring these things:

- food containing nuts (some children have nut allergies that can be dangerous)
- unhealthy food or drink (lollies, chocolate, chips, fizzy drinks)
- toys from home.

Please read our drop-off and pick-up procedure (PDF 35KB)

([https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant\\_drop-off-and-pick-up.pdf](https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant_drop-off-and-pick-up.pdf)).

## **Occasional care**

Occasional care is for children under school age who aren't in any other early childhood education and care programs, such as preschool, childcare or family day care. It promotes young children's development by giving them access to high-quality early childhood education.

It may help parents to take part in a range of activities including non-work and casual work commitments.

## **Priority of access**

The education department has a priority of access policy

(<https://www.education.sa.gov.au/parenting-and-child-care/your-childs-education/childcare-and-preschool/occasional-care>) to decide who can get into occasional care. This might mean that some families get more sessions than others.

Talk to us about enrolling in occasional care.

## Times

Children generally can go to 1 session a week.

Children over 2 years old

Monday	Tuesday	Wednesday	Thursday	Friday
–	–	–	9.00am to 12.00pm	–

## Cost

This program costs \$5 per session and \$2.50 for siblings.

If you have an Australian Government Pensioner Concession or Health Care Card, the cost is \$1.50 per session and 75 cents for siblings.

## What to bring

Children need to bring these items:

- bag
- hat
- change of clothes
- nappies if required
- drink bottle containing water
- healthy snack

Please write your child's name on all their belongings.

## Playgroup

For children from birth to 5 years old, our playgroup provides an opportunity for your child to interact with others and become familiar with our kindergarten.

## Times

Every Friday during term (except during the last week)

9.30am to 11.30am

## **Cost**

\$2 per session.

In addition, a small Playgroup SA fee is applicable. This cost may vary. Speak to us for more information.

## **What to bring**

A piece of fruit to share.

## **Disability support**

There is support available for children with disability (<https://www.education.sa.gov.au/supporting-students/children-disability-and-special-needs>). Talk to us for more information.

# **Enrolment and fees**

## **When your child can start preschool**

Your child is entitled to access 1 year of preschool.

If your child turns 4 before 1 May, they can start preschool at the beginning of the year. If your child turns 4 on or after 1 May, they can start the next year.

If you want to delay your child's start to preschool or you're not sure about when they should start, please talk to us about your options.

If your child is Aboriginal or under guardianship (in care) they are eligible for 12 hours of preschool after they turn 3. They will then be eligible for 15 hours per week of preschool in the year before they start school.

## **Early entry**

Your child may be able to come to preschool 1 term earlier, in term 4 the year before starting their preschool year, if they:

- have additional needs or disability
- are learning English as an additional language or dialect
- are at significant risk because of family circumstances.

Early entry is for up to 6 hours per week, if places are available.

Access is decided on a case-by-case basis.

Please contact us if you want more information about early entry.

## **Enrolling your child**

You can register your interest to enrol your child with us by using the preschool registration of interest form (<https://www.education.sa.gov.au/doc/preschool-registration-interest-form>). This form is also available from us.

Try to register your interest by 30 June, but you can do this any time during the year.

Priority will be given to children living in our catchment area. If you don't live in our catchment area (<https://www.preschools.sa.gov.au/mount-pleasant-district-kgtn#location>) you should indicate at least 2 other preschool options on your form.

If we can give your child a place with us we'll send you an offer letter in term 3 (<https://www.decd.sa.gov.au/teaching/south-australian-state-schools-term-dates>). You can accept the offer by filling in and sending back the acceptance slip by the due date.

## **Before your child starts**

We will contact you in term 3 (<https://www.decd.sa.gov.au/teaching/south-australian-state-schools-term-dates>) about an orientation session. This will be a guided tour where you can ask questions.

If enrolments and staffing allow, your child can come to pre-entry transition visits. These will be in term 4 and will be a chance for your child to meet the staff and other children.

## **Fees**

We ask you to contribute towards the cost of your child attending preschool.

The parent contribution is \$540 per year. You can choose to pay the total amount at the beginning of the year or pay instalments of \$135 each term  
(<https://www.decd.sa.gov.au/teaching/south-australian-state-schools-term-dates>).

We offer other programs that may have additional costs  
(<https://www.preschools.sa.gov.au/mount-pleasant-district-kgtn/getting-started/what-we-offer#programs>).

## **When to pay**

We will invoice you at the beginning of each term via your family pocket.

Payments are due each term unless paid in full at the beginning of the year.

Please contact us if you are having difficulty paying.

## **How to pay**

Cash or EFT

You can pay cash at the kindy or by direct deposit. If paying by cash, please put the payment in a sealed envelope with your child's name on the front. Put the envelope in the payments box near the sign-in folder.

EFT information

You can pay by direct deposit.

BSB: 105097

Account number: 366147140

Please put your child's name in the notes as the reference.

## **Immunisations**

When you enrol your child you will be asked to provide evidence of their immunisation status  
(<https://www.education.sa.gov.au/supporting-students/health-e-safety-and-wellbeing/early-childhood-services-immunisation-requirements>).



## Reports and plans

### National Quality Standard rating

Our services are assessed and rated against 7 quality areas of the National Quality Standard.



**Overall Rating:** Exceeding NQS

#### Quality Area Ratings

- |          |  |               |
|----------|--|---------------|
| <b>1</b> | <b>Educational program and practice:</b>           | Exceeding NQS |
| <b>2</b> | <b>Children's health and safety:</b>               | Exceeding NQS |
| <b>3</b> | <b>Physical environment:</b>                       | Meeting NQS   |
| <b>4</b> | <b>Staffing arrangements:</b>                      | Meeting NQS   |
| <b>5</b> | <b>Relationships with children:</b>                | Exceeding NQS |
| <b>6</b> | <b>Partnerships with families and communities:</b> | Exceeding NQS |
| <b>7</b> | <b>Leadership and service management:</b>          | Exceeding NQS |

**Rating for:** Mount Pleasant & District Kindergarten

**Rating issued:** July 2018

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### Quality improvement plan

An assessment of the programs we offer against the National Quality Standard and national regulations. It identifies areas for improvement and includes our philosophy statement.

Quality improvement plan (PDF 882KB)

([https://www.preschools.sa.gov.au/sites/default/files/mount-pleasant\\_qip.pdf](https://www.preschools.sa.gov.au/sites/default/files/mount-pleasant_qip.pdf))

## Site context statement

A summary of our:

- general information
- key policies
- curriculum
- staff
- facilities
- local community
- partnership arrangements with other groups.

Site context statement (PDF 87KB)

([https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant\\_context.pdf](https://www.preschools.sa.gov.au/sites/g/files/net4016/f/mount-pleasant_context.pdf))

## Annual report

A report on our progress, achievements, highlights and challenges for the year.

Annual report (PDF) ([http://docs.decd.sa.gov.au/Sites/AnnualReports/4638\\_AnnualReport.pdf](http://docs.decd.sa.gov.au/Sites/AnnualReports/4638_AnnualReport.pdf))

## Parenting support

### Giving your child a strong start in the early years

Research tells us that quality education and care early in life leads to better health, education and job outcomes in adulthood. Children are learning and growing from the time they are born. The greatest influence on a child's future health, development and happiness is in the first 5 years of life.

We're working with families to take a 'learning together' approach about child development in the early years.

## Parenting resources

Several early childhood parenting resources are available to help your child learn and grow right from the start.

Little Big Book Club (<http://www.thelittlebigbookclub.com.au/>) supports parents to read, sing and play with their children from birth, with access to book recommendations, reading packs and resources.

Dad's Read (<http://dadsread.org.au/>) offers advice for fathers to encourage reading together with their child.

Parenting SA (<https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa>) has free parenting factsheets, videos and upcoming seminars on many parenting topics.

Positive Parenting program  
(<http://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-parenting-in-south-australia/?itb=bc37e109d92bdc1ea71da6c919d54907>) has free seminars, workshops and one-on-one sessions for parents of children aged 3 to 12 years.

Learning with your child (GreatStart)  
(<https://www.education.sa.gov.au/parenting-and-child-care/parenting/learning-your-child-greatstart>) gives parents everyday learning ideas and activities to help build their child's maths and language skills.

Raising Children Network (<http://raisingchildren.net.au/>) provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer.



## **Our Philosophy 2019**

Through a rich PLAY environment the children, staff, families & community at Mt Pleasant & District Kindergarten strive to create a safe, supportive, fun, inclusive, respectful, challenging setting to foster friendships, learning as well as social and emotional development. We believe that investigating through a nature-focussed lens provides an opportunity to discover and learn about the wonders, beauty and complexities of our world.

We acknowledge that the land we play on is the traditional lands of the Peramangk people and we are committed to taking care of and learning more about the land together.

To be a life-long learner our preschool values learning dispositions. These include developing confidence, curiosity, communication, purposefulness, resourcefulness, persistence, co-operation, creativity, independence and belonging. Our preschool works in harmony with children, families and the community to promote and develop these ways of thinking and being.

Our philosophy is seen as a living document, continually evolving in the light of new research, the ideas of new team members and input from families.

# Allergy (and anaphylaxis) aware Policy

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Policy ID No. PO3/4638



**Government of South Australia**  
Department for Education and  
Child Development

## DOCUMENT CONTROL

**Managed by:**  
Preschool

**Responsible position:**  
Director

**Version:**  
3

**Approved by:**

**Date approved:**

Staff

13/11/2017

Governing Council

13/11/2017

**Next review date:** November 2018

## FIRST AID

- Staff are trained in first aid including anaphylaxis first aid using prescribed adrenalin via an auto injector.
- First aid protocols ensure safe secure storage and immediate access to a child/adult's auto injector, and other first aid equipment. Storage needs to ensure auto injector will remain at the correct temperature.
- First Aid arrangements:- when first aid treatment is required the first aid log must be completed ( in the accident, illness, injury and medical condition folder by the phone).
- If child is attending OSHC complete the Accident/Injury/Illness Report and make phone call to parent. Get parent to sign when next in.

## PLANNING FOR SAFETY

### ANAPHYLAXIS MEDICATION

- Parents/carers and doctor to complete and sign **First Aid Plan, Medication Plan and Anaphylaxis Plan.**
- Forms and/information to be clearly named and kept in **Medication Folder – ALL FORMS TO BE COMPLETED BEFORE CHILD STARTS OCCASIONAL CARE/PRE-ENTRY/PRESCHOOL – This is a legal requirement.**
- Medication to be kept at Preschool during session time.
- Every child/adult with anaphylaxis has an agreed anaphylaxis action plan. This reflects the ages and stage of development of the child, and the nature of the service, and includes planning for:
  - informing all relevant staff including all relieving staff
  - excursions
  - movement between services, for example between school and out of schools hours care
  - evacuation and invacuation
  - preschool activities such as craft where exposure to egg and milk cartons, seeds, play dough (chocolate essence) and egg shells may occur.
- Parents are responsible for providing the care plan and any medication and ensuring that medication provided has a current expiry date.
- Parents and families of children with a care plan are included in, but not ultimately responsible for, worksite education and planning for their child.

## Mt Pleasant and District Kindergarten – Allergy (and Anaphylaxis) aware Policy

- Care and support planning is reviewed routinely (for example at times of parent/family-teacher interviews) and always at times of transition (home→childcare→preschool→new school).
- Staff and children understand and apply allergy aware practices. Families of children with anaphylaxis can contribute to planning for cooking and other events.
- All families in the preschool community are regularly informed about allergy aware policy and practice in education and children's services.

### FOOD ALLERGY

In order to protect children with allergies to peanuts and similar nut products, Mt Pleasant Kindergarten Preschool has a policy that **no food containing nuts** should be brought into the centre.

Products that contain nuts include peanut butter, Nutella, fruit and nut bars, chocolate bars and any other product that have nuts listed in their ingredients. This does not include products that contain the warning 'may contain traces of nuts.'

- Everyone is encouraged to wash their hands before eating  
Note: some children may require non-soap based washes, e.g. those with eczema.
- Food is not given as a reward/treat.
- Children do not share or swap food, unless under supervision (for example special events, as pre-arranged and agreed with the family).
- Food and nutrition education incorporates education about food allergy and any practical activities are planned with the assumption that some participants have a food-related allergy.
- Food should not be supplied to children with anaphylaxis unless pre-arranged and agreed with the family.
- Food preparation follows standard precautions to avoid **cross contamination**. People preparing food (including volunteers and staff) need advice on strategies to ensure that food is not cross contaminated.

# Site Behaviour Code Policy

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Policy ID No. PO8/4638



**Government of South Australia**

Department for Education and  
Child Development

## DOCUMENT CONTROL

**Managed by:**  
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Director

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13/11/2017

**Next review date:** November 2018



***DECD, school and preschool communities, services and agencies will work together to create learning communities which are:***

- ***safe***
- ***inclusive***
- ***conducive to learning***
- ***free from harassment and bullying***

**At Mt Pleasant and District Kindergarten we believe:**

Children's behaviour is a form of communication and is purposeful.

Children's ability to choose appropriate behaviour is influenced by developmental ability, temperament, interactions, life experiences, environmental factors

Children's learning is most successful when:

- It builds on child's prior experiences, abilities and interests.
- Positive learning dispositions are encouraged and developed using explicit teaching programs.
- Individual learning styles are considered.
- Behavioural expectations are explicit with child ownership.
- The physical environment is safe, inclusive and supportive.
- Families and staff work together to develop consistent expectations.

**At Mt Pleasant and District Kindergarten we believe:**

**The learning environment supports children to be successful in developing appropriate behaviours – we aim to do this by-**

Recognising our Occupational Health and Safety responsibilities.

Promoting a sense of belonging by developing a rapport with both the children and their families valuing trust, dignity and respect.

Recognising that play is the most important facilitator of learning in the Preschool environment.

Having developmentally appropriate behaviour expectations.

Ensuring children are effectively supervised at all times.

Valuing children as individuals using positive interactions and considering external influences on children's well being (illness, changes to family circumstances).

Providing an enriching, well organized, resourced and developmentally appropriate learning program.

Mt Pleasant and District Kindergarten – Site Behaviour Code Policy  
**Expectations of children's behaviour take into account of their age and stage of development** – we aim to do this by-

Having an understanding of child development and developmentally appropriate behaviours in young children.

Addressing the needs of individual children including those with disabilities or developmental delays.

Accessing and utilizing relevant professional reports and family information.

**Children's behaviour is supported using a positive approach** – aim to do this by -

Modelling verbal and non-verbal behaviours that are respectful and inclusive of all children and families.

Modelling problem solving, negotiation, conflict resolution, and resilience.

Noticing and acknowledging appropriate behaviour.

Actively involving the children in understanding and developing behaviour expectations and consequences and in goal setting.

Explicitly teaching appropriate behaviours, play skills.

Providing a safe, supportive environment to practice appropriate behaviours.

Using assessment and reporting procedures focusing on children's progress and achievements.

Working in partnership with staff, families and support services, using a united and consistent approach.

**Approaches to behaviour, support and value the diversity of children's backgrounds and experiences** – we aim to do this by

Considering the fact that children's temperament, ability, experience, culture and family context may influence children's behaviour.

Supporting children to understand that different factors influence other children's behaviour and supporting the development of appropriate strategies when responding to their peers.

Asking families to contribute their ideas and experiences about children's behaviour.

**Children' behaviour is supported in partnership with families and local communities** – we aim to do this by -

Involving Governing Council, families and staff in the initial development of the Sites Behaviour Code and then the consequent review process, which will occur annually.

Providing the Site Behaviour Codes to new families through the enrolment process.

Encouraging effective communication between families, the centre and support staff to ensure the needs of the individual child are met.

Ensuring confidentiality.

Planning for transition into new settings (for example) preschool to school.

**The response to emerging challenging behaviours is timely and appropriate** – we aim to do this by

Identifying challenging behaviours early.

Timely communication with families. The focus being on the positive opportunity of working together in partnership to address the child's behavioural needs within the centre context.

Observing and assessing children's behaviour across a range of formal and informal settings, play settings and contexts to gain an overall picture.

Working in partnership with families and support services to plan, implement, monitor and review individual behaviour plans.

**Bullying and Harassment Behaviours are not acceptable and will be dealt with in accordance to DECD guidelines. Incidences of Bullying and Harassment will be reported to Governing Council each term.**

Bullying is repeated verbal, physical or social behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber-bullying refers to bullying through information and communication technologies.

*It is important to note that "conflict or fights between equals and single incidents are not regarded as bullying", (<http://www.decd.sa.gov.au/speced2/pages/bullying/> accessed 30.05.2012).*

## Mt Pleasant and District Kindergarten – Site Behaviour Code Policy

### **Mt Pleasant and District Kindergarten**

When we are safe, happy and feel supported we are best able to grow and learn.

### **Rights and responsibilities**

At Mt Pleasant and District Kindergarten we all need to care for ourselves, each other, our environment and property.

### **Children**

We all have the right to learn and play in a respectful, friendly, safe dynamic and supportive learning environment.

**Supporting children's developing skills in negotiating complex social interactions is a core component of our preschool programme.**

### **Staff**

We all have the right to teach in a respectful, friendly, safe, cooperative and supportive learning environment.

### **Families**

We all have the right to belong and contribute to a respectful, friendly, safe, cooperative and supportive preschool community with the aim of supporting the dynamic learning environment of our children.

### **Expectations of a collaborative centre**

Collaborative expectations help to respect our rights and to encourage responsibility.

**Staff, parent/family and children** can support the Site Behaviour Code by valuing the following expectations:

### **Relationships**

- Active/Respectful listening: 5 L's-legs, lips, laps, listening, looking
- One person speaking at a time
- Listening to others
- Courtesy
- Respect: no sexism, racism, put downs
- Contributing: sharing thoughts, ideas, concerns
- Expressing wants, needs, feelings

### **Engagement**

- Organisation
- Cooperation
- Sharing
- Asking for help or attention
- Having a go
- Accepting guidance and instruction

### **Reflection/Negotiation**

- Safe use of equipment and tools
- The way we move about
- The way we resolve conflict

### **Well Being**

- Active supervision
- Hot Weather and Sun Protection Policy
- Child Protection Policy
- Healthy Eating Policy
- Playing and Learning to socialise

### **Ownership**

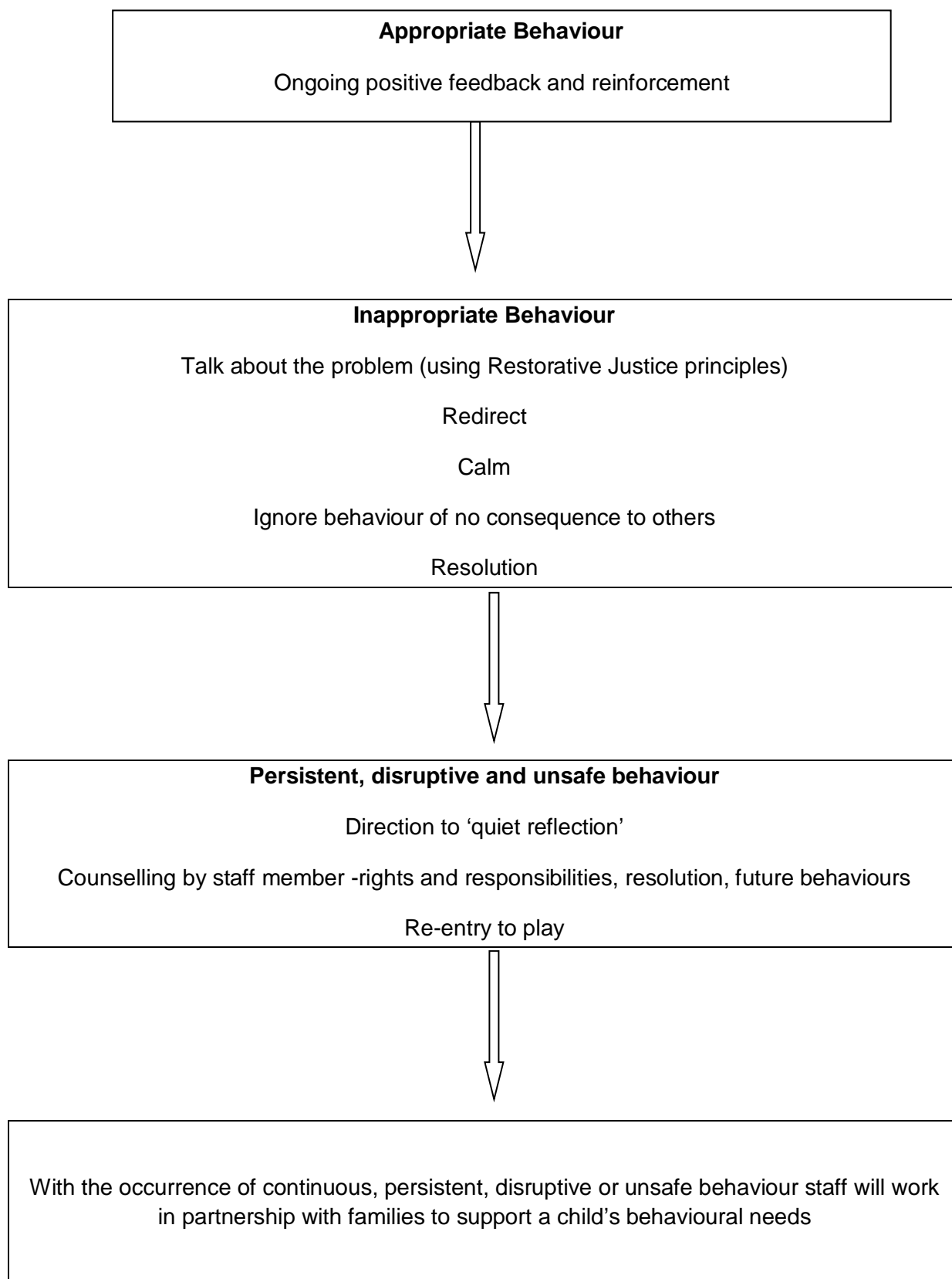
- Responsibility
- Planning
- Review
- Reporting

For further information please go to the DECD site:

<http://www.decd.sa.gov.au/policy/pages/OSP/47427/>

Mt Pleasant and District Kindergarten – Site Behaviour Code Policy  
**Responses to appropriate and inappropriate behaviours at Mt Pleasant and District Kindergarten are logical and integrated into all preschool interactions.**

### Flow Chart of Behaviour



# Drop-off and pick-up procedure

## Arrival and Departure:

At the beginning of each day, please bring your child into the building so a staff member can greet you both. If you do arrive early, stay with your child until 9.00 to allow staff preparation time, and if your child needs to be at Kindergarten **very early**, please notify staff and make arrangements prior to this time with them.

Children are encouraged to farewell staff at the end of the session.

**Note:** We will not allow children to go with anyone other than their primary caregivers, unless we have been notified of alternative arrangements or the parent has filled in 'sign-in' sheet with the name of the person collecting their child. Please keep us informed.

## Settling into kindergarten

When Kindergarten is a new experience for your child, please be prepared to stay as long as is necessary. You know your own child best, while the staff are experienced in general patterns of behaviour. Between us, we can gauge when your child is ready for you to leave.

If attendance is regular and routines are consistent, most children will settle into Kindergarten within 3 or 4 weeks.

***Please never leave your child without saying 'Goodbye'.***

However distressing the farewelling moment may be for you or your child, it is most important that your child knows that you are leaving and that you will return. It is very upsetting for a child to suddenly miss you, to look for you and then discover that you have disappeared: the trust in you falters and subsequent separations may become more difficult.

One way to make the parting less stressful is to tell your child you will complete a specific activity with them before you go. On completion, bring your child to a staff member, no matter how busy we look we can always help out. Then leave quickly, extending the parting can often make it more stressful.

We will ring you if your child is unduly distraught or unwell or you can ring us to check how s/he is going. In the settling in stage, it is a good idea to leave a phone number where you can be reached in an emergency. It is important to be consistent and to return early as it is often towards the end of the session that newcomers become anxious.

# Healthy Eating Policy

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Policy ID No. PO2/4638



**Government of South Australia**

Department for Education and  
Child Development

## DOCUMENT CONTROL

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Preschool

**Responsible position:**  
Director

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We encourage healthy eating at Mt Pleasant and District Kindergarten so children will grow up with a sound knowledge of good nutrition and diet.

**Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at preschool and school.** (DECD: eat well sa)

**In SA 88% of young children attend preschool.** (DECD: eat well sa)

Preschools are therefore a critical part of the social environment that can support and help shape children's positive eating behaviours.

Our "Healthy Eating Guidelines" at Mt Pleasant Kindergarten integrally link food supply, food safety, family partnership, healthcare services, the curriculum and the learning environment, into the learning culture of our centre.

At Mt Pleasant and District Kindergarten children's learning in regards to food and nutrition is supported by the curriculum document EYLF. Our learning program provides a range of opportunities to develop awareness and skill in the growing, preparing, cooking and tasting of a variety of foods.

Children at Mt Pleasant and District Kindergarten eat at routine times to support good eating habits. Children have opportunities to access morning fruit/snack during our morning session when they feel hungry and afternoon session with reminding if needed by staff.

Children at Mt Pleasant and District Kindergarten eat lunch in a supervised social environment to support good health and well being habits. Children learn social interaction skills, personal hygiene, food selection, manners, and time management and relaxation skills.

Mt Pleasant and District Kindergarten promotes the daily consumption of fresh fruits and vegetables. Fruit/ snack time is a supervised social gathering where children are supported in participating in recycling and hygiene practises and incidental discussions on healthy eating options.

## Recommendations:

### FRESH FRUITS AND VEGETABLES

Cut or prepared for easy eating.

Appropriate size or quantity to reduce wastage.

Children at Mt Pleasant and District Kindergarten are encouraged and supported to access fresh water throughout their preschool day. Staff encourage the regular consumption of water as part of the fruit/ snack and lunch routines.

**Parents are primarily responsible for the provision of food for their children (DECD eat well sa)**

At Mt Pleasant and District Kindergarten we recognise that children's learning is highly supported when both home and preschool work in partnership and take mutual responsibility for children's learning. **Our Healthy Eating Guidelines are aimed at providing clear instruction for staff and families in supporting children's health and well being and request that parents support this framework.**

**Lunchtime is a significant part of a child's full day attendance and we ask that parents/carers provide healthy food options for their child's lunch box.**

**Foods we recommend include:**

Fresh fruits/vegetables	Dry savoury biscuits
Cheese	Dried fruit
Yogurt	Fruit muffins/cakes
Pikelets	
Sandwiches with healthy filling	

**Foods we do not recommend:**

Fruit roll ups  
Chips  
All confectionary (chocolate and lollies)

**Foods not allowed:**

Nuts and nut spreads (allergy aware centre)

**Children are asked not to share food at preschool to avoid possible health risks.**

**Drinks**

**WATER ONLY PLEASE**

Cordial, juice, milk drinks and soft drinks are not to be sent to preschool.

**Allergy Aware**

Mt Pleasant and District Kindergarten is an Allergy Aware centre and we have ***an Allergy (and anaphylaxis) aware Policy*** in place.

We actively support the inclusion of children with food allergies and intolerance

The policy states:

***In order to protect children with allergies to peanuts and similar nut products, Mt Pleasant and District Kindergarten has a policy that no food containing nuts should be brought into the centre.***

***Products that contain nuts include peanut butter, Nutella, fruit and nut bars, chocolate bars and any other product that have nuts listed in their ingredients. This does not include products that contain the warning 'may contain traces of nuts.'***

### **Special Occasions**

At Mt Pleasant and District Kindergarten children have a healthy fruit break everyday that is sporadically supplemented with cooking activities and 'treats'. We aim to help children learn that if we have regular healthy eating habits, the occasional treat is OK.

Children's birthdays are celebrated with the "Happy Birthday" song and parents can supply a fruit platter if they wish. Please do not send birthday cakes or other food treats to preschool.

# Hot Weather & Sun Protection Policy

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Policy ID No. PO4/4638



**Government of South Australia**

Department for Education and  
Child Development

## DOCUMENT CONTROL

**Managed by:**  
Preschool

**Responsible position:**  
Director

**Version:**  
3

**Approved by:**  
Staff

**Date approved:**  
13/11/2017

Governing Council

13/11/2017

**Next review date:**    **November 2018**

## **Purpose**

The policy recognises that children are at greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences.

The policy recognises that sun protection is important to minimise the impact from heat and sun exposure of young children.

## **Our centre**

- provides play spaces conducive to safe play in hot weather.
- promotes positive attitudes towards skin protection including healthy exposure to Vitamin D.
- develops lifestyle practices and an awareness of the need to reduce the level of exposure to the sun.

We support this through our educational program and through modelling good practice.

## **Protective Hats**

Children and staff are required to wear a suitable hat that effectively covers face, neck and ears – a **wide brimmed hat** is required **not caps during term 1, term 2 until week 4, from term 3 week 4 and term 4**. (Term 2 after week 4 until Term 3 week 4 warm hats may be worn when the weather turns cold and broad brim hats can be accessed if needed)

Parents/Caregivers are also encouraged to wear appropriate hats when involved in Pre-school activities.

**We have a “no hat, no outside play” saying that is implemented during term 1 and 4.**

## **Protective Clothing**

**Children and Staff are required to wear clothing that covers majority of their bodies eg no singlet straps or midriff tops permitted. We require all tops worn to have sleeves in them.** The Cancer Council of SA currently recommends shirts/dresses be worn with sleeves and collars and longer style shorts/skirts etc.

## **Indoor Activities**

We use air conditioned areas for indoor play.

## **Outside Activities**

We use shaded areas as much as possible for outdoor play.

During peak UV times, outside play times are minimised, and children are encouraged to complete activities under shaded areas or inside.

## **Sunscreen**

From the beginning of Term 3 through to end of Term 1, the centre will implement the supervision of children attending our program reapplying sunscreen 20 minutes prior to going outdoors for their afternoon preschool session. Children will be assisted in independently applying their own sunscreen.

We ask that parents/caregivers apply sunscreen to your child prior to their session, as **we do not encourage it to be in children's bags**.

**It is not the responsibility of the centre to apply sunscreen to children attending half-day sessions.** Sunscreen is available at Kindy for use.

The centre will provide SPF 50 plus sunscreen with UV-A and UV-B protection by the Cancer Council.

If you do not wish your child to be offered sunscreen, it is your responsibility to notify the Centre.

Children who require their own sunscreen will need to be provided with their own individual sunscreen in its original container labelled clearly with their name. This sunscreen will then be stored safely and given out to children when required.

Families are reminded of this policy at the end of Term 3 and again in Term 1 to reinforce our SunSmart message.

For further information please go to the DECD site:

<http://www.decd.sa.gov.au/childrensservices/pages/earlychildhoodreform/sunprotection/>

# Medication Procedure

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Policy ID No. PO5/4638



**Government of South Australia**

Department for Education and  
Child Development

## DOCUMENT CONTROL

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## IF NECESSARY FOR STAFF TO ADMINISTER MEDICATION

- An authority to administer medication form must be provided with Doctor or Pharmacist signature, when this is not possible an Interim 24 Hour Parental Authorise Medication authority can be used.
- Parent/Carer to complete first half of Medication Record on arrival
- Staff and witness to complete second half of Medication Record after medication administered

(In almost all circumstances, medication can easily be given to children by Parents/Carers, out of Preschool hours e.g. 3 times a day – morning, after Preschool, bedtime)

## ASTHMA MEDICATION

- Doctor and parents/carers to complete and sign Asthma Care Plan, Medication Plan and Individual First Aid Plan if required
- **ALL FORMS TO BE COMPLETED BEFORE CHILD STARTS OCCASIONAL CARE/PRE-ENTRY/PRESCHOOL – This is a legal requirement**
- Forms/information to be clearly named and kept in Medication Folder
- Medication to be kept at Preschool during session time
- Asthma SA and Preschool Staff believe that if a child needs to use a nebuliser during Preschool hours the child is not well enough to be attending Preschool that day

## EXCEPTION TO AUTHORISATION REQUIREMENT

- Medication may be administered to a child without an authorisation in case of an anaphylaxis or asthma emergency

**ALL medication to be in original container, have an original label and not be out of date.**

All medication to be kept in First Aid cupboard above sink in kitchen unless refrigeration needed, where it then will be placed in the top of the refrigerator door/ locked box. On total fire ban days medication to be kept in Bushfire Emergency bag.

When a child is enrolled at the centre with a medical condition the following forms are required to be completed prior to attending the centre:

### **Asthma:**

Asthmas Care Plan, Medical Information & Health Support Plan

### **Severe Allergy (Anaphylaxis):**



Allergy Care Plan (Including Anaphylaxis), ASCIA Action Plan for use with Anapen or EpiPen, Health Support Plan

**Allergy:**

Allergy Care Plan (Including Anaphylaxis), Health Support Plan, Action Plan for Allergic Reactions

**Food Allergy:**

Allergy Care Plan, Action Plan for Allergic

**Food Intolerance:**

Modified Diet Care Plan, Health Support Plan when diagnosed by a doctor

Undiagnosed by a doctor the site will support and respect families request

**Other Medical Conditions**

All other medical conditions will require the relevant form as well as a Health Support Plan.

Refer to website:

[http://www.decd.sa.gov.au/speced2/a8\\_publish/modules/publish/content.asp?web=special\\_ed2&group=health&id=forms](http://www.decd.sa.gov.au/speced2/a8_publish/modules/publish/content.asp?web=special_ed2&group=health&id=forms)

When this policy is updated, use above website to update relevant medical forms held in Medication folder.

**Risk Assessment**

The completion of the Health Support plan indicates that a risk minimisation form for education, child care and community support services has been completed.

All children who have a medical condition staff will complete a medical condition alert with the child's current picture attached and place in the kitchen in the first aid cupboard. This is to alert all staff and volunteers of current medical conditions relating to children.

Communication of Changes to current plans

All families can see a staff member to change their current medical requirements at any time.

For further information please go to the DECD site:

[http://www.decd.sa.gov.au/childrenservices/pages/policies/NQF\\_policies](http://www.decd.sa.gov.au/childrenservices/pages/policies/NQF_policies)