



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

## Newsletter

Week 9 Term 1 2021

Dear parents, carers and families,

It is now Week 9 and this week we are looking forward to hosting our first parent workshop as part of our Read, Sing, Talk and Play early literacy workshop series. These workshops are being held between March and August and are designed to help parent with everyday literacy at home. These workshops are part of our 2021 improvement goals which are documented in our Preschool Quality Improvement Plan. Our plan is available on our website if you would like to read all the details! Here is the link [Preschool Quality Improvement Plan](#).

**Governing Council meeting** We held our first Governing Council meeting on 16 March. The Governing Council participated in a short induction, considered the policy review schedule and approved the budget for the year. It is a requirement that Governing Council members undergo a Working With Children Check as well as completed training in Responding to Abuse and Neglect Training for Volunteers. The Council will meet 8 times this year and the next meeting is on Tuesday 6 April. If there is any matter you like to be addressed by the Council please feel free to email your item to [Kathryn.jordan727@schools.sa.edu.au](mailto:Kathryn.jordan727@schools.sa.edu.au).

**Term 1 Summaries** In week 11, parents/carers will receive a summary of your child's first term at preschool. The summary will provide information about how your child has settled into preschool and also contains the goals that were set through the goal setting meetings in Week 6. We look forward to sharing this information with you and welcome your feedback.

**Children's Centre Programs** Did you know that in addition to preschool our centre offers a wide range of programs for children, families and the community? We offer occasional care for children under 4 as well as playgroups. Soon we will be adding a baby playgroup in response to public demand. We also host programs offered by other agencies such as the Women's and Children's Hospital and SA Health. Every term we publish a full timetable which is on the notice board in the foyer and it is available on our website at this link [Term 1 program timetable](#).

**Immunisation** As part of the requirement for children to be fully immunised to access preschool and occasional care, children who are due for their four year old vaccination have recently received a reminder to provide an updated immunisation statement to us. Children must have their 4 year old immunisation prior to turning 4 years, 8 months and any child who is not immunised by the age must be excluded from preschool. For more information please see information from SA Health [Immunisation and Early Childhood Services](#).

**Family Night** Family nights for the Cassowary and Emu groups will be held on Tuesday 30 March and Wednesday 31 March respectively from 5.30-6.30pm. Family night is a casual gathering and an opportunity for families to get to know each other. Please bring along a picnic rug or chairs and food and drinks for your family. To ensure that this event can go ahead in a COVID safe manner, we can only allow two adults per child to manage numbers and all attendees must RSVP so we can manage our numbers. Families are asked to practice physical distancing while at the event.

Regards, Kathryn.

Term 2 starts  
**TUESDAY**  
**26 APRIL**

### TERM 1 DIARY DATES

#### Week 4

##### **Preschool fees are due.**

Term 1 invoices have been placed in your child's information file.

#### Week 5

##### **Annual General Meeting**

Thursday 25 February 6.30pm

#### Week 6

##### **Parent:educator goal setting meetings**

**Monday 1 March—**

**Wednesday 3 March**

#### Week 7

##### **Adelaide Cup Public Holiday**

Monday 8 March

##### **Pupil Free Day (no preschool)**

Thursday 11 March

#### Week 9

##### **Chitter Chatter, The Importance of Oral Language**

Workshop 6.30-8.30pm

Monday 22 March

#### Week 10

##### **Cassowary Family Night**

Tuesday 30 March 5:30-6.30

##### **Emu Family Night**

Wednesday 31 March 5:30-6.30

##### **Good Friday**

Friday 2 April

#### Week 11

##### **Easter Monday**

Monday 5 April

**Term 1 Learning Summaries this week**

**Last day of Term 1**  
**Friday 9 April**

## School Tour Dates

### Upcoming school tour dates

#### Lockleys North Primary School:

- 24 March
- 26 May
- 23 June
- 18 August
- 15 September
- 3 November

All tours are 9.45-10.30am

Book with the school office on 8443 5544.

#### Lockleys Primary School:

- 25 March
- 20 May
- 17 June
- 12 August
- 9 September
- 4 November
- 2 December

Contact the school to book on 8443 6103.

## CURRICULUM UPDATE

### Weeks 8 and 9

In weeks 8 and 9 the children will be working with *Giraffes Can't Dance* and our focus words **MUNCHING, CLUMSY and MIRACLE**. The children have had many interesting thoughts about what miracle means—perhaps you can ask your child! As part of our exploration of this book, the children have been enjoying expressing themselves through dance and drumming. One important concept of this book is the idea that everyone is special in their own way and can dance to their own drum.



### Monarch Butterflies

Our lovely monarch butterflies have transformed before our eyes and the children have delighted in releasing the butterflies into our garden. Have you seen the children's wonderful caterpillar

observational drawings and paintings? They are on the preschool windows and reveal just how much the children have learned about them. We have a few butterflies left to release and I wonder what we will have next?!

### Focus Book

Our focus book for weeks 10 and 11 is *We're Going on a Bear Hunt* by Michael Rosen and Helen Oxenbury and our focus words are **WAVY, STUMBLE and FURRY**. We are looking forward to having lots of fun with this book and it is already well known and much loved by the children.

### *We're Going on a Bear Hunt*

Michael Rosen Helen Oxenbury



### Phonological awareness

This fortnight we'll continue our work on beginning sound 'm' and also introduce the 's' sound. The children are also working on blending the beginning sound with the rest of the word. We'll also start to work on rhyming and alliteration. To support children to develop these skills we provide focused activities at our group times and also offer small groups and one to one activities where that is required. We aim to ensure that all children develop these important pre-reading skills.



### REST AND SLEEP PROCEDURE

#### Rationale

Lockleys Children's Centre will take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

#### Scope

This procedure is consistent with the following requirements:

Education and Care Services National Law and Regulations [Regulation 81 Sleep and Rest](#)

Department for Education Safe sleeping for infants and children Procedure August 2017 [Safe Sleeping for Infants and Young Children Procedure](#)

Safe infant sleeping standards policy directive (SA Health) [Safe Infant Sleeping Standards](#)

Red Nose <https://rednose.org.au/section/safe-sleeping>

Kidsafe SA safe sleeping recommendations <https://kidsafesa.com.au/safe-infant-sleeping>

#### Children of all ages

- A quiet place will be offered for rest and sleep and will also allow for a calm play experience.
- Children are to sleep and rest with their face uncovered.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Educators will supervise sleeping and resting children. This involves checking/inspecting sleeping children at regular intervals, and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin.
- Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

#### Babies and Toddlers

We follow the Department for Education's safe sleeping for infants and young children procedure which includes:

- Always place infants under 12 months to sleep on their back from birth; never on their tummy or side.
- Where a cot is provided, the cot meets the Australian Standard for cots and portable cots, positioned away from blind-cords and other hazards. Ensure the mattress is firm, clean, well fitted and flat (not elevated or tilted).
- Place infants with:
  - feet at the bottom of the cot
  - their head and face uncovered
  - bedclothes tucked in securely so bedding is not loose, or in a safe sleeping bag (that is the correct size for the infant with a fitted neck, arm holes (or sleeves), and no hood, so that the infant cannot slip inside the bag and become completely covered). Ensure the bedclothes or sleeping bag are appropriate for the season to avoid overheating.
- Ensure sleeping environments are assessed to identify and remove all potential hazards. Hazard considerations include:
  - cots must be kept away from hanging cords, mobiles, electrical appliances and curtains. Beds and cots must have an unobstructed gap, end-to-end and side-to-side, to enable free movement by an educator
  - cots must be positioned away from heaters to reduce the risk of an infant overheating
  - amber teething necklaces and bracelets, other necklaces/chains, string beads, hair bands and clips (eg any object that may detach and become a choking hazard) must be removed
  - infant products must be appropriately maintained (eg no loose or sharp edges in cots)
  - bedclothes must be clean and hygienic
  - infants must not be 'propped up' with a bottle to settle unsupervised (due to it posing a choking risk)
  - if families choose to use a dummy, the dummy must comply with the Australian mandatory standard AS 2432:1991, have no unsafe decorations and never be tied around an infant's neck.

- Prams, pushers, bouncinettes and rockers must not be used unsupervised or as a sleeping environment for children.
- In circumstances where a family request a sleep practice that varies from the recommended practices due to medically indicated reasons, departmental health support planning policies and procedures are to be followed. A health care plan authorised by a medical practitioner that clearly outlines the safest sleep practices to be implemented for the child is required.
- All sleeping babies and toddlers are checked at 10 minute intervals. The sleep checks are recorded and initially by the rostered supervising educator.
- If a medical condition exists that prevents a baby from being placed on their back, the alternative practice will need to be confirmed in writing to the Coordinator of the service, by the child's medical practitioner.
- If a baby is wrapped when sleeping, consideration will be given to the baby's stage of development. Educators will leave their arms free once the startle reflex disappears at around three months of age, and discontinue the use of a wrap when the baby can roll from back to tummy to back again (usually four to six months of age). We use lightweight wraps such as cotton or muslin as per the Red Nose Safe Wrapping Information Brochure.

### Need some help with your pre-schooler's sleep?

The Raising Children website has some great tips! For more, visit the website <https://raisingchildren.net.au/preschoolers/sleep/understanding-sleep/preschooler-sleep>

#### HOW CAN I MOVE MY CHILD'S BEDTIME TO AN EARLIER TIME?

To help your child fall asleep earlier, start with your child's current bedtime and change it gradually by starting the bedtime routine 15 minutes earlier about every two days. Most children will fall asleep within 20 minutes of going to bed. If your child is lying awake in bed for more than 20-30 minutes after lights out, you might need to keep bedtime at the same time for a couple of weeks before making it earlier again.

#### HOW CAN I GET MY CHILD TO SLEEP IN THEIR OWN BED?

Here are some ideas to help your child fall asleep in their own bed:

- Set up a regular bedtime routine – for example, bath, story and bed.
  - Check that your child's bedroom is dimly lit and quiet enough.
  - Encourage good sleep habits during the day – for example, getting plenty of sunlight and exercise.
- [Praise your child](#) when you notice they're trying to make changes to sleep patterns. You could also try a [reward chart](#) to encourage the bedtime behaviour you want.

If you're planning to make changes to your child's bedtime routine and sleep habits, it might help to explain your plans to your child first. Be consistent with sticking to the plan.

#### HOW DO I DEAL WITH MY CHILD'S FEARS AND WORRIES AT BEDTIME?

You could try [sleep relaxation strategies](#) to handle bedtime worries. For example, talk about your child's fears together or get your child to try writing their thoughts in a journal. Breathing and muscle relaxation exercises might also help

#### HOW DO I STOP MY CHILD FROM CALLING OUT AND GETTING OUT OF BED AT NIGHT?

If your child is [calling out and getting out of bed](#) a lot, it can help to do a bedtime check that your child has done all the things that might cause calling out later. Has your child had a drink? Been to the toilet? Brushed teeth? Once your child is in bed, let your child know that you expect them to stay quietly in their bed until sleep comes. But al-