## **HEALTH & WELLBEING**

At Warradale we teach the children skills to help them regulate their bodies by teaching self-awareness and relationship techniques.

We also teach the children strategies to manage their emotions, recognising their feelings and those of others.

Our curriculum includes teaching the Child Protection Curriculum and strategies and conflict resolution skills.

## **ILLNESS**

Please keep children at home when they are ill. If sent to Kindergarten your child will not be able to fully enjoy and participate in the session and they may also pass on their illness to others.

If your child is ill do ring the staff so that we can warn other parents.

We appreciate a telephone call before the session begins if your child will be absent.

You can also leave a message on the answering machine before 8:15 am or after 3:30pm.