



Yumalundi. Welcome to term 3 at Macgregor Preschool School. We hope everyone had a safe, warm and restful break. This term we will be supporting the children in developing social skills for small group play, learning activities and games. We will assist the children to develop their sense of wellbeing by exploring emotions using the 'Zones of Regulations' colour system to identify different emotions. Children will be guided to develop a range of strategies to assist them to get back to the 'green' zone when they experience emotions, such as anger, frustration and worry. Each day children participate in structured group times. During group times the children share ideas, discuss topics of interest, play games, participate in music and movement and engage in literacy and numeracy experiences.

Preschool Learning Program

Our programs will continue to be posted to Seesaw. Photos/videos of learning will also regularly be shared to your child's journal.



Clothing reminders

As the cold, wet weather continues, we will provide opportunities for the children to explore the outdoor environment. If your child owns gumboots and a raincoat, we encourage them to bring these items along to school. A full set of spare clothes in their bag is also encouraged. If any spare Macgregor preschool clothing has been borrowed, we kindly ask that it be laundered and returned to the classroom teacher.

Hats are back on in August. 1.



Preschool Maths Bags

This maths learning opportunity is to inspire curiosity, connection, and fun. It is a great resource designed to assist parents and carers to help their preschool aged children to investigate and learn powerful mathematical ideas through play.

Incidental conversations that occur when observations have been made in our environment can promote a positive disposition to learning mathematical knowledge and skills.

Please just simply take a few minutes to engage with your child and Notice, Explore and Talk About mathematics, using the maths bag contents as a conversation starter.



Mindfulness

Learning groups will be participating in Mindfulness and relaxation / rest sessions throughout their day. Some of the experiences may include listening to calming music, browsing books while laying on a cushion, practising yoga, bringing awareness to breathing and being in the moment, guided imagery and other practices to relax the body and mind.

Library

Guginya / Lyndsey – Monday
Gudamang / Kellie – Tuesday
Walga / Jess – Thursday
Buru / Lyndsey – Friday

During library sessions we will continue to work on developing library skills, such as locating books, returning and re-shelving books, listening and engaging with books. We have been working towards visiting the library as a whole class in preparation for kindergarten next year.

Car Park Safety

Ways to keep safe in the carpark area:

- park in parking bays only
- always hold the hands of children

Healthy Lunchboxes and Allergies

Thank you for continuing to pack a variety of healthy food in your child's lunchbox each day and providing a water bottle we can refill with water as needed. To keep all students safe, please assist us by not **packing any nut, kiwi fruit or seafood (fish, prawns, tuna) products.**



Illness

We kindly ask that you keep your child at home if they show any signs of illness. We will make contact with you through the day if your child becomes unwell.

National Science Week

National Science Week is happening from 19 -25 August this year. The theme this year is *Innovation: Powering Future Industries*. We have some exciting things planned for pre-school. Stay tuned for more details. There are some great ideas for activities to engage in at home here: <https://www.scienceweek.net.au/>.

National Book Week

The Children's Book Council of Australia's Book Week is happening from 20-26 August this year. The theme for this event is *Read, Grow, Inspire*. We will be hosting a book week parade during this week, so this is your reminder to get busy to make and create a costume of your favourite character! There is no expectation to purchase a costume. Sometimes the things we collect at home are perfect to make a costume.

Sunscreen

From the 1st August please remember to apply sunscreen each morning before coming to preschool. We will prompt children to reapply during the day

