Kindergarten 2023

Information Booklet

Sutherland Dianella

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Sutherland Dianella Primary School Kindergarten Program

Welcome parents and children to our Kindergarten at Sutherland Dianella Primary School, located at 5 Sutherland Avenue, Dianella. We hope this will be a happy and rewarding beginning for you and your child in your association with our school. This booklet is for your information to let you know all about the Kindergarten year. Please do not hesitate to ask any questions regarding information in this booklet or about any aspect of the programme. We look forward to establishing partnerships with parents/guardians so that together we take on the responsibility of teaching and guiding your young child.

Play and the Kindergarten Program

Purposeful play is a powerful medium for learning. Children need opportunities to choose from a wide variety of activities, materials and equipment that will stimulate, challenge and involve them in interesting tasks. Experiences that we plan for the children will be open ended so that they can explore, create, change, build, construct, deconstruct, discover and investigate for themselves.

The main aim of our programme is to make your child's first contact with school a happy and satisfying experience, which will help to establish positive attitudes towards learning. We aim to encourage the development of your child's confidence, concentration, social skills, and oral language skills to foster their imagination and creativity, and help build their self-esteem. By providing a rich variety of experiences, we feel the Kindergarten year will help to form a broad base on which to build your child's formal learning.

The Kindergarten programme revolves around learning centres so that the children are able to make their own choices about where and how they will play. This also enables us to meet the needs of all the children and enhance individual learning styles as children go about their play-structured day. Within the programme, structured activities are offered to increase participation.

Not only are these aims and objectives part of our philosophies of teaching, they are renowned as world's best practice and are embedded in the Curriculum Guidelines, The Early Years Learning Framework, The National Quality Standards and the Western Australian Curriculum. These documents outline what children should know, understand, value and be able to do at their own level of development.

Early Years Learning at Sutherland Dianella Primary School

Provides all students with an opportunity to develop, learn and succeed in a holistic capacity.

Nurtures relationships between staff, students and parents to ensure a respectful, inclusive and supportive learning environment.

Supports children to celebrate their individuality and cultural differences to develop a sense of belonging and wellbeing.

Recognises that children learn best through quality meaningful experiences which are hands on, child centred and interest based.

Creates a foundation for each child's learning and development through intentional and purposeful planning, teaching and assessing.

Leadership Team

Principal	Mr Blake Ingersole
Deputy Principal	Mrs Tricia Mitchell and Mrs Janelle White
Learning Support Coordinator	Mrs Tricia Mitchell
School Psychologist	Ms Zoe Robson
Manager Corporate Services	Mrs Leonie Malkovic
School Officer	Ms Debra Mortimer
Library Officer	Ms Georgia Johnson

Kindy Staff

Teacher	Miss Olivia Wells
Teacher	Mrs Chrissie Hatzon
Education Assistant	Mrs Linda Field

Early childhood trained teachers staff the Kindergarten along with an educational assistant who supports the teacher in developing and implementing the teaching and learning programmes.

2023 School Term Dates

Period	Start	Finish
Term 1	Wednesday 1 February	Thursday 6 April
Term 2	Monday 24 April	Friday 30 June
Term 3	Monday 17 July	Friday 22 September
Term 4	Monday 9 October	Thursday 14 December

2023 School Development Days

30 January 2023

31 January 2023

2 June 2023

17 July 2023

9 October 2023

** Students do not attend school on these dates.

Personal Items, Contributions and Charges for Kindergarten

Parents will be notified of the Contributions and Charges for Kindergarten 2023. A Personal Stationery Items Usage list has been supplied to all families. The only items that need to be named are the A3 folder and books.

Voluntary contributions can be paid by Qkr! or Eftpos at the Front Office during normal office hours, or through the Personal Stationery Items Usage list.

Payments

All payments to the school are to be made via the Qkr! App (pronounced 'quicker'). Qkr! can be used on smartphones, ipads, tablets, laptops and desktop computers. Qkr! is a Mastercard product and comes with all of their security. Qkr! will assist our school community by:

- saving time by allowing parents/guardians to pay for school activities at any time of day or night, every day of the year
- reducing the need for students to bring cash to school
- save parents visiting the Administration to pay by credit card
- save parents time completing the details on medical information, permission slips and payment envelopes
- reducing paper consumption
- You will receive the information note regarding excursions and payments via Connect. Medical information and permission details will be submitted by Qkr!

Session Times

Sutherland Dianella Primary School Kindergarten caters for two groups, with classes consisting of five full day sessions per fortnight. We will provide a calendar with each group's attendance days clearly marked.

Classroom doors open at 8:25am with formal instruction commencing at 8.40am. School concludes at 3.00pm each day, except Wednesday which is an early school closure at 2.35pm.

Kindy Group	Days	Wednesday Weeks
A	Monday Tuesday Wednesday (alternate weeks)	1, 3, 5, 7 and 9 of each term
B	Wednesday (alternate weeks) Thursday Friday	2, 4, 6, 8 and 10 of each term

Regular attendance provides the best possible basis for your child's readiness for formal schooling.

Parent Information Session

An information session will be held in the morning and afternoon within the first three weeks of Term One in 2023. Please note:

1. A non-interruption policy is in place from 8:40am – 11:00am each morning.
2. There will be no phasing in of Kindergarten Sessions. Students start at full days from day one.
3. Early school closure every Wednesday at 2:35pm.

What Your Child Will Learn

In Kindergarten we will provide opportunities for your child to:

- Achieve the Principles and Practices of the Early Years Learning Framework for Australia and values as outlined in the Western Australia Curriculum Guidelines.
- Express themselves.
- Make friends and socialise in groups.
- Help each other and to respect others' rights.
- Learn to appreciate others' feelings and accept own feelings.

- Encourage self-creativity and expression.
- Further develop self-confidence, independence and to give them a sense of achievement in everything they do.
- Learn to be away from family.
- Learn to interact with adults.
- Learn to interact with small and large groups of children.
- Learn to share and co-operate.
- Learn to take turns.
- Learn simple rules and routines.
- Learn to complete a task or activity.
- Learn to listen.
- Learn to question and answer.
- Learn to make choices.
- Learn to be independent, but not afraid to ask for help.
- Learn to share their family and experiences with others.
- Learn many skills and concepts and be exposed to an environment rich in language experiences.

Parent Responsibilities

- Keep in touch with the teacher on matters concerning their child's development.
- Please read the parent notice boards outside of learning areas.
- Make appropriate appointment times to discuss your child's development.
- Notify teacher of any changes to the normal routine within the home situation. Such changes can affect the child's attitude and emotional well-being.
- Assist with parent help roster where possible.
- Adhere to drop off and pick up times.
- Notify teacher of any ongoing illness or allergy – complete the appropriate forms at the School Administration.
- Before and After School Care – notify and complete appropriate forms at the School Administration.
- Notify teacher if your child is receiving ongoing therapy from another professional. eg Speech Pathologist and provide copies of any reports associated with this.
- Participate in busy-bees, working bees and whole school activities.
- Consider joining the school P&C as the Kindergarten programme benefits from their support.
- Accompany your child to and from the Kindergarten classroom. Please note your child is not to be dropped off at the Kindergarten gate.
- Allow your child to be responsible for carrying their own bags and unpacking their fruit and water bottle for their session.
- Ensure that teachers are notified of any changes to telephone numbers and addresses or emergency contact people as they occur.
- Engage in a morning routine with your child e.g. name writing, puzzles, stories.

Parent Involvement

Parent involvement provides continuity for the child between home and Kindergarten, therefore parents are encouraged to participate and assist in the Kindergarten in whatever capacity they are able. A voluntary roster for parent help during Kindergarten sessions will be displayed on the noticeboard at the beginning of each Term. Rosters will not begin until Term Two. Please write your name against a date(s) that suits you. Your child loves you to be involved and in this way, you can be a part of the learning experiences we provide in the Kindergarten.

We would like to invite parents from all cultures to join in classroom activities so that we can honour each child's home culture and language.

Remember grandparents and other family members are also welcome to join the roster.

If you have a special skill or talent that you would like to share with the children, for example, carpentry, story-telling, playing a musical instrument or speaking another language, let us know and we can arrange a suitable time and date for you to come to the Kindergarten.

Drop Off and Pick Up

Children must be left in the care of a staff member and under no circumstances be left to enter or exit the Kindergarten classroom alone. Parents are encouraged to spend some time settling their child into the classroom setting each day. Children will not be released at pick up time until an authorised adult comes to the classroom door. Please notify us in writing (please see the collection book at the classroom entry) if someone other than yourself is to pick up your child. If the other adult is unknown to staff we will ask for identification, e.g. drivers license.

Please note: Older siblings are not permitted to collect children from Kindergarten under any circumstances.

If you are unavoidably late, please telephone staff on 9268 8600 so that we can reassure your child.

Unless there is a **Restraining Order** or a **Sole Custody Order from the Family Court** or **other legal requirements**, we are unable to refuse the legal parent or guardian the right to access the child. The school must be shown the **original** document, so a copy can be made.

Day Care staff are expected to adhere to the drop off and pick up procedures in your absence. Please remind them of their duty of care obligations and your expectations. Day Care staff are not to drop children off at the Kindergarten gate.

Kiss and Drive

Once your child is settled in Kindergarten, you may wish to consider using the staffed Kiss and Drive on Sutherland Avenue. See the school website for more information.

Communication

There are many ways we may contact you with important information.

School App – Connect Now

The school uses an app called Connect Now to send out reminders and general updates. For more information on how to use Connect, please check the school website.

Attendance

If your child is going to be absent, please SMS the school on 0437 484 342.

Attendance information can be sent to the school via email info@sdps.wa.edu.au or telephone 9268 8600.

You can also use the Absentee form on the school website *www.sdps.wa.edu.au/absentee-form*, to notify us of any absences.

Email

The school will send information home by email about coming events, class newsletters and school news. Please check your emails regularly and keep your email address details up to date.

Newsletters

The newsletter (SDPS Times) is emailed out in Week 5 and Week 10 of each term. It is designed to keep parents/carers aware of all current and future happenings. You must be subscribed to received it. You can do this via the school website www.sdps.wa.edu.au/subscribe-newsletter.

Classroom Noticeboard

The notice boards outside each class will have daily notices and information. Please check these regularly.

Face to Face Chat

Teachers are available for a quick chat and exchange of information about your child at the beginning and end of the day. If you need more time to discuss something with the teacher, please make an appointment.

Facebook

SDPS is also on Facebook www.facebook.com/Sutherlanddianellaprimaryschool

Additional information may be found on the school webpage www.sdps.wa.edu.au.

What to Bring to Kindergarten

- A child's carry bag or backpack containing a change of clothes, in case of accidents. The bag needs to be easily managed by the child and large enough to hold the clothes that may come home. Please ensure all bags are **CLEARLY NAMED**.
- A school hat, (broad brimmed, as per our Health Policy/Sun Smart status), clearly named, that will remain at school. (Hats are available from our school uniform supplier, Uniform Concepts). Our school policy is "NO hat - NO play" therefore children without hats will not be permitted to play in the sunshine. If you wish your child to use sunscreen, please apply it before they come to school. Sunscreen is also available in classrooms.
- A piece of fruit for Crunch and Sip, packed in a container in readiness for Crunch and Sip time (please refer to "Crunch and Sip" section in this booklet). Please remember that we are a Nut Aware School and ask that children do not bring food such as Nutella or Peanut Butter etc to school.
- A packed lunch (for example a sandwich, drink and a piece of fruit) that can be managed individually by your child. Parents are encouraged to support the school Health Policy by providing a healthy lunch for their child.
- School uniform is encouraged. All individual items of clothing should be clearly named.
- Sneakers or sandals. No slip-ons please.
- Water bottle (squirt top), as per our Crunch and Sip policy clearly named to be bought to school each day. Please note: no cordial or juice.
- Personal stationery requirements to be brought to school on the first day.

Paint on Clothing

Many of our activities are messy and the children often get their clothes dirty despite the use of painting aprons. The paint we use is machine washable and should wash out in COLD water.

DO NOT USE STAIN REMOVING SPRAYS OR HOT WATER AS THEY CAN SET THE PAINT.

Children's Possessions

The Kindergarten has a variety of equipment, toys and games for the children to use each day. Children should not bring any toys or personal, precious items to school unless they have been requested for news.

Parents please check with the teacher if you are unsure. Precious items from home can be accidentally damaged, broken or lost which can be very distressing to the child concerned.

Please ensure that children do not wear jewellery to school as such items can easily be damaged or lost.

Canteen

The Canteen is open on TUESDAYS, WEDNESDAYS and FRIDAYS during school term and is open for recess and lunch.

The menu includes healthy food selections such as sandwiches, wraps and rolls with a variety of weekly specials. Drinks, fruit and frozen items are also on offer from the canteen.

Recess and Lunch can be pre-ordered via Qkr! (details on the school website) or ordered using the canteen bags in the canteen tub in the classroom. Some recess items may be purchased directly from the canteen.

You can view the latest Menu on the school website.

The canteen is operated by a canteen manager. The Canteen Manager runs the canteen with the assistance of parents who volunteer. There is a classroom roster system in place so each classroom takes it in turns to volunteer in the canteen throughout the school term.

Illness and Accidents

Children who are ill **must not attend** Kindergarten. A child who is not well can become very distressed when in a group situation. It will also help curb the spread of infection to other children and staff. Please keep your child at home if he/she is suffering any of the following:

- Head lice
- Nose/ear/eye discharge
- Weeping sores

- Diarrhoea
- Fever
- Vomiting, or has vomited within the last twelve (12) hours
- Any signs of infectious diseases i.e. chicken pox, influenza, mumps, rubella, trachoma, measles, ringworm, school sores, or whooping cough

If a child becomes ill throughout the day, a parent/guardian will be telephoned to collect the child.

If an accident occurs at Sutherland Dianella, it will be recorded in an accident book. Parents/Guardians will be notified when picking up their child of how the accident occurred and what treatment was given. If it is serious, the Parent/Guardian will be contacted immediately therefore it is **essential that mobile phone and emergency contact numbers are up to date.**

If staff have to seek medical/ambulance assistance, the school accepts no responsibility for the cost incurred.

Allergies and Medical Conditions

If your child has a medical condition (allergies, asthma, etc.) please notify the school immediately. Where necessary an Action Plan will be formulated in consultation with you and the Deputy Principal, so that if an emergency arises directions can be easily followed. This will be up-dated each year or as the need arises.

Please note that Sutherland Dianella Primary School is a Nut Aware School and this is to support students who have nut allergies.

Medication

If your child is on medication and you wish to request staff to administer it, please note the following points:

- Only requests for medication which has been prescribed by a doctor can be administered.
- All instructions for times and dosages must be in writing. Please complete the necessary documentation at the School Administration.
- A medication record will be kept for those children taking regular medication.
- Medications must be correctly labelled and handed to staff, not left in the child's bag.

Excursions and Incursions

Children will be taken on excursions throughout the year. A note will be sent via Connect to Parents/Guardians prior to the excursion with information and an authorisation form for your child to participate. These Qkr! authorisation forms must be signed, otherwise your child will be unable to attend. Excursion and Incursion information and forms are made available on Connect.

Children leaving the Kindergarten will always be accompanied by the appropriate number of adults as specified in the Department of Education's Excursion Policy. Parents may be asked to attend such excursions to help with the supervision of children.

Please note: There is a NO AUTHORISATION, NO GO Policy in force for ALL excursions and incursions.

Special Occasions

We love to celebrate birthdays, name days or other special occasions in Kindergarten. Children are made to feel special on their day, but parents are advised that cakes, lollies or gifts are not permitted at Sutherland Dianella Primary School. Parents are invited to stay for the first few minutes of our session while we sing happy birthday. Students will also receive a Birthday Certificate from the teacher.

Crunch and Sip

Crunch and Sip is a great opportunity for children to sit and chat quietly with a small group of friends. Here are just a few ideas for 'fruit' that your child might like to bring.

Cauliflower, broccoli, peas, cooked (boiled) potato, pineapple, corn kernels, snow peas, kiwi fruit, tomatoes, water melon, rock melon, sultanas, mangos, mushrooms, pears, mandarins, passionfruit, cherry tomatoes, cucumber, capsicum, dried fruit, beans, celery, apples, carrots, prunes, dates, pawpaw, radishes, bananas, strawberries, oranges, plums, apricots, grapes, lettuce, cabbage, avocado, honey dew melon, sprouts.

Please note: No savoury biscuits. No popcorn. No cheese. NO NUTS.

Recyclable Material

Early learning centres are the world's best recyclers! If you have access to various items which you think we might be able to use, please let us know. Please ensure items are clean and dry.

Some suggestions for everyday items include: plastic ice cream, yoghurt and butter containers, used greetings cards, wrapping paper, crepe paper, tissue paper, old calendars, old envelopes, glad wrap and Christmas wrapping rolls, paper or card off cuts, boxes, buttons, corks, bottle tops, plastic bags, bubble wrap, old electrical appliances (not working), old handbags, fabric scraps, ribbons, lace, feathers, scraps of foam, rubber, vinyl, off cuts of plastic hose/pipes, old jewellery, wallpaper pieces, contact, velcro, shells, assorted seeds, unused kitchen or cooking utensils, dolls and toys (in good condition), artificial/dried flowers, artificial fruit, old posters/pictures, second-hand children's books (in good condition) and any other valuable items you feel we might be able to use in the kindergarten.

Due to health regulations we are unable to use milk cartons, juice cartons, egg cartons or toilet rolls. Please check with your child's teacher regarding specific needs of the class.

School Factions

Our four factions are all named after WA Olympians.

Students will be allocated a faction when their enrolment has been finalised. Students will compete in our annual Faction Sports Carnival.

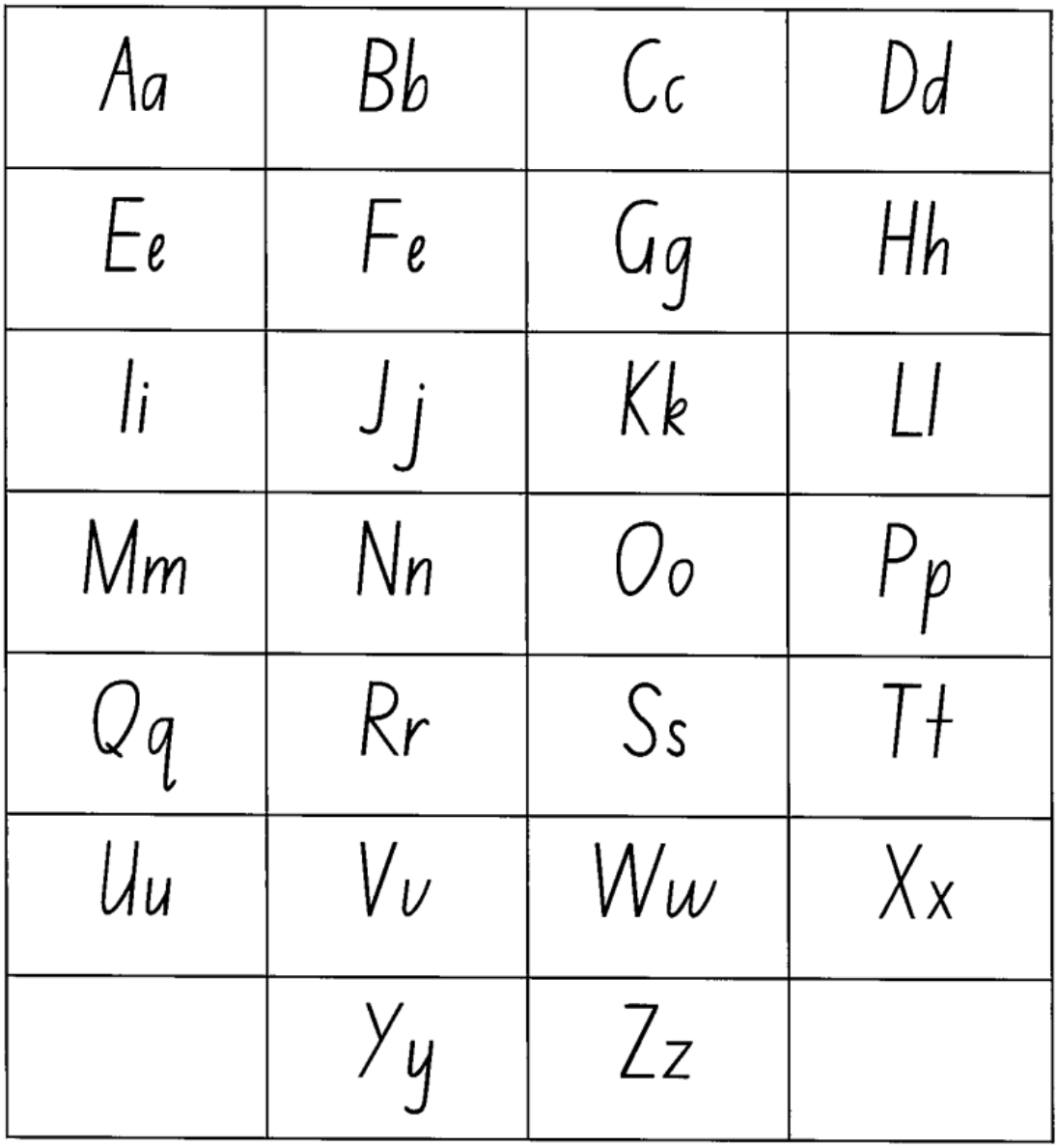
Contacting Your Child's Teacher

Please make an appointment to see your child's teacher if you wish to discuss any matters concerning your child's progress, the programme content or any other general queries or concerns.

As the Parent/Guardian you have a vital role in the education of your child. We believe that with the contribution of your skills and experiences, together we can form a vibrant and productive partnership that benefits all children.

We look forward to having your child join us at Sutherland Dianella Primary School and hope your child's time with us will be happy and enriching.

NSW Font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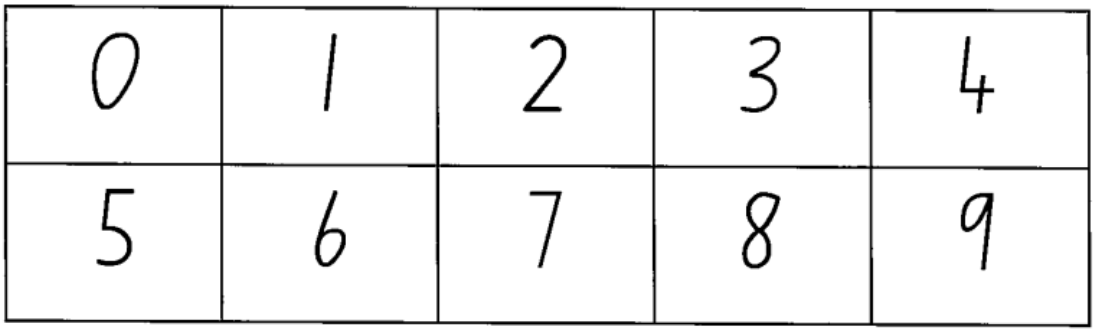
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Correct Pencil Grip

Please help your child at home develop the correct pencil grip.

This is for RIGHT handed children.

This is for LEFT handed children.

Correct Scissor Grip

Please help your child at home develop the correct scissor grip. To develop the small muscle control for cutting with scissors, children need to practice SQUEEZING things before using scissors outright. Some of these activities are useful: Squeeze and squeak toys, make and squeeze dough balls and use a spray bottle (spray water onto walls and gardens etc)

These are the appropriate grips for scissors.

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READING: LEARNING AT HOME

READING WITH YOUR CHILD IS IMPORTANT!

Reading with your child every day encourages a love of books and reading. Encourage your child to look at books regularly, and get family and friends to read with your child as much as possible. Try reading with your child for the enjoyment of spending time together – it's a great way to end the day.

It's really important to give your child lots of praise as they learn to read.

Get in the mood for reading

Children who enjoy reading at home are more likely to succeed as they learn to read at school. Try setting up a special reading time and place where you and your child can relax and be comfortable.

There are lots of things to read including nursery rhymes; story books; non-fiction books; books on dinosaurs and pets; books you make together; funny stories and poems; joke books; websites and CD books; comic books; newspapers, catalogues and magazines; recipe books; street maps; and dictionaries.

Fantastic reading books to get started:
***Hairy Maclary and friends* by Lynley Dodd**
***Koala Lou* by Mem Fox**
***Mr Gumpy's outing* by John Burningham**
***We're going on a bear hunt* by Michael Rosen**
***Annie's chair* by Deborah Niland**

Use your local library

Libraries are a treasure trove for young readers with a wide range of books, CDs, DVDs, magazines and comics. Visiting your local library is a great way to:

- share with your child how important books are
- involve the whole family in regular reading activities
- look for your child's favourite authors and illustrators
- use resources that might not be available at home, such as computers
- join in holiday activities.

You'll find more learning at home factsheets at education.wa.edu.au.

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READING: LEARNING AT HOME

READING STAGES

Role-play readers

As your child grows and develops, they begin to take an interest in books and the words they see around them.

They may start to imitate you by holding books the right way up, turning the pages carefully and pretending to read by using the pictures and their memory to retell stories. They also learn the difference between the front and back of a book, understand that words and pictures are different, and that printed words contain messages.

You can support your child by:

- reading with them every day
- encouraging and praising any attempts at pretend reading
- showing them that pictures help tell the story
- reading their favourite stories again and again – familiarity builds confidence
- not criticising them when they make mistakes – learning to read takes time!

Reading ideas

When reading with your child:

- have them look at the pictures and tell you what the story might be about
- every now and then stop and ask: *What do you think will happen next?* and *What makes you think that?* – accept their answers even if they aren't quite right

Turn off the television. It's easier for your child to concentrate when there are no distractions.

- answer your child's questions even if they interrupt the flow of the story
- make storytelling and reading fun by making sounds of different animals and changing your voice for different characters.

After you have finished reading with your child:

- talk about the story
- get them to retell the story to you
- talk about what happened and when and where it happened, for example: *Who was your favourite person in the story?*

Other reading ideas:

- **Talk about the pictures in the book and get your child to make up their own story.**
- **Visit your local library for storytelling sessions and to borrow audio books.**
- **Give your child books as presents.**
- **Encourage your child to listen for the sounds in words they recognise, for example *sh*.**
- **Get your child to look for letters they may know such as letters in their name.**

You'll find more learning at home factsheets at education.wa.edu.au.

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WRITING AND SPELLING: LEARNING AT HOME

WRITING AND SPELLING ARE IMPORTANT!

Speaking and listening are the foundations on which writing, spelling and reading are built. Your child develops these and other skills when they attend Kindergarten. As they build their speaking and listening confidence, they start to learn about writing.

What can I do?

- Read with your child regularly. Explore words and books together, and involve them when you are writing.
- As you read together, talk about the words you read. For example, rhyming words like: *bat* and *cat*, and talk about the sounds made at the beginning of words.
- Encourage your child to help you write notes, emails and shopping lists. Set out paper and pencils so they can try writing with you.
- Play word games together such as matching the name of an animal to the picture.
- Display letters and drawings your child has created. Write them notes such as: *I'm very proud of you!*

If your child speaks another language or dialect, they need time to hear the sounds of the English language. It may take up to two years or longer for them to hear and say all these sounds.

Turn off the television. It's easier for your child to concentrate when there are no distractions.

- Help your child recognise their name. Start by asking them to listen to the first sound in their name.
- Talk about the first letter of their name. Encourage them to look for that letter in other places. Help them write the letters in their name.
- When you make dinner ask questions such as: *Can you find something in the kitchen that starts with the same sound as your name?*
- Spend time together looking for letters and words your child knows. You can do this at home, in the car, at the shops and at the playground.
- Keep the learning fun!

A child with disability usually benefits from and enjoys the close interaction and stimulation provided when they are read their favourite stories or are sung a nursery rhyme. If your child has a disability, their school supports them as they participate in activities at a level suitable to their ability. Talk with your child's teacher about appropriate tools, equipment and ideas to support you and your child.

You'll find more learning at home factsheets at education.wa.edu.au.

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WRITING AND SPELLING: LEARNING AT HOME

WRITING AND SPELLING IDEAS

Listen

Encourage your child to listen and to talk. A child who is a good speller is often a good talker.

Read together

Read alphabet books, story books and birthday cards with your child. Read and sing nursery rhymes together again and again. Point to words that easily match the pictures such as *cat* and *hat*. Help them recognise rhyming words by getting them to listen to you say them.

Being able to write and spell are processes that take time. Children learn in different ways and at different rates. Be patient and always praise their efforts – it's a big step to get little fingers to control a pencil or crayon.

Write together

Write words together. Help your child trace over letters with their fingers while you say each letter out loud.

Spelling matters

Label your child's things together, for example help them write their name in their books and on toys. This shows that spelling has meaning.

Mirror image

Have your child look in a mirror so they can see how their mouth moves. This can often help if they get certain sounds mixed up such as *f* and *th*.

Rhyming games

Play word games with nonsense words such as *puppy schmuppy*. Play rhyming games where you say the words out loud.

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NUMBERS: LEARNING AT HOME

NUMBER ACTIVITY IDEAS FOR HOME

Read together

Books are an easy and fun way to bring maths into your home. As you read, add to the fun by asking questions such as: *Who was the second person to arrive? How many people have brown hair? Who is the tallest person in the picture?* and *What page are we on?* Count the pages as you turn them.

Bath time is a great time for learning measurement through water play.

Food and cooking

Ask your child to help measure ingredients with spoons, scoops and cups. Get them to set the timer for the oven. Prepare meals together and ask questions like: *How many people are eating? How many plates and cups do we need?* and *Do we have enough forks for everyone?*

Talk about time

- Talk about the days of the week and activities that happen on certain days. For example: *On Sunday we go to visit Grandma* and *On Wednesday we do the shopping.*
- Talk about day, night, morning and afternoon activities, for example: *At night I go to bed* and *In the morning I have a shower.*
- Talk about the seasons and the months of the year, for example: *Your birthday is in May* and *We play football in winter.*

Show your child that the overall quantity of a group of objects does not change even if you rearrange them.

Put some objects in a line and ask, *How many?* Put the same objects in a group and ask, *How many?* The answer is the same.

Sport

Sport is a topic that includes maths and is easy to talk about. You can:

- point out the score on the scoreboard
- talk about placegetters in a race – first, second, third …last.

You'll find more learning at home factsheets at education.wa.edu.au.

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KINDERGARTEN

NUMBERS: LEARNING AT HOME

NUMBER GAME IDEAS

Hopscotch

Great for learning numbers and getting exercise!

Balloon tap

Count how many times you can tap a balloon to each other without it touching the floor. When it hits the floor, start again.

Dominoes

Count and match the dots.

Let your child play with blocks. You can ask questions while they play. For example: *Which block is the longest? Let's see who can make the tallest tower* and *Can you make a pattern with your blocks?*

Board games

When you play board games using dice, help your child recognise how many without counting each dot. For example: *I know that's four because I can see two and two*. Count aloud the spaces as you move in a game.

Electronic games

Include adventure games, tablet applications, web-based competitions and sporting games. Play computer adventure games with your child and ask questions such as: *How many stars will you need to get to the next level?*

Playing games such as Simon Says are great for using position, numbers and measurement. For example you could say: *Simon says hop three times* and *Simon says sit on the mat* and *Simon says stretch up tall.*

Dice games

Use two dice to help your child recognise which number is bigger, which number is smaller or which number is the same.

Card games

Great for learning numbers and learning to take turns.

You'll find more learning at home factsheets at education.wa.edu.au.

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KINDERGARTEN

NUMBERS: LEARNING AT HOME

NUMBER ACTIVITY IDEAS WHEN YOU ARE OUT AND ABOUT

In the car

There are many games you can play in the car with your child to keep them occupied:

- Count the number of cars with your child. Make the game a little more challenging by counting cars of each colour.
- Look out for and point out numbers when you are out and about, for example on signs, number plates and front doors.

In the neighbourhood

When walking around the neighbourhood with your child:

- count the number of houses in your street
- talk about *shapes*, for example: *The give way sign is a triangle*
- read and say the numbers on letterboxes.

Shopping

Keep your child occupied when shopping by getting them to:

- count the number of items in the trolley, basket or bag
- point out and look for numbers in the shop, for example, on price tags and shopping aisles
- find and group the *heavy* and *light* items when unpacking the shopping.

Ask your child questions while you are doing everyday activities so they begin to think and talk about maths from an early age.

Ask questions such as: *How many are there? Which way is it? Will it fit in there? Is there enough for all of us?* and *How big is it?*

You'll find more learning at home factsheets at education.wa.edu.au.

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KINDERGARTEN

SCIENCE: LEARNING AT HOME

SCIENCE OUTDOORS

Beach play

- Get your child to use their senses when you are at the beach. Ask them to smell the ocean air, look at the waves, feel the sand beneath their feet and taste the sea water.
- Get your child to stand on the wave line and let the waves lap against their feet. Ask them to describe what it feels like.
- Dig a hole near the wave line and see how long it takes to fill with water. Get your child to stand in the hole and describe to you what is happening.
- Gather driftwood, seaweed and shells and make designs and patterns in the sand. Ask your child to describe the texture of these objects, for example *rough*, *smooth*, *cold*, *slimy* and *sharp*. Ask your child to make up a story about where these objects come from.

Rain play

- Listen to the rain fall on different surfaces and ask your child to explain the different sounds.
- Stand with your child in the rain. Let the rain fall on your faces. Stick your tongues out and catch the rain. Ask questions such as: *What does the rain feel like?* and *What does it taste like?*
- Look at the rain clouds and ask your child to describe them.
- Watch the rain splash in puddles. Get your child to make ripples with their fingers. See if they can see their reflection. Jump in the puddles!

You'll find more learning at home factsheets at education.wa.edu.au.

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Department of Education and Training

Healthy food and drink choices in schools

GREEN
Fill the menu

AMBER
Select carefully

RED
Off the menu

Australian Better Health Initiative: A joint Australian, State and Territory initiative. *Acknowledgement NSW Health*

Tips for making healthy food and drink choices – Parents and carers

Children's energy needs for a busy day at school require them to eat a variety of foods. Factors that determine the amount children eat include age, sex and physical activity level. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day which reflect the Dietary Guidelines for Children and Adolescents.

In this state, 30 per cent of girls and 23 per cent of boys are either overweight or obese. Over their schooling life children can consume up to 2 500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.

Healthy foods allow children to:

- ✔ grow and develop
- ✔ concentrate
- ✔ have the energy to play and participate in sporting activities.

Lunches from home reflect:

- ✔ personal choice
- ✔ parental knowledge about health and nutrition
- ✔ cultural differences.

Parents and carers can support healthy food and drink choices. When making lunches at home:

- ✔ choose a variety of foods
- ✔ include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✔ include milk, cheese or yoghurt
- ✔ include some meat, fish, chicken, eggs
- ✔ go for 2 (fruit) and 5 (vegetables)
- ✔ choose water as a drink
- ✔ keep 'junk' food away from school.

Some snack ideas are:

- ✔ rice cakes and reduced fat cream cheese
- ✔ fresh fruit pieces and yoghurt dip
- ✔ plain popcorn
- ✔ small tub yoghurt
- ✔ cheese stick or triangle
- ✔ muffins with fruit
- ✔ english muffin and cheese
- ✔ fruit bread
- ✔ scone – plain or fruit or pumpkin
- ✔ pikelets
- ✔ small sandwich
- ✔ crispbreads and spread
- ✔ wholemeal crackers and cheese.

Some lunch ideas are:

- ✔ sandwiches, rolls or wraps
- ✔ quiche
- ✔ mini pizza with cheese and vegetable toppings
- ✔ muffins made with corn or grated vegetables such as carrot or zucchini.

Keep food fresh and safe to eat by packing a frozen drink or an ice brick.

These foods and drinks are not good choices for school lunches:

- ✔ chips, crisps and similar snacks
- ✔ high fat savoury biscuits and snacks
- ✔ sweet biscuits and cereal bars
- ✔ lollies and chocolates
- ✔ fruit straps
- ✔ cream and chocolate biscuits
- ✔ iced cakes and buns
- ✔ soft drinks and artificially sweetened drinks.

For more information

On lunch box food, visit the Meerilinga Lunch Box World website **meerilinga.org.au**

Nutrition Australia website **nutritionaustralia.org** or phone 6304 5714

Heart Foundation website **heartfoundation.com.au**

Policy and standards for healthy food and drinks in public schools, **det.wa.edu.au/healthyfoodanddrink**

Department of Education

Public education
A world of opportunities

HEALTHY FOOD GUIDE

FACTSHEET

HEALTHY FOOD AND DRINK CHOICES

The school day is busy, filled with learning, concentration and physical activity. Healthy food fuels your children's bodies and gives them the energy and nutrients to get through the day.

Follow these simple steps to ensure your children keep energised throughout the day →

1. **Eat a healthy breakfast.**
2. **Eat plenty of fruit and vegetables.**
3. **Have two to three serves of dairy (reduced fat milk, cheese and yoghurt) to meet daily calcium needs.**
4. **Drink lots of water, the best thirst quencher.**
5. **Eat readily available healthy snacks as needed.**

GREEN — FILL LUNCHBOX

Breads	A variety of bread types.
Grains	Wholegrain cereals, pasta, noodles and rice.
Vegetables	Vegetables and salads with reduced fat dressing.
Fruit	Fresh, frozen and tinned fruit in natural juices.
Legumes	Tinned and cooked legumes, for example bean mix and kidney beans.
Reduced fat dairy items	Reduced fat milk (plain and flavoured), reduced fat yoghurt (fresh and frozen, plain and fruit) and low fat cheese.
Sandwich fillings	All lean meats, chicken (no skin), fish such as tuna, salmon and sardines.
Hot food	Toasted sandwiches and hot rolls, baked potatoes, rice, soups, toast.
Snacks	Yoghurt (reduced fat fresh and frozen, plain and fruit), scones, raisin and fruit toast.
Drinks	Water, and plain mineral water, reduced fat flavoured milk (375ml milk or less)

Place this on your fridge for lunchbox and healthy recipe ideas.

AMBER — SELECT CAREFULLY

Breakfast cereals	Refined cereals with added sugar.
Full fat dairy foods	Milk, custard, dairy desserts, cheese.
Savoury foods	Oven baked fish, chicken, potatoes.
Snack food bars	Breakfast, cereal, fruit bars.
Fruit	Dried Fruit.
Savoury snacks	Flavoured popcorn, rice crackers.
Drinks	Fruit juice that is 99% fruit juice (250ml or less).

RED — OFF THE MENU

Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks, flavoured mineral waters, high caffeine and guarana.
Confectionery	All types, caramelised popcorn.
Pastry items	All types such as eclairs, cream puffs and strudels.
Sandwich fillings	All types of high fat meats such as polony/salami, honey, jam, chocolate spreads and confectionery sprinkles.
Deep fried foods	All types.
Savoury snacks	Crisps and chips.
Frozen treats	Chocolate coated and ice-creams.
Sweet treats	Croissants, doughnuts, cream filled buns, cakes, pastries and slices.

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Supporting Crunch&Sip®

Be a role model
Let your children see you regularly eat and enjoy vegetables and fruit and drink water. Children are influenced by family eating habits.

Buy in season
Vegetables and fruit that are in season taste great, are good quality and are cheaper.

Encourage a variety of fruit and vegetables
Take your children shopping and allow them to choose which vegetables and fruit they will take to school.

Plant a vegie garden with your kids
Research shows that children who are involved in the growing process are more likely to try new vegetables. Start with quick and easy to grow vegies like radishes or salad greens. If you don't have much space, pot plants are a great option.

Get children involved in meal preparation
Children of all ages can get involved! Younger children can tear up lettuce, while older children can prepare ingredients or serve up the final meal. They'll learn to cook, and are more likely to try food that they've helped create.

www.crunchandsip.com.au

healthway | Cancer Council Western Australia

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05/2017

Crunch&Sip®

Information for parents and educators

What is Crunch&Sip®?

Crunch&Sip® is a set time for children to re-fuel with vegetables or fruit and rehydrate by drinking water in the classroom.

Why Crunch&Sip®?

"We heard it could improve concentration in the class, work levels, all those sorts of things. We're really quite pleased with the results" – Crunch&Sip® Principal

Too many children are not eating enough of the foods essential to good health. Vegetable consumption is particularly low, with recent government research revealing that five out of six primary school children in Western Australia do not eat enough vegetables.

Children can forget to drink enough during break times at school, leading to dehydration. When children are dehydrated they may have difficulty learning at school. Children who bring a water bottle into the classroom, and are reminded to drink, are likely to drink more each day.

How to participate in Crunch&Sip®

Please send children to school each day with:

- An extra serve of ready to eat vegetables or fruit to eat in the classroom
- A clean, clear bottle filled with water

Crunch&Sip® is meant to provide children with an extra serve of vegetables or fruit, not replace those included in the lunchbox.

What to pack for Crunch&Sip®

Water
A clean, clear bottle filled with plain water.

Whole vegetables or fruit
A whole carrot, celery stick or apple is perfect for older kids – no chopping required!

Several whole, smaller vegetables or fruit
Pack sugar snap peas, cherry tomatoes, corn kernels or strawberries in a container.

Chopped vegetables or fruit
Fill a container with chopped vegetables or fruit such as cucumber or capsicum sticks, broccoli bits or chopped melon. Don't forget a fork for juicy veg and fruit!

Canned fruit
Fresh vegetables and fruit are the best choice, but fruit canned in water or juice is okay every now and then. Make sure you pack a spoon!

Dried fruit
Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited. This is because dried fruit tends to cling to teeth and is a concentrated source of sugar, increasing the risk of tooth decay.

NOT ALLOWED

All other foods and drinks **are not permitted** for Crunch&Sip® including:

- Other drinks (e.g. fruit or vegetable juices)
- Fruit or vegetable products (e.g. fruit leather, popcorn, fruit or vegetable breads)
- Fruit canned in syrup or jelly or with artificial sweeteners, and
- Canned and bottled vegetables

Tips for Crunch&Sip®

Be prepared
No chopping or preparing can be done at school so make sure what you send for Crunch&Sip® is ready to eat and packed in a sealed container. Save time by chopping vegies at the start of the week - they will stay fresh in the fridge for several days if kept in an airtight container with a wet paper towel.

Crunch the rainbow
Choosing different coloured vegies and fruit keeps it interesting and is good for health too! Go red with tomatoes or strawberries, green with snow peas or pears, orange with capsicum or a mandarin, purple with purple carrots or grapes, and white with cauliflower or bananas.

Take the veg pledge
Research shows that while most kids eat the recommended amount of fruit, only one in six consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to help develop healthy habits and boost this figure!

Hygiene
Wash all vegetables and fruit. Make sure that your child's water bottle is cleaned regularly and clearly marked with their name.

Up to the age of 7 years, each time your child is immunised, the immunisation provider is required to advise ACIR so that the national immunisation record can be updated.

An ACIR history statement, which is a record of your child's immunisation to date, will be posted to you when your child is 18 months old and again when they turn 5 years of age (or after they complete their 4 year old immunisations, whichever comes first). Prior to enrolling your child, particularly if your child is entering secondary school, please obtain an up to date copy of your child's ACIR history statement to provide to the school.

How do I obtain an ACIR history statement for my child?

You can request a statement at any time by:

- telephoning ACIR on 1800 653 809
- emailing: acir@humanservices.gov.au
- visiting your local Department of Human Services Service Centre (Medicare) and requesting an ACIR history statement in person
- registering with the Department of Human Services Online Services at humanservices.gov.au/onlineservices.

My ACIR history statement is incorrect. How do I get it updated?

If you believe data is missing from the history statement you may:

- If possible contact your immunisation provider (GP or child health clinic) and ask them to update the ACIR records.
- If this is not possible, contact ACIR directly. They will contact the provider to get the most updated record.
- Once the ACIR record has been updated, a new history statement will be posted to you.
- Please provide the updated statement to your school.
- If you require further assistance, please contact the Central Immunisation Clinic on (08) 9321 1312.

For further assistance on how to obtain a history statement as proof of immunisation for school enrolment contact:

The Australian Childhood Immunisation Register (ACIR)

1800 653 809 free call from landline only

or online

www.humanservices.gov.au

This document can be made available in alternative formats on request for a person with a disability.

Produced by Immunisation Program
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Government of **Western Australia**
Department of **Health**

Starting school? Moving to a new school?

Inform the school of your child's immunisation history

Delivering a **Healthy WA**

Why is immunisation important?

- Vaccine preventable diseases can have serious health consequences for school aged children and others in the community. You can help protect your child by ensuring their vaccinations are up to date.
- Children who are not fully immunised for their age may be excluded from school during outbreaks of some vaccine preventable diseases such as measles.

Why do I need to share my child's immunisation history with the school?

- Whenever a child is enrolled at a new school, parents are required by *The School Education Act (1999)* to present their child's immunisation records, for example the ACIR history statement.
- If you have chosen not to immunise your child for medical or other reasons you are still required to provide the school with an immunisation record such as an ACIR certificate indicating that no vaccinations have been administered.
- If you have signed the conscientious objector form provided by Medicare, please present the letter they sent you to the school. If you haven't signed the form please advise the school that you do not want your child immunised and arrange to sign the conscientious objector form from Medicare when you next see your GP.

What immunisation records do I need to provide to the school?

- If your child was born in Australia, their vaccinations will be registered on the **Australian Childhood Immunisation Register**. You must provide the school with a copy of your child's ACIR history statement as indicated in the table below. Alternative vaccination records can be difficult to interpret and will not be accepted by the school if your child is registered with ACIR.

Point of Enrolment	Immunisation record required by the school
School entry – K/PP/ primary school	ACIR Immunisation history statement
School entry – secondary school	ACIR Immunisation history statement
Transfer between schools (primary and secondary)	ACIR Immunisation history statement

What do I do if my child is not registered on ACIR?

If your child is not registered on ACIR, for example if they were born overseas, you should provide the school with any immunisation records that you have. The school will take a copy of your current immunisation records and the community/ school nurse may follow-up with you to verify your child's vaccination status.

Why do I have to provide an ACIR history statement when enrolling my child at secondary school as it only records immunisation up until the age of 7 years?

Secondary schools need to know which children have not received their early childhood immunisations for vaccine preventable diseases such as measles so that these students can be excluded during an outbreak.

What is an Australian Childhood Immunisation Register (ACIR) History Statement?

The Australian Childhood Immunisation Register (ACIR) is a national database which, since 1996, has kept a record of all immunisations administered in Australia to children from birth to 7 years of age.

Government of Western Australia
Department of Health

School Health Services

Health information for parents with children starting school

Dear Parent/Guardian,

The school health service aims to promote healthy development and wellbeing so your child may reach their full potential. Children are better prepared for learning when they are healthy, safe and happy.

Now your child is starting school, it is a good time to highlight some important health issues.

Immunisations: At four years of age it is recommended that children receive immunisations for Diphtheria, Tetanus, Whooping Cough, Polio, Measles, Mumps and Rubella (MMR and DTPa-IPV). These are generally provided free of charge. Please contact your community health nurse at your school for information on your closest service provider. You are required to provide a photocopy of your child's immunisation record on enrolment to school. A history of your child's immunisation status can be obtained by phoning **1800 653 809** or at http://www.medicareaustralia.gov.au/public/services/acir/keeping-track.jsp
If there is an outbreak of measles at the school, and your child has not been immunised, they may be excluded from the school for the period of the outbreak. More information is available at http://www.public.health.wa.gov.au/1/51/2/immunisation.pm

Medical Conditions: If your child has a health or medical condition, you will be asked to complete a **Student Health Care Summary (HCS)** form which provides an overview of your child's health care needs and information for use in a medical emergency. **It is important you inform the school and discuss a care plan for your child.** The community health nurse can assist with planning and support for the management of your child's health concerns whilst at school. More information is available at:
http://www.det.wa.edu.au/studentsupport/behaviourandwellbeing/detcms/navigation/wellbeing/student-health-care/?page=4&tab=Main#toc4

Childhood Development: All children starting school are offered a health assessment. This will include an assessment of vision, hearing and if needed speech, language and general development. You will be asked to complete and return a school entry health assessment form, which includes providing permission for the community health nurse to assess your child. If you have any concerns regarding your child's health or development, please include this information on the form. Information on stages of child development from birth to five years can be obtained from http://www.pmh.health.wa.gov.au/health/child_development/resources.htm

Toileting: Your child will be expected to be reliable with toileting at school, though they may still have 'accidents' when stressed, tired or if they 'forget' to go to the toilet (they may have been too busy). Many children will still wet the bed. There may be a problem if your child is not toilet trained and reliably dry during the day by the time they start school or if your child starts wetting again after becoming dry during the day. Further advice can be obtained from http://www.pmh.health.wa.gov.au/health/child_development/resources.htm

Social and Emotional Health: Talking to your child about their feelings remains the most important strategy to promote their social and emotional health. For more information, see **'Ten Top Tips for a Great Start to School'** brochure or visit www.raisingchildren.net.au/

Head Lice: It is important you check your child's hair regularly for head lice. Information and instructions on how to check hair for head lice and treatment options is available from http://www.public.health.wa.gov.au/2/261/2/head_lice_fact_sheet.pm

In primary schools, school health service staff visits on a regular basis. If you have any concerns about your child's health, you can contact the community health nurse through the school administration.

Other people who may be able to assist are the school psychologist, your child's teacher, your doctor or your local Child Development Centre at http://www.pmh.health.wa.gov.au/general/CACH/child_development_centres.htm

This document can be made available in alternative formats on request. Please contact childcommunity@health.wa.gov.au

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OA004146 AUG 2011

Ten top tips for a great start to school

When your child starts school it can be quite overwhelming for you too!

It is important you try to relax and enjoy this time with your child. If you feel calm and show you are comfortable about your child starting school, they will feel happier too.

If you have any queries or concerns about your child's readiness for school, you can contact your:

- child health nurse
- school health nurse
- school teacher
- local Child Development Service.

IMPORTANT MESSAGE FOR PARENTS

Make sure your child receives their four year old vaccinations. Please show your child's immunisation record to school staff.

This brochure can be made available in alternative formats on request. Please contact childcommunity@health.wa.gov.au

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Produced by Child & Adolescent Health Service 2010

Going to school for the first time is a big event for you and your child! There are lots of things you can do to help your child prepare for school. Here are some suggestions:

1. Talking about feelings

Starting school is exciting but can also be overwhelming for some children. Shyness and anxiety in new situations is common and learning to be apart from parents can sometimes be difficult.

- Talk positively about going to school, making new friends and about some of the experiences your child will have, such as learning new songs, painting and playing outside.
- Encourage your child to talk about how they are feeling before, on and after the first few days.
- Try a 'practice run' - visit the school so your child knows where they are going and what to expect.
- When you arrive at school, spend a short amount of time with your child and, when it is time for you to leave, tell your child you're going and when you will be back. Always be there at the specified time.

2. Getting enough sleep

- Your child needs a good night's sleep for their brain to be ready to learn (about 10 to 12 hours).
- It helps to have 'wind down' time and dim the lights to help prepare for sleep. Set up a nice, relaxing bedtime routine, e.g. bath, a drink, cuddle, story, kiss and 'goodnight'.
- The half hour before bed is not a good time for tickles, TV or other excitement.

3. Book sharing

Read lots and lots of books! Have a special time each day to read stories together – sit comfortably so your child can see the book and your facial expressions, and so you can see theirs.

- Show your child how to open the book, point to the title of the story, the letters, words and pictures so they will know what it means.
- Read nursery rhymes and old favourites again and again.
- Get your child involved in the story and ask open ended questions, for example, 'What do you think will happen next?'

4. Learning to make friends and pretend play

At school, children learn to make friends, share and take turns.

- Create opportunities for your child to socialise with others outside the family.
- You could have other children over to play or join a playgroup. See www.playgroupwa.com.au for more details.
- Pretend play such as tea parties, going to the shops, and superheroes are a big part of school. Let your child use their imagination. A shoe box can become a toy car or a doll's bed!

5. Playgrounds and parks

Having fun at the park is great as it provides lots of chances to enjoy the swings, slide and other equipment. By doing physical activity like this:

- Your child's muscles will get stronger and it prepares them for outdoor play at school. Make sure they are well supervised when playing.
- A part of the brain is used which can help kids concentrate, so it is helpful to do some physical activity before a sit down activity, e.g. play at the park before sitting down to read a book.

6. Speaking and listening

Listening and understanding – This includes following instructions and being aware of what other people are saying. If your child is finding this tricky you can try:

- Waiting – give time for your child to answer or do the task.
- Repeating what was said or breaking it down into smaller parts.
- Using less words and explaining the meaning of new words.
- Giving them a clue like, 'You cut with the…?'
- Giving a choice like, 'Do we use a cup for drinking or eating?'

Expressing thoughts and ideas – Commenting, negotiating, asking for things and greeting people are all important skills at school. If your child finds this tricky you can:

- Encourage your child to make comments, e.g. 'Dad is swimming!'
- If they make a mistake, say the word back to them correctly.
- Ask them to show you what they need if they can't say it in words.
- Give lots of praise for trying.

7. Classroom crafts

Make sure your child has lots of chances to play with the things they will be using in school, like scissors, pencils and paint. This way your child should feel confident to use them at school.

Using scissors – In school children will be encouraged to cut on a line so start practising holding scissors and snipping paper (with supervision). It's important to have a good technique when cutting. The main points are:

- Thumb in top hole of scissors and thumb on top when holding paper.
- Turn the paper and move your hands when you turn a corner.

Drawing – At school, children do lots of drawing. Some great ideas to practise are:

- Draw simple shapes like lines and circles – this is the first step *before* learning how to write their name. Try drawing in sand or with chalk!
- Show your child how to do it first and then they can copy you.

Pencil grasp – Holding a pencil or crayon properly means:

- Holding pencil near the end (use a sticker or dot to show where fingers go).
- Using three or four fingers, NOT holding with a fist.

8. Getting dressed

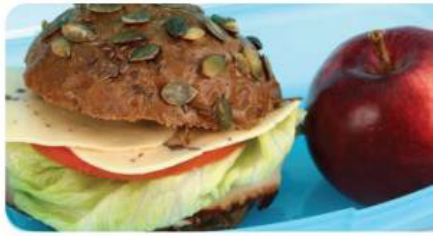
It is helpful for school children to be able to dress and undress themselves. You can help by:

- Dressing your child for school, remembering they may be playing outside or painting.
- Helping your child to choose clothes they can manage on their own.
- Practising dressing – you complete the first part of each piece of clothing and then let the child complete the rest, gradually letting the child do more until they do it all themselves.
- Practising with dress-up play or with dolls.

9. Healthy eating

Healthy lunches and snacks help with concentration and learning. You can try:

- A practise picnic. Check your child can open containers and manage their food.
- Encouraging your child to be involved, e.g. packing their own lunch box.
- Including plenty of vegetables, fresh fruit, cheese, yoghurt, lean meat, wholemeal bread and a bottle of water. Remember to start the day with a healthy breakfast!



10. Going to the toilet

To help your child manage the toilet at school give them chances to undo, pull down and do up their clothes, flush the toilet and wash their hands without your help.

Kindy Scheduled Days – Term 1, 2023

Monday/Tuesday/Wednesday Group A
Wednesday/Thursday/Friday Group B

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1			1 February	2	3
2	6	7	8	9	10
3	13	14	15	16	17
4	20	21	22	23	24
5	27	28	1 March	2	3
6	6 LABOUR DAY	7	8	9	10
7	13	14	15	16	17
8	20	21	22	23	24
9	27	28	29	30	31
10	3 April	4	5	6	7 GOOD FRIDAY

Kindy Scheduled Days – Term 2, 2023

Monday/Tuesday/Wednesday Group A
Wednesday/Thursday/Friday Group B

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	24 April	25 ANZAC DAY	26	27	28
2	1 May	2	3	4	5
3	8	9	10	11	12
4	15	16	17	18	19
5	22	23	24	25	26
6	29	30	31	1 June	2 STAFF DEVELOPMENT DAY Students do not attend school
7	5 June WA DAY	6	7	8	9
8	12	13	14	15	16
9	19	20	21	22	23
10	26	27	28	29	30

Kindy Scheduled Days – Term 3, 2023

Monday/Tuesday/Wednesday Group A
Wednesday/Thursday/Friday Group B

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	17 July STAFF DEVELOPMENT DAY Students do not attend school	18	19	20	21
2	24	25	26	27	28
3	31	1 August	2	3	4
4	7	8	9	10	11
5	14	15	16	17	18
6	21	22	23	24	25
7	28	29	30	31	1 September
8	4	5	6	7	8
9	11	12	13	14	15
10	18	19	20	21	22

Kindy Scheduled Days – Term 4, 2023

Monday/Tuesday/Wednesday	Group A
Wednesday/Thursday/Friday	Group B

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9 October STAFF DEVELOPMENT DAY Students do not attend school	10	11	12	13
2	16	17	18	19	20
3	23	24	25	26	27
4	30	31	1 November	2	3
5	6	7	8	9	10
6	13	14	15	16	17
7	20	21	22	23	24
8	27	28	29	30	1 December
9	4	5	6	7	8
10	11	12	13	14	15

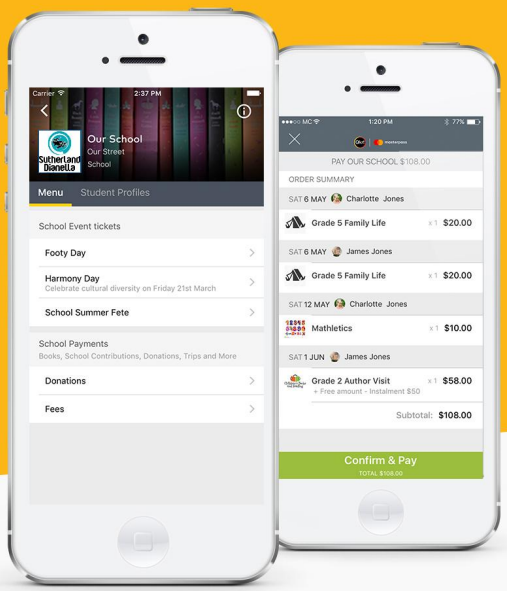
Qkr! | masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- **Order and pay for your child's lunches, reducing the need to bring cash to school;**
- **Pay for a variety of school items;**
- **See your receipts on the app and get them sent by email if required.**



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app

AVAILABLE FOR ANDROID Google play

AVAILABLE ON THE APP STORE

Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

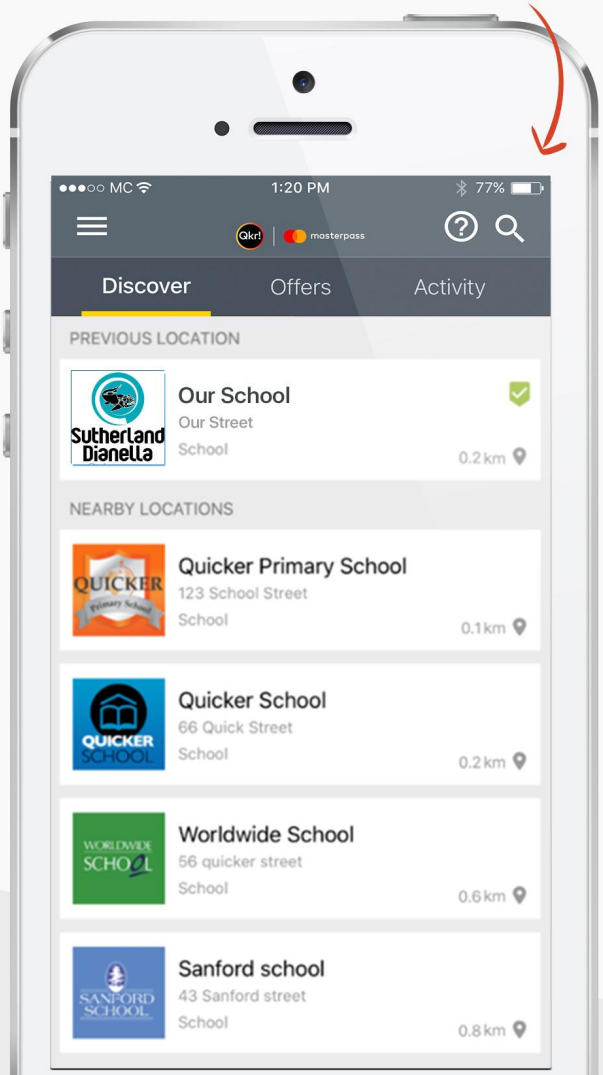
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

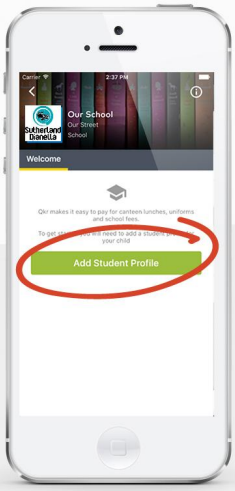
If you have made a purchase you can select our school from 'Previous Location'

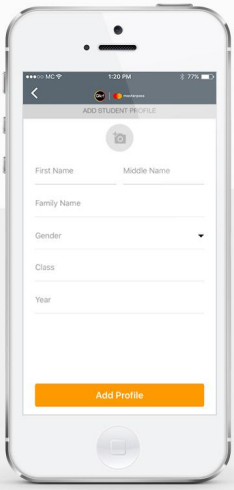
If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



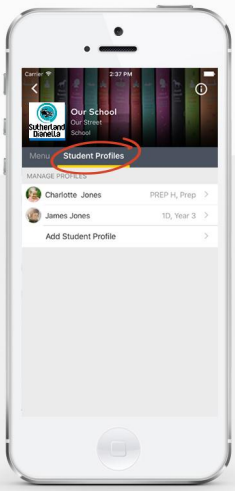
Add your children's details in Student Profiles

Select 'Add student profile'





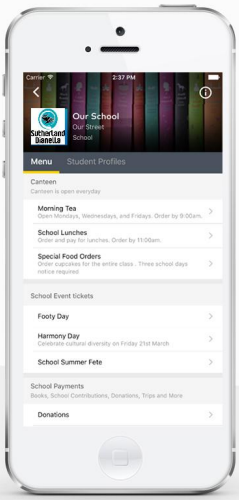
Add each child's details



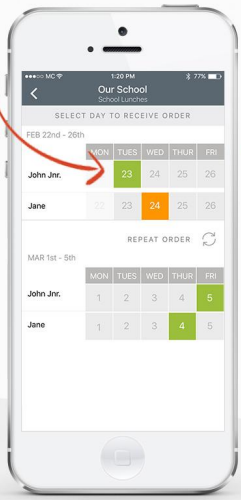
Manage each child's details in Student Profiles

Order meals

Select a menu from our canteen

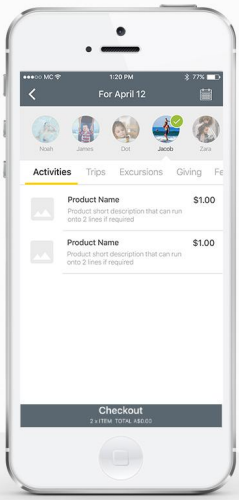


Tap the green box to view your receipt or to cancel an order



Select a date for a child and order a meal

Tap 'Repeat order' to copy all paid orders from one week to the next



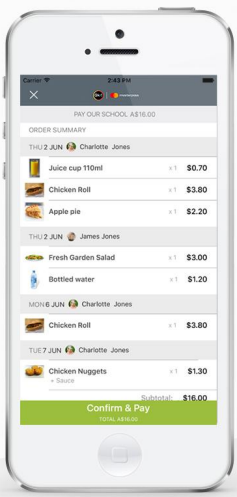
Tap to change the date you are ordering for

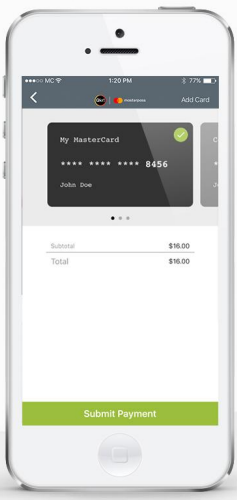
Tap to change the child you are ordering for

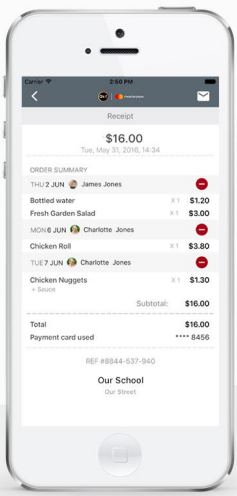
Tap 'Checkout' then confirm and pay

Making payments

Add up to 5 cards to your wallet







At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.