



# FARM ROAD PRE-SCHOOL



TERM 4 NEWSLETTER 2025



## STAYING SAFE AROUND WATER THIS SUMMER

As the warmer weather arrives and families spend more time around pools, beaches and waterways, we would like to remind everyone about the importance of water safety for young children.

Children can get into difficulty around water very quickly and quietly, so active, close supervision is essential at all times. Water safety expert Laurie Lawrence from Kids Alive – Do the Five encourages families to remember these key steps:

- Always supervise children at arm's length around any water
- Ensure pool fences and gates are secure and compliant
- Teach children basic water awareness and swimming skills
- Never rely on older children to supervise younger ones
- Learn basic CPR and emergency response
- Whether at home, on holidays or visiting friends, please remain vigilant around pools, baths, beaches and even small amounts of water. A few simple precautions can make a big difference.



## ACKNOWLEDGEMENT OF COUNTRY



Farm Road Pre-School respectfully acknowledge the Bunurong / Boon Wurrung people, the Traditional Custodians of the land on which we work, learn and play, and pay respect to Elders past, present and emerging.





## REMINDER - 3½-Year-Old Maternal & Child Health Check

This is a friendly reminder for families that children are entitled to a free 3½-year-old check-up with a Maternal & Child Health Nurse.

This important visit supports your child's health and development and includes:

- A general growth and development check
- An opportunity to discuss behaviour, sleep and wellbeing
- Support with kindergarten learning and school readiness
- Time to ask questions or share any concerns



If your child is around this age and you haven't yet booked an appointment, we encourage you to contact your local Maternal & Child Health Centre or call the Maternal & Child Health Line on 13 22 29.



## SUPPORTING HEALTHY EATING AT HOME

Healthy eating plays an important role in children's growth, energy levels and overall wellbeing. Encouraging positive food habits early helps set children up for a healthy future.

Simple ways to support healthy eating include:

- Offering a variety of foods from the five food groups
- Encouraging water as the main drink throughout the day
- Limiting highly processed or sugary foods
- Enjoying relaxed mealtimes together when possible
- Involving children in food preparation and choices



At kindergarten, we continue to support children to develop positive attitudes towards food through conversation, play and shared experiences.





## 3 YEAR OLD BILBY GROUP

As we come to the end of a wonderful year, we would like to wish all our families a safe, restful break and a happy New Year. Thank you for sharing such a special year of learning with us! Term 4 focused on strengthening children's understanding of community, wellbeing, and care for Country. Through gardening and outdoor learning, children explored the season of Pareip (True Spring), noticing changes in nature and developing a sense of responsibility for caring for the environment. A special visit from Holly's Bees inspired curiosity about insects and their important role in helping gardens grow.



Gardening experiences continued throughout the term, including planting and creating our grass heads and working alongside the 4-Year-Old Wallaby group to create a balambalam (butterfly) garden, fostering collaboration and connection across groups.





## 3 YEAR OLD BILBY GROUP CONTINUED...

A strong focus was placed on independence and self-management as children prepared for the transition to 4- Year-Old Kindergarten. They practised packing and unpacking their bags, managing belongings, and taking greater ownership of daily routines, building confidence and resilience. Children's wellbeing and physical development were supported through movement, obstacle courses, music, and relaxation activities, helping them develop body awareness, coordination, and self-regulation. Early mathematical thinking naturally emerged through play, with children counting, sorting, comparing, and creating patterns during block play, play dough making, and nature exploration.



Communication and social skills flourished as children learned to express their needs, set boundaries, and engage respectfully with peers, using phrases such as "Stop, I don't like it" and "Can I play too?" to support positive interactions.





## 3 YEAR OLD BILBY GROUP CONTINUED...

Throughout the year, the Bilby children have shown incredible growth in confidence, friendships, resilience, and care for others and the environment. Their curiosity and kindness have been a joy to observe. This year has been made possible by the dedication of our Bilby teaching team, Narelle, Robyn, Catherine, Kate, and myself, and we sincerely thank our families for your ongoing support, trust, and involvement. As we reflect on 2025, we celebrate the learning, friendships, and achievements shared. It has been a privilege to be part of each child's journey. As the children move into the Wallaby group next year, we look forward to seeing their learning and confidence continue to flourish. Wishing all our families a safe and happy holiday break. Bec, Narelle & the Bilby Team



### IMPORTANT DATES

for the commencement of Term 1 2026

**Tuesday 27<sup>th</sup> January**

Set up day

**28<sup>th</sup> - 30<sup>th</sup> January**

Parent/Teacher Enrolment Interviews

**Monday 2<sup>nd</sup> February**

Wallaby Group Orientation Day

**Wednesday 4<sup>th</sup> February**

Bilby Group Orientation Day





## 4 YEAR OLD WALLABY GROUP

It is hard to believe we have already reached the end of the kindergarten year. It feels like only yesterday that we opened our doors and welcomed so many eager little faces. It has been a wonderful (and very busy!) year and we are so proud of how much the children have grown in confidence, independence and curiosity. Term 4 has been a special time to slow down, reflect and celebrate just how far the children have come.



We began Term 4 learning about the celebration of Diwali, providing opportunities for children to explore cultural traditions, symbols of light and the importance of family and community. November was an especially full and exciting month for the Wallaby group, with children engaging in a range of rich learning experiences. These included a special excursion to the Museum of Play and Art (MoPA), time spent exploring and investigating during Bush Kinder, and a relaxed family picnic before Bush Kinder ended for the year. It was lovely to see families come together and share these meaningful moments with the children.





## 4 YEAR OLD WALLABY GROUP CONTINUED...

Outdoor play has continued to be a big part of our program. The children have been highly active, challenging themselves on the Ninja line, inventing imaginative games and engaging in cooperative play across the yard. They have also planted sunflower seeds in our vegetable patch and continued developing our new butterfly (Balam Balam) garden. With the warmer weather finally arriving, we are hopeful our garden will continue to thrive over the holiday period.



Inside the kinder room, there was a real buzz as we prepared for the festive season. The children were busy creating Christmas gifts and decorations, making their own wrapping paper at the easel, exploring Christmas stamping and enjoying a variety of seasonal art experiences. Music, movement and dance have also been a highlight, with the children practising for their end-of-year concert during the final weeks of the year.





## 4 YEAR OLD WALLABY GROUP CONTINUED...

Throughout Term 4, there was a strong focus on preparing the children for school and for life. The Wallaby children continued to build their literacy skills through shared stories, songs, discussions, library borrowing and early letter recognition experiences. These opportunities support vocabulary development, communication skills and a love of books. Alongside this, the children have been strengthening their numeracy skills by exploring number recognition, counting, simple patterns, shapes and problem-solving through play-based learning.

Social and emotional learning has also been an important focus. The children have been supported to recognise and talk about their feelings, develop calming strategies and build resilience. Learning to understand and manage emotions is an important skill as children prepare for school. Families can continue to support this learning at home by talking about feelings, modelling calming techniques and reading stories that explore emotions together.

The children engaged in conversations about the schools they will attend next year as they participated in their transition sessions. There has been lots of excitement, curiosity and pride as they prepare for this next big step in their learning journeys.

At the end of our kindergarten year, we enjoyed our final weeks together with celebrations and special activities, including a party day and an end-of-year concert/celebration where the children sang some of their favourite songs they selected from throughout the year and were presented with certificates to mark this important milestone.

Transition Learning and Development Statements have been completed for children heading to school. Thank you to families who completed the family section and shared valuable insights about your child. All families received a completed copy in their child's portfolio which was sent home in our last week.

As we look ahead to 2026, we are excited to welcome this year's Bilby group children along with some new faces into the Wallaby group.

On a final note, I would like to sincerely thank all parents, grandparents and carers who we have come to know for your ongoing support throughout the year. It has been a privilege to watch your children grow, learn and develop, and to share in their kindergarten journey. Thank you also to our committee and volunteers for the time, care and commitment you give to our kindergarten community.

Wishing everyone a safe, joyful and relaxing holiday season. We look forward to welcoming back some of you with younger siblings in the new year.

Warm regards, The Wallaby Team – Debbie, Narelle, Cherie, Robyn, Amy and Tanya





# We are SunSmart

## - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

**You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide!***

### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be. Daily local sun protection times and weather details are available from the SunSmart widget on our website, in the weather section of the newspaper, on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au) and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](http://Bureau of Meteorology website) and live UV levels are available from [ARPANSA](http://ARPANSA).



### SunSmart membership

Our service is a registered member of Cancer Council Victoria's SunSmart Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures encouraged by educators at the service and when at home.

During the daily local sun protection times (usually

from mid-August to the end of April), **use these 5 SunSmart steps –even if it's cool and cloudy.**

### 1. **SLIP** on covering clothing

Dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



### 2. **SLOP** on SPF 30 (or higher) broad-

### spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. This should be applied every two hours. From 3 years of age, under supervision, please help your child apply their own sunscreen so they can start to learn independent skills.

### 3. **SLAP** on a hat that protects the face, neck

### and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection. Hats that can be adjusted at the crown or can be tied at the front to help secure it on a child's head are best. If the hat is secured with a long strap and toggle, ensure it has a safety snap, place the strap at the back of their head or trim the length so it doesn't become a choking hazard. Please help your child remember to bring and wear their approved **sun hat**. Please keep this at service so they will always be ready for outdoor activities and play during the day. For the walk to and from the service and weekends, please have an extra **home hat** to help keep children protected at home.

### 4. **SEEK** shade

Choose shady spots for play whenever possible.

### 5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

*Need information in another language?*

**Call 13 1450 and ask to be connected to Cancer Council Victoria in your language**