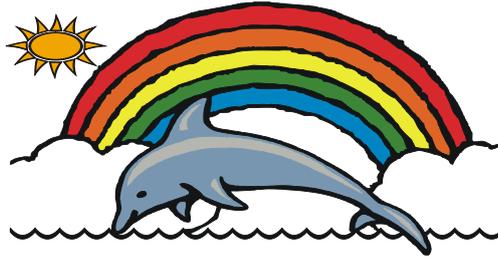


Berkeley Vale Pre-school Kindergarten Inc

“Your Community Pre-school”

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“Living, Learning and growing”

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April 2020 Newsletter

Dear Parents and Families,

Welcome to our first newsletter for Term 2.

I do hope that you are all keeping well, during a time in our lives we are surely to never forget. COVID-19 has brought about significant changes to the way in which we currently interact with many of our children and families. Our educators are finding these changes challenging too, as this is not how we typically work with children and families. Thank you so much for the positive feedback that we have been receiving from parents as this is greatly appreciated. I would also like to acknowledge the professionalism, commitment and dedication of our wonderful team at Berkeley Vale Pre-school.

Remote Pre-school Learning

All our enrolled parents have been invited to join our Berkeley Vale Pre-school Learning Ideas Facebook page. If you have not received an email in relation to this, please check your junk mail, or contact the office.

Educators are making email or telephone contact with all their parents of children who have not returned to pre-school. If you have not received any contact by the middle of week 2, I would suggest that you look at your junk mail inbox.

What's Coming Up?

- **Sunday, 10th May – Mother's Day**
- **Wednesday, 27th May – National Simultaneous Story Day**

Those children who are attending pre-school are forming one whole group at this stage and the learning experiences that have been programmed for those children at home are also being implemented here at pre-school.

Children returning to Pre-school

I would ask that parents provide a week's notice of their intention for their child to return to pre-school. This will ensure that I have adequate staff on premises to accommodate the volume of children, as some educators continue to work from home.

Fees for Term 2 & 3

Please ensure that you have stopped all automatic fee payments to pre-school. We do not want to be receiving any fee payments

during Term 2 or 3, as this will jeopardise our eligibility for the various funding programs that the NSW and Federal Government has made available to pre-school services.

Unwell Children

Under **no** circumstances are unwell children to be sent to pre-school. Sick children will simply spread germs and infect other children and educators. We thank you for your co-operation in this regard to keep us all safe, healthy and well 😊

Mental Health & Wellbeing

Berkeley Vale Pre-school is an early childhood service that is registered with Be You, which is a division of Beyond Blue.

We are living in stressful and challenging times and this in turn may have a significant influence on your, or your children's mental health and wellbeing.

Four of our team's educators are Mental Health First Aid trained and we encourage anyone that is feeling overwhelmed, anxious, depressed or not coping with their current situation to seek help. We are here for you and have provided various numbers that you may find useful:

- National Coronavirus Helpline
 - 1800 007 007
- Beyond Blue
 - 1300 224 636
- Lifeline
 - 13 11 14
- National Debt Helpline
 - 1800 007 007
- 1800RESPECT
 - 1800 737 732
- Mindspot
 - 1800 614 434
- Headspace
 - 1800 650 890

Parents may have also observed changes in their children's behaviour. This is to be expected, as their lives and daily routines have also been changed considerably.

A child's behaviour is a sign of communication, and as adults we need to try to identify what are they trying to communicate. For example, I am tired, sad, bored, frustrated, hungry, cranky, confused or overwhelmed. As parents and educators, we need to try and remain as calm as possible, I know this is hard, when our little people lose control.

Below are some links to articles that parents may find useful for further reading.

[Supporting an Anxious Child](#)

[Social and Emotional Learning](#)

Take care and stay safe as together we are going to get through this. 😊

Best wishes,

Colleen Templeton and the Berkeley Vale Pre-school team