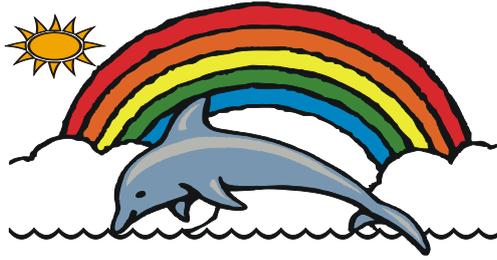


Berkeley Vale Pre-school Kindergarten Inc

“Your Community Pre-school”

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“Living, Learning and growing”

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August 2020 Newsletter

Dear Parents and Families,

Welcome to our first newsletter for Term 3.

As we move into Term 3, we are currently fortunate that we live on the sunny Central Coast, away from the COVID pandemic for the time being.

NSW Health and the Early Childhood Directorate continue to support services restricting access into our pre-school as we have put in place. We also continue to maintain our thorough cleaning practices throughout the day and in the afternoon. We also thank those parents who have been so vigilant in keeping unwell children at home. These practices are so greatly appreciated.

Staff News

It is with a very heavy heart that I must inform our pre-school families that both Emma Smith, teacher in the Rainbow Room at the end of our week, and Emma Hayman, our Administration Officer have resigned from their respective roles as they have both secured full-time employment.

Our team members are so disappointed to be losing these valued team members. However, we are also extremely supportive and understanding for their need to pursue other roles for their futures.

What's Coming Up?

- **Tuesday, 4th August – National Aboriginal & Torres Strait Islander Children's Day**
- **Tuesday, 18th August – Photo day**
- **Thursday, 20th August – Photo day**

Emma Hayman in the office will finish on Friday, 14th August, and Emma Smith, from the Rainbow Room, will finish on Friday, 21st August.

Please join us in farewelling these wonderful ladies and on behalf of the children and families our Management Committee will be organising a farewell gift.

Mid – year Parent Goal sheets

Thank you to those parents who have already returned their child's mid-year goal sheets. If you have yet to do this, please return this as soon as possible, so that educators can incorporate parent feedback to the goal

setting process. We encourage parents to contact pre-school at any time to have a more detailed conversation with your child's educators. We are mindful that we continue to operate in a fashion that is not typical of how we interact with our families and welcome your calls.

Mental Health & Wellbeing

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

We continue to live in a stressful and challenging times and this in turn may have a significant influence on you, your family, 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

Healthy Food Policy

We have made some recent amendments to our Healthy Food Policy to help remind us of certain foods that must not be sent to pre-

school due to the risk of Anaphylaxis. Please see the attached copy and we will also make these available for collection at the front gate, as it is often handy to have placed on the fridge.

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