



Welcome to PLC Pre-Kindergarten 2020

This note contains some routine information, which will assist you and your daughter in settling into life in Pre-Kindergarten.

Preparation

You can help your child prepare for life at “big school” by encouraging the following:

Familiarisation: drive past the school frequently and point out the classroom. Refer to it as your daughter’s new school. Take every opportunity to talk about how terrific their time at PLC will be.

Independence: ensure your child can open their school bag, lunch box and drink bottle. Serve your child a picnic lunch in a lunch box so the routine is familiar. Ensure your child can confidently visit the toilet, wash hands and re-dress unassisted. We have flick mixer taps, soap dispensers and an automatic hand dryer/paper towel to make this easier.

Routine

We will follow a simple routine, which is predictable and helps the children settle in quickly. In the morning ask your daughter to help you unpack her bag (rather than doing it for her). There is a clearly designated tray for your child’s belongings. Sign in starts at 8:30am and school formally begins at 8:40am. We will be in the classroom from 8:30am to welcome children. Some children quickly move to the outdoor play area, others like the security of staying with us in the classroom. Either is fine.

Students can be picked up from the classroom by parents or carers from 3:15 to 3:20pm.

Written permission is needed if someone else is picking up your child. Children not collected by 3:20pm will be taken to the front Gate, on Crest Road, where a teacher will supervise until 3.45pm. Children not collected by 3:45pm will be taken to the Homework Centre (located in the Cottage, fees apply **after** 3:45pm). The Homework Centre is open until 5.30pm.

Junior School Chapel is on Thursday mornings at 8:55am. The Chapel Service will be held in the Ad Astra Arts Centre. Students sing, listen to a Bible story and receive Ad Astra Awards. Parents and other family members are very welcome!

Meal Times

We eat a lot in Pre-Kindergarten! Little tummies fill and empty quickly at school. Each day you are asked to pack a piece of fruit or vegetables for your daughter. Please place this piece/container of fruit or veggies (clearly labelled with your daughter’s name) in the basket on the shelf. This healthy snack will be eaten during ‘Crunch and Sip.’ Extra fruit or vegetables can be packed for morning tea or lunch. As well as the usual apples, bananas and oranges, the children enjoy carrot/celery sticks, watermelon, grapes, cherry tomatoes and berries. As the PLC Armidale Global Garden vegetable gardens take off we will also eat some of the produce grown.

In addition to 'Crunch and Sip' we have 'lunch box morning tea' where the children sit down and eat something healthy and filling. Healthy snacks are yoghurts/fruit, sliced vegetables, crackers and cheese, muffins and slices. Packing lunch boxes can be challenging if you are blessed with a fussy eater. Healthy foods with minimal packaging are preferred. We encourage healthy eating so we discourage packing chocolate, chips and heavily processed foods. We are a peanut/nut – free school.

Later in the day we eat our lunch. Sandwiches or alternatives are required at this time of day. We have a fridge so things requiring refrigeration such as sushi, yoghurt, cheese, cold meat and salad are fine too. Sandwiches and 'hot specials' are available for purchasing. 'Hot Specials' lists are published each term. Order in the Junior School foyer. Lunch order vouchers are purchased from Mrs Young at the front Junior School desk.

Children on the go require frequent hydration. Water is the drink of choice in Pre-Kindergarten, packed in an easy to open pop-top drink bottle.

We also encourage you to use environmentally friendly packaging and re-usable containers to limit rubbish. Recycling and compost bins are used in the Junior School playground and we will teach the girls how to use these bins for their rubbish disposal.

Communication

Communication between home and school is vitally important. The majority of notes and newsletters will be sent via email. In addition, your daughter has been issued with a Seesaw digital portfolio where parents and teachers are able to send quick messages to each other.

From time-to-time notes will be put in your daughter's school bag. However, important issues should be discussed in person so please feel free to email Mrs Kennedy or Mrs Dettwiler at any time on mkennedy@plcarmidale.nsw.edu.au or tdettwiler@plcarmidale.nsw.edu.au. The teachers will try to check emails throughout the day, but can't guarantee they will get your message prior to the end of school. If you have an urgent message, please call Mrs Young at the Junior School Reception on 67701726 and she will ensure the message gets to us.

Creating Comfort

We believe that children succeed in an environment that provides comfort, stimulation, love and respect for individuality. We aim to provide a homelike environment for your daughter. Your daughter is invited to bring a family photograph (unframed) to display, a small pillow/cushion and resting mat for rest time, along with a favourite toy to be left at school for cuddles (all labelled please). We understand that these things may be difficult, particularly the photo, but having home comforts at school help your child settle in successfully. All items will be cared for and returned. We thank you in advance for your effort and co-operation.

We are elated to be starting the learning journey with your daughter in Pre-Kindergarten. We are going to have a year of fun and learning! Pre-Kindergarten is like a family, so we invite all

parents, grandparents, brothers, sisters, aunts, uncles and friends to join us on our learning journey. Please feel welcome to join us in the classroom at any time!

Warm regards,

A handwritten signature in black ink, appearing to read 'Fiona Wake', written in a cursive style.

Mrs Fiona Wake
Head of Junior School