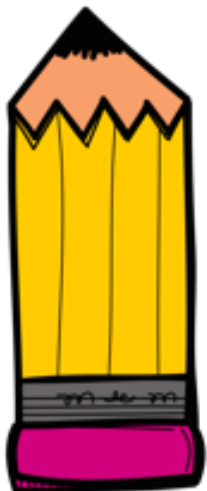


WELCOME TO

Kindergarten

2021



Contents

- 1: Preparing your child for school-**
Slides 3-14
- 2: School Rules-** Slide 15
- 3: School Uniform-** Slide 16
- 4: Eating breaks** Slides 17-19
- 5: Important Information-** Slides 19-21
- 6: Canteen Information-** Slides 22-23
- 7: Benevolent Society-** Slide 24
- 8: School Banking-** Slide 25
- 9: School Counselling Service-**
Slides 26-27
- 10: Learning and Support Team-**
Slide 29



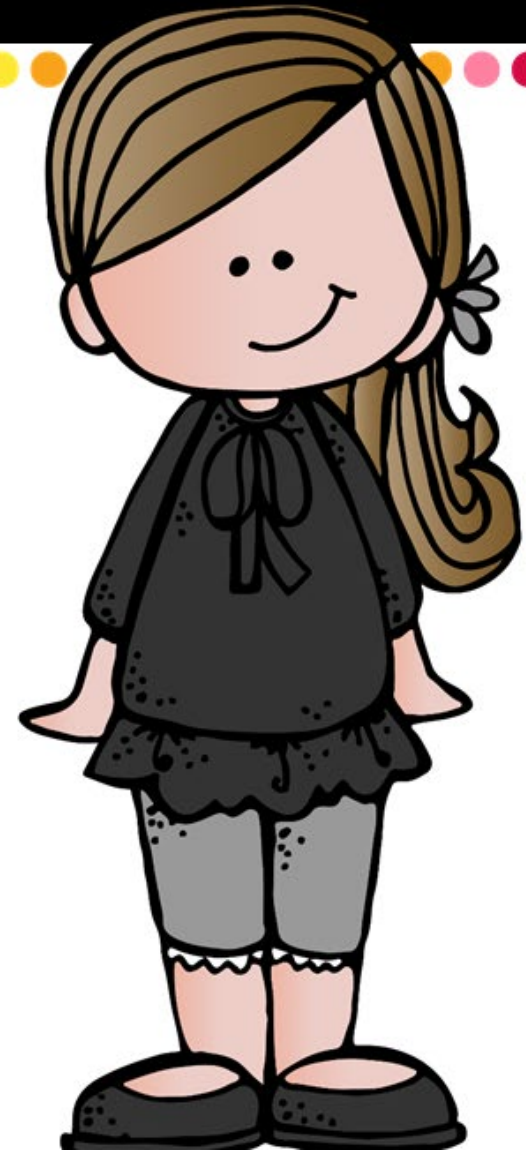
Preparing your child for school

In the lead up to starting school, it is beneficial for children to be given plenty of opportunities to practice the following skills.



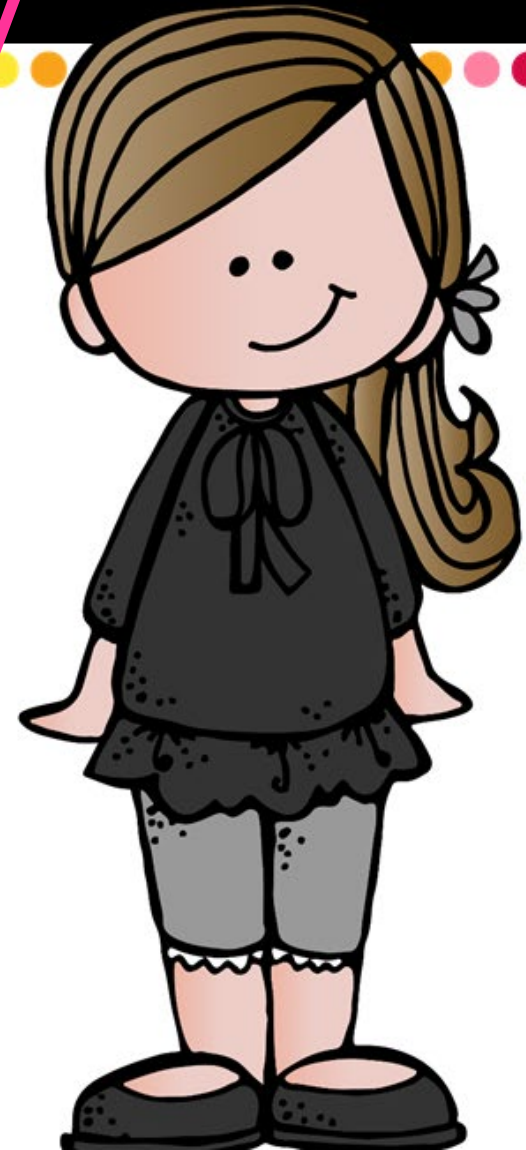
Writing their name

- Capital letter at the beginning only



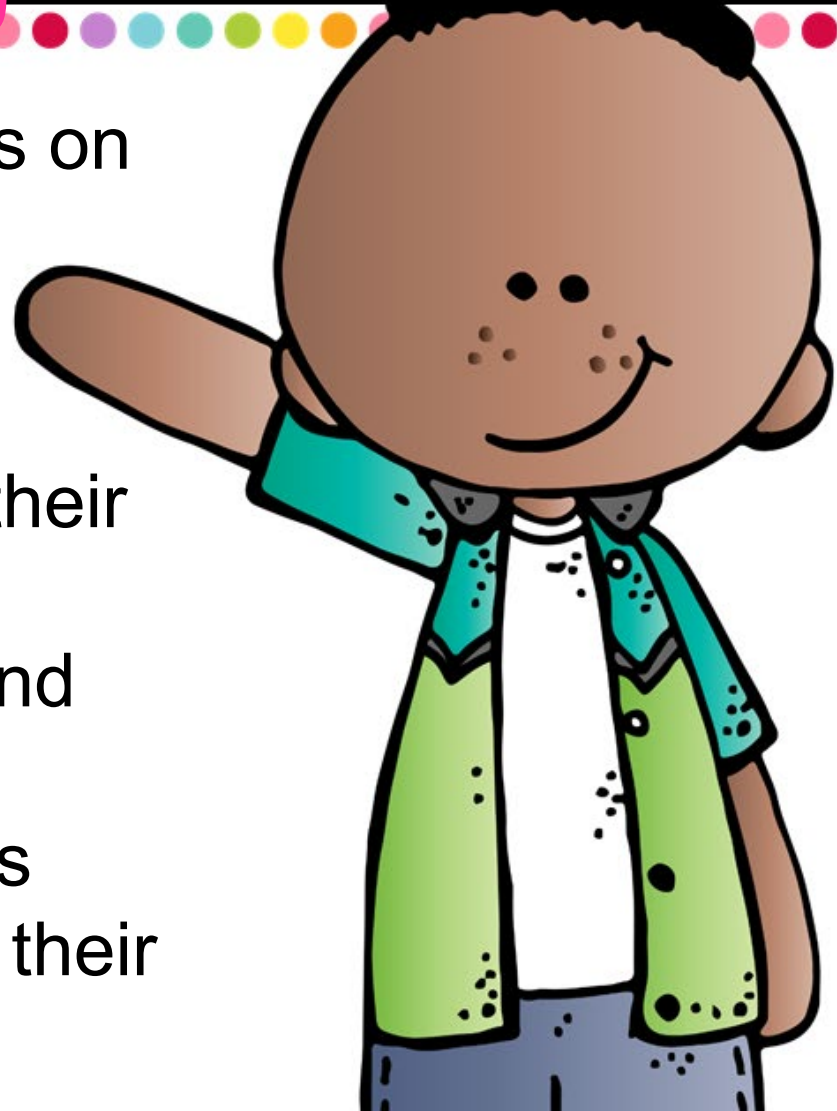
Getting dressed independently

- Putting on and taking off their shoes and socks
- Opportunities to practise tying own shoe laces
- Putting on jumpers and raincoats independently



Familiarise with school bag

- Getting used to putting bags on their backs, carrying them, and taking them off
- Packing their bags with all their school items
- Zipping their bags open and closed
 - Make sure all your child's belongings are labelled with their name on it



Using toilets independently

- Discuss how your child will use the toilets at school
- Remind them that they will be given regular times to go throughout the school day. They must always ask their teacher before they go during class time
- Pack a spare pair of clothes in your child's school bag, just in case



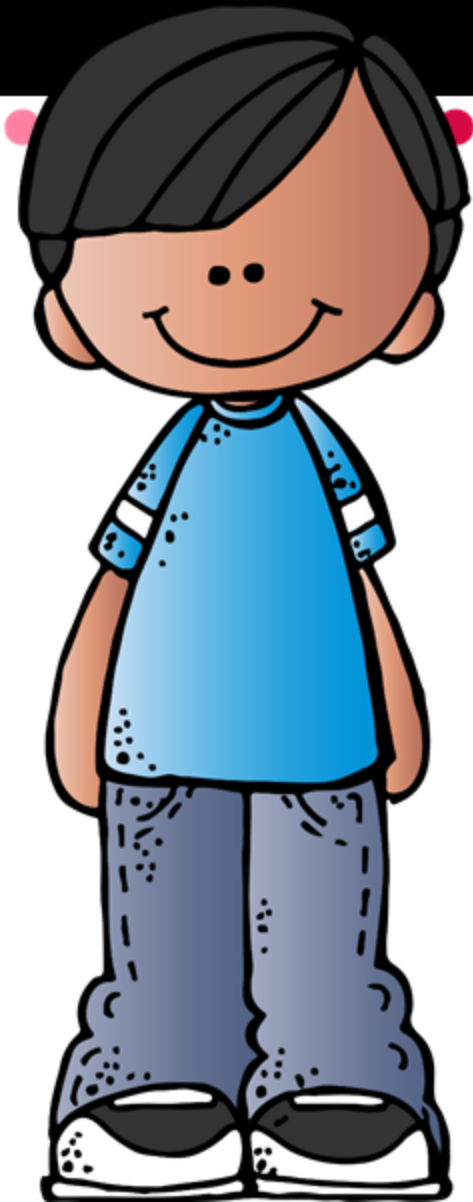
Personal Hygiene

- Washing hands after going to the bathroom and before eating breaks
- Practise using tissues to blow their nose



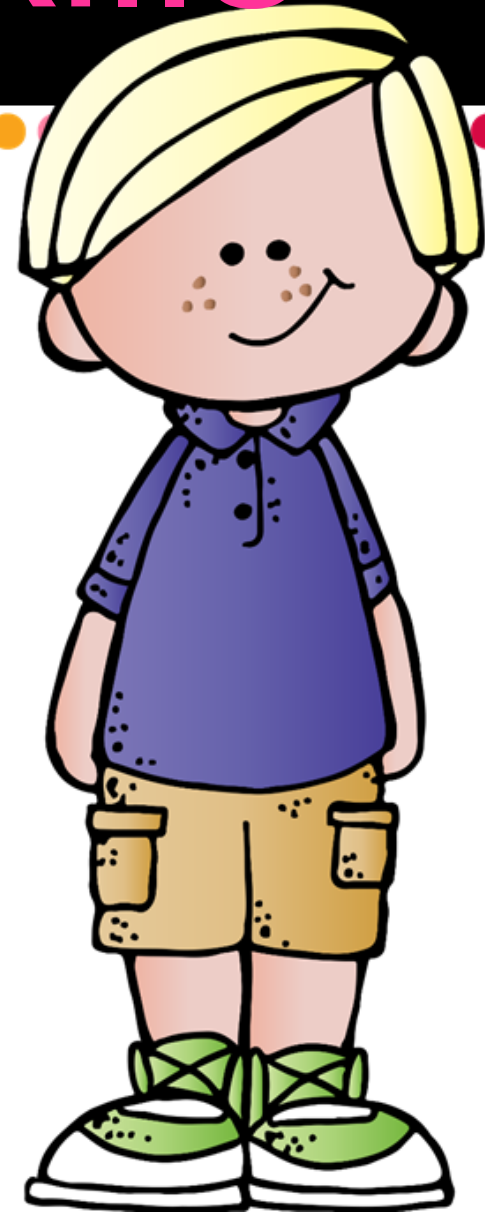
Reading

- Children who enjoy books are always more enthusiastic to learn to read
- Practise holding a book correctly and turning the pages
- Ask questions about what you've read. For example:
 - What happened next?
 - What was your favourite part?



Language Skills

- Encourage your child to talk about familiar objects and events
 - Following simple 2 step instructions e.g. pack away your toys then go and brush your teeth.
 - Encourage your child to communicate their needs e.g I'm thirsty, I need to go to the toilet.



Number Skills

- Simple counting
- Identifying numerals 1-10 and counting out corresponding objects, e.g. count 5 teddies
- Matching objects that are similar shape, size and colour



Fine Motor Skills

- Cutting and pasting- using scissors safely and holding scissors correctly
- Here is a link to practise cutting:
<https://drive.google.com/file/d/1hQPx4oMhCCJPMBM0P8hvPf05ygmPlhDZ/view>
- Pencil control- get your child used to holding pencils, encourage correct pencil grip whenever possible
- Here is a link to practise pencil control:
<https://drive.google.com/file/d/1NEF0Ki5nEjPT2aii1MOjfeZ6CUyqqHUX/view>
- Working with playdough, tracing beads, Lego etc.



Gross Motor Skills

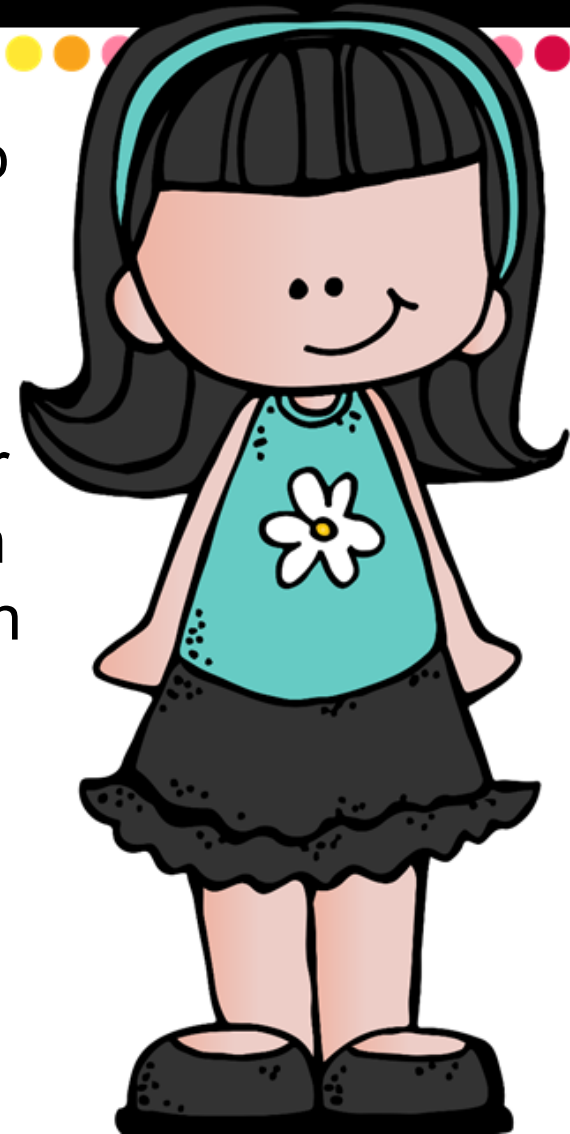
- Build gross motor skills through indoor and outdoor play, and encourage your child to engage in activities that develop balance and coordination
- The NSW Department of Health recommends 60 minutes of moderate to vigorous physical activity per day. Please follow the link below for more information:

https://www.google.com/url?q=https%3A%2F%2Fsport.nsw.gov.au%2Fsectordevelopment%2Factivekids%2Fparents&sa=D&sntz=1&usg=AFQjCNFmU2IA4_Qin7_4OGmB-YFILuhrTA



Social and Emotional Skills

- Kindergarten is a wonderful environment to help support and develop your child's awareness of others. In preparation for Kindergarten, and throughout your child's first years at school, please provide regular opportunities for your child to socialise with other children and practice social skills such as sharing, safe play and taking turns.
- Playing games at home can help develop turn taking and focus on an activity.



School Rules

- Students must follow the school rules of being a safe, respectful learner
 - No hat, no play



School Uniform



School uniforms are available for purchase. You can purchase both primary school uniform and our preschool t-shirts from the below location:

- Lowes Store, Minto Mall - Phone 9820 1611

Girls uniform

- Red, white, and black checked tunic
- Red, white, and black checked skort, or black shorts
- Black pants
- White socks
- Black shoes
- Black hat

Boys uniform

- Red t-shirt
- Black shorts
- Black pants
- Black socks
- Black shoes
- Black hat



Preparing for eating times

- Opening and closing lunch boxes
- Ensure your child can unwrap or open all containers
 - Using a drink bottle
- Discuss what they will eat at different eating breaks e.g. Fruit break, lunch and recess



Fruit break

- Students will be given time during the morning session to eat some fruit
- Please ensure your child has a piece of fruit or vegetables in their lunch box, to eat during this time

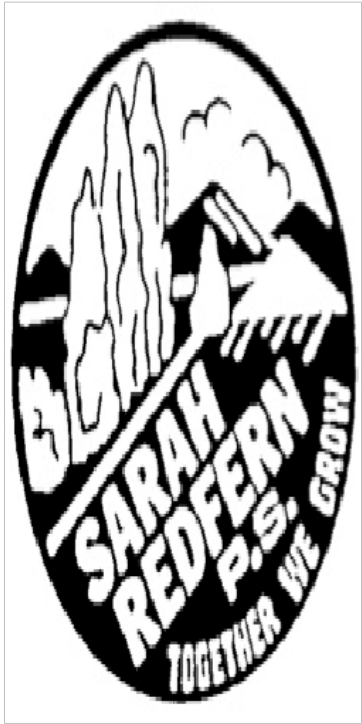


Healthy Lunch Box

Below are a few pictures of what a healthy lunch box looks like:

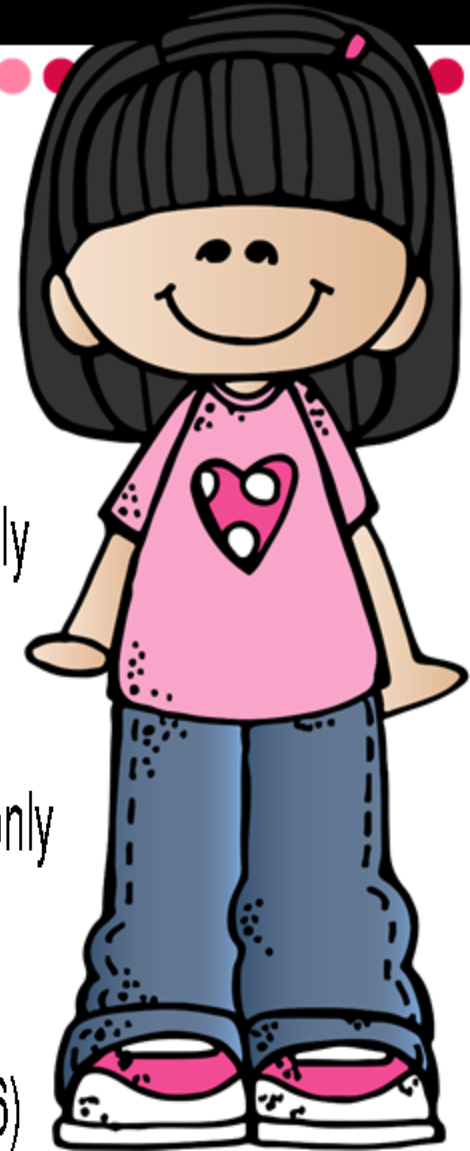


Important Information



SCHOOL TIMES

8.30am	Morning Supervision
8.55am	Morning Assembly
9.00am	Morning Session
11.00am	Lunch eating time-healthy food only
11.10am	Break / Play Time
11.40am	Middle Session
1.20pm	Recess eating time-healthy food only
1.30pm	Break / Play Time
2.00pm	Afternoon Session
3.00pm	School finishes (Preschool-Year 6)



Important information

- Playground supervision starts at 8.30am each school day. Your child must not be left alone in the school grounds before 8.30am
- School finishes at 3.00pm each day. There is no supervision provided for students after this time. If you know you will be running late, please contact the school office
- Your class teacher will not release your child to anyone unless you have informed them in advance. Please keep your teacher updated with collection details for your child



Important Information

ABSENCE OF PUPILS

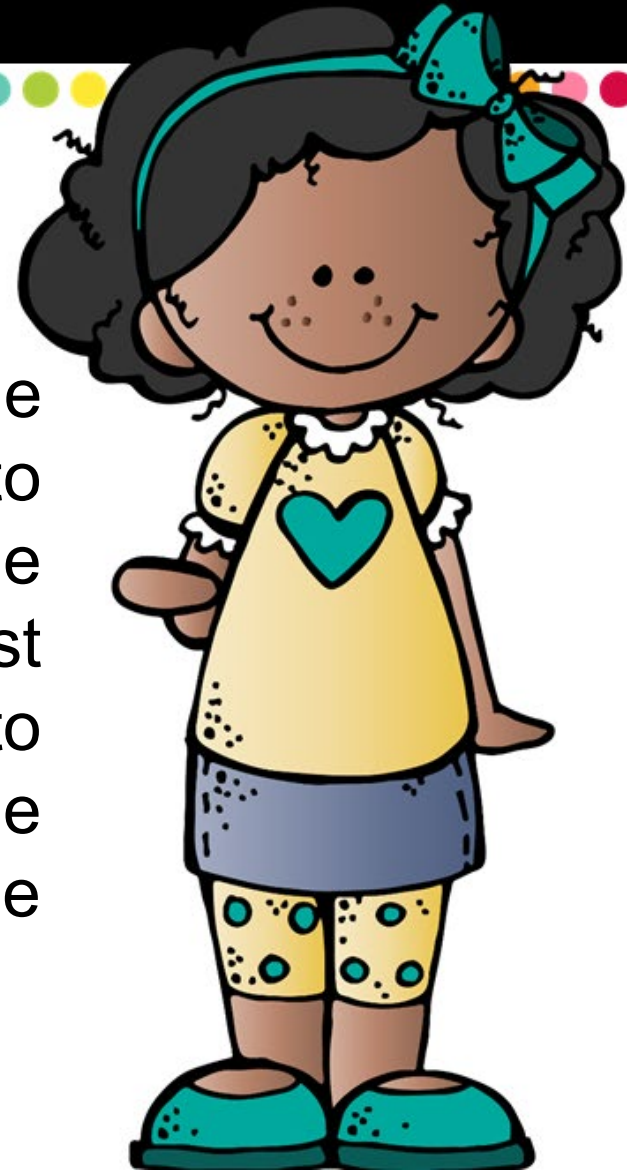
All teachers keep a class roll which records the absences of pupils. If your child is away from school you must write a note giving the reason for the absence. It is not enough to write a note stating that your child has been away. A reason must be given. Please ensure that your child is at school on time because lateness to school is treated as a partial absence and a note must also be sent to the teacher.



Important Information

CANTEEN

A canteen operates at our school - the aim being to supply healthy lunches to children at a reasonable cost to the parents. Your child will receive a price list early in the new year. Children wishing to order their recess or lunch must go the canteen before school starts in the morning. List is on the new page.



SANDWICHES (White or Wholemeal Bread)	
Vegemite	\$1.50
Jam or honey	\$1.50
Cheese	\$2.00
Lean ham	\$2.50
Cheese & tomato	\$3.00
Lean ham & cheese	\$3.50
Lean ham, cheese & tomato	\$4.00
Salad (lettuce, tomato, carrot, cucumber)	\$4.00
Tuna, lettuce & mayo	\$4.00
Fresh chicken with cheese	\$4.50
Fresh chicken, lettuce & mayo	\$4.50
Fresh chicken & salad	\$4.50
Lean ham & salad	\$4.50



WRAPS - ROLLS (FOCACCIA extra \$1.00)	
Cheese & tomato	\$3.50
Lean ham & cheese	\$4.00
Lean ham, cheese & tomato	\$4.50
Salad (lettuce, tomato, carrot, cucumber)	\$4.50
Tuna, lettuce & mayo	\$4.50
Fresh chicken with cheese	\$5.00
Fresh chicken, lettuce & mayo	\$5.00



SALADS (All Salads served in 12oz Dome)	
Garden salad	\$4.00
Tuna salad	\$4.50
Cheese salad	\$4.50
Lean ham salad	\$4.50
Fresh chicken breast salad	\$5.00
Fresh chicken breast pasta salad	\$5.00
Caesar salad	\$5.00
Fresh chicken avocado salad	\$5.00
Greek salad	\$5.00
Fresh chicken Caesar salad	\$5.00



SUSHI	
Teriyaki chicken with cucumber	\$4.50
Salmon with cucumber	\$4.50
Veggie Tofu, carrot, cucumber (vegan)	\$4.50
Tuna with cucumber	\$4.50



SNACKS & FROZEN TREATS	
Plain or frozen 99% juice small cup	50c
Plain or frozen 99% juice-jelly small cup	50c
Custard small cup	50c
Plain or frozen 99% juice cup	\$1.00
Plain or frozen 99% juice-jelly cup	\$1.00
Frozen diced pineapple cup	\$1.00
Frozen plain milk cup	\$1.00
Frozen 99% quelch fruit juice sticks	\$1.00
Bread sticks x 4	\$1.00
Custard cup	\$1.00
Chocolate custard cup	\$1.50
Frozen orange wedges	\$1.50
Frozen mandarin wedges	\$1.50
Frozen lite milk cup (chocolate, banana, strawberry)	\$1.50
Frozen 99% nippy's juice cup	\$1.50
Sour snap sticks	\$1.50
Frozen grapes cup	\$2.00
Frozen watermelon cup	\$2.00
Ice many freeze pops	\$2.00



BREAKFAST-RECESS & LUNCH sold at counter	
Plain milk cup	\$1.00
Diced pineapple cup	\$1.00
Vegemite or jam or honey toast	\$1.50
Hot chocolate cup	\$1.50
Lite banana milk cup	\$1.50
Lite chocolate milk cup	\$1.50
Lite strawberry milk cup	\$1.50
Fresh cut veggie cup	\$1.50
Fresh grapes cup (seasonal)	\$2.00
Fresh cut watermelon cup	\$2.00
Toasted cheese sub	\$1.50
Toasted cheese & lean ham sub	\$2.00
Fresh diced fruit cup	\$2.00
Tabouleh cup	\$2.00
Corn flakes bowl	\$2.50
Pancakes x2 with honey	\$2.50
Yoghurt (low fat)	\$2.00
Yoghurt & fruit cup	\$2.50
Yoghurt & muesli cup	\$2.50



FRESH FRUIT	
Orange, apple or mandarin	\$1.00
Banana	\$1.50
Orange, apple or mandarin wedges in a cup	\$1.50
Watermelon pieces in a bowl (12oz)	\$3.50
Seasonal fresh fruit salad bowl (12oz)	\$4.00



MILK - JUICES - DRINKS	
Water 400ml	\$1.50
Water 600ml	\$2.00
Milk 300ml (plain)	\$2.50
Popper 99% juice 250ml	\$2.50
Light milk 300ml	\$3.00
UP & GO 250ml	\$3.00



Everyday Occasional

Gluten Free Bread or Tortilla	extra \$1.00
Gluten Free Focaccia	extra \$1.00
Upsize Salad, Fruit Salad to 200Z	extra \$1.50

Extra fillings

Shredded or Sliced Cheese	extra \$1.00
Avocado	extra 50c
Beetroot	extra 50c
Sauce or Cutlery	each 30c

All our meat products are Halal certified
(excluding pork based products)

HOT FOOD	
Corn cob	\$1.00
Garlic bread	\$1.50
Garlic & cheese bread	\$1.50
Fresh chicken wings x1	\$2.50
Cheese pizza (served on roll)	\$3.00
Mexican quesadilla	\$3.00
Stuffed vine leaves with rice x5	\$4.50
Beef meatball sub with napolitana sauce/cheese	\$4.50
Chicken meatball sub with napolitana sauce/cheese	\$4.50
Plain grilled chicken souvlaki on a roll	\$4.50
Plain grilled chicken souvlaki wrap	\$5.00
Homemade pizza with cheese	\$5.50
Homemade pizza with lean ham & cheese	\$5.50
Homemade hawaiian pizza	\$5.50
Beef lasagne (non halal)	\$5.50
Vegetarian lasagne	\$5.50
Cheeseburger	\$5.50
Aussie lean beef burger lettuce/tomato	\$5.50
Chicken breast fillet burger lettuce & mayo	\$5.50
Tuna pattie burger	\$5.50



HOMEMADE MENU	
Australian, European, Asian & Mexican Meals	
AVAILABLE	\$4.50
→ Pasta bolognaise	\$4.50
→ Mac & cheese	\$4.50
→ Chicken napolitana pasta	\$4.50
→ Pasta with beef meatballs	\$4.50
→ Pasta with chicken meatball:	\$4.50
EVERY DAY	\$4.50
Monday	\$4.50
Tuesday	\$4.50
Wednesday	\$4.50
Thursday	\$4.50
Friday	\$4.50
Gluten Free options available extra \$1.00	



DAZZLING MEAL DEALS...	
If you buy a meal combo you would save up to \$1.00	
PACK 1	\$3.50
CHEESE SANDWICH	
Water 400ml + frozen stick or fruit	
PACK 2	\$5.50
SALAD SANDWICH	
Water 400ml + frozen stick or fruit	
PACK 3	\$6.00
MEATBALL SUB	
Water 400ml + frozen stick or fruit	
PACK 4	\$6.00
PASTA BOLOGNAISE	
Water 400ml + frozen stick or fruit	
PACK 5	\$6.50
CHICKEN & CHEESE ROLL	
Water 400ml + frozen stick or fruit	
PACK 6	\$7.00
LASAGNE (beef or vegetarian)	
Water 400ml + frozen stick or fruit	

VEGGIE & OTHER SNACK PACKS	
Veggie cup with hommus	\$2.50
Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
Veggie dome with cheese cubes & bread sticks	\$4.50
Veggie dome with fresh chicken Breast & Bread Sticks	\$5.00

CRUNCH N SIP PACKS	
Fresh piece of fruit & water 400ml	\$2.00
Fresh orange/apple wedges & water 400ml	\$2.50
Fresh cut veggie cup & water 400ml	\$2.50
Fresh diced fruit cup & water 400ml	\$3.00

Healthy Kids Association

THIS IS TO CERTIFY THAT

Made Fresh

IS A FINANCIAL MEMBER OF THE

HEALTHY KIDS ASSOCIATION

Member ID L083

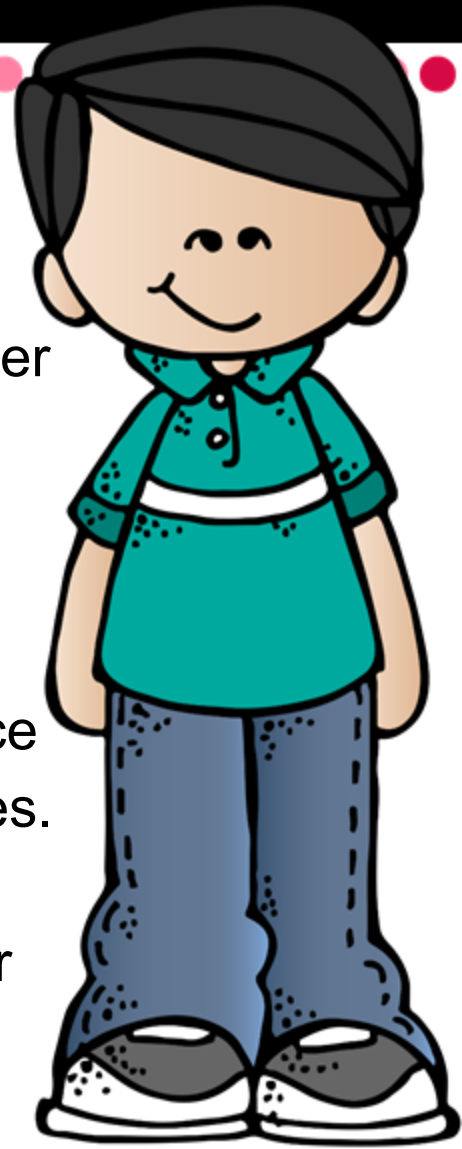
Healthy Kids Association, Suite 1, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 424, 426, 428, 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454, 456, 458, 460, 462, 464, 466, 468, 470, 472, 474, 476, 478, 480, 482, 484, 486, 488, 490, 492, 494, 496, 498, 500, 502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000

OCCASIONAL ITEMS AVAILABLE EACH DAY	
HOT FOOD - SNACKS & DRINKS	
Hash brown	\$1.30
Chicken & corn roll	\$1.50
Potato wedges bag	\$2.50
Nachos with salsa & cheese	\$3.50
Noodles cup	\$3.50
Chicken nuggets x5	\$3.50
Chicken or beef hot dog (one free sauce)	\$3.80
Sausage roll (one free sauce)	\$4.50
Meat pie (one free sauce)	\$5.00
Pizza wrap (tomato & olives, bbq chicken)	\$5.50
Crumbed Chicken Burger with lettuce & mayo	\$5.50
Fillet-O-Fish burger with lettuce & mayo	\$6.00
Homemade cookies x1 (freshly made daily)	50c
Gummy bear x3	\$1.00
Popcorn	\$1.00
Jelly cup	\$1.00
Monster noodle snacks (chicken or bbq)	\$1.30
Jelly & custard cup	\$1.50
Homemade fresh muffins (freshly made daily)	\$1.50
Rice sticks cheese	\$2.00
Vanilla ice cream cup	\$2.00
Grain waves 22g	\$2.50
Red rock deli chips 28g	\$2.50



Benevolent Society

- As Australia's first charity, our vision is a just society where everyone lives their best life. We've been supporting people with disability, children, families, older Australians and carers since 1813.
- Not-for-profit and non-religious, we're committed to people. Through a dedicated team, a network of service providers, partnerships and volunteers, we change lives.
- If you need to get in touch with this service the number is : 1800 236 762



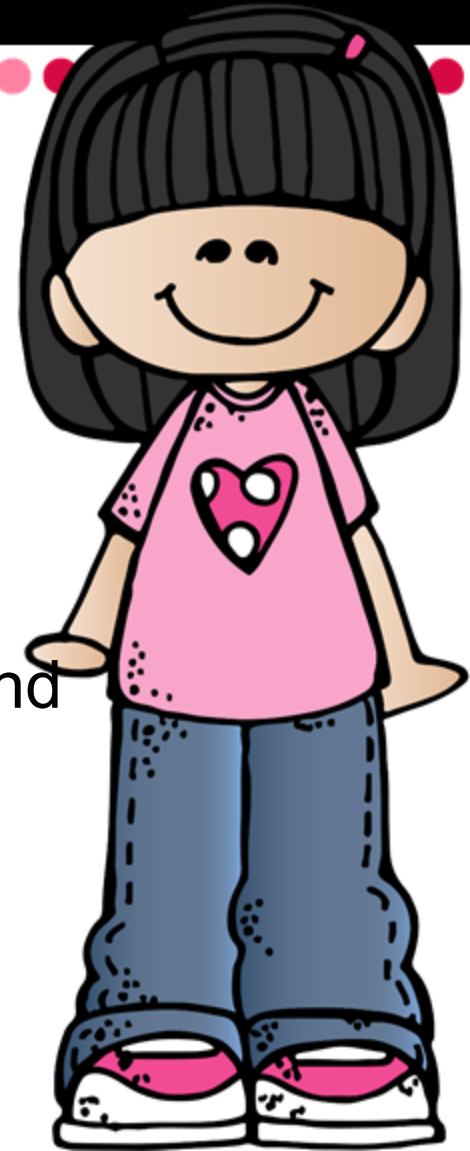
School Banking

- As coronavirus restrictions begin to ease across each state and territory, Commonwealth Bank has decided to restart the School Banking program from Term 3, 2020 and offer schools the flexibility to choose when it is best for them to begin the program again in their community. Hopefully this will be up and running in 2021 at Sarah Redfern Public School. Kindergarten teachers will inform you when this occurs.
- Students participating in School Banking will get weekly hands-on saving practice, when they bring their deposit to school in their Dollarmites deposit wallet on School Banking day. They'll also receive a silver Dollarmites token each time they make a deposit, which they can redeem for a Treetop savers reward (maximum one reward per item). A list of rewards is on the Commonwealth bank website.



School Counselling Service

- School counselling staff are members of the school learning and support team. At Sarah Redfern Public School our current School Counsellor is Mrs Willis.
- A teacher may recommend the service by referring a student to the school's learning and support team. As a parent or carer, you may refer your child directly to the school counselling service. Students can also self-refer to the service.



School Counselling Service

- The school counselling service can:
 - support students who are worrying about school work, friends, getting in trouble at school or feeling down
 - help parents and carers make decisions about your child's education
 - assess a student's learning and behaviour
 - help teachers and students identify and address disabilities that may affect learning
 - liaise with other agencies regarding student wellbeing.

School counselling is confidential.



Learning and Support Team



The school's learning and support team plays a key role in ensuring we meet the specific needs of students with additional learning and support needs, including disability.

The team:

- supports teachers in identifying and responding to the additional learning needs of students
- facilitates and coordinates a whole-school approach to improving the learning outcomes of every student
- coordinates planning processes and resourcing for students with additional learning and support needs
- designs and implements the support required to build teacher capacity so that all students access quality learning
- develops collaborative partnerships with the school, parents and carers as well as other professionals and the wider school community.

