



We promise you every day your
child will learn something.

Some days they will bring it home in their **hands**.

Some days they will bring it home in their **heads**.

Some days they will bring it home in their **hearts**.

Athelstone Preschool

Newsletter Term 1, 2026

Term 1- Important Dates

Public Holiday	Monday, 9th of March
CaFHS health Checks	Thursday 12th March
Harmony Day	Tuesday 17th March Group 1 Thursday 19th March Group 2
Bunnings Incursion	Thursday 2nd April
Public holiday	Friday 3rd April
Public Holiday	Monday 6th April
Excursion -Sports day	Wednesday 8th April
End of Term 1 (2pm)	Friday 10th April



Director's Message

A warm and heartfelt **welcome** to all our preschool families! We are truly delighted to begin this wonderful journey of learning, growth, and discovery alongside your little ones.

At Athelstone Preschool, we are dedicated to creating an environment where children feel **valued, understood, and celebrated** for who they are. Our goal is to provide a secure and nurturing space where children can *explore, play, and learn with confidence*. We believe that a caring atmosphere is at the heart of every child's early education, and we are committed to supporting their social, emotional, and cognitive development through rich, meaningful experiences.

Thank you for entrusting us with the privilege of being part of your child's educational journey. We look forward to forming strong partnerships with our families, fostering each child's growth, and creating many cherished memories together.

Welcome to the Athelstone Preschool community—where *every child is honoured, every culture is valued, and each day brings new opportunities for joy, curiosity, and adventure!*

STAFFING

I'd like to take a moment to acknowledge and thank **Stacy**, who served as Director over the past couple of years. Her commitment to creating warm, nurturing environments and fostering a strong, positive culture has played an important role in shaping Athelstone Preschool. We deeply appreciate the work she has done and wish her all the very best moving forward.

As many of you may already know, **Anna** will soon be finishing up with us as she prepares for her relocation. Anna has been a wonderful and dedicated member of our team, and her kindness, professionalism, and genuine care for our children and families have left a lasting impact. We are truly grateful for her contributions and wish her every success in this next chapter.

OUR CURRICULUM

The Early Years Learning Framework (EYLF) is a guide for early childhood educators to support and enhance young children's learning from birth to five years old. It focuses on creating

a strong foundation for future learning and development.

The key learning outcomes and dispositions outlined in the EYLF:

- 1: Children Have a Strong Sense of Identity*
- 2: Children Are Connected with and Contribute to Their World*
- 3: Children Have a Strong Sense of Wellbeing*
- 4: Children Are Confident and Involved Learners*
- 5: Children Are Effective Communicators*

Writing Readiness

Many families look forward to seeing their child write their name before starting school. While practising name writing is important, true writing readiness begins with the whole body — not just the hands.

Before children can control a pencil, they need strong core muscles, stable shoulders, and coordinated arm movements. These develop

through gross motor play such as climbing, swinging, hanging, spinning, jumping, crawling, and balancing.

Activities like climbing help children build:

Core strength for sitting upright at a table

Shoulder stability to control arm movements

Wrist strength and flexibility

Hand strength for pencil grip

Fine motor skills (like holding and controlling a pencil) grow from these larger body movements. That's why active outdoor play is just as important as drawing, painting, and practising name writing.

At preschool, we support both:

Daily opportunities to write names and label work

Plenty of movement to build the muscles needed for writing

So next time your child is climbing or swinging, remember — they are preparing their body for writing!

Sharing Your Child's Learning

Throughout the year, your child's portfolio, observations, individual learning plans will showcase their progress across these outcomes — through play, exploration, and relationships. At the end of their Preschool year, educators will prepare a **Statement of Learning**, summarising your child's growth and achievements. This document is shared with you and your child's school to support a smooth and positive transition to the next stage of learning.

The Stages of Emergent Writing

Drawing :
children draw/scribble pictures



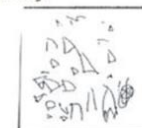
Random scribbling :
children scribble and can say what their marks mean.



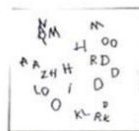
Controlled scribbling:
Children scribble in rows across the page left to right and top to bottom and give meaning to lines of their writing.



Letter like forms :
Children use unconventional letter forms and familiar symbols such as circles but still give meaning to their writing.



Random letters :
Children begin to use random letter shapes to convey meaning.



Patterned letters :
Children begin to use strings of unrelated letters, sometimes the letters from their name appear.



Pupil Free Day- The Team working collaboratively on the planning cycles and individual learning goals.

LEARNING THROUGH PLAY

Play is the foundation of children's learning — it is their work. Research consistently shows that children learn best through play, where they make connections, build understandings, and develop essential life skills. At preschool, we honour this important stage by ensuring that learning happens in the context of meaningful, engaging play.

Through play, children are supported to explore all areas of development — including early literacy, numeracy, problem-solving, and social-emotional growth. We take a holistic approach, recognising each child as an individual learner and setting age-appropriate goals that value their strengths, interests, and cultural backgrounds.

What Is School Readiness, Really?

It's easy to assume that school readiness means knowing their ABCs or being able to count to 20. But here's the thing—school readiness is so much more than academic skills. It's about your child being ready for an entirely new world. This includes social and emotional skills, independence, and even physical development.

Think of school readiness as the ability to manage big changes with confidence.

Whether it's navigating friendship dynamics, following a schedule, or working through challenges, these are the skills that help children thrive—not just in school, but in life.

Our Calming Corner

Children have been showing a big interest in our **calming corner** in the library. This space gives them a quiet place to take a break, reset, and manage their feelings during the day.

We will be introducing the **Zones of Regulation**, and we will be using this language across the preschool to help children talk about how they feel and what they need.

The Zones of Regulation

- **Blue Zone** – sad, tired, low energy
- **Green Zone** – calm, focused, ready to learn
- **Yellow Zone** – excited, worried, wiggly, frustrated
- **Red Zone** – angry, overwhelmed, out of control

We will be using pictures and simple strategies to help children recognise their feelings and return to the **green zone** when they are ready.



VOLUNTEERING

• **Library Borrowing:** Parents who enjoy reading can volunteer to read books with the children and help them return and borrow their library books each week. This love helps in developing children's literacy skills and fosters a love for reading.

• **Breakfast Club:** We warmly invite any family members who would like to volunteer at our Breakfast Club (on Wednesdays at 9am) to join us in creating a positive start to the day for our children. Your support with preparing and serving breakfast helps build a strong sense of community, connection and belonging within our preschool. If you are interested, please speak to us at the office — we would love to have you involved. ❤️

• **Community Events:** Parent involvement and participation in bringing these events together is pivotal for its success. Letter box drops, sharing our social media posts with your social media community, family and friends and helping organise events too!

• **Gardening Projects:** Parents with a green thumb can assist in setting up our preschool garden and helping maintain it while teaching children about plants, ecosystems, and sustainability.

• **Talks and Demonstrations:** Parents can share insights from their professions, whether they are doctors, engineers, artists, or chefs. These sessions can be highly educational and inspiring for young minds.

• **Multicultural Experiences:** Parents from diverse cultural backgrounds can introduce children to different traditions, foods, music, and languages. This promotes inclusivity and broadens children's understanding of the world whilst also ensuring a sense of belonging for all.

• **Celebrating Festivals:** Parents can help organise celebrations for various cultural festivals, providing a rich, immersive learning experience.

Governing Council

I would also like to extend my sincere thanks to our previous families who generously contributed their time and commitment as members of the Preschool Governing Council. Your involvement has played an important role in supporting our preschool's growth and direction. We now warmly invite new families to join our 2025 Governing Council. The Governing Council is essential—and a legal requirement—for the effective operation of preschools and schools. Its purpose is to ensure that families and the wider community have a genuine voice in the management, planning, and ongoing development of the preschool.

 **Next meeting:**

1st March, 6:00–7:00pm

Everyone is welcome to come along.

The Governing Council meets twice each term, for approximately one hour.

If you are interested in joining or would like to learn more, please let me know—I would love to have you involved!

[Event listing | Campbelltown City Council](#)

Please click on the link above for some community events happening that you might be interested in with the local council :)

Fees – \$170 per term

The account number for all payments is:

BankSA

Athelstone Kindergarten

BSB number: 105-152

Account number: 56713974

Reminders:

CARPARK

Just a friendly reminder that the preschool **carpark is a one-way carpark**. We strongly encourage everyone to make sure that they are triple checking that there are no children or adults around them as they are in the carparking space, particularly in high-flow times (pick up and drop off). Please ensure that you are using the one way arrows to enter and exit our carpark safely. All children **MUST** hold an adult's hand when walking through the car park. Drivers also need to be aware that the small size of children may make them unnoticeable when you are reversing. Please take care. Remember that the speed limit in the car park is 10km/hr.

HARMONY DAY

March 21 is Australia's **Harmony Day**, which celebrates the country's cultural diversity. We look forward to coming together as a preschool community to celebrate diversity, inclusion and belonging.

Thank you for helping us celebrate that everyone belongs ❤️ International Day for the Elimination of Racial Discrimination. On **TUESDAY 17th(G1) AND THURSDAY 19th(G2) WE ARE ENCOURAGING THE CHILDREN TO WEAR ORANGE WITH A GOLD COIN DONATION IF YOU CAN AS PART OF OUR HARMONY DAY CELEBRATION.**

SPORTS DAY

On Wednesday, 8th of April, we will be walking over to join Athelstone School for their Sports Day.

Group 2 children are warmly encouraged to come along and join in the fun, provided they are supervised by their parent/caregiver for the duration of the event.

Group 2 families, please let us know:

- If you will be attending
- Whether you will meet us at the school or at preschool

We will be leaving preschool at approximately 9:10am.

Safety of children before sessions and during pick up: Parents/caregivers are reminded that their children are not to be left unattended on preschool grounds before 9.00am. Each time you bring your child to preschool PLEASE COME INSIDE so that teachers can greet you both.

Sign in/out sheet: This is located on the table outside so that you can sign your child in and out each day. Please write in this if somebody different will be collecting your child and also speak to the staff. (If there are legal restrictions on any persons having contact with your child, then a copy of the appropriate order must be given to the Preschool Director.

Please bring with your child every day:

A named drink bottle: Containing only water

2 pieces of fruit/vegetables for snack: Packing a morning snack and afternoon snack separate from each other is helpful for staff and the children to ensure that they don't eat it all at once. The children get very hungry during their preschool days as their bodies get incredibly busy.

Their lunch: We encourage families to provide healthy food for their child to eat. Lunches are stored outside however we always recommend cool packs to be supplied by families. Educators are unable to reheat food. If children require warm food, sending you child's lunch in a thermos is an option. Please ensure that all lunch boxes, containers, and drink bottles are clearly named.

A named sunhat: A broad brimmed hat with no cords under the chin to ensure we are aligning with the Department for Education policy.

*We ask that hats be kept in bags all year round so that they are available for your child to wear whenever they are outside. Hats with cords that go under the children's neck are no longer appropriate and are considered a risk within the Department for Education's hat policy. If you wish for your child to be protected with Sunscreen, please apply it prior to kindy in the morning. Staff will help the children to re-apply sunscreen after lunch on hot days.

Spare changes of clothes: Please ensure that your child's name is on all clothing articles.

Please send your child in shoes that are safe for climbing and running.

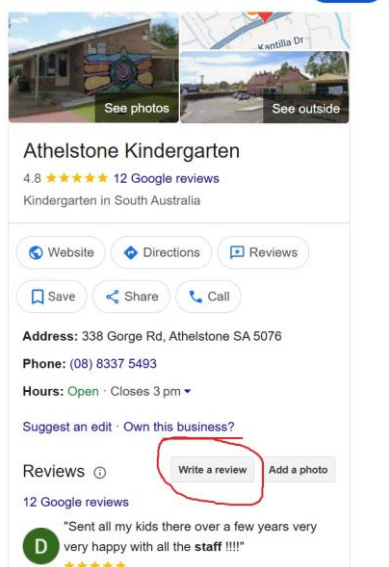
Thongs, slippers, crocs and rubber boots are not appropriate.



We strive to provide the best possible care and education for your little people, and your feedback means so much to us! If you've had a great experience with Athelstone Preschool, we would love it if you could share your thoughts in an online review. Your input helps us improve and also guides other families in finding the right program for their children. Click here to leave a review (filling in the **Enquiry Form**)

https://athelstonepre.sa.edu.au/contact-us/?utm_source=chatgpt.com

if you have a Google account you can do it by following link and adding review (please refer to



the screenshot):

https://www.google.com/search?q=Athelstone+preschool&sca_esv=b95b1b9f09dfb697&sxsrf=ANbL-n7L0kCuJPgq2dRZwmGEqGhMBWuiOg%3A1772498229619&source=hp&ei=NS2macW8I6bYseMP1L_D6Q8&iflsig=AFdpzrgAAAAAaY7RRPO1aEUAtNTZeSVcBz8VRe5t15V&ved=0ahUKewiFq9u6voKTaxUmbGwGHdTfMP0Q4dUDCDI&uact=5&oq=Athelstone+preschool&gs_lp=Egdnd3Mtd2l6lhRBdGhIbHN0b25lIHByZXNjaG9vbDILEC4YgAQYxwEYrwEyAhAmMqsQABiABBiKBRiGAzILEAA YgAQYigUYhgMyBRAAGO8FMgUQABjvBTIIEAA YgAQYogRI9EVQ5w1YiTtwAXgAkAEBmAHBA6AB8B-qAQowLjE3LjEuMS4xuAEDyAEA-AEBmAIUoAL1HKgCCsICChAuGAMYjwEY6gLCAGoQABgDGI8BGOoCwglQEC4YgAQYigUYQxjHARivAcicChAAGIAEGloFGEPcAgoQLhhDGIAEGloFwgIwEC4YgAQYigUYQxixAxiDARjHARjRA8ICBRAAGIAEwgIOEC4YgAQYigUYsQMYgwHCAhEQLhiABBiKBRiRAhjHARivAcICEBAuGEMYrwEYxwEYgAQYigXCAgUQLhiABMICCxAuGK8BGMcBGIAEwgIGEAAYFhgemAMG8QUAOJikZ6kVvZIHCEuMTcuMS4xoAff5gKyBwgwLjE3LjEuMbgH7xzCBwYwLjE1LjXIBzGACAE&sclient=gws-wiz&safe=active

Thank you for being an important part of our community!

POLICIES AND PROCEDURES

The Department for Education makes policies and procedures that all sites must adhere to. As a site we have a range of policies and procedures that are specific to the context of our site.

These can be found in the policies folder and majority of them are available on our website.

DEVICES POLICY

To support the safety, privacy, and wellbeing of all children, and in line with the **Safe Use of Digital Technologies and Online Environments Policy**, we ask that **personal devices remain in your pocket or handbag at all times while on our premises.**

If you need to take a phone call, please **step off-site** before answering, ensuring all conversations occur outside our preschool boundaries.

For privacy reasons, and in accordance with policy guidelines, **no photos or videos of children may be taken on any device while at the preschool.**

Thank you for your cooperation in helping us maintain a safe, respectful, and secure environment for all children and families.



If you have any questions regarding this matter, please do not hesitate to ask a staff member directly.



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