

Playgroup Term 4 Newsletter 2018

Welcome

A warm Term 4 welcome to all our families.

Swap Shuffle Share

Please bring in your unwanted children's clothing, toys, books and accessories on the last Tuesday of each month. All families are invited to take the items without obligation.

Suggestions

If you have any suggestions to enhance our playgroup program, please speak to Lynne, we would love parent input into our program.

Nut Free Zone

Please do not bring nuts, or nut products including Nutella to Playgroup. With so many young children in our environment we do not want to expose any children unnecessarily to these allergens.

Volunteers

This term we will be joined by Christine Turner. She is very keen to spend some of her free time working with young children and families. Please make her feel welcome.

End of Term

Our last playgroup of Term will be Tuesday 11th December 2018. This will also be our Christmas Party Day

Playgroup will resume for 2018 on Tuesday 5th February 2019



Children's Christmas Party

On Tuesday 11th December we will be holding our **Children's Christmas Party**. There will be lots of Christmas activities, a jumping castle, a morning tea and of course a visit by Santa. We will be providing food for the morning tea but families are also welcome to bring a plate to contribute to the festivities. Dress your child in their favourite Christmas outfit and come along to enjoy the fun.

The cost of this morning will be covered by your usual playgroup fees.

Peninsula Occasional Care

Now taking bookings
for 2019

0-5 years

Operating Hours
8.30am-4.30pm

Permanent and Casual
Positions

Cost \$8.00 per hour.



National Nutrition Week

Tryfor5 is an annual campaign powered by Nutrition Australia encouraging Australians to increase their vegetable consumption to the recommended five serves per day, launching during National Nutrition Week (where awareness is raised around the role of food on our health). Despite the latest studies and recurring healthy eating messages only 4% of Australian's are eating enough vegetables each day. The average person eats only half as much as they should, which is the inspiration behind Tryfor5. This year's Tryfor5 theme is "Small Change, Big Gains" where we've transformed some of Australia's favourite recipes by adding more veg, making them even healthier and delicious, forming part of an overall healthy, balanced diet go to www.nutritionaustralia.org/national/national-nutrition-week-tryfor5 for some delicious family recipes.

World Mental Health Day – 10

October – is a day for global mental health education, awareness and advocacy. Mental Health Australia is delighted to be leading the World Mental Health Day campaign in Australia.

Do You See What I See? challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

Stigma around mental illness due to misunderstanding or prejudice remains an issue in Australia, delaying or preventing people from wanting or feeling able to seek help, and impacting adversely on their lives.

Misconceptions and misrepresentations about those experiencing mental illness are damaging to people's lives. The reality is the vast majority of people affected by mental illness are able to lead independent and contributing lives in the community, with the right treatment and support. With one in five Australians affected, they form part of our close circles of family, friends and colleagues, and interact with us in our communities every day.

It's time to look at mental illness in a different light – a positive light.

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE
Be there for your child and show care and love



EXERCISE
Encourage play, exercise and sport



BEHAVIOUR
Keep an eye out for any changes in behaviour



SUPPORT
Regularly support, encourage and praise your child



REST TIME
Help your child to manage stress by building in some rest time



BE PROUD
Tell your child that you are proud of them



PATIENCE
Be patient. Don't pressure your child



HELP
Don't be afraid to seek help from professionals



FEELING
Get to know how your child is feeling



EDUCATE
Educate yourself about mental health problems



PROBLEM SOLVING
Help your child to effectively problem solve



LISTEN
Make sure you take time to listen to what your child has to say



COPING
Help your child to learn some simple coping skills such as relaxation



SYMPTOMS
Be aware of signs and symptoms



CONVERSATION
Encourage your child to engage in conversation



ENVIRONMENT
Provide a positive environment for your child where they can thrive

