

Learning Links

Family Information Booklet



Learning Links Preschool

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Contact Details

Preschool Office Phone: 8525 8230

Preschool Mobile Phone: 0422 830 940

Preschool website: <https://www.learninglinkspreschool.org.au>

Learning Links Peakhurst Main Office Phone: 8525 8222

Preschool Director: Belinda Afonso – contact details bafonso@learninglinks.org.au

Preschool email: preschool@learninglinks.org.au



Daily Operations

Learning Links Preschool is open Monday to Friday (school terms only)

Preschool operational hours are 8.00am to 4.00pm (excluding public holidays).

Preschool Fees

Learning Links Preschool receives funding from the NSW Department of Education under the Start Strong funding program. The Start Strong for Community Preschools program provides funding to deliver affordable quality preschool education for 3- to 5-year-old children enrolled in eligible community and mobile preschools in NSW. Our preschool daily fees in 2024 are:

Table 1	
Fees for 4-year-old children	\$47 per day
Fees for 3-year-old children	\$67 per day
Equity Rate (First Nation children, and/or child from low socioeconomic household, and/or child with additional need/ disability)	\$7 per day

Families are required to allocate Fee Relief Funding to ONE preschool or early education service. If families choose to allocate the fee relief funds to Learning Links Preschool the daily fee is:

Declaration of Fee Relief	
Fees for 4-year-old children	\$10 per day
Fees for 3-year-old children	\$20 per day
*Equity Rate (First Nation children, and/or child from low socioeconomic household, and/or child with additional need/ disability)	\$5 per day

*Equity funding is allocated by the NSW Department of Education for those children who meet the eligibility criteria above.

For families who choose to allocate Fee relief to another early education facility and therefore opt out, the preschool daily fee is detailed in Table 1.

Complaints and Feedback

Complaints or feedback can be received by Belinda Afonso

Phone: 8525 8230

Email: bafonso@learninglinks.org.au

In writing 12-14 Pindari Road, Peakhurst 2210 or Preschool website www.learninglinkspreschool.org.au

Regulatory Authority

NSW Early Childhood Education and Care Directorate

Address: Locked Bag 5107, Parramatta NSW 2124

Website: <https://education.nsw.gov.au/> Email: ececd@det.nsw.au Telephone: 1800 619 113 (toll free)

Priority of Access during enrolment

All preschools are required to give equal priority of access to:

- children who are at least 4 years old on or before the 31 July in that preschool year and not enrolled or registered at a school
- children who are at least 3 years old on or before 31 July in that preschool year and are:
 - children from low income families
 - children with an Aboriginal and Torres Strait Islander background
 - children with disability or additional needs
 - children with English language needs
- children who are at risk of significant harm (from a child protection perspective).

Services must give priority to the groups outlined above before any other groups, including 3-year-olds not eligible for equity loading. There is no order of priority assigned to the list of points above.

Late collection charge

Where a child has not been collected by 4pm, a late collection charge of \$30 will apply for the first 10 minutes after 4pm. Each 10 minutes period thereafter will also incur an additional \$10 charge. Please refer to the Fee Policy and Procedure for more information.

Where a child has not been collected by 5pm, the Delivery and Collection of Children Policy and Procedure will be followed relating to the non-collection of children.

Building/maintenance Levy & Learning Links Membership

To support the maintenance of, and improvements to the Preschool each family will pay a levy of \$60 per annum. An annual membership of \$20 will also be applied at the commencement of child's enrolment.



PRESCHOOL PHILOSOPHY

Here is the land, here is the sky, here are my friends and here am I. We thank the Bidjigal people for the lands in which we learn and play. Hands up, hands down we're on the Bidjigal ground.

Children are heard and part of our educational program and curriculum. Our team creates a brave and trusting environment to support children to develop a strong sense of identity. We provide an inclusive and diverse learning space where children are valued, supported and their rights are acknowledged and respected.

Children and staff create warm and welcoming learning spaces. Children are free to be curious, engage and challenge their abilities in a sustainable and inclusive environment. Our preschool caters for individual and group abilities and facilitates freedom of choice alongside a routine that is open ended, where indoor and outdoor play is celebrated throughout the day.

Relationships are the foundation of our values and establish a strong sense of wellbeing. Educators play alongside children and have fun. Wellbeing is promoted through fun, interactive and intentional play. Children value strong friendships and relationships as indicators of connection to community and wellbeing.

Our play environment supports children to develop curiosity, inquiry and wonder of the natural world and built play spaces. Having fun is the most important part of play and learning. It is through positive experiences that children foster a trusting and meaningful relationship with their peers and educators. Our warm and inviting spaces invite children to investigate and create bravely and be at one with themselves and their community.

We have created a program that supports communication in different forms. It is inclusive of children's strengths and differences which are incorporated into our program. Our program is flexible, and children learn through structured and unstructured free play. Our team is transparent and honest with children and families and communication is a key component to maintaining trusting and meaningful partnerships with all stakeholders. Our preschool has multiple resources that support children to gain understanding of their world, problem solve and advocate their thoughts and feelings.

Our preschool embodies inclusion, diversity and play in all that we do.





Learning Links Preschool is a not for profit, community-based organisation licensed by the NSW Department of Education and Communities.

Our Preschool forms part of Learning Links, with a long history of providing services to children and families since 1972.

We are proud of our high quality, inclusive preschool where children of all abilities learn side by side, maximising their learning abilities and wellbeing as they progress to primary school.

Our preschool is rated as Exceeding by the Department of Education (2019) and we value and work towards providing a high-quality educational program.



We acknowledge Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands, waterways and skies across Australia. We thank Aboriginal and Torres Strait Islander peoples for sharing and caring for the land on which we live, work, learn and play. We pay our respects to Elders past, present and future

Our Team



We support and include all children in a high-quality educational program. Our team implements a program that incorporates the principles, practices and learning outcomes outlined in the Early Years Learning Framework. Our team members have various experiences in the early childhood sector working with a range of children to support their needs. Our team qualifications include:

- University qualification in Early Childhood Education
- Diploma in Children's Education and Care
- Certificate III in Early Education and Care.

All staff in Learning Links Preschool have a valid and current First Aid Certificate and CPR is renewed annually. All educators have training in Anaphylaxis and asthma.

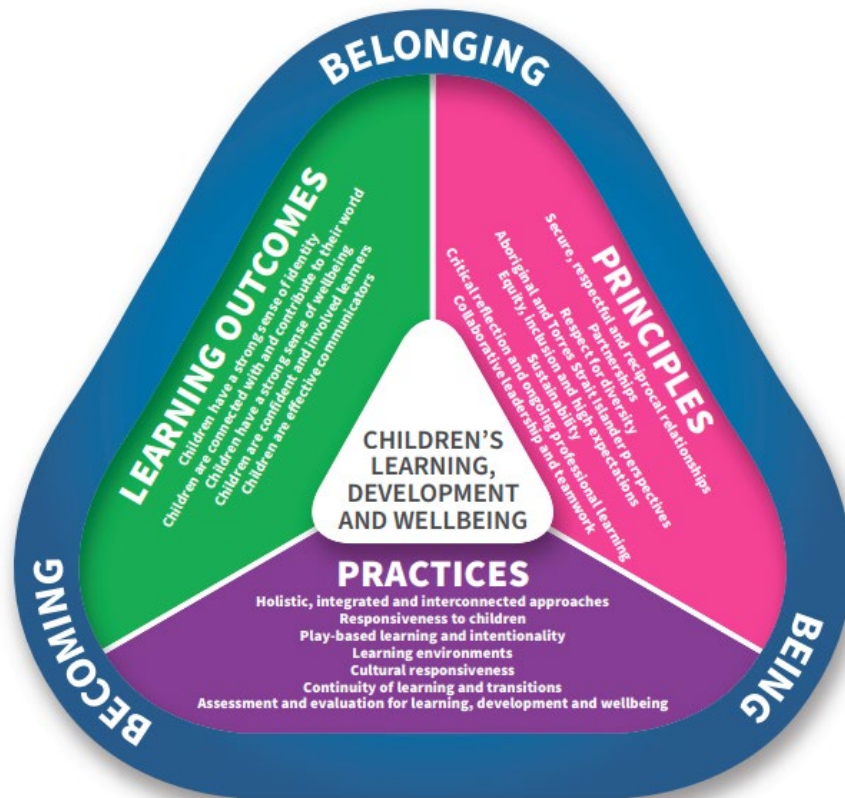
Child Protection and child safety are fundamentally important to the Preschool and we take our role as Mandatory Reporters seriously. All staff in the Preschool are mandatory reporters under National Law.

This means that if we observe, suspect or have received a disclosure that abuse/ neglect or risk of harm has or may have occurred, we are legally required to report it to the Department of Communities and Justice.

Learning Links is a Child Safe organisation. We put the interests and needs of children first. As a Child Safe organisation under the Child Safe Scheme, the Preschool must demonstrate commitment to child safety by having child safe systems, policies and processes in place that are based on the Child Safe Standards.

Speech Pathologists

Our Speech Pathologists work with children in our supported placements to meet their individual goals and support them to continue to develop participation, engagement, play, regulation and social skills within a preschool setting. Children access 1:1 therapy support in the Preschool environment during play. This optimises them developing their skills naturally and in a play context.



Educators and Therapists Working Together

Our educators and therapists work together with children to support and promote their learning. Children learn best when everyone work together in a consistent way to reach a goal or outcome. Our team shares knowledge and experience with each other to build a quality program that is individual to each child.

Preschool Program

Children are heard and part of our educational program and curriculum. Our team creates a brave and trusting environment to support children to develop a strong sense of identity.

We provide an inclusive and diverse learning space where children are valued, supported and their rights are acknowledged and respected.

The program in the Preschool is guided by Australia’s Early Years Learning Framework (EYLF) for Early Education Services. We value what each child and family brings into our community. We adhere to and follow the National Framework (NQF) and the 7 Quality Areas outlined in the standards. Quality Area 1 – Educational Program and Practice is specific to our Preschool program and outlines the use of EYLF in the program and curriculum.

Families can find more information on the ACECQA website:

<https://www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf>

Educators work with each child to learn more about their individual abilities, strengths and learning styles. Families are encouraged to participate in our program, we encourage and prioritise active engagement in all Preschool activities, routines and

celebrations.

We facilitate an indoor/outdoor program (weather permitting) that enables children to have the ability to be facilitators in their own learning. On a daily basis, children can choose the learning space they feel most comfortable in and want to engage in.

Routines are established to be flexible and consistent. We aim to minimise transitions for children in order for them to have as much uninterrupted play time as possible. This allows for structured, spontaneous and free play experiences to occur.

Play Based Learning

The EYLF states, *Play-based learning capitalises on children's natural inclination to be curious, explore and learn. Children actively construct their own understandings that contribute to their own learning. In play experiences children integrate their emotions, thinking and motivation that assists to strengthen brain functioning. They exercise their agency, intentionality, capacity to initiate and lead learning, and their right to participate in decisions that affect them, including about their learning (pg. 8)*

<https://www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf>

In the Preschool, we create an environment that fosters curiosity, investigation, wonder and inquiry for children to be able to explore in multiple ways.

Additionally, we have an interest-based program where children are the drivers of what is being explored. Educators are present to facilitate and support children to extend and be brave to test and

try new skills and continue to seek wonder and enjoyment in learning. Our program is a learning journey in which all children are actively engaged and have a voice in how our program is led and extended.

Our planning cycle follows children's interests through observations conducted by the team. We assess the skills and developmental domains children are demonstrating, aligning these to the EYLF learning outcomes, principles and practices. The team plan for an extension of an observed experience – often with children heavily involved in the planning process. We implement the plan, reflect and evaluate and the process continues.



Total Communication

The Preschool team understand and value a total communication approach as being fundamental in supporting all children. This means that we use verbal, visual signs and Key Word Sign (KWS) in combination to communicate with all children. This allows children who are non-verbal or have difficulties in communication to be able to integrate into the program and understand that they are meaningfully included. Our team uses KWS to communicate with all children throughout the day, with visuals being used to support all children to



understand transitions, expectations and tasks. An example of some of the visuals used is:



Key Word Sign supports language and communication for children with and without communication difficulties. Key Word Sign does not replace talking, it is always used in conjunction with spoken sentences. A few examples of KWS used in the preschool throughout the day are below:

Learn

Hold both hands palms down with index fingers pointing forward and rub index fingers together backwards and forwards.

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More

Cup dominant hand, fingers spread and place fingertips on centre chest. Move hand forward.

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Help

Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. * With directionality.

Key Word Sign line drawings © by Key Word Sign Australia, Victoria, Incorporated. All Rights Reserved. Used with permission.

Partnerships with Families and Community

Relationships are fundamental to our values and the partnerships we create with families support children and our community to continue to grow. Families are a child's first teacher, and we believe working together we can create a place where as a community we can create and provide a diverse and inclusive quality educational program. Preschool represents a range of family cultures, needs and beliefs and we pride ourselves on creating trusting relationships with our families and local community. Learning Links Preschool has a wonderful relationship with Peakhurst South Public School where children in the senior classes who are behind in their reading skills attend our preschool each week to read to a small group of preschool children. This fabulous program supports older children who may be struggling in literacy or other areas to grow and mentor their skills to the preschool children. In the same way, the preschool children grow in their understanding of the verbal and written word, create relationships and expand on their social skills with older children.

Term Events

As we have such a rich and diverse community, there are numerous cultural events and days of celebration that we integrate into our program. Term calendars are sent and made available to families each term highlighting special events or important dates for families to be aware of. We invite families to participate and join in events and to also advise any special days that are important to your family.

Starting Preschool

Starting preschool can be challenging and scary for some children. The NSW Department of Education has some fantastic resources to support children and families with this transition. Please find the link here to access the resources –

<https://education.nsw.gov.au/schooling/parents-and-carers/going-to-school/getting-ready-for-school/starting-preschool>

Hard copies of these documents are available in the Preschool if preferred.

Noticeboard and Information

We have noticeboards at the entrance to the Preschool and outside the foyer that display important day-to-day information and other preschool information of interest. While we work to have information also uploaded to Storypark on our community page, the noticeboard always provides the most up to date information. The photos of the educators working in each classroom daily are displayed at the entrance to the Preschool to advise children and families of the staff actively working with the children throughout that day.

Storypark is an online platform we use to document and share children's learning. Families can access Storypark through an app or online. Storypark is used by our team to document children's learning and development, individual learning plans, weekly reflections, Preschool notices, important information and is an invaluable communication portal between educators and families.

Policies and Procedures

Policies are required under the Education and Care National Regulations (2011) - as outlined in the National Quality Standards. The Preschool policies and procedures support high quality practice and are regularly reviewed by our team and families when best practice or regulation changes occur.

Policies and procedures are available for families to view at any time in a variety of locations:

- Preschool website
<https://www.learninglinkspreschool.org.au/>
- Hard copy in the Preschool foyer
- Storypark in the Policy 'room'

Transition to School

Research tells us that a successful transition to school helps improve children's educational and social outcomes. A good transition will help prepare children to make new friends, learn routines, and develop a sense of belonging within the new school environment. It will also help their school to recognise and support children's developmental needs, interests and skills.

<https://education.nsw.gov.au/early-childhood-education/working-in-early-childhood-education/transition-to-school>

Our preschool program supports children to develop their sense of becoming and belonging in our environment and to learn the necessary skills to have a positive and successful transition to formal schooling. High-quality transition to school programs requires strong relationships and collaborative planning between families, educators

and children. There are 4 key principles required to be incorporated in high-quality transition practice (adapted from Dockett, S. & Perry, B. (2014))

- Respect for diversity and equity
- Secure, respectful and reciprocal relationships
- Continuity of learning
- Planning, reflection and evaluation

In the Preschool, we are also committed to communicating with the families' chosen school to highlight children's individual strengths and identify any challenges they might have. This is communicated through the Transition to School Statement completed at the end of the school year via the Department of Education's portal. It is used if the family or the school would like us to support children individually through an individual transition to school plan.

We value open communication with families and working together to meet children's goals to support a successful transition to school.

Therapy and Supports for our Supported Placements

High Learning Support Needs funding (HLSN) is facilitated by the NSW Department of Education to support children with a disability or additional need to access and be equally and meaningfully included into a quality early childhood education program. Inclusion is at the heart of Preschool's philosophy. To support children and vulnerable families to develop lifelong skills, the Preschool allocates 16 supported placements across the week for children who have a HLSN. Children in supported placements have access to our Preschool Speech

Pathologists who work with them across the day and facilitate 1:1 therapy within an organic and play-based approach. Therapists work closely with educators and families to meet children's goals.

Therapy in our Preschool

Parents of children with a NDIS plan can allocate funds from their child's plan to pay for Preschool therapy services. The current cost is \$193 per session in accord with NDIS Guidelines.

Parents of children who do not have a NDIS plan pay \$184 per session.

Please note - In accord with legislation, NDIS funds cannot be used to pay for Preschool fees.

Medication

Any medication, whether prescribed or purchased without a prescription will require a letter from a doctor or a pharmacy label that contains the following information:

- Child's name
- What the medication is for
- How to administer the medication
- How often the medication is to be given.

This requirement also applies to sunscreen, nappy creams etc. that you provide to the Preschool. We require authority from a medical professional to advise that it is safe to use on your child.

Written consent for the Preschool to use medication must be completed using the Medication Form which can be located in the preschool foyer.

Preschool has a long-term Medication Form (for medication to be given for 5 days or more) and a Daily Medication Form. We are unable to administer any medication if we do not have the above information.

Medical Conditions

Children who have asthma, allergies, diabetes, anaphylaxis or other chronic health conditions require a Medical Management Plan signed and completed by a doctor or medical specialist to be provided. In consultation with the family, the Preschool is required to create a Risk Minimisation and Communication Plan for children with medical/chronic conditions at the commencement of enrolment. All children with a Medical Management Plan will have their plan and photo on display in the Preschool.

Anaphylaxis

Children enrolled in the Preschool have a range of allergies, with the most serious being anaphylaxis. This means that children have a life-threatening allergy that must be taken very seriously, Our Preschool is allergy aware and at all times has a spare EpiPen on the premises for use in an emergency for any child who has an allergic reaction that has not previously been diagnosed.

Children who have been diagnosed with anaphylaxis will have a health management plan and will have a prescribed auto injector (Epi pen or Ana Pen).

Children with a health management plan MUST have all medications at the Preschool at all times. Children who do not have up to date medications or

do not have medication/s on the premises will not be able to attend.

Please note: Further information about this is available in the Medication Conditions Policy.

[Asthma](#)

Children with asthma are required to have medication and up to date medical management plans on the premises. The Preschool has Ventolin and spacers available for use in emergency situations for any child who has not been diagnosed with asthma develop asthma like symptoms.

Please note: Further information about this is available in the Medication Conditions Policy.

[Dietary Requirements](#)

Please notify us of any requirements due to food allergies, medical or cultural beliefs. The Preschool program includes cooking experiences and celebrations that involve a wide variety of foods. Children with intolerances or allergies will require letter from a doctor to outline the condition and any food items that should be excluded.

[Birthday Celebrations](#)

We enjoy celebrating children's birthdays. We have children enrolled from a variety of cultural and socio-economic backgrounds, including some with a range of medical conditions. We celebrate children's birthdays by providing a birthday badge for the child and a birthday that they can wear throughout the day. The child is offered to choose a "special toy" from a birthday box to take home.

[SunSmart](#)

We are a SunSmart Preschool. Our Sun Policy has been endorsed by the Cancer Council. As a SunSmart Preschool our strategy is to maintain the health and safety of children from sun exposure. We use the SunSmart app throughout the day to monitor the UV index. Our SunSmart Policy requires children to wear a wide brim or legionnaire hat whilst playing outside as well as clothing that covers the neck, knees and shoulders. Parents are required to apply sunscreen to their child on arrival at Preschool. Sunscreen is always available at Preschool. Children re-apply their own sunscreen throughout the day when the UV index is 3 and over.

[Sleep and Rest](#)

Our team ensures that all children have appropriate opportunities to sleep, rest and recuperate in accordance with individual needs. Children are given the option at quiet time if they would like to sleep or rest. Children who sleep will sleep on a provided sleeping mat using a cotton fitted sheet and flat sheet on the top. Children who choose to rest will play with quiet activities or may choose to rest in our sensory or quiet spaces. Quiet time is a period of indoor quiet play where room lights are turned off and quiet music is playing. If they choose to have quiet time, children can engage in quiet or calm activities for a period of approximately 30 minutes. Children can choose to rest or sleep longer if they prefer.

[Accidents](#)

We aim to provide a safe and healthy environment that caters to children and team wellbeing. We always have a fully stocked first aid kit on the

premises and all Preschool team members are trained in first aid.

If a child has an accident, injury or has hurt another child, parents will be advised in writing using an Incident/Injury/Illness Form. A parent/guardian will be required to sign the form advising of the injury or illness sustained. Families are able to take a copy of the form with them when they collect their child. Please be aware that due to confidentiality, our team cannot advise names of other children who may be involved in any injuries or illness.

If a medical emergency occurs in the Preschool, we will contact 000 to request an ambulance and follow medical advice. Parents will be notified of the emergency as soon as possible. If a child must attend hospital one of our team will escort the child until hand over with a family member at the hospital can occur.

Illness

Parents are required to notify us immediately of any case of an infectious disease including influenza, vomiting, diarrhoea or conjunctivitis.

Your child must remain isolated until symptoms have stopped for at least 48 hours or until your doctor authorises their return to Preschool (after the 48-hour period). If your child is unwell during the day e.g. high temperature, you or the emergency contact person (nominated on your child's enrolment form) will be contacted to collect your child from Preschool within the hour.

As a guide to excluding children from the Preschool due to illness we follow the recommended minimum

exclusion periods. You can find these periods listed in our Infectious Disease Policy. In relation to the common cold a child will be excluded if we feel that other children are at risk of being infected (e.g. child is coughing and sneezing frequently), or the child has a persistent yellow/green runny nose or the child has a temperature and/or is unable to cope with the usual daily program.

Emergency Drills

Emergency evacuation and lockdown drills are practised each term with the children to support them to understand the procedure and communication in the event of an emergency occurring. It is also a regulatory requirement that various drills and nature of drills are experienced by the children and staff each term. Emergency drills are conducted on different days and times, If you are on the premises at a time we are conducting a drill, please follow the directions of our team and stay until the drill has been completed. We advise families of upcoming drills in our weekly updates in Storypark.

Immunisation

All children in NSW must have up to date vaccination to be able to access any early learning service. Only children who have a medical condition may have an exemption.

Families must provide a copy of one or more of the following documents to enrol their child in the Preschool:

- an [AIR Immunisation History Statement](#) which shows that the child is up to date with their scheduled vaccinations or

- an [AIR Immunisation History Form](#) on which the immunisation provider has certified that the child is on a recognised catch-up schedule (temporary for 6 months only) or
- an [AIR Immunisation Medical Exemption Form](#) which has been certified by a GP.

No other form of documentation is acceptable (i.e. the Interim Vaccination Objection Form or Blue Book).

Which vaccines must a child have to be fully vaccinated?

The [NSW Immunisation Schedule](#) sets out the age-appropriate vaccines for children and the AIR Immunisation History Statement will indicate if the child is up to date with their vaccinations.

What if a parent fails to provide the required documents?

Managers of childcare centres and Preschools cannot enrol children if the required documents are not provided.

Unimmunised children will be required to remain at home for the duration of the outbreak of a vaccine-preventable disease for their own protection. Fees are payable for this absence.

Excursions and incursions

We love going out into the community and having wonderful incursions at the Preschool and aim to go out our local community as frequently as possible. All families are requested to sign an on-going Excursion Form for us to be able to have spontaneous and routine excursions throughout the

year. We schedule a range of incursions annually, such as Bravehearts and Aunty Deanna visiting our Preschool and working with the children, as well as other experiences that have extended from children's interests.

Water Safety

We have a wonderful creek bed in our outdoor yard that children enjoy using, especially during warmer weather. There is always at least 1 team member allocated to supervise children and maintain safety when the creek is in use. Water is used in a number of experiences throughout the day. To maintain children's safety, we speak with them regularly throughout the year to make sure they understand water safety and keeping safe. Staff are allocated to appropriately supervising play areas.

Sustainability

As a team, the Preschool staff are passionate about sustainability and lessening our carbon footprint. As part of our program we have a worm farm, do gardening, launder our towels (not use paper towels), divide our rubbish at mealtimes and recycle cardboard and various household items in our art and craft area. We hope that over the 2024 Preschool year we will have native edible plants and a native beehive added to our outdoor garden to further support discussions on connection to our land and how our native flora and fauna support our environment. We are always investigating new ways and experiences to extend our sustainability practices, we welcome any ideas or feedback you have.

Clothing

Three, four year and five year old children are at the age when they begin to develop an interest and ability in dressing. To support children to continue to develop their self-help skills, clothes with elastic waist bands, that are roomy and comfortable are recommended. We have a large range of fun games and activities where children are encouraged to explore, be messy and not worry about being 'dirty'. Please remember this when supplying clothes and do not bring your child to Preschool in expensive or 'best' clothes. Footwear is also important, please DO NOT provide thongs or shoes that do not have a strap on the heel. Children are constantly running and jumping and shoes without a strap can cause accidents and injuries.

Parents are required to provide the following items each day:

- 2 full changes of clothing (this includes underwear)
- Hat (legionnaire or wide brim)
- Sandals or sneakers
- A wet bag (no plastic bags are to be kept in children's bags – this is a choking hazard)
- Nappies if your child needs them

Please label all your child's belongings.

Meal Times

Mealtimes are positive, relaxed and social. While we encourage most meal times to be progressive, most children will sit at the same time to eat as they enjoy each other's company. At least one of our team members sit with children during mealtimes and enjoy the opportunity for the wonderful discussions

that occur.

All food for the day is provided by each child's family. We encourage parents to provide a nutritious, varied menu keeping in mind their child's individual tastes and appetites. Each child is to bring in ONE lunch box with all food they will need throughout the day. Families are required to place the child's lunch box in the fridge located in the foyer at drop off time each morning. Children learn to place their lunchbox back in their bags after lunch or afternoon tea.

Families are requested not to pack less nutritious foods for their child's morning tea, lunch or afternoon tea such as sweet biscuits, cakes, soft drinks, chocolate, lollies and chips.

If your child cannot finish the food that you have packed, it will be returned home so you are aware of what your child has eaten that day.

Learning Links Preschool is a Munch and Move accredited service. Munch and Move is a NSW Health initiative that supports the healthy development of children from birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching TV or DVDs, playing on computers and small hand-held games devices).

Please find below a photo of the 6 items that should be provided to children daily in their lunch box. More information and resources can be found on the Munch and Move website <https://healthykids.nsw.gov.au/>





Mix from 6



We are a NUT FREE service. DO NOT bring in any products that have nuts in them. Any products that come into the service that contain nuts will be disposed of immediately.

Drink Bottles

Children will need their own labelled drink bottle with the mouthpiece covered and filled with water only. Please choose a drink bottle that will give your child the most independence. Children’s water bottles are available to them at all times during the Preschool day.

Breastfeeding – Welcome Here

Learning Links Preschool encourages and supports all families to breastfeed, in line with current health recommendations. Families have the right to decide whether they will breastfeed, and each family’s decision will be accepted and respected. We provide a supportive environment by providing suitable spaces and resources to mothers breastfeeding their infants at the service.

Starting Blocks

Starting Blocks is a NSW government website to support families when transitioning into an early childhood service. It is a wonderful resource containing resources, fact sheets, information about child development and more to support families with many areas of early education and development. We recommend you have a look and access the comprehensive, informative material it contains. <https://www.startingblocks.gov.au/>

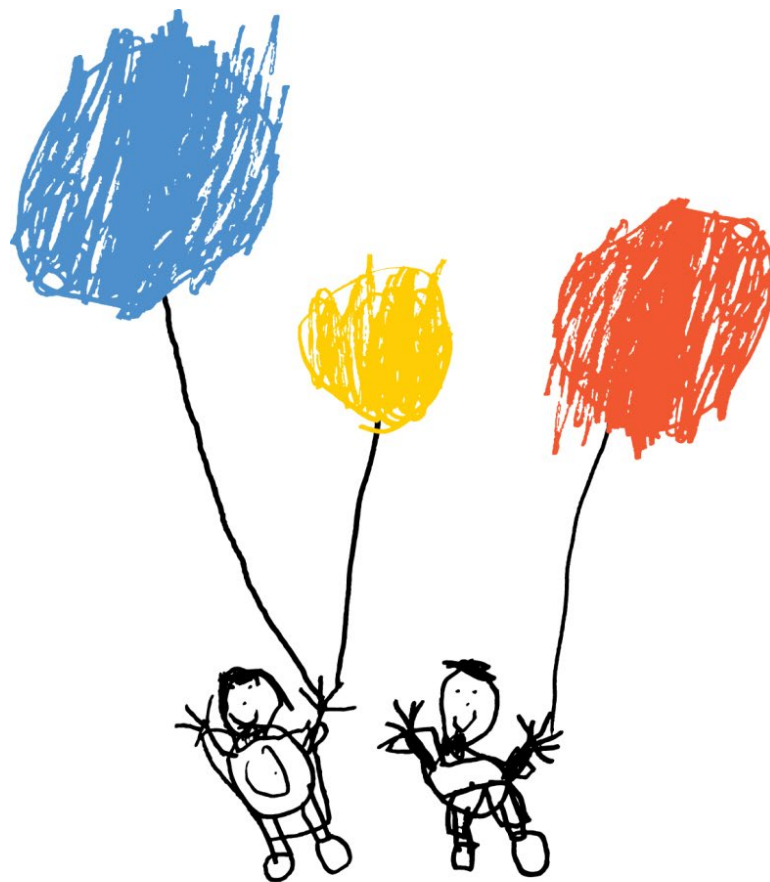


**Breastfeeding Helpline
1800 mum 2 mum
1800 686 268**

What do I need for my child's first day?

- A bag (No larger than A3 size)
- A wet bag for returning home soiled clothing.
- 2 changes of clothes (full sets including socks and underwear)
- A wide brim or legionnaire hat (NO baseball style caps please).
- A bottle of water (mouthpiece covered and labelled with child's name).
- Lunch in a labelled lunch box.

We welcome you to our preschool and look forward to supporting your child to be, become and belong.



Learning Links

**Learning Links Preschool
12-14 Pindari Rd, Peakhurst
Preschool Phone: 8525 8230
Learning Links' Office Phone: 8525 8222**