

The Tottenham Preschool Kindergarten Association Inc T/A
Tottenham War Memorial Early Childhood Centre

ABN: 51 435 680 737



Term 1 Week 7
March 13th 2019

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President: Lisa Fishpool
Hon Secretary: Mel Greig
Acting Director: Jane Baker 0428 928251 (AH)

Hello, hope you all had a nice weekend. **Included is Katherine's delicious canteen menu – (AVAILABLE ON FRIDAY'S only) & information on Lake Cargelligo HEALTHY KIDS BUS STOP 2-4 APRIL 2019- this would be up to individual parents to take their children to (please email me if interested and I can send you some more information on it). Still waiting on a time for Healthy Harold next Monday – see below.**

THIS WEEKS SPECIAL

Sandwich of the Day (15th March) Corned Beef & Relish with Sliced Tomato

Salad of the Day (15th March) Thai Beef Salad (nut free)

Lunch order via paper bag by 9am Friday with money or on account.

Home Visiting
Breastfeeding Support
Infant Nutrition and Starting Solids
Safe sleep and settling
Infant Tired Signs
Clinic Visits

My personal health record

Depression and Anxiety
New Parents Groups
Child Development
Well Child Checks
Child Safety Information
Childhood Immunisations

WATCH OUT! WATCHING ENOUGH

NSW GOVERNMENT
Western NSW Local Health District

CHILD AND FAMILY HEALTH NURSING SERVICES
Birth to 5 years

**Family Health Nurse – Julie Strudwick
Contact Tottenham MPs for an appointment
6891 6200**

**STEPS – Statewide Eyesight
Preschooler Screening** for 4 years olds (and those going to school next year). **Don't forget to please fill in the form** that has been sent home in your child's backpack this week and return asap.
4th April 2018



Royal Far West, in partnership with the
Murrumbidgee Local Health District, with support from
The Schwartz Foundation presents...

LAKE CARGELLIGO HEALTHY KIDS BUS STOP

2-4 APRIL 2019

What is the Healthy Kids Bus Stop?

The Healthy Kids Bus Stop is a **FREE** child health check and pathway to care program for children aged 3-5 years old. The program includes:

- ☞ A comprehensive child health check
- ☞ Hearing check
- ☞ Oral Health check
- ☞ Fine and gross motor skill assessment
- ☞ Speech assessment
- ☞ Food and Nutritional assessment

Why are health checks important?

Regular health checks keep kids healthy. Health checks will identify lifestyle, development or illness-related issues and will help your child be healthy and fit and ready to learn when they start school.

How do I book my child in?

Registrations are essential. Please ask your local preschool or school for a form or fill in the online form by Googling "Healthy Kids Bus Stop" or call Royal Far West on **02 8966 8557**. As this is a comprehensive health check please allow up to 2.5 hours for appointments.

Registrations preferred by: 28 March

Where will it be held?

Lake Cargelligo Central School:
65 Canada Street, Lake Cargelligo

What do I need to bring?

- ☞ Your child's Blue Book
- ☞ Your child's hat
- ☞ Your child's drink bottle
- ☞ Snacks for your child



Upcoming Show
Healthy Harold for pre-schoolers
Monday 18th March (still waiting for time to be advised-will send an email when details are available)

CANTEEN MENU

Term 1 2019

Add Water to any lunch order for \$1

Sandwich of the day

(See the TCS Canteen FB page & the weekly TCS newsletter) \$4.00

Salad of the day

(See the TCS Canteen FB page & the weekly TCS newsletter) S\$3.50 L\$4.50

Sandwiches (wholemeal bread with mayonnaise)

Cheese \$2.00

Cheese, lettuce & tomato \$3.00

Cheese & salad \$4.00

Chicken (freshly cooked & sliced) & lettuce \$3.50

The Works (chicken, cheese & salad) \$5.00

(Salad = shredded lettuce, sliced tomato & cucumber and freshly grated beetroot & carrot)

Hot Food (with tomato sauce)

Meat Pie \$5.50

Sausage Roll \$4.50

Party Pies (x 3) \$4.00 (additional pies for \$1.00 each)

Chicken Nuggets (x 4) \$3.00 (additional nuggets for \$0.50 each)

Drinks

Water \$2.00 (or \$1.00 with a lunch order)

Milk (fresh in a cup) \$1.50

Milk with a flavoured Sipahh Straw \$2.50 (Strawberry, Chocolate or Vanilla)

Juice Box \$2.00 (Apple, Orange, Mixed Fruit or Mixed Berry)

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