

Glen Dhu

# CHILDREN'S SERVICES

"FAMILIES ARE LIKE BRANCHES ON A TREE. WE GROW IN DIFFERENT DIRECTIONS YET OUR ROOTS REMAIN AS ONE." — ANONYMOUS



AUGUST  
2022

## A word from our director...

This month has been a very busy time, we have incorporated Pyjama Day, Science Week, NAIDOC week and now Book Week. Wow so much fun. Huge thank you to the families for participating and supporting our community events.

We have welcomed some new families this month & we look forward to getting to know them at our service.

We have had some staffing challenges caused by illness, re location and travel, we have tried hard to keep as much consistency as we can for our children. We are also on the look out for a super new trainee over the next few months, so if you know an amazing person looking to start their career in education and care, ask them to send in their resume for us to consider.

Unfortunately, we have had an increase in illness, RSV has raised its head a few times as well as an increase in covid positive cases in the last couple of weeks. We please ask families to remain vigilant in continuing to follow covid safe practices and test for Covid if symptoms appear and we ask you to please keep your child at home if they are unwell or show any signs of illness to reduce the spread of sickness throughout the service. We will continue to follow covid safe practices in line with our covid policy and if children appear unwell or and/or have a temperature or displaying any symptoms, we will ask parents to come and collect your child from the service as a matter of priority. Please respect this decision and respond respectfully, we appreciate it is very hard to manage at the best of times, but we are only doing our jobs and trying to keep ourselves and our children healthy

Hopefully with the spring season approaching, so will the nice weather!! September is the start of our Sun Safe program where we check the daily UV ratings and use sun safe practices once it reaches the hot temperature each day. – Lets hurry this good weather up!.

Last night we participated in the new Allergy Aware PD with the National Allergy Strategy, as a result, we have made some changes to wording in our Healthy Eating Policy, currently we note that we have children in our service who are severely anaphylactic to eggs, peanuts, cashews, pistachios, and this training was conducted to support these children in our service. We are working to support the families and have strategies in our service that are consistent and achievable, whilst adhering to best practice as it becomes available to us.

We thank you for your continued support.  
Kind Regards,

Mel Reid,  
Centre Owner/Manager

We have implemented a new procedure for Nappy storage at our service...



**NO BULK  
NAPPY  
STORAGE  
Available**

We have had a big increase in families bringing in bulk nappies to store and we have run out of room!

We have decided now to ask that families only bring in 5 nappies per day in their child's bag & we will use what we need. We just don't have the storage room for all these extra nappies in our rooms.

We are also only accepting disposable nappies as we are becoming more aware of the hygiene issues with their storage and our limited space.

*Sorry for any inconvenience this may cause.*

Kids in the kitchen

## PUMPKIN MAC AND CHEESE



PREP 25 min | COOK 25 min | SERVES 6-8

### INGREDIENTS

500 grams **orecchiette pasta** (or any small shaped pasta)

PUMPKIN CHEESE SAUCE:

4 tbs **butter**, 4 tbs **plain flour**, 2 cups **milk**

1 can (400 grams) **pumpkin puree** (or homemade puree)

1 tsp **granulated garlic**, 1 tsp **dry mustard**, 1/4 tsp **cayenne**

**white pepper**, to season, grating of fresh **nutmeg**

125 grams **mozzarella**, *grated*, 100 grams **parmesan**, *grated*

PANKO CRUMBS:

1 1/4 cups **panko style breadcrumbs**

100 grams **mozzarella**, *grated*

### METHOD:

Preheat oven to 200 C. **To cook the pasta:** Bring a large pot of water to the boil. Add salt and pasta and cook according to packet instructions. Drain and set aside.

**To make the pumpkin cheese sauce:** Place the butter into a large saucepan over medium heat and melt. Add flour and whisk to create a smooth paste. Slowly add milk, whisking continuously. Continue to whisk until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. Reduce the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne and pepper. Add the cheeses and stir until melted. Take off the heat. Add cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine. Pour the pasta mixture into a large baking dish (approx. 45cm x 45cm).

**To make the panko topping:** Sprinkle the panko breadcrumbs and mozzarella cheese evenly over the pasta. Bake for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.

*Recipe and image from mylovelylittlelunchbox.com*

IDEAS FOR PLAY

## BUILDING PLAY

*Building play lets kids bring their creative ideas to life. It develops fine motor skills and spatial reasoning skills. And it's fun for all ages, making it a great way for parents and kids to play together, building bonds while building with toys. While you build together, you can model problem solving and creative thinking without saying a word about it. While your hands are busy building, you're free to talk and share and laugh about anything.*

**Let the kids lead.** Take a lesson from Lord Business (AKA the dad voiced by Will Ferrell) in "The LEGO Movie" and don't be a control freak, micromanaging the creations or getting stuck, figuratively and literally (remember Kragle?) in building only one way. Let kids try out their own techniques to build what they envision. It's OK to let them fail — that's where the learning comes in!

**Try a variety of building tools.** You don't have to wait until kids are old enough for LEGO to start bonding while building.

*Classic wooden blocks:* are fun for everyone and great for toddlers. Little builders may start just by stacking blocks to build a tower, but they'll mimic your building structures eventually and then start to build more complex creations as well.

*Magnetic tiles* are beautiful and fun to build with, and they're preschool friendly. The brightly coloured shapes are a bit more precarious, with structures collapsing easily, so kids have to use a careful hand while building. Kids will see, hands on, how two triangles can make a square, and they'll learn about magnetism.

**Think outside** the box, too, for building together — put together marble runs, train tracks or gingerbread houses.

**Mix it up.** You don't need to limit building play to one toy at a time. Dump all the parts from all the LEGO kits into one pile and build from imagination instead of the instructions. Put some buildings or a little city made from wooden blocks alongside the train set. Make a landing strip from magnetic tiles for your flying LEGO creations to land on.

The trickiest one for some parents will be letting the kids take the lead. Parents should remember that when families build together, the learning isn't one way; you'll learn quite a bit from your kids as well!

Amanda Bindel. (2022). *Families Build Bonds While Building Together*. Retrieved from <https://tocaboca.com/magazine/building-together/>



*Last week our service participated in National Science Week. Educators watched as children's curiosity and interest grew with each experiment throughout the week. They had many wonderings and questions that were shared as a group.*



## Floor is lava

Short simple activities to get some active minutes in the day.

This simple game can be played by anyone, just about anywhere. It's a great way to infuse a dash of humour into your day. You can set up your room and play by throwing a bunch of pillows or blankets on the floor, and let your players jump from one to another. Or you can walk into a room and yell "floor is lava" and Everyone has 5 seconds to get both feet off the ground in any way possible. It's sure to be an afternoon of fun and giggles!



Recently Mel attended an Education forum in Hobart with the focus on children's wellbeing, the presenter a local consultant Fiona Zinn, offered this program as a great resource for educators to utilise and also a space for families to gain knowledge and resources.

**We will be starting this program in our pre school room during the next term. Some of the key messages that resonated with me were.**

*"Listening is an active verb, involving interpretation. It requires a welcoming attitude — an openness and sensitivity to emotions and ideas. Listening formulates questions. It is essential for learning relationships. Listening helps connect people and ideas."* Mardell, LeeKeenan, Given, Robinson, Merino, and Liu-Constant Voices of Practitioners 4, no. 1 (2009)

*Active learning, play, wellbeing, creativity and innovation are heavily interconnected (as indicated in neuroscience research). There is a definite connection between social and emotional domains of learning and academic and personal development (CASEL).*

*The most important foundation for children's healthy development is play.... and the benefits carry over into adult life. - Rodgers & Sawyers. Play in the lives of young children. NAYEC (1998)*

**The program is called "Positive Living Skills Initiative" and its purpose is to teach children the foundation skills for social and emotional wellbeing and to help them to enhance and fine tune their unique strengths and skills as they build their self-awareness and self-management abilities through positive and practical skills and strategies that empower them to build resilience.**

Positive Living Skills was founded in 2013 by Cath Shaw, based on lived experience with anxiety and depression and a driving need to support young people, their educators and families. Co-founders of the initiative, Cath Shaw and Jo Devin, collaborated with psychologists, teachers and performance excellence professionals to create 'resource pool' style programs, professional development opportunities and family resources, with concepts backed by decades of research, and the programs are evidence based in their own right thanks to PLS's partnership with Charles Sturt University.

Positive Living Skills is an inclusive and truly preventative evidence-based initiative designed to support children to learn skills for maintaining mental wellbeing AND to support educators and school leaders to promote positive behaviour within the school community, while supporting educators and families.

Young children are building neural pathways every day, as they learn everything from washing their hands to reading and writing. The evidence based Positive Living Skills programs have been developed based on a range of practical and universal tools and proven concepts, which when applied with the principles of priming and distributed practice, can help young people build long term positive and practical habits to help them look after their mental health, and maximise their ability to learn and achieve, and cooperate with others as they move toward their potential.

For more information

<https://www.positivelivingskills.com.au/family-link>

## ENROLMENTS 2023

We have been inundated with requests for bookings in 2023, As we will not be losing many children to kinder we will be sending out our expression of interest forms in September. With the return date being the end of OCTOBER, bookings after this date may not be guaranteed. I appreciate that children do not know their school days in 23, but we do know they will attend for 3-4 days per week.

Any changes to bookings will not be guaranteed after first week in NOVEMBER, we will do our best to work around your requests for change, if you are keeping the same days for the whole of 2023 this is no change for you.

If your child is leaving for school in 2023 they will finish care in December 2022. We can try to offer holiday care if we have the spaces.

If you know you are going away & not needing your spots in January then let us know & we can use these for our casual bookings.

# Educator Updates

With our recent Educator changes we have done some inter-room swapping around to assist us until the end of the year.

The Waratah's, welcomed Jade & Melissa to their room as team leaders to support Georgia, Luke & Cheryle. Georgia is currently travelling around the northern end of Australia & is due back in September, we look forward to hearing about her adventures.

The Blue gums room – were very excited when Barsha returned from her long holiday to join Lou, Ruby, Rohani & Sophia.

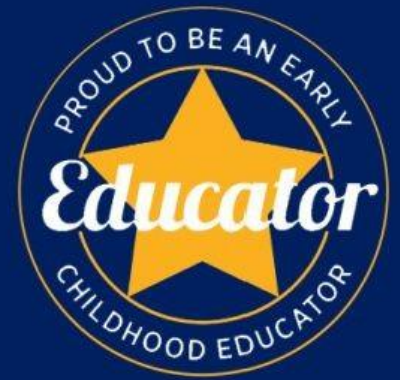
Our Banksia room had no changes!! – Except some minor renovations in their nappy change area to enable them to gain some more storage.

*We would like to welcome Cheryle to our team.*

*We are excited to offer Cheryle a position here with us working in our Waratah room, Cheryle obtained her Diploma and has worked with children of all ages over the past 14 years. The children and educators have enjoyed having her here during her trial period. Her handcrafted resources have been a lovely inclusion to our room.*



 **Early Childhood**  
**Educators' Day**  
— **Wed 7 Sept 2022** —



On **Wednesday 7th of September**, we will be celebrating **Early Childhood Educators' Day**. Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care. It's a chance to say thank you to Australia's early childhood educators on a very personal level by families, and their children. You can help us celebrate by making your favourite Educators a special thank you card at home, making a thank you video, writing them an email with some lovely words or even just saying thank you at drop off or pick up time. I'm sure they would all greatly appreciate it.



## UPDATES TO OUR HEALTHY EATING POLICY

Extract – Nuts & Nut awareness:

Dear parents/guardians,

We are seeking your help to support the children in our service who are at risk of anaphylaxis.

Anaphylaxis is a severe allergic reaction that is potentially life-threatening. The most common causes of anaphylaxis in CEC services are food and insect allergies. The only way to prevent allergic reactions is to avoid being exposed to the allergen.

Our service is supporting children at risk of anaphylaxis in the following ways:

- training staff,
- encouraging children with food allergy to wash their hands before and after eating,
- encouraging children to wash their hands after eating something another child they interact with is allergic to,
- teaching children not to share food with friends who have food allergy,
- teaching children the importance of getting help immediately if their friend with allergy looks sick,
- educating children about allergies and anaphylaxis, and
- teaching children that teasing someone with an allergy is not acceptable behaviour.

Food allergy is now common in children. Children can be allergic to any food, and it is not possible to completely remove all foods from our service. To help manage food allergies, our service is following the National Allergy Strategy Best Practice Guidelines (2021) which do not recommend banning foods as this is difficult to enforce and can bring a false sense of safety.

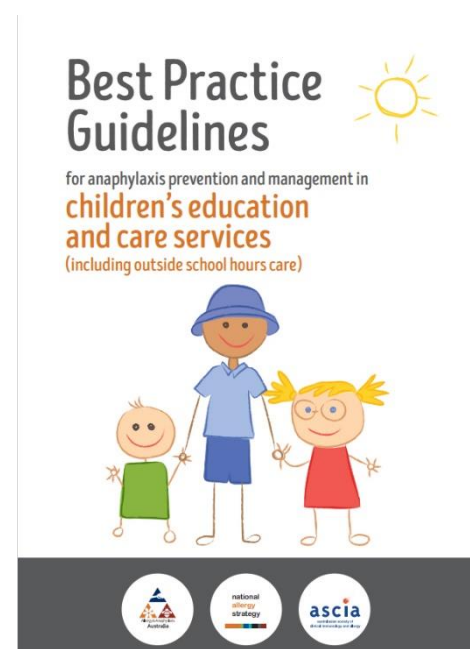
For our service we request that parents also consider not sending nuts in your child's lunch, especially for younger children.

As we educate our service community to help with the management of food allergy and anaphylaxis, the parents of the child with food allergy will continue to educate their child on self-management at a developmentally appropriate level.

We ask you to support the service's risk minimisation strategies outlined so that we can increase safety and provide an environment that meets the needs of all our children.

Effective August 2022: Current anaphylactic foods we are being aware of:

- EGGS
- Cashews
- Peanuts
- Pistachio





We recently participated in Plastic free July, thank you to the families who joined us, it was great to

see the changes in our waste reduction. Don't forget we have Red Cycling Program, each week we are looking for families to take the red cycling bag to supermarket, we have a roster up in reception



## Move Well Eat Well

### Packing a rubbish-free lunch



LIMIT 'SOMETIMES' FOODS

#### Plant fruit and veg

- Most fruit and veg don't need packaging and scraps can be composted.



#### Avoid single serve packaged items

- Reduce waste and save money by buying in larger quantities.



#### Use reusable containers

- Pack 'everyday' food in them.



#### Involve your kids

- Get them to help decide what to take.

**What is 'Rubbish-free'?** Items that can be composted or recycled. No plastic wrap, foil, plastic zip bags, disposable utensils or packaged food or drinks. Take it one step at a time!

**For more rubbish-free lunchbox ideas visit:**  
[www.movewelleatwell.tas.gov.au/families](http://www.movewelleatwell.tas.gov.au/families)