

SEPTEMBER
2021



Glen Dhu
**CHILDREN'S
SERVICES**



Spring is here!

It's crazy to think that we are already into the month of September! It has been a busy year and doesn't look like it will slow down anytime soon!

We have started our school readiness program with the first two visits being completed for LIL in our local areas, Glen Dhu Primary & East Launceston Primary for our 3-5 year old children.

We started September with a special thank you to our amazing Early Childhood Educators. I treated them to a yummy morning tea, lunch platters, massage & a special hamper filled with treats that they can all enjoy! I have such a super team and am so proud of them. Thank you to the families who also joined me in showing their appreciation towards our team. They felt very loved.

ON *this*
MONTH

AROUND THE COUNTRY – Dates of interest

Indigenous Literacy Day -----	1
Early Childhood Educators Day -----	1
Asthma Week -----	1 - 7
National Flag Day -----	3
Father's Day -----	5
National Child Protection Week -----	5 - 11
International Literacy Day -----	8
Talk Like a Pirate Day -----	19

October 7 Launceston Show Day Public holiday - CLOSED

We are loving the warmer weather starting to come out and seeing our hard working produce garden come to life with our spring produce. We have a new growth of lemons on our tree nearly double last years pick. Apples next hopefully.

September brings with it the start of our SunSafe policies come back out with hats and sun cream application, remember if you are supplying your own it needs to be 30+ and in date.

Still always looking for that amazing handman to keep up with our new ideas and yard maintenance, We have a load of sand and fresh Woodchips arriving soon to spread. Many hands make light work!

Have a lovely weekend,
Regards Mel



National Child Protection Week

5-11 September 2021

Theme: *Every child, in every community, needs a fair go.*

To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

[Find out more about the theme.](#)

Sunday 12th September

This year we will be participating in the women's 5k fun run as a service. **Please support our team!!**

<https://www.womens5k.org.au/>



Sustainable Living Festival 2021

A festival of inspiration, innovation & conversation

Windsor Park Community Precinct
Windsor Dr. Riverside, Launceston
Saturday October 9, 10am til 4pm

- Discover how to make your home warmer, greener & cheaper to run
- Market place of stalls & activities
- Local produce
- Cooking demos with **Better Homes & Gardens 'Fast Ed'**
- Green local businesses
- Program of talks & with special guest **Planet Ark Founder, Jon Dee**
- Clothing & toy swap
- Live entertainment
- Community groups
- Competitions
- Bike Valet Service
Ride your bike!

Healthy Food
Cooking Demos
Workshops
Guided nature walks

Details & tickets www.slflaunceston.net

COVID SAFE COVID SAFE

West Tamar Tasneem City of LAUNCESTON MOORE HILLAS TROPICAL TASMANIA Waste Management City of Launceston e.CO



ALL ABOUT BABIES

before, bump, birth & beyond

in Partnership with



LAUNCESTON CONFERENCE CENTRE

18th - 19th September, 2021
allaboutbabiestasmania@gmail.com



Let us help promote your small business or local service, These last 18 months have been hard on Tassie Business's so let's support each other..

Send us your add, web link, fb page or business card & we will promote it in our community corner.

We will connect and share through our website and face book page with direct links.

FOCUS: 10 Emotion-Coaching Phrases to Use When Your Child is Upset

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.” – L.R. Knost

When our kids are upset and need us the most are the exact moments we aren’t prepared for — the moments we ourselves are tired, stressed, sad, or triggered. It’s exactly those moments that I feel like my words fail me — I search for the right thing to say and it escapes me. It is also exactly at those moments when our children need us the most — to be able to lead them through the emotion, through the storm — to be their *emotion-coach*. It’s our job to be accepting of the emotion, while at the same time teaching them how to handle those emotions. To coach our child through their feelings, from experiencing those feelings to expressing them. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child’s emotional intelligence — these are soul-building phrases

1. It’s okay to be upset — it’s good to let it out. As your child’s emotion-coach, the first thing you want to teach them is that emotions are meant to be experienced, in fact, that their emotions need to be felt. *It seems like you are mad, it’s okay to be mad. It’s good to let that anger come out. Your face/body looks sad. It’s okay to feel sad. It is sad to say goodbye.*

2. I hear you — I’m here for you — I’ll stay with you. The best gift you can give to another human is to stay with them in their emotion. To hold that emotion with them. That is something we must give to our children as well. To simply be with them in that emotional space. To be there. *You are upset, let’s sit here for a moment. I’m with you, I’ll stay with you — it’s okay to feel _____. I won’t leave you.*

3. It’s okay to feel how you feel. It is not okay to _____.” Sometimes it is necessary to use a very clear limit in how our child expresses their emotions. It isn’t the emotion itself that needs to change, but rather how they are expressing it. *You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit.* Let’s go over here together and you can be angry. This is a very clear statement — hitting is not okay. As your parent, I won’t allow you to hit. I will help you regulate your anger, being angry is okay, hitting is not okay. Taking a break when we are angry, walking away for a moment is actually a good way of regulating anger. You are teaching your child to give themselves a little space to breathe and time to gain perspective.

4. How you feel right now won’t last forever. It’s okay to feel how you are feeling. It will pass and you will feel better again soon. In-the-moment your child feels (and acts) as if their entire world is ending. Their emotions are big and overpowering and they feel that they will never feel better again — which only compounds how they feel. **Reminding them** that their emotions will pass will help them and potentially lessen the intensity of those emotions in the first place!

5. Let’s take a breath, take a break, sit down, pause for a minute... It is a hard thing to do to sit with an emotion. To just feel it — live in it. But if we allow ourselves to be in the moment with our emotions, then we can let them go easier. A key part of being your child’s emotion coach is simply teaching them that experiencing the emotion, *feeling the emotion*, helps us to let it go.

6. You are good and kind. Being dysregulated is not being bad. Being angry or frustrated is not being bad. Yet, sometimes when we are emotional, we don’t always make the best choices. Our kids may make mistakes or bad choices, but that is how they act, **not who they are**. This is such an important message when we emotion-coach our kids.

7. I’ll be over here when you need me. I am all for validating and acknowledging children’s emotions, but sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time. But not right now, later when things are calm again. **You can still acknowledge your child’s emotions while giving them a chance to regulate themselves.** *“I can see you are really upset about this. It’s okay to be upset. It doesn’t seem like what I am saying is helping. You remember what to do when you’re upset, and you remember how to calm down. I’ll be over here when you need me.”*

8. Let’s have a Do-over! Sometimes everyone needs a chance to reset. Sometimes kids know they have messed up and they want to save face, they want a chance to do it better.

9. What can we learn from this? What is the lesson in this? Teaching our children that there is a lesson when we struggle is so important. That there is a lesson in our pain, disappointment, anger. That problems that are hard to solve lead to opportunities.

10. You’ll Remember Next Time. When your child does something they shouldn’t do and you correct their behaviour— say this. Or when you’ve worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say, “You’ll remember next time.” That one simple phrase communicates so much to children. It tells them that their failure today isn’t a permanent failure and that they can change.

This is a small part of a wonderful article, to read in full follow the link below.

Soderlund, Dr Ashley (2021, 16 July). 10 Emotion-Coaching Phrases to Use When Your Child is Upset. Retrieved from nurtureandthriveblog.com

Writing letters in salt

Learning to write letters can be frustrating for children if they make a lot of mistakes. This activity is low stress and an encouraging way to learn. Making a salt tray is simple. Grab any tray and fill it with enough salt to just cover the bottom. It helps if the colour of the tray contrasts well with white. (Hint: a baking dish can make a great salt tray!) Add just enough salt to cover the bottom of the tray. Too much salt will make it difficult for your child’s letters to be seen. Show your child how to write letters in the salt tray using their pointer finger.



HEALTH & SAFETY: Good Immunity

What Is Our Immune System? On a daily basis, we are constantly exposed to potentially harmful microbes of all sorts. Our immune system, a network of intricate stages and pathways in the body, protects us against these harmful microbes as well as certain diseases. It recognises foreign invaders like bacteria, viruses, and parasites and takes immediate action. Humans possess two types of immunity: innate and adaptive.

Innate immunity is a first-line defence from pathogens that try to enter our bodies, achieved through protective barriers. These barriers include:

- Skin that keeps out the majority of pathogens
- Mucus that traps pathogens
- Stomach acid that destroys pathogens
- Enzymes in our sweat and tears that help create anti-bacterial compounds
- Immune system cells that attack all foreign cells entering the body

Adaptive or acquired immunity is a system that learns to recognise a pathogen. It is regulated by cells and organs in our body like the spleen, thymus, bone marrow, and lymph nodes. When a foreign substance enters the body, these cells and organs create antibodies and lead to multiplication of immune cells (including different types of white blood cells) that are specific to that harmful substance and attack and destroy it. Our immune system then adapts by remembering the foreign substance so that if it enters again, these antibodies and cells are even more efficient and quick to destroy it.

What factors can depress our immune system?

Older age: As we age, our internal organs may become less efficient; immune-related organs like the thymus or bone marrow produce less immune cells needed to fight off infections. Aging is sometimes associated with micronutrient deficiencies, which may worsen a declining immune function.

Environmental toxins (*smoke and other particles contributing to air pollution, excessive alcohol*): These substances can impair or suppress the normal activity of immune cells.

Excess weight: Obesity is associated with low-grade chronic inflammation. Research is early, but obesity has also been identified as an independent risk factor for the influenza virus, possibly due to the impaired function of T-cells, a type of white blood cell.

Poor diet: Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies.

Chronic diseases: Autoimmune and immunodeficiency disorders attack and potentially disable immune cells.

Chronic mental stress: Stress releases hormones like cortisol that suppresses inflammation (inflammation is initially needed to activate immune cells) and the action of white blood cells.

Lack of sleep and rest: Sleep is a time of restoration for the body, during which a type of cytokine is released that fights infection; too little sleep lowers the amount of these cytokines and other immune cells.

Does an Immune-Boosting Diet Exist? Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. The design of our immune system is complex and influenced by an ideal balance of many factors, not just diet, and especially not by any one specific food or nutrient. However, a balanced diet consisting of a range of vitamins and minerals, primes the body to fight infection and disease. Scientists are finding that the microbiome plays a key role in immune function, so adding probiotic foods to your diet may also help keep bugs at bay.

Steps to Help Support a Healthy Immune System

1. Eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods.
2. Don't smoke and ensure your children aren't exposed to second hand smoke.
2. Exercise as a family
3. Aim for 7-9 hours of sleep nightly.
4. Aim to manage stress. This is easier said than done, but try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend.
5. Wash hands throughout the day: when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

The Nutrition Source (2021). Nutrition and Immunity. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>

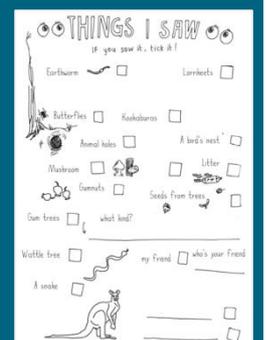


EXPLORERS LOG BOOK

August 1 is National Tree Day, to celebrate go to [this page](#) and download the 'Explorers Log Book', gather some pencils and plan an adventure. Discover your backyard, take time to stop and observe nature.

Exploring nature supports our children, mentally, socially and physically and is the ultimate sensory experience for them. Through playing in nature and having the freedom to explore their world, we help our children learn to care for their environment and one another.

treeday.planetark.org/toolkit/#activity-sheets



Room Updates –

After participating in Professional Development with David Gilkes an Early Years Education Consultant we reflected upon our philosophy, our place and what this meant to us as a service. One reflection that arose, was our centre room names and how they didn't really fit with our new philosophy. We talked, researched, and brainstormed with the children and families about some ideas, this led to having a common theme of "Tasmanian Native Plants".

Our new room names are as follows..



Blue gums Room 0-18mths - In the Blue gum room, we have been focusing on exploring light and reflection; this learning emerged from a common interest by all children including the young infants. The children have been fascinated to discover, create and experiment with natural and artificial light and we have been following the children's lines of inquiry by incorporating the children's emerging interest of cause and effect into the learning experiences and environments too. The children have had opportunities to explore light and shadow with the projector, torches, mirrors, colour screens, light box and from the reflection of the prisms. Our learning never ends so we will continue to revisit, relaunch, follow and extend on the children's lines of inquiry as their interests and learning evolves.





Banksia Room 16mths – 3yrs

In the Banksia room we have been learning responsibility and empathy through caring for our worms in our worm farm. Caring for living things fosters a connection and respect for nature learning and the benefits of self-sufficiency and how they can contribute. Educators have noticed children taking on more responsibility not only for the worms by checking them daily and feeding them when needed but also in our room, helping to pack away and care for their belongings and have also developed amazing teamwork by supporting and helping each other.



Another project has been researching birds, this evolved from the spotted doves frequently flying into our outdoor environment to visit. We made bird feeders and added a bird bath to the outdoor environment to help care for the birds. The word must have spread in the bird world because before long, more and more birds were visiting, and we started to research different types of birds. The eagle soon became the most talked about bird, with children outside bird watching and hoping to spot an eagle, educators were unsure if the bird seed would be enough to entice the eagles to visit, but we remain hopeful.

We have been listening to the song Rockin' Robin and love dancing along to the catchy tune.





Waratah Room 3-5 yrs.

A topic of interest and exploration in the Waratah room recently has been around Australian native animals. The art program with Annette has recommenced and this inquiry into Australian animals, particularly Tasmanian animals has been extended. Annette has supported children to acquire new skills using a variety of art mediums. In the first two sessions children from the Waratah room have used charcoal, water colour paint and pastels to make representations of different animals such as the cassowary, trout, owl, and echidna. Annette also brought in some ochre that she had found on the beach. There was an opportunity for children to make their own paint by rubbing two rocks together to produce the ochre paint. The program focus' on enabling children to practice artistic skills, use creative arts to express ideas and make meaning, use fine motor skills, and gain confidence. We look forward to using natural items, such as shells, rocks and sticks to make animal collages in the next few weeks.

The art program has also tied in very nicely with our inquiry into Thylacines. Take a moment to visit our Thylacine Museum or Thylacine Teddy making workshop next time you visit the Waratah room and let us know what you think!



Move Well Eat Well

Recently our team had a PD re accreditation session facilitated by the Tas Gov initiative Move Well Eat Well Accreditation Nutrition team, This was a highlight during national Nutrition & dental Health Week. We are due to renew our accreditation with this program and have started on the process through August & September. Our recent display in the foyer had some great recourses for families, we still have spare copies if you missed out.

As you may be aware, the aim of this Australian and State Government initiative project is to improve the health and wellbeing of Tasmanian children from 0-5 years.

We recognise the important role that families play in supporting the Move Well Eat Well program.

Our centre will promote an ongoing partnership with families and continue to educate children in the importance of healthy eating and physical activities throughout our curriculum, policies and procedures.

“Early Childhood is an important time in which children develop the knowledge, skills and behaviours for lifelong healthy eating and active play.” - Tasmanian Department of Health and Human Services.

The Move Well Eat Well has six healthy messages, see below for some of the important reasons why our service promotes them.

 TAP INTO WATER EVERYDAY	<p>Drinking water instead of sweet drinks provides hydration for concentration and learning and promotes healthy teeth.</p>	 PLANT FRUIT & VEG IN YOUR LUNCHBOX	<p>Fruit and vegetables provide essential nutrients for healthy eyes, skin, hair and protect against many diseases.</p>	 LIMIT 'OCCASIONAL' FOODS	<p>Less 'sometimes' food means children fill up on nutritious foods and drinks required for growth and lifelong health.</p>
 MOVE, PLAY AND GO	<p>Active play promotes a longer, healthier life. Its many benefits include increased fitness, motor skills and confidence.</p>	 TURN OFF, SWITCH TO PLAY	<p>Less screen time means more time for children to develop physical, social and emotional skills through active play.</p>		<p>Walking and riding are great ways to increase physical activity and develop skills and attitudes for safe travel and play.</p>
 STRIDE AND RIDE					

We would like to thank our families again, for being part of our journey through the Move Well Eat Well program. If you require more information on this program, please speak to our educators, refer to our policies, check out our resource library or go to: movewelleatwell@dhhs.tas.gov.au, or www.eatforhealth.gov.au



THANK YOU



During the week of the 23rd of July, we participated in National Pyjama Day. What a fantastic week we had being snugly and warm in our pyjamas and slippers. This was a great opportunity to raise awareness and funds for children in foster care. We supported two charity organisations during this week, **The Pyjama Foundation** and **Hope in a Suitcase - Tas**



A big **Thank you** for your generosity. We raised \$145.50, for the **Pyjama Foundation**, exceeding our original target of \$50. The money raised will be helping children in foster care reach their dreams. Each \$50 raised helps purchase new books, learning activities and games.

Another big **Thank you** for the donations we received for **Hope in a Suitcase – Tasmania**. The aim of this charity is to give each child their very own suitcase and ensure they have a safe and secure place in which to pack their belongings and take wherever their journey may lead.



Congratulations Louise **on 10 years** of service! Thank you for being such a valuable and loyal member of the team. Your passion, dedication and hard work are greatly appreciated. Enjoy your Long Service Leave. We look forward to your return early October.



5 Minute MOVES

Get up and Move

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

How often do your children say “I’m cold?” Next time they do set them a challenge and join in too. Ask: How can you warm your body up? (It must be via movement) Anything they do you must copy. You could: Jump, skip, spin, run, hop, wiggle, roll, dance, chase, tickle... Before long you will all be warm and have done a little exercise in the process!

Feedback
is always welcome



glendhuchildrensenservices.com.au



📍 33 Leslie Street, South Launceston

☎ (03) 6344 4628

✉ glendhucs@gmail.com