

Winter  
Edition

Glen Dhu

# CHILDREN'S SERVICES

## ON *this* MONTH

International Day of Yoga      June 21<sup>st</sup>

Plastic Free July

Pyjama Day – Friday 22<sup>nd</sup> July

Crazy Hair Week – Starting Monday 25<sup>th</sup> July



## Welcome Back Families

This is our first month where we have been able to welcome families back in our centre. Families can still choose to do a quick collection at the door if this suits, but we are very excited to be able to show you around our service again after sooo long. Arrival/drop off will remain at the front door.

Families are asked to sign their children out at reception upon collection, please sanitise prior to using the tablets.



**GET UP!  
STAND UP!  
SHOW UP!**

**3-10 JULY 2022**

# Our Mask Rules 11/7/22

From midnight Friday 24 June 2022 the gov did remove mask mandates, but as a small business working with our most vulnerable children we have decided at the moment with the recent huge outbreaks we are seeing in our community that we will request families wear a mask when ENTERING INSIDE OUR BUILDING (not required on the verandah)

While masks will no longer be mandatory in ECEC, there are times when we will also continue to see masks worn in the ECEC sector.

- Masks will continue to be worn:
  - when staff are working closely with children vulnerable to COVID-19
  - to support activities where other COVID-safe measures aren't available such as physical distancing, good ventilation, or spending a prolonged time gathered in one space.
  - when requested to by Public Health in response to an increase of cases or absences in the site or community
  - by close contacts.
  - When having conversations with families & community people who enter our building
- It is also important to remind staff, families and children:
  - stay at home if unwell, and get tested
  - practise COVID-safe behaviours such as frequent handwashing and sanitising
  - maintain a physical distance.
  - If you are unwell DO NOT ENTER OUR BUILDING, we will bring your child to your car.

## Parmesan Crusted Zucchini Chips

Kids in the kitchen



PREP 10 min | BAKE 20-25 min

### INGREDIENTS

- 2 zucchini, sliced into thin rounds
- 1 cup panko breadcrumbs
- 1/2 cup parmesan, grated
- 2 egg whites
- 2 tablespoons olive oil

### METHOD:

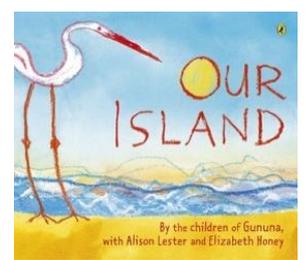
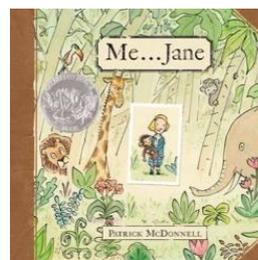
Preheat oven to 200 degrees Celsius. Place the panko breadcrumbs and parmesan in a shallow bowl and mix to combine. In a separate bowl place the egg whites along with a tablespoon of water and whisk to combine. Dunk each zucchini round into the egg white, letting excess run off before pressing them into the panko parmesan mixture. Line an oven tray with baking paper and drizzle with a little olive oil. Arrange the crusted zucchini rounds on the oven tray in a single layer.

Pop into the oven and bake for 20-25 minutes, flipping halfway. The zucchini parmesan chips are done when they are golden and crisp. Enjoy X.

Recipe and image from [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com)

## Book reviews

2 must reads on sustainability education message for children



### ME...JANE | Patrick McDonnell

In his characteristic heart-warming and minimalistic style, Patrick McDonnell tells the story of a young Jane Goodall and her special childhood toy chimpanzee named Jubilee. As the young Jane observes the natural world around her with wonder, she dreams of 'a life living with and helping all animals,' until one day she finds that her dream has come true.

### OUR ISLAND | Children of Gununa, with Alison Lester and Elizabeth Honey

"Our island lies beneath a big blue sky, surrounded by the turquoise sea. Turtles glide through the clear saltwater, and dugongs graze on banks of seagrass." In this lyrical celebration of place, the children of Mornington Island explore their home in words and pictures.

# Combined families get higher CCS soon

Families with more than one child aged 5 or under in care can get a [higher CCS](#) for their second child and younger children.

Combined families will automatically start receiving the higher CCS from 1 July.

They may receive backpay from Services Australia for any higher subsidy they were eligible for between 7 March and 30 June 2022.

Combined families are where both members of the couple get CCS for different children in their family. Services Australia counts all children in a combined family when determining entitlement to the higher CCS.

Services Australia will send a text message to combined families in early July to advise them the higher subsidy has started for combined families and that arrears may be paid. Families don't need to do anything.

The higher CCS started for most families on 7 March.

We have more [information for providers](#) on our website.

Services Australia has [information for families](#), including [examples that show how the higher CCS works](#).

**At the end of each financial year, Services Australia reconciles family payments, including CCS. This is to ensure families receive the correct amount of assistance for the year.**

The deadline for families to confirm their income for the 2020–21 financial year is 30 June 2022.

Families who failed to confirm their 2019–20 income by 30 June 2021 must confirm that income by 30 June 2022 or a debt will be raised for the full amount of CCS they received.

[We have a video to help you understand the CCS balancing process](#)



## THE RHYMING GAME

Kids love the rhyming combinations of popular authors like Dr. Seuss. Build on that by having kids think of as many rhyming words as possible on your next car ride. Start with easy words like cat. Another fun rhyming game is to have the passengers in the vehicle talk in rhyme until you get to your destination. For example, if your child asks you “Are we there yet?” You answer, “No, are you upset?”

Source: [www.newfolks.com/activities/literacy-games-kids/](http://www.newfolks.com/activities/literacy-games-kids/)

## HEALTH & SAFETY: Benefits of Family Dinners

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

### Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in pre-schoolers
- Healthier eating patterns in young adults

### There are also benefits for adults, including:

- Better nutrition, more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words – those not found on a list of 3,000 most common words – that the families used during dinner conversation. Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily.

Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance. Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A’s in school as those who ate dinner with their families fewer than two times a week.

You can read about all the additional benefits [here](#) but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won’t confer positive benefits. Sharing a roast chicken won’t magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience – a well-cooked meal, a joke, or a story – and these small moments can gain momentum to create stronger connections away from the table.

The Family Dinner Project. (May 22, 2022). Science says: eat with your kids. Retrieved from [thefamilydinnerproject.org/about-us/benefits-of-family-dinners/](http://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/)

Ketchell, Misha. (May 22, 2022). Benefits of Family Dinners. Retrieved from <https://theconversation.com/science-says-eat-with-your-kids-34573>

## WORLD ENVIRONMENT DAY SCAVENGER HUNT

One of the best ways to celebrate ‘World Environment Day’ is to get outside and experience nature. While exploring complete a scavenger hunt. Below is an example. Customise your list for your own local environment. Write the items you’re looking for on a piece of paper with bug check boxes to tick off when you find or do each item.

### Scavenger hunt list:

1. Draw a picture of 3 different flowers or plants.
2. Spot a pelican or seagull.
3. Spot a bee.
4. Take a photo of an animal you see.
5. Safely collect any rubbish you see.
6. Hug a tree.



7. Find a smooth rock
8. Find something rough.

*Remember to only observe, do not disturb or take things out of the environment.*

# Educator Updates

This month has seen many challenges for our team, with sickness being the biggest issue for a small business and having no relief pool in our state to support us.

We are now farewelling our ECT teachers both Maddie & Rhiannon, Maddie is leaving the sector and moving to the disability sector & Rhiannon is relocating interstate and going on a travelling adventure with her family around Australia.

We are very sad to see both these inspiring teachers leaving us & this will leave a big hole in our team at the moment while we recruit new teachers.

We wish them both all the best in their new adventures and know we will be keeping in touch and looking forward to following Rhiannon's travelling adventures and hearing their stories as they work their way around the country.

Workforce shortage is a big issue in our sector and all centres are struggling with this and having to take drastic measures like we have and will have to continue to do to be able to stay open.

We have welcomed Sofia to our team as our new Cert 3 trainee, Sofia is at uni studying her Bachelor of Teaching in her first year, she will also be working on achieving her Cert 3 in education and care as a side qualification while working with us.

Georgia is about to set off also on a travel adventure interstate with family and will return in 5 weeks with amazing photos to share and stories, we look forward to learning about her adventures at the end of August.

Barsha returns next week from her 4 week international holiday to Nepal to see her family, its summertime over there so she has avoided the cold down here. We look forward to her return and Sherika and hearing about their journey.

We have an active position advertised with seek, please help us to find our next amazing person to join our team by sharing the link on our Facebook page or below  
<https://www.seek.com.au/job/57607196>





**Cancer  
Council  
Tasmania**



Come and join our team in 2022. To register to walk or run complete the below link & join us for the day...

<https://www.womens5k.org.au/fundraisers/GlenDhuChildrensServices224>

For More information Emma is our team co ordinator



We have been conducting rehearsal evacuation procedures. The aim of this process is to educate and give children the skills to handle an emergency situation when or off it occurs. This also provides time for education to reflect on the process and the safety and well-being of all children, educators and individuals in our service. These procedures have led to discussion on safety in our car park and what emergency services may attend.

***Do you have an emergency plan at your home?***

<https://www.fire.tas.gov.au>

<https://www.tfseeducation.com.au/parents/basic-fire-safety-rules>

<https://www.tfseeducation.com.au/parents/smoke-alarms>

<https://www.tfseeducation.com.au/parents/fire-escape-plan>

<https://www.tfseeducation.com.au/tfse-escape-plan-user/add>

## **CAR PARK REMINDERS**

**Just a reminder that our car park is also part of the foot path, please be aware of where you park to allow the footpath to be clear for pedestrians to walk, It is a parking offence to park over a footpath, local walkers are "Very aware of this & are happy to take down number plates"**

[glendhuchildrenservices.com.au](http://glendhuchildrenservices.com.au)



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