



# Newsletter

## February - April 2015

Issue 15

Wednesday 11<sup>th</sup> February, 2015

### Dates to Remember:-

#### February:

**Friday 13<sup>th</sup> February** – Wear the colour **RED** to celebrate Valentine's Day (14<sup>th</sup> February) and the people you love!

**Thursday 19<sup>th</sup> Feb** – Chinese New Year

#### March:

**Monday 9<sup>th</sup> – Friday 13<sup>th</sup> March** – Parents/Guardians to read a story to the children during this week

**Tuesday 17<sup>th</sup> March** – Wear the colour **GREEN** to celebrate St Patrick's Day

**Friday 20<sup>th</sup> March** – Wear the colour **ORANGE** to celebrate Harmony Day (Incursion – more information TBA)

**Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> March** – Sports Gala Week (Children to come dressed in your favourite team's sport clothes or colours)

#### April:

**Wednesday 1<sup>st</sup> April** – Easter Hat Parade (children to decorate a hat at home & wear in parade at Centre)

\*\* Position Vacancy – please speak to Rochelle if you are interested in being our Easter Bunny \*\*

**Friday 3<sup>rd</sup> April** – Good Friday (Centre Closed)

**Monday 6<sup>th</sup> April** – Easter Monday (Centre Closed)

**Friday 24<sup>th</sup> April** – Remembering Our Anzac Heroes

### Welcome & Happy Birthday!

Welcome to our February-April Newsletter – what a busy few weeks we have had already!

A very warm welcome to our new children and families and welcome to those who are returning from 2014! It is great to see so many smiling faces! We hope that all of the children that left for Kindergarten are settling in well too!

Big Birthday Wishes to Haylee, Rafael, Jarrah, Noah and Hunter who will be celebrating their birthdays during February, March, and April!



### Thank you!

We would like to thank the following people;

Miss Karen – Dress Ups

Annabelle's Mum – Coloured Paper

Rafael's Mum – nursery toys

Brandon's Mum – Morning tea english muffins

We really do appreciate your donations and help.

## Staff / Welcome

We welcome Miss Yasho to Country Life Child Care Centre. Miss Yasho is our Centre cook and is also assisting staff in each room when needed. Yasho is also studying her Certificate III in Children's Services this year.

Miss Ashley will be taking over the Cheeky Monkey's room as Room Leader and Miss Rochelle will be assisting her.

Miss Tracy is the Room Leader for the Busy Bee's Room and is also our Nominated Supervisor/Educational Leader.

Miss Maddison is the Room Leader for the Wise Owl's Room. Miss Rochelle will be assisting with the School Readiness Program.

Your child's daily routine is posted up on the wall for the room that they are in so please take a look.

## Immunisation History Statements

All children that attend Country Life Child Care need to provide a completed Enrolment Form and an Up To Date Immunisation History Statement. These are legal requirements.

A child's Immunisations are due at Birth, 2 months, 4 months, 6 months, 12 months, 18 months and 4 years.

Every time your child has a vaccination up to the age of 4, you will need to provide us with an updated statement.

Unfortunately your child is unable to attend the Centre if an up to date Immunisation History Statement has not been provided.

A statement can be obtained directly from a Medicare Office or you can access the MyGov website, link your Medicare Service to your account and request a copy of the statement to be emailed to us at [admin@countrylifeccc.com.au](mailto:admin@countrylifeccc.com.au). There is also a Medicare App that can be downloaded.

Please do not hesitate to speak with Miss Karen in the office if you need assistance with this and we thank you for your assistance in this important matter.

## Staying Healthy In Child Care – 2015

Please take note of the following excerpt from our 'Management of Illness and Exclusion Policy':-

### **1. Exclusion Periods**

- Vomiting – one vomit, parent contacted to collect child from Centre and is only able to return 24 hours from the last vomit symptom
- Yellow, green or bloody discharge from nose – parent contacted to collect child from Centre and can only return once nose is clear or running clear
- Temperature over 37.5 Degrees – parent contacted to collect child from Centre and can only return 24 hours since last high temperature
- Diarrhoea or loose stools – 2 loose stools, parent contacted to collect child from Centre and is only able to return 24 hours from the last loose stool
- Unusual spots or rash – parent contacted to collect child from Centre and seek medical advice. Please provide medical clearance upon returning to the Centre
- Discharge from eyes - parent contacted to collect child from Centre and seek medical advice. Please provide medical clearance upon returning to the Centre

### **2. Medication**

If a child requires medication to be given on their day of attendance, it needs to be handed in to that child's Educator and the parent/carer will need to complete and sign a Medication Form. Please note that prescription medication can only be administered to a child. A child must have had the medication 24 hours prior to attending the Centre to ensure that there are no allergic reactions. Medications and creams are never to be left in a child's bag.

Please also note that Head Lice can be a common occurrence in Child Care Centres, Pre Schools, and Schools and some children are more susceptible than others.

Screening of children at Country Life Child Care Centre for head lice/nits plays a pivotal role in managing head lice and eggs.

We will do random head lice checks (after morning tea time) and if any lice or eggs are detected – the parent will be contacted to collect child from Centre and can only return as soon as effective treatment has started and all lice and eggs are combed out.

Please be vigilant and ensure that the child does not attend the service with untreated head lice.

To assist in keeping our Centre germ free, antibacterial hand sanitiser is located in the office next to the Sign In/Out book. Encourage and assist your child/ren to use the hand sanitiser and to wash their hands when leaving the Centre each day.

Please also ensure that sunscreen is applied to your child each morning upon arrival to the Centre. Sunscreen is provided and located in the office next to the Sign In/Out book.

### **Change of Details**

It is vital that we hold the most current contact information details for your child. If ever your details change, eg. phone number, address, emergency contacts and their numbers, you must advise us in writing immediately. You can email us or we have a form that you can fill out. Please see your child's Educator for a form if required.

### **Toys Policy**

Children are not to bring toys to the Centre. Country Life Child Care Centre have toys and equipment that are for the children to play with and the children's toys brought from home can tend to cause difficulties with sharing or they may become lost or broken.

Children may bring in a soft toy for rest time which will be kept in their lockers until that time.

### **What is EYLF? (Early Years Learning Framework)**

The Early Years Learning Framework describes childhood as a time of belonging, being and becoming.

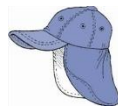
**Belonging** is the basis for living a fulfilling life. Children feel they *belong* because of the relationships they have with their family, community, culture and place.

**Being** is about living here and now. Childhood is a special time in life and children need time to just 'be' – time to play, try new things and have fun.

**Becoming** is about the learning and development that young children experience. Children start to form their sense of identity from an early age, which shapes the type of adult they will become.

### **New Hat Pockets**

New hat pockets are coming....stay tuned! Please remember to pack a hat for your child each day that is labeled with your child's name on it. Please ensure that it is either a bucket hat or a legionnaire's hat (ie. has long sides and back) – no caps.



### **Munch and Move**

The *Munch & Move* program aims to promote and encourage children's healthy eating and physical activity. The program is a NSW Health initiative with support from the NSW Department of Human Services (Community Services) and the Local Health Districts. Early childhood is the ideal time for children to form healthy food and physical activity habits that will give them the best chance of maintaining a healthy weight throughout their lives. It is also a great time to cultivate the fundamental movement skills and confidence children need to enjoy physical activities at school.

Our Munch & Move Co Ordinator is Miss Ashley.

If you would like further information on the Munch & Move program and healthy eating options, please visit website <http://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>



The six key messages that form the basis of the *Munch & Move* program are:

- Encourage and support breastfeeding
- Choose water as a drink
- Eat more fruit and vegetables
- Choose healthier snacks
- Get active each day
- Turn off the television and computer and get active

### **Communication**

The staff of Country Life Child Care Centre work hard on their programming, routines, daily diary and communications to families. Please take the time to view your child's Daily Diary for their room and provide your comments and/or suggestions in the Feedback Book which is located next to the Diary or the Curriculum Planning Sheets located on the wall of each room.

Even if it is only a short sentence – any acknowledgement is much appreciated.

Occasionally you will receive a 'Weekend Sheet' in your child's pocket. We use the information from these sheets to incorporate in to our curriculum so please assist us and your child by completing and returning these.

We thrive on feedback so please do not hesitate to offer suggestions and ideas at any time either via the Feedback Book, the Family Suggestion Book (located in office next to the Sign In Book), or email us at [admin@countrylifeccc.com.au](mailto:admin@countrylifeccc.com.au).

We are currently working on some new ideas as to how we can inform families of your child's development and progress through 2 half yearly CD's. We will be able to email our weekly menu to interested families and also reminders of weekly activities and upcoming events!

### **Fundraising**

We usually do 2 major Fundraisers during the year. Cadbury's Chocolate boxes is the first one for the year and will commence during the week of 23<sup>rd</sup> February to Monday 16<sup>th</sup> March. Each family will be allocated 1 box of chocolates to sell to friends, family and the community at \$1 per item (\$50 per box). This has proved to be a very successful fundraiser in the past so we look forward to another great one this year! All funds raised are used to purchase educational resources for the children at the Centre.



### **Late Collection / Car Safety**

The Centre's hours of operation are from 7.30am to 6.00pm Monday to Friday and our staff are employed only between these hours.

If you are to be late due to unforeseen circumstances and there is no one else available to collect your child on time, you will need to contact the Centre immediately to advise the expected time of arrival.

To cover any overtime and to compensate for any inconvenience to staff as a result of children being collected late, a late pick up fee will be charged to the family at \$1 per child/per minute from 6.00pm.

This is to be paid cash directly to the Educator's on duty at that time.

Please also note that it is our Duty of Care to ensure that a child leaves our Centre safely. If the person authorised to collect your child is driving and does not have a child restraint in their vehicle, we cannot allow them to take the child from the Centre so please ensure your contacts all have access to a child restraint.



### **A Word From The Kitchen!**

Miss Rochelle is starting to prepare the Autumn Menu. We are always interested in your feedback and input so if there are some favourite meals that your child and family enjoy at home, please bring in a copy of the recipe to Miss Rochelle to see if we can incorporate these in to the menu. Even if you have some interesting sandwich filler favourites – we welcome all suggestions!

One of the children's current favourites is:-

#### Pancakes / Pikelets

- 1 ¾ Cup Milk
- 2 Eggs
- 2 cups self-raising flour

#### Step 1

Whisk milk and eggs together in a jug. Sift flour into a large bowl. Make a well in the centre. Add milk mixture. Whisk until just combined.

#### Step 2

Heat a large non-stick frying pan over medium heat. Spray with cooking oil. Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining mixture, spraying pan with cooking oil between batches.





### **Promoting Sustainability Throughout the Centre**

The environment in which the children of tomorrow will grow up in is very much dependent on how we manage the environment today.

In November last year, we arranged a visit by a Sustainability Officer from Blacktown City Council who donated a Compost Bin to the Centre and gave all of the children and staff a talk on how to use it and the ways in which we can become more efficient in our environment with electricity, water use, and recycling.

We are also in the process of creating a Sustainability Wall. The wall will consist of sustainable practices such as the compost bin, the vegetable garden, sustainability officer, eggs from the resident chicken, the use of recyclable resources for craft, craft play, recyclable storage, and the watering of the garden with our left over water from the children's drink bottles.

The children are looking forward to embedding sustainability practices in creating a canvas mural with recyclable materials.

Reminder: Please remember to include an eco-friendly bag for your child's soiled clothing.

### **Very Important – Payment of Fees**

As per our Fees Policy, fees are to be kept paid 1 week in advance. This means that by the Friday of each week, payment for the following week must be paid (ie. prior to your child's next day of care).

If payment is not received by this time, a weekly late fee of \$10 will be charged to your account.

### **Monthly Policy Review**

Each month, the staff at Country Life Child Care Centre will be reviewing one of our many Policies.

Over the next couple of months, the policies that will be up for review are our 'Fees Policy' and our 'Toys Policy'.

The policy that is up for review will be placed in the office in a plastic sleeve located above the Sign In/Out Book.

We welcome our parents/guardian's to read, review, and provide your feedback.

### **Scholastic Book Club**

Scholastic has been bringing the best of children's publishing to Australian children for over 40 years and is recognised as a market leader in children's publishing. Each Term, Scholastic will send our Centre catalogues based on School Year. We place a few of each year in to child's pockets in case you are interested in ordering for older siblings, friends or relatives.

Please refer to the below ad regarding payment for books. You can still phone through your order and pay by credit card over the phone. Please just remember to include the Reference # on your order form. A percentage of total books sold is given to Country Life as a Credit for us to purchase books and resources for the Centre. Thank you for your support and Enjoy Reading!

Introducing  
**SCHOLASTIC**  
**Book Clubs LOOP**  
for Parents

LOOP is the NEW Scholastic Book Clubs  
Linked Online Ordering & Payment platform for parents.  
To order and pay for Scholastic Book Clubs by credit card visit:  
[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)

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## Updates From Your Children's Educators:-



### **Cheeky Monkeys** (Miss Shirley, Miss Ashlee)

We would like to welcome Ella, Sanil, Hunter and Elana into the Cheeky Monkey room. All babies have settled in really well, we also would like to welcome back our children from last year, we are so happy to see you all again. We have had a busy month, we explored the new toys and the outdoor play area, we danced and we celebrated Australia Day by joining the older children and playing Australian sports.

We are planning on having a Belonging Tree in our room and a note will be handed out to bring in a family photo. We would also like to ask you to bring in your child's personal hat that we will keep in their hat pockets.

The sad news is that Miss Shirley is resigning from her permanent position as the Cheeky Monkey room leader but the good news is that she will be working as a casual staff member.

It was a very hard decision to make but I need to do what is best for me and my family.



### **Busy Bees** (Miss Tracy)

Welcome every one (new and old families) to the Busy Bee room for 2015. I can see its going to be an active and enjoyable year! Wow, our first month of the year has passed and how busy have we been ... VERY! We have started decorating our room, so it is bright and inviting. Have you seen our Australia Day area? All Busy Bees had a lot of pleasure with crafts and discussions about our National Flag and Sydney itself.

Upcoming interests to our room will include Valentine's Day, Chinese New Year and even a project based on shapes too.

A few reminders: - If your child requires a dummy or bottle. These are to be labeled and placed into the dummy basket upon arrival in the mornings. ALL items belonging to your child (including shoes and socks) need to be labeled, please. We now have new photo locker symbols. Please encourage your child to take a look and make recognition of their own locker and where their bag will be placed. This helps and assists when being asked to place belongings in their own locker (we are BIG KIDS now!).

FAMILY PHOTOS for our belonging tree are needed! Your child would love to see their family on our tree. Have you brought your photo in yet? Please do ... Thankyou

☺ Miss Tracy





## **Wise Owls** (Miss Maddison & Miss Ashley)

Welcome back to all the Wise Owls and a special welcome to our newest Wise Owls, Kristian, Jacob and Samuel. The next couple of months will be very busy with lots of upcoming events that we will be celebrating, such as Valentine's Day, Chinese New Year, Harmony Day and Sea Week (if parents have any resources for these days please feel free to bring them in). Our current interests in the Wise Owl room are dinosaurs and sensory activities, like play dough and kinetic sand.

We are also working on developing our fine motor skills with activities such as scissor cutting, threading and weaving, crafts using droppers and syringes.

For school readiness, our children that will be attending Kindergarten in 2016, we are currently working on the letters in our name and learning to hold our pencils correctly. A School Readiness package will be handed out to these families shortly.

Please bring in a family photo for the family tree, it would mean a lot to your children to have their family picture displayed for them to show off.



## **Community Corner**

Please see below for some useful tips/information and some events that are happening within your local community;

Wesley Family Centre, Riverstone  
Elizabeth St, Riverstone (within grounds of Riverstone Public School)  
Ph: 9627 3511

Just a few courses, activity programs, etc that this group are running at the moment:-

\*\* Baby Massage 4<sup>th</sup> – 25<sup>th</sup> March (Wednesdays 1pm – 2pm) FREE classes \*\*

\*\* 123 Magic Parenting Program - a FREE 4 week program \*\*

### **READING CORNER – Wildcat Gourmet Cafe**

Attention all Parents, Carers, Grandparents and expecting Mums...bring the kids and babies to a free Reading Corner! Each week read different stories celebrating the importance of early literacy and the **Paint the Town REaD** initiative. Receive a **FREE coffee** each week!

**TUESDAYS (School Term)**

**9-12pm**

**Wildcat Gourmet Cafe, Garfield Rd Riverstone**

### **Room for Relaxation**

This group will be for mums who are looking for some time out! This group will provide a regular space for mums to have a break from the craziness of their week by participating in some simple and enjoyable relaxation activities while socialising with other mums. Childcare available, bookings essential as places are limited. Morning tea provided **Cost: FREE**

**TUESDAYS (3rd February to 17th March) 10-11am**



### **Creative Craft Group**

This group offers a friendly creative space for any parents, grandparents and carers looking for some time out and an opportunity to chat to other locals whilst participating in some creative crafts. Childcare is offered for this group however places are limited so bookings are essential. Morning tea provided. **Cost: FREE**

**TUESDAY 24th MARCH 10-11am**

**Wesley Family Centre, Riverstone**

### **Paint the Town REaD Event**

For parent/carers and children involves an interactive reading session, craft activity, guest readers and a special appearance by Bubble the Reading Bug. Morning tea supplied.

**Cost: FREE**

**TUESDAY 14th APRIL**

**10.30am-12pm**

**Wesley Family Centre, Riverstone**

### **Baby and Child First Aid & CPR Class**

Would you know what to do in an emergency? This class is hands-on to ensure you have ample practice time on baby and child resuscitation mannequins. Childcare available. **Bookings essential for both the class and childcare so please contact us ASAP!**

**Cost: FREE**

**THURSDAY 5th MARCH**

**10am-1pm**

**Wesley Family Centre, Riverstone**

**The staff at Country Life Child Care Centre pride ourselves in taking the utmost care of your child and making your child's day with us a special one.**

