



Newsletter

February - March 2014

Issue 10

Monday 17th February, 2014

Dates to Remember:-

- Monday 17th February** – Parents to provide own hats for children (due to health reasons) – Busy Bees & Wise Owls Only
Monday 24th – Friday 28th February – Teddy Bears Picnic Week (all children are invited to bring in their favorite teddy to join them for lunch each day of attendance)
Friday 28th February – Scholastic Book Order with Payment due
Wednesday 5th Mar – Swim Safety Presentation for 2-5 years. (from Tadpoles Swim School, Vineyard).
Friday 21st Mar – Harmony Day – Multicultural Show (Incursion) - \$7 per child & children to wear orange
Thursday 10th Apr – Easter Hat Parade

Welcome & Happy Birthday!



Welcome back everyone and a very warm welcome to all of our new children and families that have joined us this year.

We would like to wish our children a very Happy Birthday for those that celebrated in January and those that will be celebrating a Birthday during February and March – Haylee, Mason B, Lexy, Kiera & Natasha, Makayla, Evan, Zaiden, Ryleigh and Kaitlyn!

Thank you!

We would like to thank the following people;
Olivia's Mum – donating dress up costumes
Kirrilee & Jayde's Mum – bringing in toys
Hunter's Family – for looking after our chickens over the Christmas break
Isla's Mum – bringing in toys
Eric's Mum – delicious Chinese Food
We really do appreciate your donations and help

Staff / Welcome

We wish Miss Natalie all the very best for the birth of her baby!

Under the new ACECQUA Regulations for 2014 in Long Day Care Services, it is a requirement for a 29 place Centre to employ an Early Childhood Teacher face to face with children depending on the attendances for the day.

We would like to welcome Miss Rebecca as the Wise Owls Early Childhood Teacher, Miss Tracy as the Busy Bees Educator, Miss Shirley as the Cheeky Monkeys Educator, and Miss Alesha who will be assisting both Miss Rebecca and Miss Tracy. Welcome to Miss Ashley who is studying for her Certificate III in Children's Services.

Wise Owls – Your child's Educator:- Please welcome to Country Life Child Care Centre, Miss Rebecca (holds a degree in Early Childhood Teaching) and has 7 years experience. Miss Rebecca will be assisted by Miss Alesha who has a Certificate III in Children's Services.

Busy Bees – Your child's Educator: - Miss Tracy who has a Diploma in Social Science (Child Studies), with over 20 years experience in the Child Care Industry.

Cheeky Monkeys – Your child's Educator – Miss Shirley who holds a Certificate III in Children's Services, a background in Nursing and a mum to a teenager!

If you have any enquiries in relation to your child's developmental milestones, please speak with your child's Room Educator. You are more than welcome to speak with your child's Educator at a mutually convenient time and to enquire as to how your child's day was. When you collect your child of an afternoon, if your child's Educator is not at the Centre, you can speak with the other staff members or to Miss Rochelle.

Please note- Every effort is made to ensure that staff teams are maintained allowing children and families consistency of care. Inevitably staff will leave for personal reasons or be away or on leave from time to time. Where possible these absences will be covered by existing team members or casual staff.

Settling in to Child Care

For some of you, this be the first time your child has been in a childcare environment. It is very normal for your child to experience some anxiety and for the parents too! There are some things that both Educators and parents can do to make the process easier for both you and your child.

In the first few weeks, it is good to spend a little time with your child in the Centre to assist with the settling in period. When you do stay a while, help your child through the transition by reading a book together or watching your child engage in activities with new friends. Gradually increase the time you spend away from your child.

Always be there to hug, kiss and say goodbye to your child.

Tips for saying goodbye- despite your best preparations, your child may still find it difficult to separate from you and may become upset and start crying. This is the worst feeling however you can help by acknowledging your child's feelings, giving them words to help express themselves and comfort them.

Establish a goodbye routine such as – 3 kisses and a bear hug, high-fives or some other special gesture that means a lot to your child. Reassure your child that you or another family member will be back to pick them up at a particular time, or after an event that your child understands, such as a sleep or snack time.

Keep the goodbye brief. After your goodbye routine, gently but firmly say goodbye to your child. Lingering to comfort your upset child can sometimes prolong their distress and even make it worse.

Allow one of your child's teachers to gently lead them away to do something they enjoy, such as playing with a particular toy or reading a story.

If you are feeling distressed after seeing your child upset, call the Centre about half an hour after you've left to see how your child is. We're here to make sure that your child settles comfortably in to their new environment and also make sure you feel comfortable too, so do not hesitate to give the Centre a call. As is often the case, most children stop crying shortly after their parent departs. If your child is distracted when it's time for you to leave, you might feel tempted to sneak out without them noticing. This can make children feel more upset. **Make sure you say goodbye** – it's best to let your child know that you are going and that you will be back later.

My child isn't settling-Your child might settle happily in their new setting within a few days or weeks. Some children continue to be distressed beyond this time. In all cases, stay calm, and allow your child to express their distress. Listen to what your child is saying. Are they showing signs of separation anxiety? If so, it is worth persevering for a little while to give your child time to adjust. It is also important that you talk to your child's Educators – we want to work together with you to develop strategies that you and your child's teachers are comfortable with. We have vast experience in settling children in to a new environment and we will be able to suggest some ideas that can help both at the Centre and at home.

It is essential that you know what happens in your child's day as it provides you with peace of mind that your child is enjoying their day. Every day your child is at the Centre, we will provide information on your child's progress, how your child slept through the day and what they ate, how they were feeling throughout the day and how they were getting on with other children and what activities your child enjoyed.

Reference: Settling your child into care –Raising children network (2009)

Settling your child into care – a NCAC Factsheet for families

Transition for Parents & Children

There are allocated routines for individual rooms.

For example Wet & Soiled clothing in white laundry sink (Wise Owls Room). This is for all children at the Centre.

Busy Bees room 2-3 years

- Parents are to provide nappies when your child moves up to the busy bees room (2-3's room).
- Children's Eat/Sleep chart is on display on the EYLF wall.
- The day book is on display above the children's lockers. (Happy Reading) and a photo slide show is on the computer screen.
- A parent communication book is also on display to welcome parents to write ideas, concerns and suggestions.

Wise Owls room 3-5 years

- Children must be fully toilet trained before transitioning to the Wise Owls Room and this would phase out the use of day-sleep nappies, for both independence (being able to take themselves to the toilet, wiping and hand washing). Please note that we do not have nappy facilities in this room.
- The daily routine can be viewed on the wall next to the lockers to help families to understand their child's daily routine
- Parents, please encourage your child to sign their name in the book that is located underneath the 'Parent Corner' notice board in the Wise Owls Room.
- There is a Reflective Day Book located on the top of the lockers for families to read about your child's day, a photo slide show on the desktop computer located on the table beside the lockers and an Eat/Sleep Chart which you will find on the EYLF Wall.

**** Each family is allocated a Parent pocket in which accounts, newsletters, and other centre information and messages are posted. These parent pockets can be found in the Busy Bees room and Wise Owls room. It is the responsibility of the parent to collect all information placed in their parent pocket on a regular basis ****



Absences – Signatures Required

Please notify us by **9.00am** if your child will be absent from the Centre on any scheduled day. When arriving at the Centre on the next day after an absent day, please indicate the day(s) of absence by writing 'absent' as applicable and signing to provide your confirmation. Please note that this is a DEEWR (Dept of Education, Employment, and Workplace Relations) requirement to ensure that absences are reported accurately and are approved by the parent/carer.

Arrival & Departure

If there is a variation in arrangements of who normally collects your child/ren, please advise us in writing. Upon meeting this person for the first time, we will ask them to verify themselves with their Driver's Licence. Please advise them of this prior to collection.

Medication

If your child requires medication to be given on their day of attendance, please hand it in to the Educator for your child's room and you will need to complete and sign a Medication Form. Please note that prescription medication can only be administered to your child. Your child must have had the medication 24 hours prior to attending the Centre to ensure that there are no allergic reactions. Medications, creams, etc is never to be left in your child's bag.

Open Door Environment

We aim to provide an environment which is for the whole family and not just for your child – you are welcome to visit the Centre at any time. Provided you give us your written consent, we welcome immediate family members to visit the Centre at any time to help make the environment part of the daily routine. This may help your child to settle in to their new routine, especially if this is a concern for you, and otherwise may simply help to make Country Life their home away from home. Please feel free to discuss this with us at any time.

Monthly Policy Review

Each month, the staff at Country Life Child Care Centre will be reviewing one of our many Policies. For February and March, it is 'Administration of Authorised Medication Policy' & 'Our Philosophy'. We welcome our parents/carers to read, review, and provide your feedback.

What is EYLF – Early Years Learning Framework

To give you a better understanding of what the Early Years Learning Framework is all about, please refer to the end of your Newsletter where we have attached a 3 page document – Enjoy the read!
Please do not hesitate to discuss any queries you may have about the EYLF with your child's Educator.

Clothing Requirements

Please make sure that your child is dressed in appropriate clothing. No thongs and no sleeveless shirts or dresses. If unsure of what the weather will be, please make sure you pack enough clothing to cater for any weather changes, ie. a light jacket, t-shirt, pants, shorts.

Also, please make sure your child's bedding is reflective of the season (ie. lighter bedding in warmer months and a light blanket for cooler months).



Parents to Provide Hats for Child (Busy Bees & Wise Owls Only)

To help reduce the spread of head lice, we have decided to ask all families to supply their child with their own hat now and to only wear their own hat. Even though the Centre hats had each child's name on it and were being washed weekly, we feel that it will be easier for a child to recognise their own individual hat.

Please make sure that your child's hat is an approved Sun Smart hat by being a broad rimmed or bucket hat that shades their face and neck. Please, no caps, ties or strings. **Please make sure that the hat is labeled with your child's name.**

Please note that if there is 'no hat, shade play only'.

Children's hats are to be placed in to the pockets outside with their name. Hats should be taken home on the last day of your child's weekly attendance, washed, and brought back in for the following week.

Please also remember to apply sunscreen to your child each morning before or upon arrival to the Centre. Sunscreen is accessible next to the Sign In/Out Folder in the office.

Lost & Found Property

If your child has required extra clothing due to accidents, etc, we have some spare clean clothes that can be supplied on loan for that day. Please return this clothing to the Centre washed so that it is ready for the next child that may need it.

To avoid any misplaced or lost clothing, please ensure that all of your child's belongings are clearly labeled.

Please keep checking our Lost Property basket at the door inside the office if we have any of your child's belongings.



Digital Portfolios

We now have digital portfolios for 2014. Parents will receive a half yearly child's developmental journal on a disc which will be given out mid-year. At the end of the year, a 2nd disc will be given out along with a photo DVD. These digital disc consist of all your child's learning stories. With your input, learning stories document a range of observations, activities, tasks, crafts, incursions and photos of children and records their growth and development throughout the year. All learning stories are individually saved onto an external hard drive in children's individual folders. If you have any questions regarding the digital portfolios feel free to ask your child's room educator or Rochelle.



School Readiness Program

In practice, our school readiness program commences at the time your child is enrolled at the centre, regardless of their age, and represents a systematic and continuous approach to preparing each child for primary school.

Keep an eye out in your child's pocket as we will soon be providing a School Readiness Package for any family that has a child attending Kindergarten in 2015.



Travelling Country Life Mascots for Busy Bees & Wise Owls!

Each week, a child from each of the Busy Bees and Wise Owls Room will be chosen as the designated carer for the mascot.

The mascot will be in a bag along with a travelling diary/scrapbook. Please help your child to spend time with the mascot, record any adventure/event with a story, photos, pictures, wherever you and your child's imagination and creativity take you!

It is a learning Journey through EYLF and is processed into being, belonging and becoming.

Car Park Safety

For the safety of all children and families, please take extra caution at all times in the parking area. In particular, we ask that you –

- * take care before reversing your car
- * under no circumstances allow any child to run or play in the parking area
- * do not leave any children in the car when dropping off or picking up your child from the Centre
- * please drive slowly at all times in the car park and driveway

Immunisation Record Update

Thank you to every parent that has now provided us with an Up to Date Immunisation History Statement for your child/ren. It was a challenging time for some and we appreciate all of your efforts.

It is a NSW Education & Care Services National Regulations requirement that we hold a current immunisation record on each enrolled child at the Centre. The blue book is not accepted anymore.

Please make sure that you your child's immunisations are up to date and each time they receive an immunisation, you will need to provide us with a new History Statement that shows the status as 'up to date'.

Online – www.medicareaustralia.gov.au/public/online-services/index.jsp

- by requesting a statement to be sent in the mail – www.medicareaustralia.gov.au/ssl/acircircgcert
- in person at your local Medicare office
- or by calling **1800 653 809**

Banking Details for Country Life Child Care Centre

Banking Details

Account name: Jamie Enterprises Pty Ltd

BSB: 062 347

Account # 1055 1706

Please use your child's name as the Reference

Updates From Your Children's Educators:-



Cheeky Monkeys (Miss Shirley, Miss Ashley)

I would like to welcome the new Cheeky Monkeys in to our class room.

Everyone seems to be settling in well. Some of you are learning to crawl, stand up, and even walk! Some are forming great little friendships too!

We have been really busy exploring music, sound and movement by dancing, using the musical instruments.

We have been looking at different picture books and naming objects for our language development.



Busy Bees (Miss Tracy, Miss Alesha)

I have had a beautiful welcome in to the room from all of the Busy Bees children – thank you!

We have had a busy first few weeks. I have had the opportunity to work closely beside your child and form a close bond & trusting relationship.

It has been very busy in the room – we have looked closely at Chinese New Year and made a very bright, colourful window display.

A BIG Thank you to my sister-in-law 'Sonya' who is from Woolworths Head Office, kindly donated Chinese New Year items and decorations for us to incorporate in to our program.

I have worked with the Busy Bees in simple room rules - playing with toys, sitting on a chair at a table. They are becoming very good at remembering these.

The 2014 Sochi Winter Olympic Games have started. We will begin a short project on this. If you have any type of information you would like to share to this project, please do!

Have a nice day!



Wise Owls (Miss Rebecca, Miss Alesha)

The Wise Owls room has been a hive of activity this past month. We have been very busy settling in the room, meeting new friends and getting to know our new teachers! For some of us it has been a little tricky to get our heads around the new routines and learning, but so far the children are doing well! The Wise Owls room has many elements of learning for the children. We are here to guide the children as they become more independent and for some getting them ready for big school!

We encourage children to display a high level of independence and self help skills in the classroom, this involves looking after belongings, cleaning up after games, delegating turn taking during games, toileting and much more. We would appreciate it if you could encourage your children to always "have a go" of things before helping them to further extend their confidence. We would also like to note that children should be being phased out of day-sleep nappies, for both independence (being able to take themselves to the toilet) and regulations (we do not have nappy facilities in the room).

So far we have been discussing FROGS and FEELINGS. You may see our display of the frog life cycle on the wall. The children have put a lot of effort into their art work, and discussing how frogs grow. We have also started to discuss feelings. We have been building on the children's social and emotional competence to understand each emotion. We have been discussing healthy ways of managing our feelings and why everyone feels sad/ happy/ nervous etc.

Miss Rebecca would like to take this opportunity to thank the families for the warm welcome I have received. Please always feel free to approach me on any concerns or comments you have!

A Toddler's Rules of Possession!

If I like it, it's mine

If it's in my hand, it's mine

If I can take it from you, it's mine

If I had it a little while ago, it's mine

If it is mine, it must NEVER appear to be yours in any way

If I'm doing or building something, all the pieces are mine

If it looks like mine, it's mine

If I saw it first, it's mine

If you are playing with something and you put it down, it automatically becomes mine

.....If it's broken, it's yours!!!

Community Corner

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

- **Baby & Kids Market** South Windsor on Sunday 23rd March @YMCA Hawkesbury Stadium, Stewart Street, South Windsor. 9am to 12noon.
- **123 MAGIC Parenting Program** A 4 week program run for parents/carers of children aged 0-8 years including a free lunch & child care. Mondays (3rd Mar – 24th Mar 9.30am-12pm) – Wesley Family Centre, Riverstone
Contact Simone or Katy Ph: 9627 3511
- **Triple P Parenting Program** Triple P helps parents to promote your child's development and communication skills. Includes a free lunch and refreshments. Cost: FREE Mondays (24th Feb to 31st Mar 9.30am – 12pm) – Wesley Family Centre, Riverstone Contact Simone or Katy Ph: 9627 3511

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.

