

Directors Updates:



We are heading towards an exciting second half of the year with lots going on here at the centre and within the rooms. On Friday the 22nd July staff, parents and children all had a blast at our annual family disco. As usual the night was a big hit for all and everyone looked like that had a great time. During the disco Nesha and Ashley also held our Annual Family Meeting. Thank you to those families who attended. We received lots of fantastic feedback, ideas and suggestions from the parents and are already actioning most of them. Further details will be given shortly. Even though you may not have attended the AFM your feedback and comments are always highly valued so please do not hesitate to email or call the team.

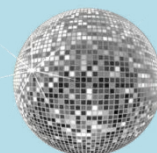
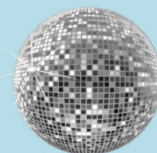
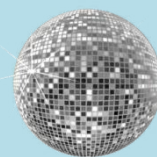
Portfolios have all been given out. Please see staff if you have any feedback and we hope that you enjoy the time you take when reading them. Your child's portfolio is an extended and individualised version of what can be found in the day books each day. If you would like to organise a one-on-one **meeting** with your child's Group Leader, please feel free to organise a time with them. We would also really appreciate it if parents could take the time to make a comment on the Parent Comments Sheet in the portfolio, before handing them back for the second half of the year.

As many of you would know, or have seen, I am only 8 weeks away from having my second child and will be going on maternity leave sometime in September (exact date yet to be decided). In my absence Nesha will be upping her days here at the centre (currently here Tuesday and Friday). Along with Nesha, Rebecca and Rachel, two of our ECTs will be job sharing some of the responsibilities that I carry out on a day to day basis. They will continue to work in the rooms when needed.

I intend on returning to work a couple of days a week after 6-8 weeks off, and will resume my normal full time work as of January 2012.

Please note that we have also begun the process of re enrolment for all of our existing children at the centre. Please get your forms back to us as soon as possible to secure your position for 2012.

DISCO





Administration Managers Comments:

Thank you to all of the families who have been signing up to Ezi Debit. A quick reminder that direct deposit stopped as a payment option in **June**. Payments can be made via cash, cheque, Ezi Debit or eftpos (3% surcharge does apply to eftpos).

Late Payment of Fees

Please remember that your fees are due on the first day of attendance each week. If your account is overdue, you will be charged a late payment fee. If you have any issues or problems with your account, or making payment, please email or call me as soon as possible, so that we can potentially avoid this charge. It is important that you read your statement on a regular basis to ensure that your account remains up to date.

Child Care Rebate

Most of you would have received a letter from the Family Assistance Office advising that you are now able to have your child care rebate (the 50% out of pocket reimbursement) paid fortnightly to the centre (or to you) [or quarterly/annually as per the current option]. Electing to have the money paid to the centre reduces your weekly bill from us. Check your most recent statement to ensure that your CCB and CCR are up to date, and being paid accordingly. Within the next week we'll distribute a 'how to read your statement' updated to show CCR details.

Communicating with the centre

There is a range of ways to communicate with the centre, and we appreciate that for many parents who are rushed in the morning, they don't have time to stop and chat. There is generally someone in the admin office/ main office from 8am to 5pm (sometimes earlier/ later) - and we're available on the phone most of the day.

There is a blue folder just next to the admin office window that has all of our regular forms (eg change of details, or change of days). You can fill out these forms and pop them into the red tin (NOT the fees box). Many of these forms are also available on our website. <http://www.norwestccc.com.au/forms.html> - you can download them and then scan/email or fax back, or drop them into the red tin when you're next in.

You can also email me: norwestccc@optusnet.com.au (which you can do 24hrs a day) and I'll generally respond within one working day.

If you change phone numbers or email, home addresses and more, don't forget to fill in a *Change of Details* form so we can update our systems, particularly useful for emergencies and accidents.

Thanks to all those families who continually update us with information and provide feedback. We greatly appreciate you taking the time when things arise.

Thank you,

Sarah Callister



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Dates for your diary:

Friday 5 th August:	Jeans for Genes Day
Thursday 11 th August:	Bush and Rainforest sports day (Ramadan begins)
Saturday 14 th August:	See us at the Kids and Babies market (Kellyville)
Friday 19 th August:	Ambulance Visit
Sunday 21 st August:	Children Book Week and Keep Australia Beautiful week beings
23-25 th August:	Children school photos
Friday 2 nd September:	Fathers Day breakfast/morning tea
Sunday 4 th September:	Father's Day
Thursday 8 th September:	Fireman Visit
Friday 16 th September:	Bush and Rainforest Room sports day
Friday 23 rd September:	Norwest Childrens Slumber Party
Friday 23 rd September:	School term ends

We currently have vacancies across all age groups on Monday and Friday. If you are looking to enrol in an extra day or perhaps need a day to complete all those odd tasks that we never get round to in our busy lives, please speak with Sarah to arrange this or fill out an extra day form.

Cadbury Fundraiser

Thank you to all our wonderful families who have been doing so well with the chocolate fundraiser. We have had so many boxes sold, some families are on their 5th or 6th. For those of you who were unable to take a box we would also like to say thank you for your generous donation. As previously mentioned this is the centres biggest fundraiser and all the money raised goes towards extra activities, resources and events for all of the children at the centre. There will be a prize for the family and the staff member who were able to sell the most amount of boxes.

We also appreciate the feedback from some of our families regarding the fundraiser and will most definitely take into consideration your thoughts and ideas for next year's fundraiser.

July staff member of the Month: JACQUI DACEY



Staff member of the month for July has been deservedly awarded to Jacqui from the Ocean Room. Jacqui shows constant and ongoing dedication and enthusiasm towards all the children in her care and is always coming up with new ideas and ways of engaging the children in fun and stimulating activities. Jacqui shows commitment to her role here at the centre and has not taken a single sick day since she started (which is rare especially through winter). Jacqui has grown into a very valuable part of the team here at Norwest and we all know she is going to do very well as she continues her studies and furthers her knowledge within the industry. Well Done Jacqui!!!

Welcome to Emma – Our Newest Trainee

Emma joined the team here at Norwest in June as a trainee. Emma is new to the industry so is still finding her feet. Emma completed her HSC last year and is looking forward to exploring a career in the Early childhood. Emma is now an assistant within the Ocean Room and works closely with the Turtles and Seahorse groups.



Staff Training:

Road and traffic training – Amanda, Monique and Naydeen attended a kids and traffic workshop in Ryde. They were given lots of great ideas for teaching and incorporating road safety here at the centre. We were also given a fabulous donation of road safety puzzles and posters for the children.

Self Regulation by Dr. Stuart Shanker – Nesha and Rebecca

EYLF Conference – Ashley, Nesha and Rebecca

The magic of Learning Stories and Pedagogical Documentation – Judith and Naydeen - Here they learnt how to make weekly presentations more child. They were shown how to make mind maps in order to keep an interest running for a few weeks rather than something that occurs one week and is forgotten the next.

O H & S Consultation – Sarah – 4 day course that covered all aspects of OHS within the workplace.

Child Care Rebate changes webinar – Ashley, Nesha and Sarah

Managing Challenging Behaviours (staff) – Nesha and Monique – How to effectively communicate and lead children and staff with challenging behaviours.

Perth EC conference - Nesha attended a bucket-full of talks and workshops and gave 2 presentations on connecting with children and the EYLF

Always a Professional in Attitude and Action – All Staff – Positive ways of communicating and respecting colleagues, effective team work and conflict resolution.

National Quality Standards – Main Event – Ashley and Rebecca Monique (upcoming). Topics covered include:

- * Educational Programs and Practice: Early Years Learning Framework – In Practice
- * Physical Environments: Engaging Environments
- * Leadership and Service Management - Active Leadership



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phD study on Professional Development in Children's Services – Nesha

Evidence based practice for special needs – [Nesha and Amanda](#) - To inform us about current practices and how effective they are based on research.

Creative Arts – [Amanda](#) - To show how important arts are in the context of the EYLF Belonging, Being and Becoming (upcoming)

Certificate in Nutrition (Beck Health) – [Michele](#)

Behaviour Management in the Early Years – [Naydeen](#) -At this workshop we learnt how to write up behaviour management plans for children with difficult behaviours and how to manage it better. Quite interesting and very rewarding.

Children and Contemporary Influences – [Amanda](#) - To consider, examine and challenge how our experiences and community beliefs about childhood affect our perspectives, planning and ideas about children.

Fish Philosophies

What is the FISH! Philosophy?

The FISH! Philosophy includes four simple, interconnected practices:

Be There is being emotionally present for people. It's a powerful message of respect that improves communication and strengthens relationships.

Play taps into your natural way of being creative, enthusiastic and having fun. Play is the spirit that drives the curious mind, as in "Let's play with that idea!" It's a mindset you can bring to everything you do.

Make Their Day is finding simple ways to serve or delight people in a meaningful, memorable way. It's about contributing to someone else's life, not because you want something out of it, but because that's the person you want to be.

Choose Your Attitude means taking responsibility for how you respond to what life throws at you. Once you are aware that your choice impacts everyone around you, you can ask yourself, "Is my attitude helping my team or my customers? Is it helping me to be the person I want to be?"

Through The FISH! Philosophy, we build stronger relationships with the team members we work with, the customers we serve, the students we teach and the people we love.

At our June Staff Meeting the lovely Lisa and Jacqui from the Ocean Room received the recommendations for the FISH award by the team here at Norwest. They were both recognised for her constant commitment, dedication to their team and outstanding attitude and attributes! Cheers to both of them!

Current info on Sleep equipment and sleep patterns

As a proud supporter for Red Nose Day, which was on 25th June, the staff here at Norwest thought it timely to refresh information on children sleeping. **SIDS and Kids Safe Sleeping** is an evidence based health promotion campaign developed for health professionals, childcare workers, new and expectant mothers, parents and anyone who cares for babies and infants. The campaign has been developed in conjunction with researchers from Australasia and internationally and provides information about the evidence around sudden infant death syndrome risk reduction (SIDS) and fatal sleeping accidents. Since its inception in the early 1990's, the campaign has reduced the incidence of SIDS by 85% saving over 6000 babies lives. Vigilance is still required in delivering Safe Sleeping messages to the broad community as sadly the cause of sudden infant death syndrome remains unknown with more research into the cause still needed.



For information specific to babies and infants, please visit the SIDS and KIDS website and check out the resources or alternatively, on the shelves in the foyer is the SIDS resource kit for the centre.

<http://www.sidsandkids.org/offices/new-south-wales>

Children aged 3-5 years need **around 11-13 hours of sleep a night**. Some might also have a day nap of about an hour.

Sleep is important for children's health, growth and development. When children sleep well, they are more settled and happy during the day. Getting the right amount of sleep also strengthens your child's immune system and reduces the risk of infection and illness. A preschooler's rapidly expanding imagination can sometimes get in the way of a good night's sleep. It is important to listen to your children's fears and ideas to ensure they do not trouble their sleep patterns. Understanding sleep and sleep patterns is one starting point for helping your child develop healthy sleep habits and a positive attitude towards sleep.

For further information on sleep and sleep patterns for children of preschool age, please go to:

http://raisingchildren.net.au/articles/preschoolers_sleep_nutshell.html/context/322

or http://raisingchildren.net.au/articles/sleep_the_hows_and_whys.html/context/754

Toys and Resources:

Quite often our equipment is part of a set and we all know children love to play with many of our resources from dinosaur and fruit coloured counters to books, cars and trucks to trains, dolls and beads, just to name a few. *Please help us maintain our equipment by bringing back any toys and resources that your children may have added to their pockets and bags.*



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Clothing

The clothing your child wears to Norwest needs to be appropriate clothing for them to play in. They need to be clothes that are comfortable, easy to take on and off if needed and clothes that you are comfortable in getting messy. Whilst we take many precautions like bibs and aprons to limit the amount of “messiness” the children get on their clothes, it is sometimes inevitable that their clothes may get a little dirty. As it is winter, your child’s bag should have extra clothes for warmth. It is helpful to pack a few changes of clothes as sometimes your child may end up with needing more than one change throughout the day. As our spare clothes are fairly limited, it is much better if your child’s bag consists of:

- 2-3 x pants
- 2-3 x shirts (combination of short and long sleeves)
- Spare socks – Hat
- 1 spare jumper
- 2-3 pairs of underwear (more if toilet training)

Please remember every item of clothing in your child’s bag (including the bag itself) needs to be clearly labeled. This can be done through bought iron on or sewn on labels or a good laundry marker. These labels can sometimes come off so it is also important to regularly check your child’s clothing to make sure they are still labeled. Any items not labeled head to our lost property basket which is emptied each month and all items donated to charity.

Sunscreen

Even though it is winter, the children still need to have sunscreen applied for playing outdoors. You can find the sunscreen in the foyer with a stamp. It is assumed that parents apply sunscreen to their children upon arrival at the centre (if they haven’t at home). Sunscreen is then reapplied by staff in the afternoons in all rooms.

A Healthy Breakfast...

Just like adults, children need a healthy breakfast to kick start their days and their metabolism. Research has found children who eat breakfast have better levels of concentration, increased problem solving abilities, and a more positive attitude about learning. Children who have a healthy breakfast will have better memory and communication skills and develop greater ability to communicate and handle social situations therefore influencing their abilities to relate to others. Children who miss their morning meal are often more restless and easily distracted. Children love finger foods that are quick and easy. Some great options include: wholemeal muffins, banana bread, cereal clusters, fruit bars like oven baked bars, sliced fruit or dried fruits, low fat and low salt dairy snacks like cheeses and yoghurts. See Michele for more info! Please ensure that whatever you provide your children with for breakfast when they eat it here at the centre is nut free and is something that they can feed themselves and requires no washing up like spoons and bowls.

A huge THANK YOU to **SNAP PRINTING NORWEST** for their generous donation of stacks of paper for the children to use in their art and craft experiences.

REMINDERS:

A friendly reminder to all our families that the centre has 1 disabled parking



spot. This parking spot does get used by existing families as well as visitors to the centre. We would like to remind everyone that unless you have a disabled parking permit you **CAN NOT** park here. There have been a number of occasions where this parking space has been blocked, causing an inconvenience to those who actually need to use it. Thank you.

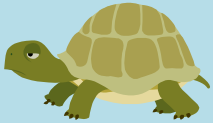
Please be aware that we are a nut free centre. Over the past few weeks we have found many food items in childrens bags, including food that does or can contain traces of nuts. This can be incredibly dangerous and potentially life threatening for any of the children who attend the centre that have nut allergies. Parents do not need to provide food for their children whilst at the centre so we ask that all our families ensure that any food kept in the childrens bags whilst not at the centre is taken out prior to arrival.



ROOM UPDATES:

Ocean Room:

Throughout the entire room the Ocean room children have been really involved in cooking experiences and group times that involve dancing and music. The children have also been focusing on signing with their teachers at meal times. The Turtles have been working on developing their self help skills such as tidying up after themselves and using their manners in sign language. Music and dancing have been a huge part of their days over the last few weeks because they love it so much. Dress ups and imaginative play have been developing their creative skills as well as painting and collage making. Meanwhile the starfish have been really interested in sensory play; touching and feeling of different materials which each of the children have really seemed to love. The Starfish have been doing lots of physical activity with lots of crawling happening and lots of dancing and musical instruments. The Seahorses have been really involved in gardening, Lauren brought in some lovely flowers for them to plant; the children have really enjoyed gardening and getting messy. The Seahorses have been into play-dough and exploring dinosaurs has become an interest with some of them. A few of the children have also been on an excursions to Norwest shops and the cafe which they loved and we look forward to doing more throughout the rest of the year.



Rainforest Room:

The Rainforest Room has had a very busy past few months with some friends transitioning up from the Ocean room, as well as new friends starting at the centre. The Dragonflies have been settling into having some new friends in their group and have been extending & developing their fine motor & concentration skills with some threading through a group interest that has been going on. The Dragonflies have also been developing their early maths skills, this started off through play dough and lead to a small cooking interest which the children thoroughly enjoyed.

The Geckos have been exploring dinosaurs in many areas including archaeological digs, creating fossils, watching dinosaurs hatch from eggs, internet & book research. Transport has also been very popular, creating a learning centre around this interest. We have also had a number of smaller projects continuing throughout the room including a Creative project that focused on the childrens interest in getting their hands messy & experimenting through paint & turn taking through group games, such as *Sandy boy / girl*, gross motor equipment & in group times when choosing songs from our song board, building respect & listening skills.

The Rainforest Room are now also enjoying the sunshine and getting outside again.



Bush Room:

We have been very busy indeed; enjoying the winter in spite of the cold. We have been organising lots of excursions over the last few weeks, and enlivening the classroom with a few changes to the layout of the learning centres. You will also have noticed that Bush Room has embarked on the journey of implementing the new programming system and accompanying documentation. We appreciated the feedback that you have provided us so far - please keep letting us know what your thoughts are as we continue to explore this process.



Bilbies

An interest that has been continuing to grow in the Bilbies group is that of addresses. Gail began working with the whole group each morning to help them firstly recognise their address when told to them, then to recite their address, and finally to be able to recall their address when asked. This led to a range of play experiences around writing letters to people and then putting them into an envelope marked with their address so that the postman can deliver it to them. We organized two excursions that gave the children an opportunity to see how this works in the real world. First we went to the post office at Norwest shops and then we went to an office buildings mailroom.

The Bilbies have also been engaging with traffic rules and the signs used to convey these rules. Stemming from a simple dramatic play experience between Christian and Max where they were deliberately crashing their cars into each other, we began to discuss what would happen if this was really how it was on the roads where we drive our cars. The children's knowledge about road rules began to come forward as they explained how this wouldn't happen, because you're not allowed to...of course we capitalized on the children's innate knowledge and interest by making our own road mat with paper, paint and masking tape. We also added some stickers of road signs to enhance the opportunities for learning.

Koalas Group

We have started our News Time in July with great success. The children have all been quite invested in this new element of the daily routine and it shows as they listen to their peers when it is their turn to present their News. Thank you to all of the parents who helped their child in their task of finding something to discuss with the group; it made it a much more valuable experience for the children with the practice and use of photos or props to assist them in the presentation.

Some of the interests that the Koalas have been investigating have grown from an initial experience with Cameron, Samuel and Angus playing with a treasure map. From this simple spontaneous play experience, the Koalas have eventually built a pirate ship from cardboard boxes to extend their dramatic play. Discussions about pirates' have also put ideas about what is good and bad into the spotlight as we posed the question "is it ok to take someone else's treasure?"



CONGRATULATION TO LOUISE AND PAUL WHO GOT MARRIED ON SATURDAY

