

NORWEST CHILD CARE CENTRE NEWS – MAY 2010



DIRECTOR'S UPDATE

We hope all of our special mums had a lovely Mother's Day! A big thank you to all of you who hung around for our special Mother's Day Morning Tea, it was very nice of you to stick around and join us for a cuppa, and what's more, a special moment for you to share with your children. We hope you are all enjoying the warm autumn sun before the days get too cold. As I mention this, I would like to remind you all of the importance in packing your child's bag with a decent supply of spare clothes for any weather changes that may occur and because we love the children getting involved in messy play. Ensuring your children have a jumper, t-shirt, long sleeve, leggings and track pants as well as spare socks are important in helping us to keep your child clean and tidy should they have an accident or require a change. The next couple of months are action packed with a range of different events being celebrated in and around the centre. As always we welcome you and your families input into the programs and if you would like to join in please speak with staff.

DATES FOR YOUR DIARY:

- 10th May – National Families Week
- 12th May – Peter Morgan Musician coming to Norwest
- 14th May – Loud Shirt Day
- 15th May – International Day of Families
- 17th May – Food Allergy Awareness Week
- 21st May - Bush Room Sports Day
- 22nd May – National Child Care Week
- 26th May – National Sorry Day
- 27th May – National Reconciliation Week
- 5th June – World Environment Day
- 8th June – World Ocean Day
- 14th June – Queen's Birthday Public Holiday – Centre closed
- 19th June – Norwest's First Car Boot Sale and BBQ
- 21st June – World Music Day
- 23rd June – Pyjama Day





POLICY/ PROCEDURE CHANGES

We have recently reviewed a number of our centre's policies in collaboration with parents and staff, and have made a few changes. These can be found on display in the foyer in the red folder if you are interested in re-reading through our policies. There are a lot of policies that govern our centre. You are always welcome to have a say on our policies at any time and the foyer is the place to make a comment where we review each policy.

ENTERTAINMENT BOOKS

Thank you to all of the families who have bought an entertainment book. We have a couple left to sell – so if you've used yours, and were so excited you have friends who want them now, just speak with Sarah. Don't forget that you get a 5% discount at Coles by buying the vouchers online through the entertainment book – so log on and save! Not to mention all the great family activities you can save money on like Taronga Zoo, Sydney Aquarium, Putt Putt Golf, Accommodation and more! If you're not going to buy the book, we need it returned before 21st May – if we don't get it back by then, we'll assume you're keeping it, and debit your account. ☺

CHILD SAFETY

Kidsafe NSW has a number of resources related to home and community safety. Kidsafe is a fantastic service available to families help inform you about how you can protect your children in the home, playground and around roads. They also govern us about how some things are designed, for example how far our equipment needs to be from the edge of soft fall and more! Through the *Kidsafe NSW* website you can look through completing a Home Safety Checklist where you assess your own home safety. The checklist can be found at: [http://www.kidsafensw.org/docs/factsheets/Home%20Safety/Home%20Safety%20Checklist%20May%202009%20\(2\).pdf](http://www.kidsafensw.org/docs/factsheets/Home%20Safety/Home%20Safety%20Checklist%20May%202009%20(2).pdf)

And the general safety resources for the home can be found on the following *Kidsafe NSW* link: http://www.kidsafensw.org/homesafety/fact%20sheets_safety_resources.htm

MEDICATION

We've recently found medication in some of our children's school bags. Creams and antibiotics for children, as well as, disturbingly amphetamines such as Sudafed which fell out of a bag onto the floor in the middle of the room. **PLEASE** do not put any medication into your child's bag for any reason. If you need to bring medication, put it into your own bag and hand it to staff.

Transition to School Night

Thank you to all parents who attended our transition to school night would surely agree what a successful night it was. A letter will go out shortly asking about your choices for going to school, that is when your child will attend school and the school (s) you intend on enrolling your child into. For those of you who are still undecided, please come and speak with staff. The Transition to School newsletters will also provide you with important information about school and transitioning to school. Previous copies can be found on our website at www.norwestccc.com.au

Norwest's First Car Boot Sale

On Saturday 19th June Norwest will run its first Car Boot Sale from 8:00 – 11:00am. It's a great opportunity for you to clear out all your new and used goodies you no longer need including toys, books, clothes, jewellery, electrical, home wares, and more. There will also be room for you to promote your businesses. The costs for a stall will be \$10 (either for yourself or to share with someone else). If you only want to sell up to 5 items, you can pay \$5 and our team will sell them for you. The car boot sale will run similar to a garage sale or a trash and treasure market – so put prices on your items before you bring them, and bring along any tables, racks etc that you need to display your items. Ideally it'll all be in the carpark (though we've got a wet weather back up as well). We'll put up the jumping castle, balloons and face painting for the children as well as a sausage sizzle and tea/coffee for you to grab a warm brunch! To book a stand, please call Sarah. Don't forget to invite your friends & family! Keep a look out for more information in the next couple of weeks.

Spotlight on Lisa Marie Haddad



Started at Norwest in: March 2010

Working in: Rainforest room and internal relief

Family: Lisa has three brothers one of which is her twin!

Her dad is Lebanese and her mum is Italian

Favourite thing to do on the weekend: Hang out with her boyfriend and close friends

Something you don't know about Lisa: Lisa has grown up dancing in Jazz and Hip Hop. She has also been on TV twice for her dancing!

Norwest would like to say Thank you to:

- The Schweiger family for donating paper and books
- Kohistani family for donating Parents and Baby Expo tickets
- Snap Printing Norwest for donations craft materials, paper and pens
- Jen (Joel and Daniel's mum) for coming in and leading activities with the children
- Melinda (Lucinda and Harry's mum) for coming in and leading activities with the kids
- Kate (Katherine's mum) for donating her time in the mornings to read the morning tribes a story or three!

And anyone who may have been missed! Thank you very much for all you do here at the Centre!



STAFF TRAINING

As always, our team have been busily attending workshops and courses and up skilling themselves.

All staff completed Allergy and anaphylaxis training through The Australasian Society of Clinical Immunology and Allergy and have now been retrained on using an EPIPEN for emergencies.

Many of our staff recently renewed their first aid certificates through Medilife completing a one day refresher.

Well done **Jules** who crammed in extra study to complete her Diploma in Children's services prior to going on Maternity Leave.

As well as this **Amanda** and **Nesha** are nearing completion of their Post Graduate certificate in Special Education.

Fernanda completed a workshop on including children from culturally and linguistically diverse backgrounds.

Upcoming training for all staff through the STaR association is focusing on helping families with children with additional needs and communication strategies.

STAFF CHANGES

We've spent a couple of months interviewing a range of candidates to step into the Bush Room Leader's role – and found it difficult to find the perfect candidate to lead our wonderful team. We then had a wonderful offer from Allison Fuller (Ally) who recently went on maternity leave – who will bring her daughter Amelia and return to work! We then realised that the best candidate for the Bush Room was right here with us already.

Rebecca (Bekky) will move into the Bush Room Leader's Role – she has a Bachelor of Education in Early Childhood and a Masters in Special Education.

Ally will be stepping into the Rainforest Room Leader's role – supported by Fernanda (with the Frogs), Frances (with the Butterflies) and Lisa.

PARENT SURVEYS

The link to our online parent survey was sent out earlier this week– we are looking forward to getting your feedback. As always, if there is anything on your mind (big or small, good or bad) let us know. Don't forget we are always here to talk to so if you do have something on your mind we are always happy for a chat or an email!

Winter Flus

Winter is upon us again, and with it in 2010, an increased risk of Swine Flu. Swine flu is particularly dangerous because it has the potential to make healthy people very unwell. It is also incredibly dangerous for young children, who can get very sick very quickly. There are free flu vaccines (the 'flu shot') available at your local doctor. This year, the flu shot includes a swine flu vaccine. We **strongly recommend**, that you get yourselves and your children vaccinated against the flu this winter.

Please also remember our Illness/Exclusion policy - the basics of which are:

- sick children cannot attend the centre.
- They cannot attend if they have been given nurofen/panadol (they are sick and need bed rest, one-on-one care and attention, and most importantly - they are still spreading germs around the centre to other children when they are unwell)
- Nor if they have any symptoms of illness (fever, runny nose, coughing, sneezing, lethargy etc).

We have a duty of care to all of our children to exclude those who are unwell to prevent the further spread of illness. We ask that you respect this policy and the other parents at the centre (who don't want to take a day off any more than you do...) and keep your sick children at home. Please don't put our staff in the terrible position of having to refuse you at the door, or calling you 20mins after you've dropped off an unwell child.

We will be discussing coughs, colds, germs and hygiene as a part of our program over the coming weeks with the children.

Again we remind you about **hand washing** - it is the simple, most effective way to prevent the spread of illness. We ask that you wash your children's hands in the bathroom when you arrive in the morning (to prevent bringing germs into the centre) and also when you leave in the afternoon (to prevent taking germs home to your family.) Make it a part of your pick-up routine - *grab bags, wash hands, off we go.* Additionally, we have pump packs of hand sanitiser throughout the centre that you are welcome to use at any time.

We also ask that you teach your children to cough into their elbow, rather than their hand. Often young children cough into their hands, and then put those germ-covered hands onto other surfaces, or other children. Coughing into their elbow reduces this risk.

Our centre regularly cleans all surfaces, including door handles, toilets, nappy change areas etc. We also sanitise all food preparation and serving services, and the entire centre on a regular basis. However, germs are still brought to the centre by children, and we cannot prevent all germs in an environment such as this. Your help is greatly appreciated in reducing the impact that colds and flu have on our children and families this year.

Immunisation

Another way to keep your child safe from disease and illness is to immunize them. Please remember to bring your child's blue book in for us to copy each time they get their shots so that we can update our records. Your child may be excluded in the case of an outbreak if our system is not up to date. If you want further information on the Australian Immunisation Schedule, the following website may be able to answer your questions, otherwise, speak with your doctor

<http://immunise.health.gov.au/internet/immunise/publishing.nsf/Content/nips2>

Kitchen and Winter Menu

We have a very exciting menu planned for our winter quarter. This year we are exploring cultures. Each room has selected a culture to follow and will be given opportunities to design and program around their meal times. Ocean room are following Asian cultures and traditions, Rainforest room are taking on Fernanda's home of South American, and Bush are following Middle Eastern. There are some great meals planned each week and we would love you to help out where you can. If you have or celebrate any part of these cultures and traditions, or have some great recipes to share with us for afternoon tea, please chat with Michele. Perhaps you may like to join us one day for lunch? Our fourth week of the quarter will be celebrated by Celebrity Chef meals! We are all looking forward to this exciting menu and hope the children pick up lots of information about food and cultures around the world!

SIBLINGS

Becoming a sibling can make a child feel threatened and jealous. While many kids are lucky enough to become the best of friends with their siblings, it's common for brothers and sisters to fight. Spending positive time with your sibling is something we aim for at Norwest. At Norwest siblings have a chance to play with each other during morning and afternoon shared play and often during the day if the children need each other, requesting to play with one another.

For information on working through sibling rivalry please explore the following links

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sibling_rivalry

http://kidshealth.org/parent/emotions/feelings/sibling_rivalry.html

http://raisingchildren.net.au/articles/sibling_rivalry_-_cyh.html?highlight=sibling

Ocean room report

The Ocean room children have continued to explore their greater movement skills, with the Rainbow Fish mostly now either crawling or walking around the room. The Penguins and Dolphins have continued to grow greater independence and confidence with reference to riding the bikes or climbing the mats outside. One of the big interests being explored at the moment is nature with several children noticing the outdoor living environment like the changing autumn leaves. This natural world has been explored both inside and outside with children also exploring creating crafts from leaves and feeling the textures of the different living items. Over the next couple of weeks the team have more natural environment things planned to further develop the children's interest in the environment and help them to grow an appreciation for the world they live in. Another love for the children in the room has been bubbles with many of the older group now showing their developing skills in having a go at blowing bubbles. This has been a rather tricky skill and with persistence they will all get there!

Rainforest room report

The Frogs and Butterflies have been actively exploring their increasing understandings of letters and sounds. They are realising more and more the topics of literacy and have been developing in their talents of reading and writing. Letters of the alphabet have been incorporated into their play with things like play dough and they have been cutting out the shapes of different letters. Their Mother's day presents involved their interest in gardening and we hope you have been able to share some gardening at home by planting your special plants. As the days go on their voices are becoming more prominent in their play and many have taken to exploring social-dramatic play where they are challenging their growing understandings of the world around them. They are role playing frequently and it is through this play where their relationships are developing in maturity. A common practice at the moment is to use our better language skills in solving problems with "Stop, I don't like it" strongly encouraged. Play in home corner with the dolls and cooking appliances has helped explore these skills and develop children's understandings of each other and spatial awareness in terms of relationships.

Bush Room report

The Joey group have been developing their writing skills with the help of Monique, closely working on their grip and forming letters. They have also been busy involving themselves in lots of dramatic play mostly revolving around cooking in home corner. A special mention was made in their conversations to all the lovely home cooking our children enjoy within their families. The sandpit is also rather popular with digging and making tracks the main interest surrounding the play.

The Wallaby group have been exploring art and involving themselves in various forms of creative play. Indoors, the children have been busy creating restaurants in home corner charging up to \$200 for meals!!! Outside many children have been actively exploring fishing and created a game where they select a colour and count as they go. The Wallabies have also been actively developing their writing skills, extending on from their skills in writing their names and now writing in the day book with confidence and some assistance their group name.

Over the last few weeks the Kangaroo group have built on their art interest. Recently we have added a new dimension to this area of artistic expression by drawing the world around as it is being observed. So small interested groups of children spend some time with charcoal pencils and bond paper and draw the trees, their friends, and the world they see. This has been especially great for our quieter Kangaroos, which are more talkative and confident in smaller group scenarios. From these mini 'incursions' some great observations have been made about the change of seasons from Summer to Autumn. This has led to a great communal painting of an autumn tree and then later we added real leaves and other details. We also traced Autumn leaves, coloured and cut them out and added them in our room with a poem about 'Dancing Leaves'. We plan on taking this interest to another level by arranging an Autumn Walk excursion for some of the interested kangaroos. Additionally the group has been exploring the Alphabet through various technology both paper-based, magnetic and computer and this remains a constant pre-occupation with this group.

A BIG THANK-YOU to our beautiful families who have spent time with us over the recent Mother's Day morning tea and also during International Family Week. These visits are truly a highlight for your children and (in case you weren't sure) you are always welcome to visit, read a story, play a game and 'just chill out' with the children...WE LOVE IT! All groups have very much enjoyed exploring what is special about their families and incorporating this into their play and discussions in group times.