

### Message from the Chief Executive Officer

Dear Families,

One knows that Christmas is near when the toy catalogues take over the letterbox. Children will pour over these identifying their 'wish list'. It is important for families to be considered when determining what they purchase - the safety of toys is important but so is the purpose and cost. Is the latest 'fad' toy favoured for a while then replaced by another? Toys that have longevity, are sturdy, foster development and are multipurpose are options to be considered.

For some children, the end of 2018 marks the end of their time within a Lady Gowrie Tasmania Education and Care service as they prepare to commence formal schooling. Whilst a new environment, their learning and development has been taking place since birth...at a phenomenal rate at that! Reflect on your child's progress – from dependent infants to competent preschoolers. They are physically competent with their fine and gross motor skills refined, developing social and emotional skills and their thirst to learn about their world evident in their cognition – inquiring minds keen to question and make sense of their environment.

Whilst many will be eager and ready for school, others will be more tentative and need some extra support to transition to school. Strategies such as speaking positively about school, supporting self help skills and independence to cope with routines such as going to the bathroom, opening the lunchbox, dressing themselves, keeping their personal belongings together will assist a successful transition. Ensuring your child knows the routines particularly if they are attending an afterschool care program or being collected by an adult – being clear about where to wait and who will be collecting them will support their confidence.

To those children and families leaving our services at the end of the year, thank you for allowing Lady Gowrie Tasmania to be part of your lives and we wish you all the very best for 2019 and beyond. To the families continuing we look forward to partnering with you to support improved learning outcomes for your child.

Summer is with us, albeit a mixed bag of weather lately, but in the hope of warmer weather families need to have heightened safety awareness when their children are near water. Children have a strong attraction to water and the smallest amount of water is potentially dangerous. Similarly, families need to ensure adequate sun protection is in place when children are outdoors.

The two recent school closures have impacted on families and some of our services. I take this opportunity to thank families for their support and understanding in this matter which has been totally out of our control.

Southern based families would have received notification of the recent sessions to support them in their parenting role. These small group sessions are part of the Lady Gowrie Tasmania Family Support Service – a free confidential advice and referral service for Lady Gowrie Tasmania families. The positive responses to the first sessions have provided the impetus to plan for a series of session throughout 2019.

On behalf of all at Lady Gowrie Tasmania, I take this opportunity to wish you a safe, peaceful and restful festive season and happy holidays.

**Ros Cornish**  
Chief Executive Officer



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### Message from the Board of Directors

As a busy year comes to a close, the Board has been able to recently reflect at the Annual General Meeting for Lady Gowrie Tasmania on the achievements of the organisation. There were many challenges facing Lady Gowrie Tasmania but equally many positive outcomes to the credit of all involved. Our educators and staff have worked tirelessly to ensure we meet the core ethos of 'Children First' and keep Lady Gowrie Tasmania as a visible leader in early learning outcomes in our communities across the state. As a Board, we are proud to be associated with such a strong group of people who consistently deliver wide ranging activities, programs and initiatives undertaken with a caring and professional manner. To this end, each staff member of Lady Gowrie Tasmania should be very proud of what they achieved over the last year and the way it was achieved.

The Board has seen a significant change over the past 12 months with the retirement of longstanding members which allowed for the appointment of new faces bringing a diverse range of skills and experience to the benefit of Lady Gowrie Tasmania. Since the previous AGM, new members of the Board have been successfully inducted into Lady Gowrie Tasmania but also have adopted the 2018-2021 Strategic Plan as our own (much of this plan was developed with largely the previous Board). The speed to which all new Board members

have become strong contributors to the organisation is a credit to each member leaving the organisation in a strong position going forward.

Pleasingly for the Board, steps outlined in the Strategic Plan to invest in people, positions and structures were well progressed throughout the year. This type of organisational change is not insignificant and as a Board, we recognise change can be challenging and commend all staff on approaching such change in a positive manner. The changes made represent the delivery of some key strategic objectives and the Board are particularly pleased to see many tangible benefits from pursuing the investment back into Lady Gowrie Tasmania.

As the year is now rapidly heading towards a close, on behalf of the Board, I would like to take this opportunity to thank everyone for their support of Lady Gowrie Tasmania and wish all families and staff, a safe and enjoyable Christmas/New Year period.

Sincerely,

**William McShane**  
**Chair - Board of Directors**



## Fahan Education and Care Service

In recent weeks the children and educators at Lady Gowrie Tasmania Fahan Education and Care Service have been working on an open-ended inquiry about apples. The inquiry began after a family brought in a bag of apples to share with the service after visiting a local apple orchard one weekend.

This sparked many questions and conversations among the children about where apples come from and how long they take to grow. The educators have followed the children's interests and curiosity on this topic and facilitated many interesting learning experiences, including cooking with apples and making their own apple trees using playdough.

It is fantastic to see the educators facilitating enriching conversations and experiences that allow the children to follow their own interests and shape their own learning!



## Christmas Closure Dates

Lady Gowrie Tasmania Children's Education and Care Services will close for the Christmas break on Friday 21 December 2018 and will re-open on Wednesday 2 January 2019. Please check with the educators at your particular service to confirm exact closure dates and times.

## 2019 Fee Increase

The Board of Directors approved a fee increase, effective at the beginning of 2019, as part of the budget development and approval process. In approving the increase, the Board was cognisant of the impact on families and compared Lady Gowrie Tasmania fees with other providers. This investigation indicated that the fee charged by Lady Gowrie Tasmania remains below that of many competitors. The fee schedule for 2019 is available at each individual site.

## Upcoming Events

Lady Gowrie Tasmania's Children's Christmas Party will be held on Wednesday 12 December 2018 from 6:00pm until 8:00pm at Soundy's Park in North Hobart. We hope all our children and families will be able to join us for this night of fun and celebration!

## Kids Alive – Do the Five!

1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great
4. Supervise – watch your mate
5. Learn how to resuscitate

*'Play is the answer to how anything new comes about.'*

## Starting School: Preparing Your Child

### Becoming familiar with your child's new school

In the months and weeks before starting school it is good for your child to become familiar with the school environment. This includes routines and rules as well as the classroom, playground, toilets, drinking fountains and so on. Here are some ideas:

- If your child is at a preschool or early childhood centre with a school transition program, try to make sure your child is at preschool on the days the children visit 'big school'.
- If your child isn't at preschool, visit the school yourselves, or see whether the school runs its own transition program.
- Visit the school and if possible meet your child's teacher. Let your child know that teachers are there to help, and she/he can ask for help any time.
- Make sure your child knows where you'll be picking her/him up.

### Practical preparations for starting school

It's a good idea to have uniforms, lunch boxes, bags and stationery ready ahead of time:

- Get your child to try on the uniform and shoes before the first day to make sure everything fits. It's a good idea to have your child wear new school shoes for a few days before school starts and practise doing up laces or buckles.
- Choose a school bag that's comfortable for your child to carry. A backpack with adjustable straps is best.
- Choose a lunch box that has an easy lid for your child to open
- Find out if your child needs any other items for school - hat, art smock, library bag, pencils, markers, crayons.
- Make sure your child's name is clearly marked on all clothing, as well as his/her lunch box and school bag.

### Managing feelings about starting school

Starting school can be a big change for your child, and she/he might feel a bit anxious as well as excited. Here are more ideas for managing mixed feelings:

- Try to organise play dates with other children before the first day of school. It can help if your child knows another child going to the same school before school starts.
- Give your child lots of love and support and be enthusiastic about your child starting school. This sends your child the positive message that school is exciting and that she/he will cope well and have fun.
- Read a children's book about starting school with your child. Reading books about school together can help you talk with your child about his feelings. You could try *Starting School* by Janet and Allen Ahlberg, or *Starting School* by Jane Godwin and Anna Walker.

### Starting school: the early weeks

Your child might need some support when school starts. There are some simple things you can do to help these first few weeks go smoothly:

- Try to drop off your child at school before the bell goes in the morning. Also pick your child up on time. If you're late it could make your child feel very anxious.
- Be patient if your child wants to blurt out every little detail about school or clams up completely. You could try saying something like, 'Tell me one good thing about your day', rather than asking lots of questions.
- Don't expect too much academic progress too soon. If your child is happy and seems to be enjoying school, that's a real achievement. The rest will come later.
- Remember that it's normal for children to play with lots of different children, and even to play on their own sometimes. It takes a while before they settle into a group of friends.
- If your child doesn't seem to be settling well, or tells you about teasing or bullying, speak to your child's classroom teacher.

School is a big transition for your child. Your child might need extra support and plenty of rest at home in the first few weeks.

*Taken from Raising Children's Network Article 'Starting School: Preparing Your Child'*



### Nutrition

During the hotter summer months it is important to ensure children are drinking enough water as water helps children to regulate their body temperature.

#### How much water do children need?

The amount of water a child needs is influenced by the amount of activity they do, the weather temperature and their diet and health.

Children up to 8 years of age should have a minimum of 4-5 cups of water a day. Children above 8 years old require at least 6-8 cups of water a day.

#### How do I get my child to drink water?

Research has shown that adding healthy flavours to water may increase the amount of fluid consumed voluntarily. Try these tips to help boost water intake in children:

- Add a slice of lemon, lime, mint, spices or an infused cold tea bag to give water a different taste
- Ensure your child always has a water bottle handy
- Freeze fresh fruits and use them as ice cubes in glasses of water.

### Immunisation

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases. Your child can get the immunisations recommended on the Australian National Immunisation Program (NIP) schedule from several places including GP clinics, community health clinics and local government immunisation clinics. In January 2016, the Australian Government introduced a 'No jab, no pay' policy. This means that if a child isn't fully immunised parents are ineligible for the Family Tax Benefit Part A or the Child Care Subsidy. For more information about immunisations go to [www.immunise.health.gov.au](http://www.immunise.health.gov.au) or talk to your family GP.



### Children's Week 2018

Thank you to Playgroup Tasmania for hosting this year's Teddy Bear's Picnic in Launceston and Hobart to celebrate National Children's Week 2018. National Children's Week is held in October each year and celebrates and recognises the talents, skills achievements and the rights of all children.

The National Children's Week campaign has a theme each year taken from the United Nations' (UN) Conventions on the Rights of the Child. The theme for 2018 is article 12 being:

'Children's views and opinions are respected. They have the right to express those views freely in all matters affecting the child and the right to be heard.'

The Teddy Bear's Picnic was a great opportunity for the staff representing Lady Gowrie Tasmania to meet new families and to catch up with current families and children in our community. The interactive activities, nature-based scavenger hunt bags and Lady Gowrie Tasmania stickers were a hit with all the children!

LADY GOWRIE TASMANIA  
FAMILY SUPPORT PROGRAM



Lady Gowrie Tasmania is a community-based not for profit organisation, providing a range of services for children, families and early childhood professionals within Tasmania.

Lady Gowrie Tasmania offers their families access to the Family Support Program.

The program provides free confidential, practical and emotional support to families who might be experiencing some of life's challenges or who may benefit from support in the day to day raising of their children.

**FAMILY SUPPORT SERVICE**  
229 Campbell Street, North Hobart  
PO Box 422 South Hobart Tasmania 7004  
P 6230 6860 E [familysupport@gowrie-tas.com.au](mailto:familysupport@gowrie-tas.com.au)

## Sun Safety Reminders

1. **SLIP** on some sun-protective clothing that covers as much skin as possible.
2. **SLOP** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **SLAP** on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **SEEK** shade.
5. **SLIDE** on some sunglasses – make sure they meet Australian Standards.



## 2018 HESTA Early Childhood Education & Care Awards

Lady Gowrie Tasmania was announced as the winner of the Advancing Pedagogy and Practice award category at the 2018 HESTA Early Childhood Education & Care Awards held in Sydney in September. These awards recognise early childhood educators, carers, and services who demonstrate outstanding dedication to practice improvement and development, leading to enhanced learning outcomes for children.

Lady Gowrie Tasmania Integrated Child and Family Centre South Hobart was recognised for their evidence-based action research project 'Physical Health and Wellbeing:

Innovative approaches in an inner-city community' which aims to build educators' capacity to provide opportunities for children to develop their physical health and wellbeing.

Thank you to HESTA and ME Bank for providing the opportunity to recognise and celebrate excellence in pedagogy and practice in the early childhood education and care sector in Australia.

Congratulations to the Lady Gowrie Tasmania educators and the Gowrie Training and Consultancy research team involved in this project!

### Professional Development – Marte Meo

Throughout the year I have been fortunate to participate in six days of intensive Marte Meo practitioner training offered through Gowrie Training & Consultancy, facilitated by Joy Elford, who is a licensed Marte Meo Supervisor. Marte Meo translates to “one’s own strength” and was created more than 30 years ago by Dutch woman Maria Aarts. This video-based training approach was developed initially to support families to encourage their children’s learning. The program is designed to build upon the emotional attachment between parents and children and purposely support existing parental abilities that are beneficial for children’s positive development. Rather than give advice, it allows parents to look for positive moments in day-to-day interactions which have been filmed and then later analysed. This approach has also been very successful in education and care settings by supporting educator’s interactions with both children and families.

During the six days of training I learnt about the importance of following children’s play initiatives to build upon relationships and to demonstrate to children that you acknowledge their

good ideas around play. We do this by watching, waiting and naming what the child is doing and confirming these actions. Another area of focus in the training is how to support positive leading skills. This involves naming your own initiatives and giving detailed guidance to children followed by confirmation. Other skills shown through the training includes the focus on ‘linking up’ which supports educators or families in linking and lifting up social information for children to support their social development and relationships.

I have already noticed my practices have changed for the better by doing this professional development. Watching myself back on film has really made a strong impact and I can now work on strengthening my communication and interactions with children. I am looking forward to building on this learning next year when we implement these strategies at Lady Gowrie Tasmania University South Education and Care Service and in turn, better support the children and families in our care.

*Shannon Allocca*  
*Lady Gowrie Tasmania University South*  
*Manager*

### Community Event

Lady Gowrie Tasmania supports the Hobart International Tennis Tournament, particularly in respect of the Hobart International Family Weekend on Saturday 5th and Sunday 6th January 2019 at the Domain Tennis Centre on the Queens Domain.

The Family Weekend commences at 10am on these days with a range of exciting activities for children including the opportunity to meet and hit with some of the world’s best players between 10am and 12 pm as part of the Tennis Hot Shots mini court program. Other activities include a jumping castle, face painting, games and the opportunity to watch some of the best compete in qualifying games on practice courts plus heaps more!

Being active and having family time is important – here is a great opportunity to spend some time together – playing and having fun – all free of charge for adults and children over the entire weekend.

So pop the date in your calendar and enjoy a whole lot of family fun!



## Contact Details

### Head Office

346 Macquarie Street, Hobart	6230 6800	info@gowrie-tas.com.au
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### Northern Services

#### Long Day Care Services

Alanvale	6348 1390	alanvale@gowrie-tas.com.au
Norwood	6336 6971	norwood@gowrie-tas.com.au
University	6324 3731	uninorth@gowrie-tas.com.au

#### Outside School Hours Care Programs

Frederick Street VAC	6331 5106 / 0437 726 452	oshclusternorth@gowrie-tas.com.au
Launceston Preparatory School ASC	6331 5106 / 0437 726 452	oshclusternorth@gowrie-tas.com.au
Norwood ASC	6331 5106 / 0437 726 452	oshclusternorth@gowrie-tas.com.au
University ASC Mowbray, VAC Campus	6331 5106 / 0437 726 452	oshclusternorth@gowrie-tas.com.au

#### Occasional Care Program

Frederick Street Pre-School Program	6331 5106	oshclusternorth@gowrie-tas.com.au
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### Southern Services

#### Long Day Care Services

Acton	6248 5644	acton@gowrie-tas.com.au
Battery Point	6214 0380	batterypoint@gowrie-tas.com.au
Bowen Road	6211 0340	bowenroad@gowrie-tas.com.au
Campbell Street	6230 6881	campbellstreet@gowrie-tas.com.au
Kingston	6229 1901	kgcc@gowrie-tas.com.au
Integrated Centre for Children and Families	6230 6805	integratedcentremanager@gowrie-tas.com.au
Midway Point	6230 6872	midwaypointmanager@gowrie-tas.com.au
University	6226 2088	unisouth@gowrie-tas.com.au

Fahan	Swansea	6230 6805	ldc@gowrie-tas.com.au
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Richmond	Oatlands
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South Hobart
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#### Outside School Hours Care Programs

Albuera Street ASC & VAC	Mount Nelson BSC, ASC	6230 6806	clusteradmin@gowrie-tas.com.au
Bowen Road ASC	Richmond ASC		
Brighton BSC, ASC, VAC	Rosetta BSC, ASC		
Glenorchy ASC	Sorell ASC and Vac		
Goulburn Street ASC	South Hobart ASC		
Lansdowne Crescent BSC, ASC & VAC	Taroona BSC, ASC & VAC		
	Warrane ASC		

#### Family Day Care

Family Day Care Scheme	6230 6809	familydaycare@gowrie-tas.com.au
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