



## Message from the Board

Dear Families

While slightly belated, the Board would like to take this opportunity to welcome you to a new and exciting year.

The early childhood sector has experienced considerable external debate and significant change within the sector over the last few years. Each time that I write a piece for the staff gazette I am acutely aware of the changes that are impacting on everyone within LGT.

2017 looks like being no different with several important policy issues already known to be occurring this year. In September of this year we will know the outcome of the current government policy to lower the school starting age. While LGT does not support the lowered age, we are committed to work with government to ensure that should this policy become law, and then the focus will be on positive outcomes for children.

We also know that the NQF has been reviewed and as a consequence there are changes to the National Quality Standards. LGT supported this review and will now ensure the changes are implemented and see it as a positive step forward for the quality of education in the sector.

As indicated in the CEO's article in this edition the Federal Government passed the Jobs for Families Child Care Package which will see changes to funding to families for childhood education and care.

In order to ensure that the organisation is prepared for the changes that are listed above, plus others that will no doubt arise over the coming years, the Board have been engaged in a review of our strategic plan. The Board, supported by the Senior

Management Team, spent a day reviewing the current plan with a view of positioning the organisation to move forward.

While we are still finalising the next strategic plan I can ensure you that the organisations 'Children First' position statement will remain central to how we operate.

In terms of the strategic plan moving forward we will have two main focal points that will be our focus over the next three to four years. Firstly we will be ensuring that we have a quality business delivering the needs of children, families and the community are being met.

Secondly, as a community organisation we are looking to build our social program that supports children in and around their community. While we already have several successful social programs running, our aim is to build on these successes to have an identifiable and just social program.

As always, to continue to operate well and move forward, the organisation relies on our people to consistently deliver our programs from early childhood education to training and vocational care. We also seek input from families, clients and where possible include the children's voices to support the development and delivery of quality services and programs.

Enjoy the forthcoming Easter break and please stay safe.

Kind regards,

**Chris McGuire**  
Chair of the Board



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## Message from the Chief Executive Officer

Dear Friends and Families,

After a great deal of debate and discussion since it was first introduced in the House of Representatives in September 2016, the Family Assistance Legislation Amendment (Jobs for Families Child Care Package) Bill 2016 was passed by the House of Representatives and will become law once it has received Royal Assent (the normal process is that this takes 1-2 weeks). It was passed without amendments.

In doing so, the Government failed to heed calls from the sector for the baseline level of subsidised care to be set at 15 hours per week. This would have supported almost two days of care for children.

The disappointment is exacerbated by the fact that the sector worked collaboratively in response to the challenge by the Minister for Education, Simon Birmingham to provide alternate models to support the increase from 12 to 15 hours.

From 2 July 2018 the new package will be implemented, with families with only one partner working and earning more than \$65,000 per year will receive ZERO child care subsidies and face the full cost of child care fees.

Seventy five per cent of families will be better off under the package, but families on low incomes will have their access to subsidised care reduced by half – currently they can access 24 hours of care (now reduced to 12 hrs) and must satisfy the Activity Test. This means that they must be working, studying or volunteering in an approved activity.

The package failed to deliver 22.5 hours per week of subsidised care for Indigenous children, who are twice as likely to start school developmentally vulnerable. This does not support the governments Closing the Gap targets.

While support for many families will increase under the reforms with a higher rate of subsidy up to 85% of fees, an extension of the annual cap from \$7,500 to \$10,000 per annum, the benefits does not extend to those in the greatest need.

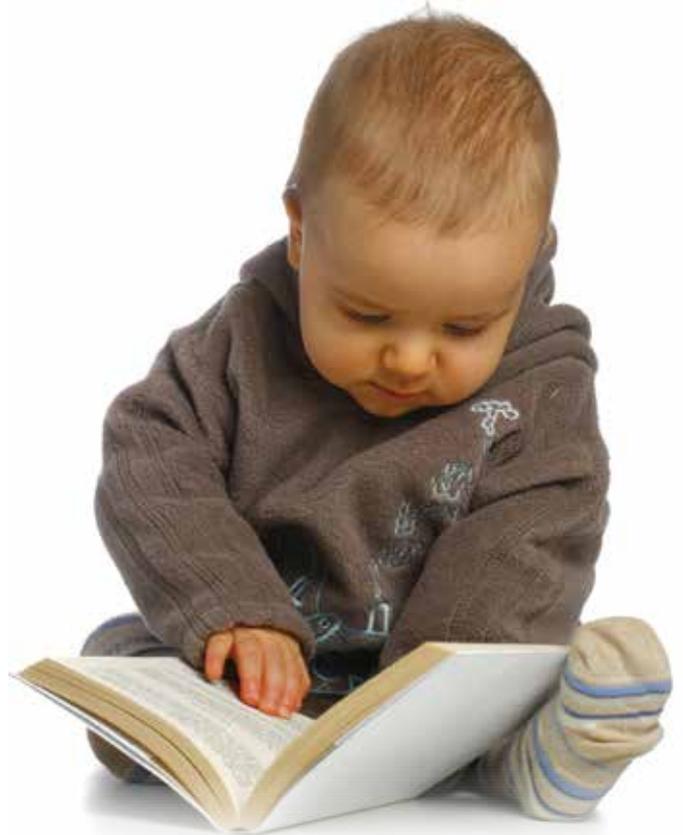
The package aims to support an increase in workforce participation by making child care more affordable. The Government will now work on the implementation plan to support the commencement date of July next year. It is assumed that this plan will include a communication strategy to support families understand the implications of the package.

Information on the package is available at [www.aph.gov.au](http://www.aph.gov.au) and Lady Gowrie Tasmania will provide information to families as it comes to hand.

Easter is almost upon us, and a great opportunity to spend some quality time with your family and friends. Enjoy this break and all that goes with it – hot cross buns, Easter bunny (or bilby) etc.

Until next time...

**Ros Cornish**  
Chief Executive Officer



## How to Assist your Children to Read

The first five years are the most crucial in terms of learning and development for children. Providing an environment that supports strong emergent literacy foundations and lifelong learning capabilities is important. Opportunities to access books and encourage the love of reading should be an everyday experience as it builds a foundation for the future. Families play a key role by sharing stories, rhymes, singing, talking and playing with their children.

Use the three P's – pause, prompt and praise - when they are reading aloud

- PAUSE when they don't know a word, giving them a chance to have a try
- PROMPT them to go back and re read the sentence, look at the sound the word begins with, or use pictures to give them a clue to what the word might be
- PRAISE them for their effort.

When the adult is reading to the child:

- Keeping reading to the child even when they can read themselves.
- Try different places and scenes such as while they're in the bath or garden.
- Make going to a good bookshop a treat.

## Children have a right to protection from abuse

Tasmanian children and young people will have the best chance of growing up as healthy, happy adults if they:

Are cared for by adults they know well and trust - this gives them security, stability and

### CONTINUITY,

and if they...

Feel they are important members of a family, neighbourhood and community- this gives them a sense of belonging and

### CONNECTION,

and if they...

Receive love, attention and guidance as well as adequate shelter, food, warmth, and clothing - this provides them with proper

### CARE,

and if they...

Feel safe and secure, in a home which is free of violence, abuse or neglect - this gives them

### PROTECTION

In Tasmania all children have a right to have these basic needs met.

To grow up to be healthy, happy adults, children need.

### CONTINUITY

### CONNECTION

### CARE, and

### PROTECTION

For further information visit:

[www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)



## Veggie pikelets

These scrumptious pikelets are packed full of healthy vegetables that your children won't even notice. Whip them up for afternoon tea or pop into lunch boxes for a tasty and nutritious snack.

### Ingredients

- 2 cups (300g) self-raising flour
- 6 eggs
- 4-5 cups of mix vegetables, finely chopped or grated
- 1/2 - 1 cup grated cheese
- drop of milk
- olive oil
- sour cream, to serve

### Method

- Mix flour, eggs, veggies and cheese together in a large bowl. Add seasoning, then add enough milk to the mixture until it is slightly runny.
- Heat a frying pan with a small amount of olive oil and drop a tablespoon of the mixture into the pan, patting into a neat circle.
- Cook on a medium heat until golden on each side.
- Serve with sour cream.



# More Green Time and Less Screen Time

The balance between screen time and doing other activities that help children in their development is a change for families. The advent of technology along with the ongoing development and availability of a myriad of devices has meant that this has become a contentious parenting challenge in today's world.

How much screen time is okay, and how can one limit access without it turning into a conflict situation between the adult and child? Whilst one might think this relates to older children, it is not uncommon for parents of children as young as 3 years to struggle with some of these issues.

The most critical period to refrain from screen time is up until age of 3 years, as this is the period of significant brain development and the foundation of all later neurological development. When young children get hooked on screens, they can permanent damage their still developing brains. It can impact negatively on the capacity for concentration and focus, and the ability to develop vocabulary.

There is research that demonstrates that screen time has benefits. This is correct when used in positive ways and in context. Benefits such as education and creativity, building social relationships in a global way, or simply to provide an avenue for some basic rest and relaxation, screens can bring benefits.

At the same time there is a level of risk for ill health and resilience. With lower quality, less cohesive relationships that lack empathy and sociality, children are at risk of being less resilient because social relationships are the bedrock of resilience. Screen time is a sedentary activity which if not monitored can lead to a decrease in children's activity levels. Health professionals are becoming increasingly concerned about the growing problem of weight gain and childhood obesity.

Children need stimulation from a much broader environment than screens can provide. The more time a child spends outside the more benefit the brain receives. Time with friends and peers along with time away from screens based media and digital communication tools have a positive impact on children's social and emotional intelligence.



Research conducted by Professor Joseph Ciarrochi, studying over 2000 Australian children found that compulsive internet and screen usage led to worsening mental health.

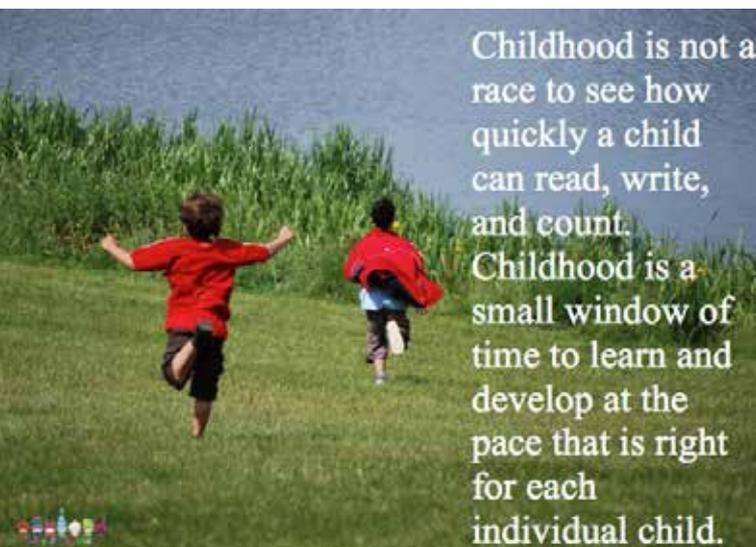
Parents need to actively monitor their children's screen usage. Some tips that may be helpful:

- Talk it through – have a conversation about your reasons for monitoring screen time. Do this when you are calm and not emotive (not when you are trying to get your child away from the screen). Involve them in the conversation and discuss the importance of sleep/rest, physical activity, being outside, spending time with their family and friends.
- Work out why it means so much to them – acknowledge that screens can be fun and connect them to their peers... but there are other ways too of this occurring. Get their ideas and thoughts.
- Problem solve together – make suggestions and negotiate. Invite their ideas and trial to see how they work.
- Minimise control – it is tempting to provide 'rewards' if they keep to the agreed limits. This approach seldom works – it often motivates them not to get 'caught' and can become despondent and feel the parent is the enemy if devices are removed from them.

Putting it into practice by agreeing to:

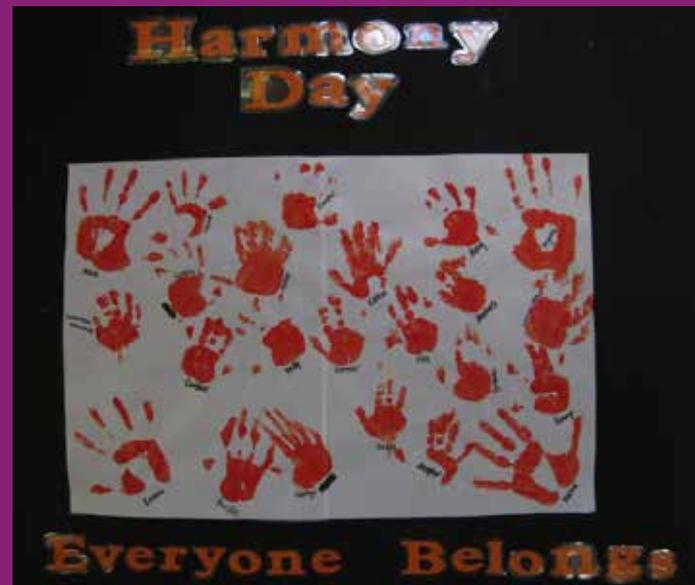
- How long is suitable on games and other media
- What time devices will be turned off at night
- A strategy for getting them to switch off – a timer device works well or a text message for a 5 or 10 minute warning
- Keep devices out of bedrooms and public areas to an extent that is reasonable and possible
- The child must acknowledge and respond to the warnings
- What the consequences of refusal will be – not too punitive and be flexible
- School work, other priorities such as outdoor time will be completed ahead of screen time for fun

*Adapted from an article Herald Sun January 21 2017, based on edited extract on Dr Justin Coulson book: 9 Ways to a Resilient Child (ABC Books).*





# Harmony Day - Everyone Belongs



Harmony Day was celebrated at many Lady Gowrie Services in March, services celebrated in many different way including morning teas, children's activities and family BBQ's. Harmony Day is about celebrating Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone.



## Northern Services Contact Numbers / Email

### 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

6348 1390  
alanvale@gowrie-tas.com.au

#### Launceston Preparatory School ASC

6336 6971  
norwood@gowrie-tas.com.au

#### Norwood ASC

6336 6971  
norwood@gowrie-tas.com.au

#### University ASC Mowbray

**University VAC Campus**  
6324 3731  
uninorth@gowrie-tas.com.au

### Occasional Care Program

#### Frederick Street Pre-School Program

6348 1390  
alanvale@gowrie-tas.com.au

#### Head Office

346 Macquarie Street, Hobart  
6230 6800  
info@gowrie-tas.com.au  
www.gowrie-tas.com.au

## Southern Services Contact Numbers / Email

### 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

#### Richmond

#### South Hobart

#### Swansea

#### Oatlands

6230 6805  
ldc@gowrie-tas.com.au

### Outside School Hours Care Programs

#### Albuera Street ASC & VAC

#### Bowen Road ASC

#### Brighton BSC, ASC, Vac

#### Glenorchy ASC

#### Goulburn Street ASC

#### Lansdowne Crescent BSC, ASC & VAC

#### Mt Nelson ASC

#### Richmond ASC

#### Rosetta ASC

#### South Hobart ASC

#### Taroona ASC & VAC

#### Warrane ASC

6230 6806  
oshc@gowrie-tas.com.au

### Family Day Care

#### Family Day Care Scheme Pre-school Program

6230 6809  
fdadmin@gowrie-tas.com.au

#### Head Office

346 Macquarie Street, Hobart  
6230 6800  
info@gowrie-tas.com.au  
www.gowrie-tas.com.au

*Happy Easter!*

