

Message from the Chief Executive Officer

Dear Families,

Since the first newsletter for 2018, the year has become increasingly busy. The implementation of the Australian Government Jobs for Families Package has been resource intense with upgrade of software, hardware, staff training and administrative changes. We managed to meet the 2 July deadline without any major hurdles. Thank you to families who completed the requirements to transition to this new system. Should any families have any queries please make contact with the respective Service Manager to enable follow up and response to any outstanding matters.

At a local level the organisation has been active in providing feedback to some of the Department of Education initiatives – Working with Three Year Olds and the Strong Partnerships Framework. The former aims to provide 10 hours/week of fully subsidised early learning for 3 year olds who are currently not accessing quality early learning. The second initiative relates to the co location of education and care services on school sites. This Framework aims to foster reciprocal partnerships between the education and care and the school sector as well as to support a fair and equitable approach to the tenure of education and care services on Department of Education sites.

Given the high number of Lady Gowrie Tasmania services that operate from school sites, particularly before/after school care and vacation care, and the potential implications for children and families should these facilities not be available the organisation has been very active in providing input in the draft documents.

With the recent outbreak of meningococcal disease, the organisation heightened their health and hygiene practices given young children are a key group most at risk. The organisation also strongly advocated for the vaccination program to be extended and I am pleased to report that the Tasmanian Government has certainly responded in a positive manner to this advocacy. All Education and Care Services have received notification from the Government regarding the

extension of the vaccination program to all young people under 21. All Tasmanians aged from six weeks to 20 years will now be able to get vaccinated for free against meningococcal W. Brochures and posters are currently being produced with this information being available in the coming week. Parents can access responses to frequently asked questions online at www.health.tas.gov.au or phone the Public Health Hotline on 1800 671 738.

Thank you sincerely to those families for their flexibility and support with two recent major incidents – the Hobart floods and power outage at Midway Point. Both events were totally out of our control and caused major issues at several services. Many families (and staff) were also affected with their own properties severely damaged with some still undergoing repairs.

On a much lighter note, the Lady Gowrie Tasmania face book page has been updated and provides current information on events and activities occurring within the organisation. I encourage families to check it out!

With winter almost over, we are all looking to some spring sunshine. Until next time...

Ros Cornish
Chief Executive Officer



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Message from the Board of Directors

In the past week the Board undertook a review of the 2018-2021 Strategic Plan to ensure the goals within the plan remain appropriate given the ever changing environment in which the organisation operates. This session, supported by an external facilitator, informed some minor changes to the plan and importantly provided insight to alter some strategies to support the achievement of the desired goals.

In line with the commitment to a strong governance framework and ongoing professional development, several Board Directors are participating in the Australian Institute of Company Directors course during August. Many Directors are members and/or graduates of the AICD which supports them in their governance role. Another Director is participating in the Better Boards Conference in Adelaide later this month.

The first half of 2018 has proved to be a busy time for the organisation with the implementation requirements for the Australian Government Jobs for Families Package. This policy is the most significant change the education and care sector has witnessed over the past

decade. I am pleased to report that all Lady Gowrie Tasmania Education and Care Services migrated successfully to the new system and over 90% of families transitioned.

The impact on the organisation has been enormous as the process has been and continues to be resource intense. Software packages used to manage the new Child Care Subsidy had to be upgraded to comply and interface with the government IT system. Hardware purchases were required to ensure the outside school hours care programs could connect to the new system and comply with the sign in/out requirements.

The CEO, Ros Cornish, is a member of the Australian Government Implementation Working Party, providing high level feedback on the policy as well as ensuring the operational aspects were considered in the decision making. Similarly, at a local level, the General Manager – Children's Services, Kathy Cripps has lead the transition for the organisation ensuring tasks were completed within the required timeliness and liaising with third party software providers to

upgrade systems and processes. On behalf of the Board, I extend thanks to both for their commitment to this task.

As highlighted in the report from the CEO, in light of the recent events, Lady Gowrie Tasmania along with other key agencies, strongly advocated for the inclusion of the meningococcal vaccination to be made available to all children. It is pleasing to receive correspondence from the Tasmanian Government announcing that Tasmanians aged from six weeks to 20 years will now be able to get vaccinated for free against meningococcal W. This extended program will cover those most at risk of contracting and transmitting the disease and will be rolled out statewide.

Lady Gowrie Tasmania continues to show leadership on matters of importance to children and their families, and the recent advocacy is a clear demonstration.

Sincerely,

William McShane
Chair - Board of Directors



KITE Program

The children from Lady Gowrie Tasmania's Integrated Education and Care Service visit the residents at BUPA Aged Care South Hobart every fortnight as part of the KITE (Kids Interacting with the Elderly) Program.

The significant benefits of the intergenerational connections made during these visits are clearly evident as the children and the residents engage in sharing stories, songs and conversations together.



'What would our lives be like if our days and nights were as immersed in nature as they are in technology?'

RICHARD LOUV

Announcements

Lady Gowrie Tasmania Children's Education and Care Services will close for the Christmas break at 6.30pm on Friday 21 December 2018 and will re-open at 7.30am on Wednesday 2 January 2019.

Upcoming Events

Lady Gowrie Tasmania's Children's Christmas Party will be held on Wednesday 13 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! Further details will be available closer to the time.

The date for the Children's Christmas Party for the Northern Services will be advised as soon as possible.

Healthy Screen Time and Quality Media Choices for Preschoolers

Screen time is a part of life for many preschoolers. If your child uses screens, it's important to think about what educational and other benefits your child is getting from screen time. It's also important to help your child develop healthy screen time habits. At this age, you still have a big role in managing your child's overall screen time.

Screen time for preschoolers

Screen time for preschoolers is about choosing quality programs and apps and developing healthy screen habits. Child development experts also recommend limiting children's daily screen time. Screen time limits can help lower the risks of screen time for your child, which include physical, developmental, safety and other risks. The most recent guidelines from the American Academy of Pediatrics (AAP) say that children aged 2-5 years should have no more than an hour a day of screen time with an adult watching or playing with them. When you help your young child combine good-quality media choices with healthy screen habits and screen time limits, he'll be set up to make the most of screen time now and in the future.

Why screen time quality is important

Screens are a part of life for many preschoolers. If you're thinking about whether your child should watch TV or play on your phone, here's a key question to ask: is this program, video or app good quality? Good-quality media can support your child's learning, especially if it ties in with her interests or sparks her imagination. For example, a five-year-old can get a lot out of spending 30 minutes creating an artwork on a screen because this develops his imaginative use of shape and colour. It's much better than if he spends 30 minutes watching online animations that advertise and sell toys.

Choosing good-quality apps and games for preschoolers

Good-quality apps or games for preschoolers:

- encourage creativity – for example, by getting children to draw pictures, create stories or make simple choices about which characters to be
- encourage problem-solving – for example, by getting children to work out the most appropriate clothes to dress online characters in for rainy weather

- develop communication skills – for example, by encouraging children to learn other languages
- develop social skills – for example, by encouraging children to take turns in games
- build on interests – for example, by getting children to build with virtual blocks if they like playing with blocks.

Choosing good-quality TV programs, movies and videos for preschoolers

Good-quality TV programs, movies and videos for preschoolers:

- have positive messages about relationships, family and life – avoid those that make violence or bad attitudes look good
- inspire new off-screen play ideas for children after they've finished watching
- have good stories like those that involve characters treating each other fairly – avoid programs that are just about selling promotional toys, apps and gear
- are age appropriate – for example, the stories and themes of some movies are too mature and complex for young children to fully understand.

Other practical things to think about include:

- age range – it's a good idea to check that the age range of apps matches your child's age
- advertising – be wary of apps that feature movie characters or popular products, because these apps are often designed to promote movies and products
- privacy settings – check the terms and conditions to see whether and how apps collect data, and make sure you're comfortable with what data will be collected and what it will be used for
- safety settings – if your child is using technology alone make sure you have checked the safety settings and regularly check in on what your child is watching
- role model healthy screen habits – use the screens in the way you want your child to use them, for example switch your phone off during dinner, conversations and everyday activities
- balance screen time with physically active play, creative play like solving puzzles and drawing and conversations with family and friends

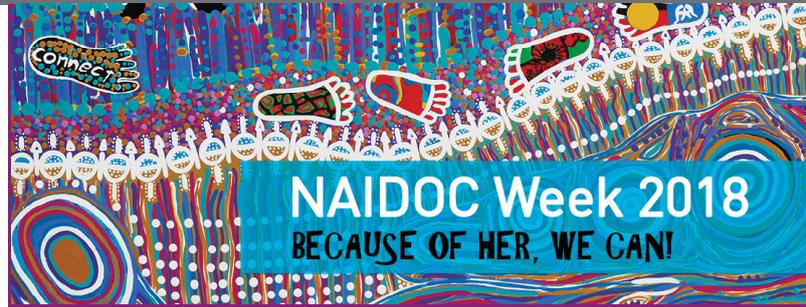
Extract taken from Raising Children Network.

'Children First'

Winter Nature Play Ideas

Playing outside in nature has tremendous physical and mental health benefits for children so don't let the cold winter weather get in the way – put on your hats, gloves coats and gumboots and head outside! Tips for winter nature play and activities for children and families include:

- Fill up containers with warm water, sand, dirt, leaves and sticks
- Plant vegetable and flower seeds in pots
- Weed and prepare your garden for spring
- Plan a picnic at your local park, creek or waterworks reserve
- Plan a short bush walk together
- Build a fire in your backyard and cooking damper
- Visit your local beach to collect shells and dig sandcastles
- Visit your local park and play ball games
- Plan a day trip to the snow
- Play outside with torches in the early evening
- Watch the moon and stars come out at night.



NAIDOC Week 2018

At Lady Gowrie Tasmania's University South Education and Care Service the children and educators explored this year's NAIDOC Week theme 'Because of Her, We Can!'.

They reflected upon the role of women, 'mother nature' and art within the Aboriginal and Torres Strait Islander culture with a particular focus on earth drawings, creating their own stories on rock paintings and sharing stories written by Aboriginal and Torres Strait Islander female authors.

These experiences provided a wonderful opportunity for the children and educators to further explore and celebrate the diversity of cultures within their community.



LADY GOWRIE TASMANIA
FAMILY SUPPORT PROGRAM

LADY GOWRIE TASMANIA

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 now offer their families access to their 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 OFFICER

229 Campbell Street, North Hobart
PO Box 263, North Hobart, TAS 7002
P 6230 6860
E familysupport@gowrie-tas.com

Helping Children to Deal with Emotions

You can help children move from a negative state where they're feeling upset or distressed to a more positive one – where they feel safe, calm and ready to interact with their world in a positive way.

Try a few of the tips below – over time you will work out what works best for your child.

- Helping them to slow their breathing down – by blowing bubbles or pretending to blow out birthday candles – and encouraging them to take deep breaths.
- Encouraging children to imagine they are a floppy rag doll and to give themselves a shake. This helps release tension they might be holding in their body.
- Helping children to imagine and pretend they are a favourite animal taking a nap. This encourages children to close their eyes and relax.
- Developing a strategy to use when they're feeling out of control, such as having a calm thought or picture; taking time out by reading a calming story together; or talking with you or another supportive adult about how they feel.
- Expressing their emotions in productive ways – this might include drawing, using playdough or acting their feelings out with toys.
- Increasing their 'feel good' hormones through exercise, positive social experiences, a healthy diet, and plenty of rest.

Extract taken from Beyond Blue. For more information see www.beyondblue.org.au

Nutrition

The recipes below make great healthy snacks to take on winter family outings:

Survival Pack (3 years +)

½ cup dried apricots

½ cup dried apple

¼ cup popping corn

½ cup sultanas

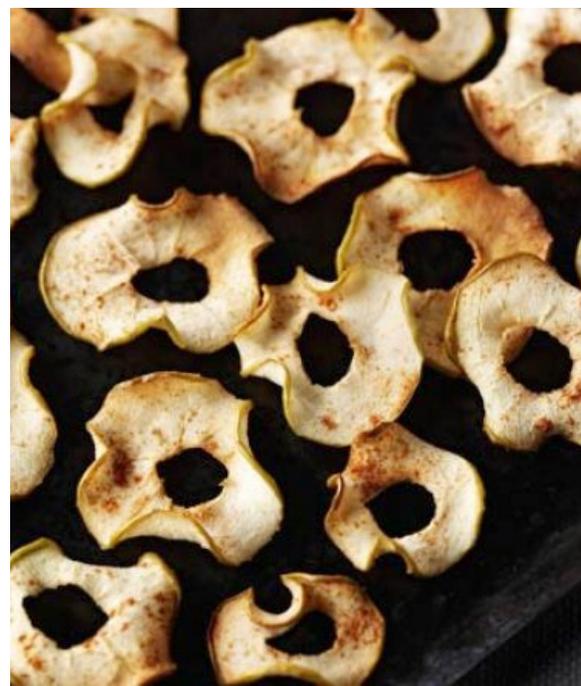
½ cup bran flakes

(Makes 3 ½ cups)

- Slice the dried apricots and apple
- Pop corn according to instructions
- Mix together the apricots, apple, popcorn, sultanas and bran flakes

Spiced Apple Crisps

- Heat the oven to 160C/ 140C fan/ gas mark 3. Core an apple and slice through the equator into very thin slices 1 - 2mm thick. Dust with cinnamon and lay flat on a baking sheet lined with parchment paper.
- Cook for 45 mins – 1 hour, turning halfway through and removing any crisps that have turned brown. Continue cooking until the apples have dried out and are light golden. Cool, store in an airtight container and enjoy as a snack.



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

Occasional Care Program

Frederick Street Pre-School Program	6331 5106	oshcclusternorth@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 Stree ASC & VAC	Mt Nelson BSC, ASC	6230 6806	oshc@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	fdcadmin@gowrie-tas.com.au
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