

Message From The Board

In May, the Board farewelled three retiring Board Directors, Scott Adams, Sandie Falconer and Kathy Melsom. Scott and Sandie have been long term Directors with Kathy a more recent Director who is relocating overseas. On behalf of all at Lady Gowrie Tasmania, I extend sincere appreciation to all three for their commitment and contribution to the Board.

The vacant positions were advertised in the major newspapers in the north and south of Tasmania as well as through Australia Institute of Company Directors, resulting in a large number of high quality candidates making the selection process difficult.

The outcome was the appointment of three new Directors, Barbara Mawson a recently retired school Principal and early childhood teacher, Barbara Hingston a consultant with strong governance and Board experience, and Alan Green who brings extensive early childhood policy and strong leadership skills.

The new Directors participated in an orientation session which included visiting a number of sites in the Hobart area. They will also be viewing northern services and meet staff later in the year when the Board will conduct a Board Meeting in Launceston.

The Board have three standing Sub Committees in place – Finance, Governance and Risk and Business Development. Each have clear Terms of Reference and work plans to achieve

the desired outcomes of each group which contribute to the strategic direction of the organisation.

The Board are currently undertaking the due diligence process to support the identification of a potential location for the proposed integrated centre for children and families in the Hobart area. This service aims to provide education and care services to meet the current unmet demand as well as provide a holistic approach with a range of professional support services on site to support children, families, educators and the broader community.

Should this vision come to fruition it will replicate in modern day terms the original Lady Gowrie model of providing integrated services that support the education, health and wellbeing of children, support families in their parenting role, and provide opportunities for those who work in the education and care sector and allied services to participate in quality professional learning and development.

The Board are very excited about this proposed development and hopeful that a suitable location can be confirmed shortly.

Chris McGuire
Chair – Board of Directors



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Message From The Chief Executive Officer

Dear Friends,

Early childhood education and care continues to be in the news. The Productivity Commission Inquiry (PCI), the National Quality Framework Review (NQF), the Audit Commission of the Early Years Quality Fund (AEYQF) and the recently released National Centre for Social and Economic Modelling (NATSEM) Report are some of the high level work currently being undertaken or completed.

The PCIU, NQF Review and Audit Commission all provide the broader community with the opportunity to contribute their views. The NATSEM research into child care included work assessing perceptions of the availability and affordability of child care and estimating the impact of the Commonwealth Child Care Benefit on the use and costs of formal child care services and determining the labour supply effects of child care prices.

The NATSEM report indicated some families were working at a very low hourly rate once deductions for other benefits were taken into account. When considering this data, using current Lady Gowrie Tasmania fee schedule and applying maximum Child Care Benefit for low income families the daily fee was approximately \$29. Of this out of pocket expense Child Care Rebate reduces it by a further 50% (capped at \$7500 per annum per child).

While acknowledging the research and the basis for the data, such reports often summarised in press reporting paints a grim picture of the cost of education and care and raises concerns to families, government funding agencies and the broader community.

Like any commodity, the cost of providing quality education and care has risen over recent times. Some view the implementation of the National Quality Framework (NQF) has been the impetus for such increases. While the NQF requires all educators to hold or work towards and early childhood qualification and the adult to child ratios increased, Lady Gowrie Tasmania and many within

the sector have lobbied and advocated for many years for such reforms as they are key determinants of quality and contribute to improved educational and health and well being outcomes for young children.

Furthermore, the operational costs of providing education and care services have increased also...not dissimilar to those experienced by every household – energy, food, consumables, water etc. These along with the cost of mandatory requirements such as increase in superannuation guarantee rates, workplace health and safety, food licensing, insurance et al, all contribute to increased cost of service delivery.

Lady Gowrie Tasmania fee schedule is well within market forces. This is validated through a six monthly fee comparison undertaken to provide information on fee benchmarks. This comparison indicates that some services have a fee rate plus additional costs for additional services. Lady Gowrie fees are inclusive – include the cost of quality meals (where applicable) and snacks, provision of linen, sun screen etc.

It is our firm belief that children during the most formative years of their development, those years prior to the first years of school, must have every opportunity for optimum development. Suitably qualified, skilled and experienced educators with the personal qualities and attributes of being responsive, nurturing and caring are critical to support each child's learning and development. Families should expect that their children are educated and care for by such educators. But more importantly it is the right of all children to have access to quality education and care.

Families are actively encouraged to engage in any consultation or inquiry which directly impacts on the education, care, health and well being of their children. They need to be the voice for children!

Ros Cornish
Chief Executive Officer





Lady Gowrie Tasmania celebrates a significant milestone in 2014

Each state based Lady Gowrie Service was officially opened either in 1939 or 1940 as best practice demonstration centres. In the case of Lady Gowrie Tasmania the opening date was July 1939 making 2014 the 75th anniversary.

The original Lady Gowrie Centre is the Battery Point Centre in Hobart. It is fitting that the official celebration was conducted at this site on the 31st July with the Hon Matthew Groom Minister for State Growth accepting an invitation to attend a small event to mark this milestone. The Minister viewed the programs, including viewing children's artwork depicting their view of the Centre, cutting of a celebratory cake and enjoying a birthday song courtesy of one of our partnership schools - The Fahan School choir.

Whilst the original Gowrie was in Hobart, it is also important to acknowledge the growth of the organisation beyond the capital city. Therefore, a small event was also conducted at the Lady Gowrie Norwood Centre on the same day with the Hon Michael Ferguson Minister for Health officiating.

Both events received positive media coverage – television, local newspapers and radio interview. A big thank you to the children who ably supported the event with their artwork, assisted with cutting of the cake(s) and of course being part of the media reporting.

Over the past 75 years there have been many government and societal changes that have impacted on the Lady Gowrie Centres. As is the case with contemporary organisations, Lady Gowrie Tasmania has always addressed change with a positive outlook and proactive approach that has enabled the organisation to remain sustainable, viable and provide responsive services to the Tasmanian community.

Hon Elise Archer MP with children from LGT Battery Point

Tania Ackerly, Children's services GM North with children from LGT Norwood



**Happy 75th Birthday
Lady Gowrie Tasmania!**

Is your home fire safe?

Tasmanian Fire Service recommends this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly and change the battery annually or as needed.
- Make sure you and all your family know two safe exits from every room in your home.
- Have a written home escape plan in case of fire and practice it regularly.
- Never ever leave cooking unattended.
- If you have a fireplace in your home make sure the chimney is clean.
- If you have a fireplace always place a screen in front of it when in use.
- Check electric blankets for damage or frayed cords before placing on the bed.
- Take care to keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- Only use one appliance per power point and switch off when not in use.
- Always extinguish candles or any other open flames before going to bed or leaving the home.
- Always handle candles or any other open flame with care.
- Store matches or lighters in a secure place not accessible to young children.
- Talk with your child regularly about fire safety.

Winter Fire Safety Tips

- To test an electric blanket lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm it is okay – warming up, no burning smells.
- Use only authorised installers of fixed heating appliances.
- Oil, gas or wood heating units require a yearly maintenance check.
- Only use fuses of recommended rating and install an electrical safety switch.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- Never leave burning candles or any open flame unattended.



child safety is no accident



Favourite Recipes

Lamb and Noodle Hot Pot

500g cubed lamb, trim away excess fat

1 onions, chopped or grated

1 green apple, diced, skin on

1 carrots, diced or grated

2 sticks celery, chopped

1 tsp curry powder

1 x 440g tins lamb and vegetable chunky style soup

1 large tomato

250g small shell pasta, cooked and drained

Method:

1. Combine in large saucepan all ingredients except pasta.
2. Bring to the boil,
3. Reduce heat, cover and simmer 45 minutes or until tender
4. Stir in cooked pasta, reheat and serve.

Vegetable Slice

1 onions, chopped or grated

2 slices lean ham, chopped

2 carrots, grated

2 zucchini, cubed and grated

1 capsicum, chipped

2 sticks celery, chopped

1 cups (300g) grated cheese

1 cup corn kernels

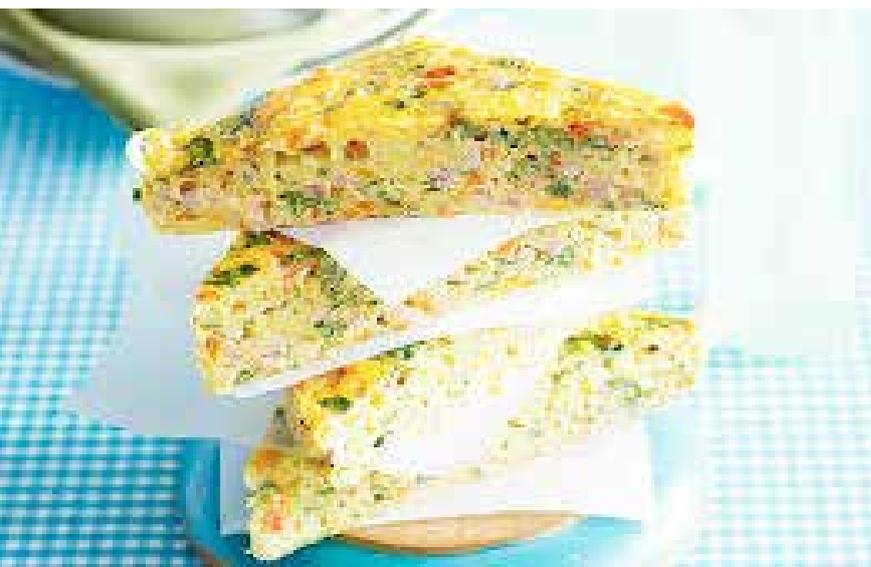
2 cups self raising flour

6 eggs

1/2 cup milk

Method:

1. Beat milk and eggs together.
2. Combine all ingredients.
3. Pour into greased baking dishes
4. Place in moderate (180C) oven 50-60 minutes until set.



Keeping sick children at home

While it is sometimes okay to send your child off to care with a mild cold there are many occasions when you should keep your little one at home, when making your decision at the beginning of the day ask yourself these questions:

- Will my child be well enough to comfortably and happily participate in the activities of the day?
- Will my child's care provider be able to care for my child without it affecting their ability to look after the other children?
- Will my child pass the illness on to their playmates if I send them in today?
- In addition, if your child displays any of the following symptoms you should always keep them at home until you have the all clear from the doctor or until the symptoms lessen and the child seems well enough to return to care:
 - A temperature and/or fever accompanied by a behaviour change and other signs of illness such as lethargy, persistent crying or breathing difficulties.
 - Signs of severe illness such as uncontrolled coughing, breathing difficulties, wheezing, persistent crying and/or lethargy.
 - A respiratory illness such as bronchitis or influenza.
 - Vomiting and or diarrhoea, they should not return to child care for a minimum of 48 hrs.
 - Any sort of rash, especially when accompanied by a fever or behaviour change.
 - Mouth sores that cause drooling.





Road Safety and child restraints

Motor vehicles accidents are one of the most common causes of transport related injury for children. Whenever children are passengers in a vehicle they should be seated in the most appropriate child restraint for their age and size. To provide the best protection for your child in a motor vehicle, follow these simple steps:

- Buckle up Every Child on Every Trip. Always choose, correctly fit and use the restraint most appropriate for your child's age and size.
- Use a restraint which has been approved to the Australian Standards AS/NZS 1754 for child car restraints.
- Prior to 2011, restraints complying with AS/NZS 1754 use weight limits as guides for use.
- From 2011 onward, restraints will start to use height as the guide for usage—they will have height markers on them with direction for correct usage.
- Always follow the manufacturer's instructions for the child car restraint you are using.
- Second hand restraints should be used with caution. You should be aware of the history of the restraint and be sure that the restraint has all the appropriate fittings. Any restraint that is more than 10 years old should not be used.
- Children are safest when travelling in the back row/rows of seats in the vehicle.
- Do not move your child to the next restraint until they have outgrown it. Ensure your child has exceeded the maximum size limits of the restraints available for their age group before choosing to progress to the next stage of restraint.

A correctly fitted child car restraint can significantly reduce the risk of death or serious injury in road crashes. However the effectiveness of restraints can be impaired by the use of restraints that are not appropriate for the size and weight of the child, the use of damaged restraints or the incorrect installation of the restraint. Recent inspections by RACT expert installers found that up to 75% of child restraints were fitted incorrectly.

For more information on RACT Child Restraints contact RACT on 132 722, visit www.ract.com.au or email education@ract.com.au

Winter Play

Lady Gowrie educators are committed to promoting children's participation in a range of safe, physically active learning experiences outside even in winter. Please remember to pack a coat, beanie, gloves, gumboots and a change of clothes.

Don't let the cold, wet, winter weather stop your children being active, rug up and spend time in the fresh air.



Norwood Children enjoying fun in the windy weather

CHILDHOOD is a state of mind which ends the moment a PUDDLE is first viewed as an OBSTACLE instead of an OPPORTUNITY





Baby feed &
change marquee

Gowrie



Mothers Day Classic

On Sunday May 11th Lady Gowrie Tasmania volunteered our services to staff a tent which provided a nappy change and breast/bottle feeding area for families at the Mothers Day Classic event - raising funds for Breast Cancer Research. The early morning was a little chilly, but the day warmed up and there was a large turnout for the event, which was great to see.

SEPTEMBER

*Support * Advocate * Cure*

WEAR GOLD FOR CHILDHOOD CANCER AWARENESS



Useful Websites

Kidsafe

A very useful website for information & fact sheets on home & community, playground, road & water safety.

You will find information about current news and events, fact sheets, resources and program information to help keep children safe.

www.kidsafetas.com.au

ACECQA – Australian Children’s Education & Care Quality Authority

ACECQA is an independent national authority. One of ACECQA’s many roles is to educate and inform the wider community about the importance of improving outcomes in children’s education and care. We also provide governments, the sector and families with access to the most current research to ensure NQF policy and service delivery is in line with best practice across the country.

www.acecqa.gov.au

Early Childhood Australia

(ECA) has been a voice for young children since 1938. They are the peak early childhood advocacy organisation, acting in the interests of young children, their families and those in the early childhood field.

www.earlychildhoodaustralia.org.au

Raising Children Network

The Raising Children Network is an Australian parenting website providing comprehensive, practical, expert child health and parenting information and activities covering children aged 0-15 years.

www.raisingchildren.net.au

Christmas Closure

While the festive season is five months away, to support families in planning it is advised that all programs and services will close at the usual time on Tuesday 23rd December, 2014 and reopen on Monday 5th January, 2015.





Northern Services Contact Numbers / Email

Long Day Care Services

Alanvale

6348 1390
avcc@gowrie-tas.com.au

Norwood

6336 6971
nwcc@gowrie-tas.com.au

University

6324 3731
uncc@gowrie-tas.com.au

Outside School Hours Care Programs

Frederick Street VAC

6348 1390
oshcnorth@gowrie-tas.com.au

Launceston Preparatory School ASC

6336 6971
oshcnorth@gowrie-tas.com.au

Norwood ASC

6336 6971
oshcnorth@gowrie-tas.com.au

University ASC Mowbray

University VAC Campus

6324 3731
oshcnorth@gowrie-tas.com.au

Occasional Care Program

Frederick Street Pre-School Program

6348 1390
avcc@gowrie-tas.com.au

Head Office

'Glenora' Building
229 Campbell Street, Hobart
6230 6800
info@gowrie-tas.com.au
www.gowrie-tas.com.au

Southern Services Contact Numbers / Email

Long Day Care Centers

Acton

6248 5644
atcc@gowrie-tas.com.au

Battery Point

6214 0380
bpcc@gowrie-tas.com.au

Bowen Road

6211 0340
brcc@gowrie-tas.com.au

Campbell Street

6230 6881
cstcc@gowrie-tas.com.au

Fahan

Richmond

South Hobart

Swansea

Oatlands

6230 6865
cluster1@gowrie-tas.com.au

University

6226 2088
uscc@gowrie-tas.com.au

Outside School Hours Care Programs

Albuera Street ASC & VAC

Bowen Road ASC

Glenorchy ASC

Goulburn Street ASC

Lansdowne Crescent BSC, ASC & VAC

Mt Nelson ASC

Richmond ASC

Rosetta ASC

South Hobart ASC

Taroona ASC & VAC

6230 6864
cluster2@gowrie-tas.com.au

Family Day Care

Family Day Care Scheme Pre-school Program

6223 3238
fdc@gowrie-tas.com.au

Head Office

'Glenora' Building
229 Campbell Street, Hobart
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