

AUGUST 2015 NEWSLETTER

## Message from the Board

Dear All,

As I write this Tasmania has been engulfed in a cold snap bringing snow, rain and hail, all with a few minutes in some parts. I hope everyone has managed to stay warm and dry during this spell.

As we move through winter spare a thought for the Fairbrother builders that are pressing on with the redevelopment in South Hobart site. The demolition stage of the redevelopment has now been completed with parcels of work being executed towards the building itself. A drive by for those in the South of the state will show the changes that have already taken place to the old Performance Automobiles site. These are exciting times and we look forward to sharing more information with you on this development in the next issue.

You may recall over the last few newsletters I have raised the issue of government reviews into the childcare sector. These have been federal level where the majority of funding is derived to support parents in providing educational care while they seek a work life balance. We note that these activities by the government have slowed over recent months following the release of the productivity commissions report into the funding of the sector.

The board and management of Lady Gowrie Tasmania are acutely aware of the support that the government provides to families. We would like to take the opportunity to remind all families that the aim of the organisation, irrespective of the government funding model will always remain to provide quality early years education and childcare services.

This aim is at the core of Lady Gowrie, with our philosophy of "Children First" evidence of this commitment. We know from research that quality early years education can have a dramatic impact on the development of children. As such the board and senior management are seeking to ensure this is also recognised by each level of government.

The recent review of the Education Act in Tasmania provided an opportunity for the organisation to propose that early childhood education be recognised in the Act, something that didn't previously occur. As the government now moves to public hearings of the review we will continue to push to have early childhood education recognised as part a full and robust approach to education.

You will also note from the CEO's article below that LGT have now taken over the Collegiate Early Learning Centre in Kingston. This is an exciting step for LGT and opens up a new region in which we provide service. I would like to welcome families that use this service. We look forward to a long and successful relationship with the Kingborough community.

I am sure we are all looking forward to seeing the first shoots of spring which are only just around the corner. Until then stay warm and enjoy the snow if you are fortunate enough to have some in your region.

**Chris McGuire**  
Chair – Board of Directors



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## Message from the Chief Executive Officer

Dear Families and Friends,

For those in the southern region you would have heard through a range of avenues of the recent transfer of the operation of the Collegiate Early Learning Centre at Kingston to Lady Gowrie Tasmania.

This was a result of an approach by St Michael's Collegiate School to Lady Gowrie Tasmania. Why Gowrie? The school were confident this organisation with the long history and experience in the delivery of quality programs for children together with a similar ethos and philosophy was the best fit. From a Gowrie perspective, again the synergies were evident but more importantly the organisation was committed to ensuring the Kingston Early Learning community continued to have access to a community based service.

Naturally change does bring a level of uncertainty for key stakeholders – families and staff. Lady Gowrie Tasmania was very cognisant of this fact; hence the agreement to ensure all current educators offered the opportunity to transfer of employment to Lady Gowrie Tasmania.

We also assured families that other than administrative processes, there would be little change to current practice. In fact any change would be viewed as a positive as it envisaged that we can build on the already high quality service provided at the Kingston Centre through a supportive environment and one that fosters and encourages ongoing development and improvement. The

fee schedule will be maintained and while these are currently slightly higher than those in comparable Lady Gowrie services, it is important to note that unlike many of our services, in the case of the Kingston facility there is a commercial lease in place.

The Kingston Centre is located on the same site as the One Care aged care facility. This has enabled a very positive intergenerational care program to be in place and this program will continue into the future as the benefits for both adults and children are countless.

While St Michael's Collegiate will no longer operate the Kingston Centre, their Anglesea Centre will continue. There will be an ongoing relationship and collaboration between the two organisations in respect of the early learning programs. This will be further enhanced once the new Lady Gowrie Integrated Centre for Families and Children in South Hobart becomes operational in early 2016.

As is the case with any of the programs or services provided by Lady Gowrie Tasmania, we look forward to establishing a strong partnership with families and children at the Centre as well as the broader Collegiate community and beyond.

Until next time...

**Ros Cornish**  
Chief Executive Officer

## Let it Snow...

Children from our Southern Services enjoying the snow.



Acton



Mt Nelson After School Care



## 10th Birthday Celebration



On July 27th 2015, the staff and families of Lady Gowrie Norwood Child Centre were excited to celebrate our 10th Birthday. This was an important milestone and we are very proud of the service that we are able to provide for children and families. From a very small start with only a few children and staff (and a very restricted outdoor play space) we are pleased to be a service which is now nearly at capacity and able to support the growth and development of many children from birth to school age. We also manage 2 after school services from Norwood and being located next door to Norwood Primary School we are a "one stop shop" for families.

Over the ten years of operation we have not only built upon the numbers of children enrolled but have also extended and developed our play spaces outdoors and deepened our links with our neighbouring school. We have also achieved an assessment and rating result of "Exceeding the National Quality Standard".

Our celebration was a family BBQ on the 27th July; we were pleased to see many of our families brave a cold winter's night to celebrate with us! Children (and adults) enjoyed having their faces painted, feasting on some delicious food and singing Happy Birthday as well as enjoying some social time together.

## Congratulations! Early Childhood Awards

Two Lady Gowrie Tasmania Educators were finalists in the Young Achievement Awards - Stacey Hall (Campbell Street) and Hannah Parker (University South), with Stacey announced the recipient.

Well done Hannah and Stacey – well deserved to be acknowledged for your work with young children.



*Stacey Hall - Recipient of the Early Years Excellence Award of the Southern Cross Young Achievers Awards*



## Prison Project

Some years ago Lady Gowrie Tasmania undertook a project "Supporting Incarcerated Families Maintain Relationships with their Children. This project, primarily overseen by Annette Barwick and Kathy Cripps (General Managers at LGT), focused on upgrading the existing Visitors Centre at the Risdon Prison to be a more family friendly environment and one that supported positive interactions between prisoners and their children during visiting. Along with the upgrade, an online training program was developed which was included in the induction process for new prison officers. This program provided information about the importance of relationships and how this can be fostered in every day practice.

The project was jointly funded by the Early Years Foundation Grant Program with a contribution by Lady Gowrie Tasmania, and supported by the Department of Justice employees and a local community group who work closely with the inmates.

While the project was completed some time ago, the success of this project was the impetus for Lady Gowrie Tasmania to continue a partnership through a volunteer program where organisation employees provide support at regular visitor days and for special events. The volunteers interact with the children and their respective parent to support the activities provided and be a role model for the parent through respectful interaction and engagement. Those who have volunteered have indicated that

this opportunity has had a profound impact on them – a greater understanding of the impact on both the parent and the children, increased their empathy as children are often the innocent victims. Many of these parents will be reunited with their children following their release and this program enhances the potential of this being less traumatic and challenging for both parties.

Some of the comments from those who have participated in the below indicate the value of this wonderful social inclusion commitment by Lady Gowrie Tasmania and true to our mantra of 'Children First'.

**"Leaving the venue wheeling the pram with the infant who had just spent an hour with its Dad....I was in tears! Tears of sadness that this Dad was missing the most crucial time of this little person's life...but tears of joy to know they had just spent some quality time together" ..**

**"As an Early Years Educator I found this experience to be heart lifting and I am so thankful to have had the opportunity to support these families. The children were so excited to see their dads and they were able to participate in lots of fun activities together. The children were able to take home with them a photo of them together with their dad that was taken during the visit."**

## National Road Safety Week Beginning of May 2015



Jenny Branch-Kid Safe, Pete Gillon and Crew from RACT, and Kathy Cripps from LGT

Kimbra and Meg

RACT Checking the Child Restraint

Monday 4th May was the beginning of National Road Safety Week. , RACT, Kid Safe and Lady Gowrie Campbell Street teamed up to offer FREE child Restraint Checks. 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. We ask families to take the time to ensure their child restraints are fitted correctly, further information is available on the RACT website and Kidsafe website along with details of where to get your restraint correctly fitted.

RACT (APPROVED FITTERS) Telephone: 13 27 22 Website: [www.ract.com.au](http://www.ract.com.au) Kidsafe Website: [www.kidsafe.tas.gov.au](http://www.kidsafe.tas.gov.au)

This was a great community partnership that supported National Road Safety Week .



## Hearty veggie soup



Serves: 12 cups or 4 medium bowls

### Ingredients

- 1 tablespoon (20ml) olive oil
- 1 onion, chopped
- 650g butternut pumpkin, peeled and diced
- 2 large carrots, peeled and diced
- 2 large potatoes, peeled and diced
- 1 leek, washed and sliced
- 3 cups (750mL) vegetable stock, salt reduced
- 3 cups (750mL) water
- 1 can (400g) brown lentils, drained and rinsed
- Crusty wholemeal bread or grainy rolls

### Method

1. Heat oil in large saucepan.
2. Add onion, pumpkin, carrots, potatoes and leek. Cook over a medium to high heat for 1 to 2 minutes.
3. Pour in stock, water and rinsed lentils.
4. Bring to the boil and then reduce the heat and simmer covered for 30 minutes.
5. Serve the soup with a slice of crusty wholemeal bread or a grainy roll.

## Cuisine for kids made easy

The Hodgman Liberal Government has set an ambitious target of making Tasmania the healthiest population in the nation by 2025.

To do this we need to ensure Tasmanian children are getting off to the healthiest possible start in life. Developing healthy eating habits is an important part of this.

On Friday 10th July at Lady Gowrie Norwood Child Centre Mr Ferguson was pleased to launch Start Them Right, a free, easy-to-read eating guide packed with practical information for parents of under-fives.

Start Them Right is a guide to all the latest information about age appropriate meals and nutrition for children in the first five years of their life.

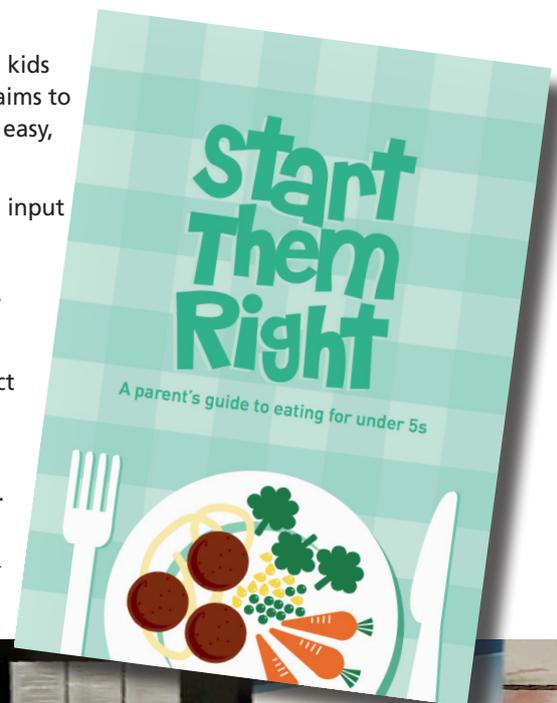
We know parents and carers want to give children the best start in life and reliable, accurate nutrition information will help parents set their children up for a lifetime of healthy eating.

Sourcing trusted information on feeding kids under five can be difficult. This booklet aims to cut through the noise and offers tips for easy, cheap, healthy and tasty snacks.

Start Them Right has been updated with input from the community, dietitians and educators, supported by a partnership between Public Health Services and Lady Gowrie.

To access Start Them Right, please contact [community.nutrition@dhhs.tas.gov.au](mailto:community.nutrition@dhhs.tas.gov.au)

To order a hard copy or download an electronic copy go to: [www.dhhs.tas.gov.au/\\_data/assets/pdf\\_file/0004/81769/53063\\_start\\_them\\_right\\_booklet\\_spreads.pdf](http://www.dhhs.tas.gov.au/_data/assets/pdf_file/0004/81769/53063_start_them_right_booklet_spreads.pdf)



Michael Ferguson, Minister for Health

# Celebrating Schools Tree Day at Lady Gowrie University North

On Friday 27th July, the Lady Gowrie University North Child Centre participated in Planet Ark's Schools Tree Day. Uni North has always been a strong supporter of this event, as it assists educators to engage children with nature and is a great opportunity for interesting discussions about conservation and caring for the environment, as well as promoting children's health and wellbeing.

In June, a class pack of 'Seedsticks' was purchased from Planet Ark for the Woodland Room children (3-5 years) to plant on the day. The educators were able to have some very interesting discussions with the children about the importance of replenishing our natural environment and how to care for the seeds so that they grow into healthy plants.

The children in the Crestview Room (2-3 years) planted seeds and seedlings that had been donated by families into small containers. When these plants become more established, they will plant them out into their raised garden beds in their vegetable patch. The children love being responsible for caring for the plants, giving them just enough water and making sure the pesky weeds stay away.

In the Allenby and Monash Rooms (birth to 2 years) the children planted native plants into their existing garden beds. These plants needed to be quite hardy as these children love to pull them out as fast as they are planted.

The children at Uni North thoroughly enjoy being in the outdoors, rain, hail or shine, and any initiative that helps us to do this is wholeheartedly supported. Our main goal is to nurture children's love of the outdoors and all it has to offer. Planet Ark have just released a report on key findings from a study they have done to investigate how contact with nature makes people happy across all life stages. The following is an excerpt from that report.

*The report found that spending time in nature influences our subjective wellbeing, which has long-term health and financial consequences for Australians in light of our significantly reduced time in nature over the past generation. With today's children spending more time inside and on screens than ever, we may be setting them up to become 'the unhappy generation'. Exposing children to environments that reduce stress and increase wellbeing has long term effects on the structure of the brain and happiness in later life.*

With these findings in mind, we feel it is our collective responsibility to ensure that when children are in our care, they have as many opportunities as possible to engage in nature. We believe it will lead to them becoming socially responsible citizens and build a lifelong love of being at one with nature which in turn will create happier, relaxed adults.

If you would like to read Planet Ark's full report "Needing Trees: The Nature of Happiness" visit <http://treeday.planetark.org/research>.





## 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

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