



Message from the Board

On behalf of the Board welcome to the Lady Gowrie Tasmania Children Services newsletter.

I was fortunate enough to be able to recently visit three of the LGT children services in the north of the state while there for my work. It is always refreshing to touch base with the services and see the enjoyment of the children as they go about their activities. This is one of the great satisfactions from being a Board Director with LGT, being able to see the organisation delivery on the philosophy of “Children First”.

The Board are currently developing a program under which all members will be visiting various LGT services throughout 2016. We believe this is an important step in ensuring that the Board remain in contact with the delivery of services. We look forward to engaging with the staff and families in the centres and services throughout the state.

One of the common discussions at the LGT Board meetings is the need for additional long day care services in the south of the state. The data collected by the children services team highlights that the need is greatest in the central city. In an effort to address this shortage of places the South Hobart Centre was approved and is now in development stage.

It has now become evident that even with the opening of the South Hobart centre in 2016, there will remain a significant

waitlist for childcare services in the south of the state. As an organisation that is run to meet the needs of community we are keen to investigate possible ways of addressing this shortage.

Therefore at the last Board meeting it was agreed that the business development committee, in close coordination with the senior management team, will investigate how the organisation can best address this identified community need. This will not be an easy task and one that will take time to deliver. We however remain committed to investigating how we might be able to meet the growing need.

I would like to finish by thanking out outgoing Board member Melanie Bonde for her five years of service to the organisation. Melanie, in addition to being a Director, was also a client of LGT at Bowen Road for many years. I would like to thank Melanie for her work in developing the risk framework that the organisation now works under and her continued input at Board meetings. A selection process is currently underway to identify a replacement for Melanie which I hope to announce shortly.

Please enjoy the warmer weather as we approach summer.

Best Regards

Chris McGuire
Chair – Board of Directors



inside

Message from the Ceo	2	Water Safety	5
End of year party.....	2	Qualifications Matter	5
Toys	3	Sun Safety	6
Children's Week	4	Starting School	7



Message from the Chief Executive Officer

With the festive season just around the corner, the new year looming, and summer to look forward to, this edition of the newsletter has a focus on supporting families in choosing gifts for children, some tips, including lunch box ideas, to assist a smooth transition to school for those older group moving on, and importantly preparing for summer with water and sun safety information.

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 the 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, sturdy, foster development and are multipurpose are options to be considered.

For some of our youngsters, 2016 will mark the beginning of formal schooling. Whilst a new environment, their learning and development has been taking place since birth...at a phenomenal rate at that! Think about 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.

Families often state 'my child is ready for school'. As early childhood educators we often state: "are schools ready for the children"? While parents are the child's first teacher, many

children today have experienced education and care outside the family home. These children have attended services for longer hours and for some more days than their Kindergarten hours. They have been exposed to a range of experiences to support their improved health, wellbeing and educational outcomes, so enter formal school as competent and capable learners, ready to further enhance their development through challenge and opportunity. The challenge for the teacher is to provide a learning environment to build on previous experiences and further enhance the child's development.

With warmer weather families need to have heightened awareness of safety 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 outdoors.

Finally, to those families who are moving on, thank you for allowing us to be part of your lives and for your support of the organisation. To families continuing to access services, we look forward to continuing our relationship in 2016 and beyond.

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

Kind regards,

Ros Cornish
Chief Executive Officer

Children's End of Year Christmas Party



Lady Gowrie Children's Services invites all children and families to attend an end of year celebration.

Families are invited and can bring along a picnic, rug/chair and together celebrate.

Entertainment will be provided for children.... and a visit by that very special person "Santa".

Northern Services:
City Park, Launceston
Thursday 3rd December 2015
5.30pm to 7.30pm.

Southern Services:
Soundy Park, North Hobart
Thursday 10th December 2015
6.00pm-8.00pm

(At the southern event a sausage sizzle will be available at a small cost with proceeds donated to the ABC Giving Tree)

RSVP to your respective service by 30th November . Please note that these events are alcohol free.

Toys and Play

There are so many toys available, so juggling your child's needs (and wants!) along with advertising and peer pressure influences makes choices tricky. But the best toys aren't always the fanciest – they're the ones that fire up your child's imagination.

Toys can be a great way to kickstart your child's play and support development. But your child might not need as many toys as you think. The best toys for children are 'open-ended'. These are the toys that encourage your child to play using imagination, creativity and problem-solving skills.

Open-ended toys include:

- blocks – one day your child uses them to build a tower, and the next day /shehe might bring the block up to his/her ear and pretend it's a phone
- balls – they're great to bounce, look at, roll, hold and throw
- card board boxes – these can stand in for so many things, including pretend shop counters, ovens, cars, boats and doll houses
- dress-ups – with some hand-me-down clothes and pieces of fabric, your child can become anything or anyone he/she likes
- crafty bits and pieces – coloured paper, stickers, crayons and washable markers can get your child started on a master piece.



**SAFETY
FIRST**

*Tips on Choosing Safe
Kid's Toys and Gifts*

Toy Safety for Children

Toys can provide children with hours of fun and developmental stimulation. Toys can be chewed, bitten, pushed and pulled, while others are handled gently and kept well beyond childhood years. Children benefit from toys that challenge, comfort and excite. Most toys serve some purpose, for example to entertain, educate, comfort, develop skills or provide exercise.

Selecting the right toy ensures that children get the best out of their toys and that they will last for years to come. Unfortunately some toys can be dangerous, poorly constructed or inappropriate for the child's age and skill level. More importantly, selecting the wrong toy can result in serious injuries, including choking and strangulation.

An estimated four children per week in Australia present to an emergency department with a serious button battery related injury, after swallowing these small batteries.

Aim to select quality toys appropriate to the age of the child. Some toys are not suitable for young children because they have small parts that provide a choking hazard. Inspect the toy to see whether it looks well designed and well made with no sharp edges, as sharp points can injure children. Check for choking hazards, especially small parts which can easily be put into the mouth, nose or ears. Check labels for age recommendations and instructions for use.

Buy washable, non-breakable toys for babies.





Children's Week is an annual event celebrated in Australia during the fourth week in October. A diverse range of events and activities are organised at National, State and Local levels. These focus the attention of the wider community on children, their needs and achievements.

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.

Many of Lady Gowrie services celebrated children's week with a variety of activities celebrating children and their families.





Water Safety

Whether you are in the bathroom, outside by the pool, at home, visiting a friend or relative, or down at the beach, it is always important to remember to Play it Safe by the Water with children.

Drowning is one of the major causes of unintentional death for Australian Children. The home environment is the most common location for toddler drowning, with backyard pools and bathtubs involved in a large number of incidents. Non fatal drowning incidents are also of great concern as they can have potential long term effects including brain damage, and permanent disability.

Children can drown in as little as a few centimetres of water, meaning that toddler pools, backyard ponds, nappy buckets, bath tubs, buckets of water and even pets drinking bowls must be recognised as potential drowning hazards, as well as larger bodies of water such as pools and spas.

Prevention: Kidsafe recommends that parents and carers take the following precautions to reduce the risk of childhood drowning:

Supervise:

- Never take your eyes off children around water
- Active Supervision involves parents and carers keeping an eye on children at all times. Do not expect older children to look after their younger siblings. Children have short attention spans and can be easily distracted.
- Remain within arms reach. This will ensure that you can get to the child in time if something does go wrong.
- Take children with you if you leave the water area.

Reduce the Hazard:

- Restrict children's access to water through safety barriers such as pool fencing.
- Remove hazards such as pot plants and chairs well away from pool fences to avoid children climbing on to them and over the fence.
- Do not prop any doors or gates open that allow children access to a body of water. Create a safe play area to separate your child from bodies of water such as swimming pools and dams. This is especially important on farms and larger properties.

Knowledge:

- Water familiarisation lessons can assist in teaching children to swim while also helping them understand water safety.
- Enrol in a resuscitation course and update skills annually so you are able to respond in case of an emergency.
- Resuscitation posters are a good reminder to keep around pools and spas.
- Regular inspection and maintenance of your pool fence, including the gate, is essential to ensure that it is in proper working order.

www.kidsafetas.com.au



LADY GOWRIE TASMANIA

Qualifications Matter and Celebrated at Lady Gowrie Tasmania

- Many staff within the organisation are undertaking training to either gain or upgrade an existing qualification. Key determinants of quality in children's services is the qualifications of educators who provide the program for children. Theresa Blizzard (Campbell Street) gained a degree in Early Childhood Education from the University of Tasmania while balancing Manager, full time mum and wife, three young children and homemaker. An outstanding achievement!
- Allison Brockman (Professional Support Team) completed a Certificate III in Business.
- At the recent Gowrie Tasmania Graduation Ceremony several of educators received their qualifications in Children's Services. These educators are pictured below with the General Manager of Children Services South – Kathy Cripps.



Chloe Blair (Acton), Ella Baltic (Uni South), Tennille Michlik (Kingston), Zoe Rice (South Hobart LDC/OSHC), Kelly Terry (Fahan/Taroona OSHC) and Deborah Perry (Bowen Rd) with Kathy Cripps (General Manager South)



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**

Lunchbox Tips for Families

Include a variety of everyday foods from the 5 food groups listed below:

Breads and cereals

Use different types of bread for sandwiches or wraps – wholemeal, multigrain, high fibre white, rye, focaccia or pita bread.

Try pasta, rice, couscous, noodles or quinoa in a salad

Vegetables

Pack easy to eat vegie sticks – carrot, capsicum, celery, cherry tomatoes or snow peas. Include plenty of vegies in sandwiches or wraps – lettuce, sprouts, grated carrot, cucumber or beetroot

Fruit

Try any fresh fruit in season – peel or cut up for easy eating

Tinned fruit (in natural juice) or stewed fruit can add some variety

Dairy foods and alternatives

Include reduced fat yoghurt or custard, try wholemeal or multigrain crackers with cheese

Meat and meat alternatives

Try lean ham, tinned tuna, boiled egg or peanut butter* in sandwiches or wraps, use left-over roast meat like chicken, beef, pork or lamb in sandwiches or salads.

Limit occasional foods

Occasional foods such as chocolate, sweets, muesli bars, chips or sweet biscuits are best kept for special occasions at home. These foods are high in fat, sugar and/or salt and do not offer children any goodness.

Try some of the following ideas:

- Lean roast beef, grainy mustard and lettuce on rye bread
- Mini-pizza - English muffin topped with vegetables, lean ham and cheese
- Pasta salad with roast chicken, 3-bean mix and vegies
- Small tin of baked beans and a bread roll i Mashed egg and reduced-fat mayonnaise with cucumber on multigrain bread
- Grated carrot, sultanas and peanut butter* on high fibre white bread
- Vegemite, cheese and chopped celery on a roll
- Tuna, corn and reduced-fat mayonnaise with sprouts wrapped in mountain bread
- Lean ham, cheese and coleslaw in a wholemeal bread roll

* Check your school or child care service policy on nuts. Many are nut free and therefore the provision of nuts and nut products are not appropriate.

visit www.gofor2and5.com.au for recipe ideas or www.movewelleatwell.tas.gov.au/families

Staying Sun Safe

Lady Gowrie Tasmania Services follows a Sun Smart Policy. Sun Smart in Tasmania means focusing on sun protection (especially at higher Ultraviolet (UV) times) at or above the UV rating of 3 (moderate), in summer months, with a small amount of safe sun for Vitamin D in summer; and focusing on getting Safe Sun for Vitamin D in winter.

A copy of Lady Gowrie Tasmania's Sun Awareness policy is available at all services and is based on recommendations as outlined below from the Cancer Council.

Ultraviolet (UV) radiation from the sun is our main source of Vitamin D, but it is also the major cause of skin cancer. Skin can burn in just 15 minutes in the summer sun.

Skin cancer is largely preventable. Be SunSmart. When the UV level is 3 or above, protect yourself against sun damage and skin cancer by using a combination of these five steps:

1. Slip on sun protective clothing: Choose clothing that: covers as much skin as possible eg. shirts with long sleeves and high necks/collars, is made from close weave materials such as cotton, polyester/cotton and linen, if used for swimming, is made from materials such as lycra, which stays sun protective when wet.
2. Slop on SPF 30+ sunscreen: Make sure your sunscreen is broad spectrum and water-resistant. Apply sunscreen liberally to clean, dry skin at least 20 minutes before you go outside and reapply every two hours.
3. Slap on a hat: A broad-brimmed, legionnaire or bucket style hat provides good protection for the face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide enough protection.
4. Seek shade: Staying in the shade is an effective way to reduce sun exposure. Use trees or built shade structures.
5. Slide on some sunglasses: Sunglasses are as important for children as they are for adults.

Be UV alert - Be extra cautious in the middle of the day when UV levels are most intense.

For further information:

Cancer Council 13 11 20

Information and support for you and your family for the cost of a local call anywhere in Australia.

Cancer Council Australia website: www.cancerCouncil.com.au



Starting School

Starting school can sometimes be stressful for children (and parents). The buildings are bigger, there are more children and they are the smallest in the playground. There are fewer adults and more rules which they don't know and for many the classroom will be more formal.

A little advance preparation can make the first week a little easier. Tailor these strategies to suit you and your child as you prepare for the big day.

Practice going to school. Make a dry run to help your child get familiar with the route and the routine. Point out interesting sights or places familiar to your child. Notice the swings, slides, or other fun stuff that you think your child will like — and try them out together.

Describe what will happen on the first day. Keep in mind that a child starting school for the first time or going to a new school may have a hard time imagining what it will be like (you've been to school before, but they haven't). Talking about the basic sequence of the day will help your child make a mental movie of what to expect. Children form pictures in their minds, and reviewing the process in detail will make things more familiar and less scary on the first day of school.

Ask your child compelling questions. Specific questions will help your child imagine what school will be like and help you talk about the fun stuff and the hard stuff. You might ask,

"What do you think the hardest part of school is going to be?"

"Is there anything that worries you about starting school?"

"What are you really looking forward to?"

Start going to bed earlier. One or two weeks before school begins, start rolling bedtime back to a school schedule. Begin slowly, waking your child up 15 minutes earlier every day and going to bed 15 minutes earlier each night until she is back on track.

Meet children in the class. If your child is going to a new school, find out if there will be a class gathering before the first day; it can be helpful to see familiar faces when she/he walks into a new classroom. Even if your child already has friends at school, schedule some play dates with children your child may not have seen over the summer.

Learn about the drop-off policy. Find out about the policy for parents walking children into the classroom and how long you can stay. If you anticipate that your child will need extra time to adjust, talk to the teacher before school starts, if you can.



Give children control over what they can control. Offering simple choices may help calm nerves and get children excited. For example, if you pick out a new backpack or lunchbox, let your child choose the color. If you shop for school supplies, let your child find the items in the store and check them off on your list.

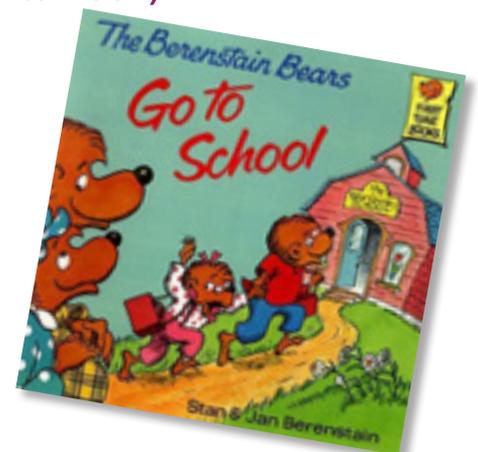
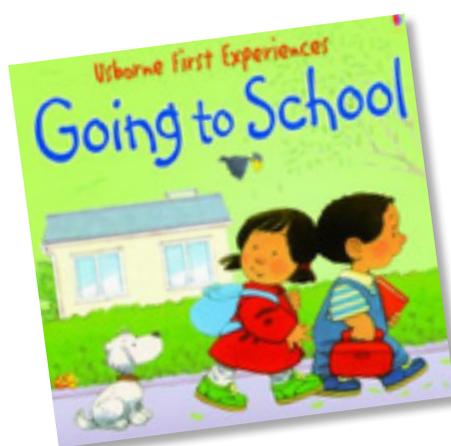
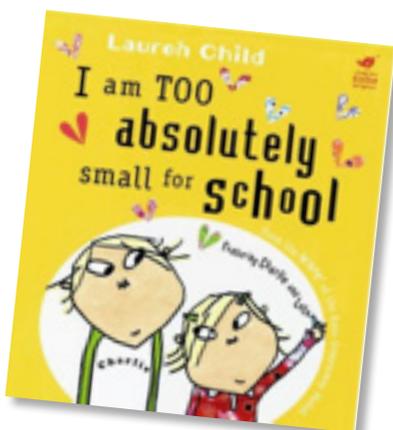
Plan ahead how you will say goodbye. Give your child lots of love and support. Be excited and enthusiastic about your child starting school. This sends your child the positive message that school is exciting and that he'll cope and have fun.

Think about how you'll manage your feelings on the first day. Even if you're feeling sad or worried, it can help to keep these feelings from your child. Instead, try to see your child off with a happy, confident goodbye.

Think about what your child needs in a goodbye. What will be most helpful — a quick goodbye, or five minutes of cuddle time with you?

Read books about starting school. Whether you're going to a new school or a new grade, books about it will get kids talking and feeling comfortable. Some good ones include "The Berenstain Bears Go to School" by Stan and Jan Berenstain, "Annabelle Swift, Kindergarten" by Amy Schwartz, "First Day Jitters" by Julie Dannenberg, "I Am Absolutely Too Small for School" by Lauren Child, and "Get Ready for Second Grade, Amber Brown" by Paula Danzing

"A good Transition to School process ensures children will start school ready to learn and schools will be ready for children. (Pianta 2004)"





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
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Launceston Preparatory School ASC

6336 6971
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Norwood ASC

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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

'Glenora' Building
229 Campbell Street, Hobart
6230 6800
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Southern Services Contact Numbers / Email

Long Day Care Centers

Acton

6248 5644
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Battery Point

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Bowen Road

6211 0340
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Campbell Street

6230 6881
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Kingston

6229 1901
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Fahan

Richmond

South Hobart

Swansea

Oatlands

6230 6865
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University

6226 2088
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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
oshc@gowrie-tas.com.au

Family Day Care

Family Day Care Scheme Pre-school Program

6223 3238
fdcadmin@gowrie-tas.com.au

Head Office

'Glenora' Building
229 Campbell Street, Hobart
6230 6800
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I'm a Little Reindeer

- I'm a little reindeer, ready to fly.
- I'll pull Santa's sleigh up in the sky.
- Christmas is here; we can't be late.
- All the children just cannot wait!



Christmas Closure

Services will close at normal time on Wednesday 23rd December/reopen Monday 4th January 2016.

Please note the following exceptions:

Oatlands - close on Wednesday 23rd December/reopen on 11th January 2016

Swansea - close on Wednesday 23rd December/reopen on 4th January 2016