

## Message from the Board

Welcome to the Summer edition of Lady Gowrie Tasmania's newsletter.

By the time you read this newsletter the organisation will have held the Annual General Meeting for 2016. This is always a great event that brings together the different services run throughout the state under one roof. It also highlights that LGT is a diverse organisation that has many services that are delivered to the community.

An important aspect of this year's AGM will be the presentation and voting on a revised constitution to better serve the needs of the LGT. The aim of these changes is to make it easier for families of children at the educational and care centres to become members of the organisation. As a not for profit association, LGT is run for the benefit of its members, it is therefore important that members are recognised and able to be a part of the organisation.

Provided the new Constitution passes at the AGM, all families who return next year will be provided with an option to become a member of LGT. We have chosen education and care family members as this is the traditional and largest service delivery area of the organisation.

As a member you are entitled to a vote for items at the AGM and are also provided rights under the Constitution. When you receive your re-enrolment next year please consider if you would like to be a member of LGT.

In other news from the Board, we are sad to see our longest serving member, Anita Robinson, leave the Board. Anita has reached her maximum time on the Board of ten years and is therefore standing down. Ten years is a long time for anyone to spend on a Board and we thank Anita for her commitment and input in the Board room and as Chair of the Finance Sub-Committee.

We also say goodbye to Alan Green who has served for two years on the Board. Unfortunately Alan has had to resign due to work commitments with his knowledge of education and government policy being difficult to replace.

News of new Board Members will be published as these are finalised.

With Christmas and the summer holidays fast approaching please enjoy time spent with your family and loved ones.

Till next year

**Chris McGuire**  
Chair – Board of Directors



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## Message from the Chief Executive Officer

Dear Families and Friends,

Welcome to the final newsletter for 2016. Where has the year gone? The children are starting to get excited about that important man in the red suit now the local Christmas parades have been rolled out, decorations line the streets, retail outlets are gearing up, and the many Christmas catalogues are in the letterbox. Children no doubt will be pouring over the goodies in these catalogues – identifying their desired items. When choosing gifts for children, families are reminded to consider the safety aspects – making sure the item is suitable for the age and stage of the child.

With the summer season just around the corner many families will venture to our beautiful beaches or set up water activities at home. It is imperative that families are vigilant in terms of supervision of children when near water. In this newsletter Kidsafe Tasmania has provided valuable information to support families in this matter.

For some families the end of the year also means the end of the relationship with Lady Gowrie Tasmania as their children move onto the first year of school. To those families thank you for entrusting your child to us and being a partner in the education and care provision. We wish a smooth transition to school (some

tips are included in this newsletter) and all the very best for the future.

Other families will continue their journey with Lady Gowrie Tasmania with many new families welcomed to individual services in 2017. Educators look forward to welcoming back existing families and extending a warm welcome to new families.

On behalf of all at Lady Gowrie Tasmania I wish you and your family a safe, restful and joyous festive season.

Until next time...

**Ros Cornish**  
Chief Executive Officer



Children's Week is an annual event celebrated nationally 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.

# Storypark



Over the past few months four Lady Gowrie Long Day Care Centres – Norwood, University North, Battery Point and University South have been trialling a secure digital platform called Storypark that allows educators and families to share information and insights into children's learning and development. It promotes the inclusion and engagement of people that matter the most in a child's learning journey – parents, grandparents, friends and/or specialists. Each child's profile is owned by their parents and can be continued on throughout the child's life. Through the use of Storypark families and educators have real time access to individual learning stories, photos and communication tools that aim to enhance every child's learning journey.

## Norwood's Storypark Journey...

The journey with Storypark over the couple of months has been. Storypark has provided the opportunity to strengthen family engagement as the platform provides families with 24/7 access, allowing them to read and comment on learning anytime time of the week or day. Often families are understandably rushed at drop off/pick up times and there is limited time to engage in conversation about their child's learning. Storypark has bridged this gap in communication.

Storypark has created an increased awareness of the role of an early childhood educator and has provided a greater understanding of the documentation and program planning process to families. Storypark has strengthened relationships within the service, in particularly relationships between families, as Storypark provides opportunities for families to communicate with one another.

The children have been actively involved in the documentation of their learning, more so than ever before. They look on with excitement as their photos are uploaded to Storypark and they love to scroll through previous stories looking at images of their peers.

During the trial there has been very positive feedback from the families, some of which is listed below.

*'I like seeing what other activities children are involved in on days that my child is not in care.'*

*'I love seeing what my child is doing while I am at work. It's a great tool to have.'*

*'I really enjoy receiving the learning stories about Jack and the daily posts.'*

*'While I was in hospital with Oscar's baby brother, I loved seeing Oscar so happy.'*

*'Storypark is very interesting and I enjoy using all the functions. I enjoy communicating with other families and sharing photos of Maddison.'*

*'I enjoy communicating with the Hilton room through Storypark and also sharing photos. Sidney's Dad enjoys seeing the experiences she has been involved in as he very rarely drops off or picks up.'*

With the success of the trial, it is envisaged that all Lady Gowrie Tasmania services will be using Storypark in 2017.

**Casey Reid**  
Lady Gowrie Norwood Manager





Lady Gowrie Tasmania recently provided sponsorship to a new initiative in Northern Tasmania, "Kid I Am" a Children's Community Event that was held on the 19th November at the Silverdome. The event was designed for kids aged 1-12 years and their families. There were over 100 activity providers on the day allowing children to try their activities in a fun encouraging environment. The event saw over 6000 people attend with children of all ages trying new experiences and families able to gain valuable information about numerous child focused extra curriculum activities, education and care providers, and other support services. Lady Gowrie not only was a major sponsor but also had a booth at the event.

**Tania Ackerly**  
General Manager - Children's Services North

## Open Day at the Integrated Centre in South Hobart

This purpose built facility opened mid year and it was timely to conduct an open day event to enable community members, neighbours, families and friends to view the centre.

The day was conducted in conjunction with a Summer Safety Campaign with key partners supporting the event with important messages for families around safety over the summer period.

Royal Life Savings Society, Police, Kidsafe Tasmania, RACT, Red Cross was just some of the agencies providing information to families about child safety. Along with give aways for children, face painting, balloon art were popular as families toured the facility and enjoyed the sausage sizzle on offer.

Thank you to all those agencies for supporting this event and particularly the RACT for the donation of a child's car seat for the raffle and the safety checks of child care seats and restraints.

It is hoped this event becomes is held annually and in all three regions of the state.

**Kathy Cripps**  
General Manager – Children's Services South





## 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, bathtubs, 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 arm's 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](http://www.kidsafetas.com.au)





# Staff Professional Development - Early Childhood Australia Conference 2016, Darwin

## What a treat it was to be selected to attend Early Childhood Australia Conference in Darwin along with four other LGT colleagues.

For me the highlights were the range of keynote speakers and being a part of the enthusiasm that Australia holds for children in the early years. With close to 2000 delegates, the conference had something for everyone. The range of research projects were varied and were ongoing in their findings. The international and local keynote speakers were both inspiring and affirming. What was offered validated that Lady Gowrie Tasmania supports best practice but also demonstrated that there is always areas that can be added to our Quality Improvement Plans in a range of areas from seizing more teachable moments to creating more inviting and accessible spaces for children.

Allowing children to solve their own problems is vitally important in developing resilience and sense of achievement in children. Contact initiative, where the adult makes first contact with the child sets the tone for future relationships with that child and adult. The significance in learning for a child WHEN an adult recognises and seizes "the moment", then HOW does the adult respond to that moment, and WHY have they chosen to respond?

The session that appealed to me personally was creating sanctuary spaces for children. These are spaces that are protected spaces where children can play uninterrupted from children walking through their play space; they are empowering for children and the use of their independence skills and are always available.

**Theresa Blizzard**  
Manager Lady Gowrie Campbell Street

## What an amazing experience for any education and care professional to attend.

Educational opportunities were numerous starting with keynote speakers which included: Carla Rinaldi, Susan Edwards, Claire Warden, and Maria Aarts to concurrent sessions every day that offered variety of learning avenues. I attended various sessions in three days and was provided with an amazing insights and different perspectives of understanding education and care experience all over the world.

Just to provide few examples: "Sabbatical Scandinavian experience" session presenter (Sylvia Turner) at one point during her presentation talked about children sleeping in their prams-outside in winter times, "Culture and Communication in Saudi communities" session presenter (Sabha Allehyani) shared and discussed with us that in their kindergarten programs home corner is actually mosque corner and that fathers of children are not permitted to talk to childhood teachers or visit educational centre at all. Session with Ian Alchin was about mathematical and philosophical concept of value versus benefit and what does it mean to be "valued" as an educator.

Anne Stonehouse talked about value of excursions as an opportunity to connect with our community and develop sense of belonging. "Can you catch a rainbow" session by Keerie O'Neill and Cara Mearns talked about the intersubjectivity between science and imagination. Dr. Richard Fletcher talked about engaging fathers in child's educational setting and that he is part of the program called "Dads and kids Connect" for dads who are disconnected from their children for any reason.

I will treasure the memories for a long time and also share the knowledge, skills and experiences gained on this trip with my colleagues at the Service and the Organisation.

**Hidajeta Vlaskovac**



# 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 lot 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 your 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 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.



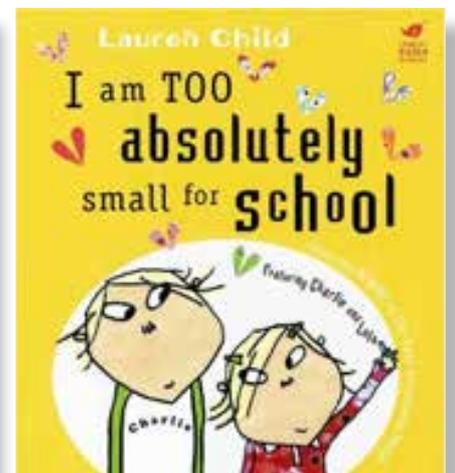
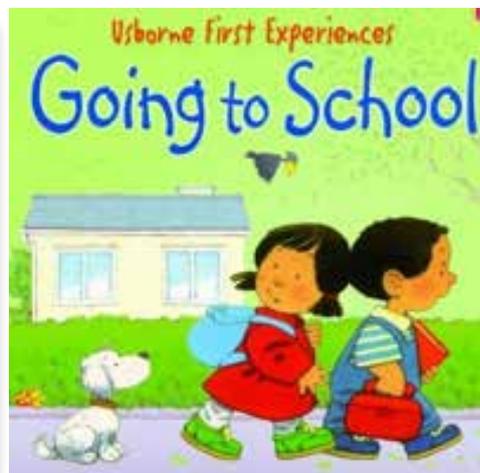
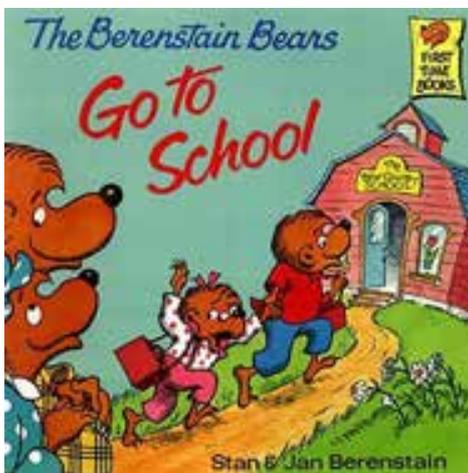
Think about how you'll manage your feelings on the first day. Even if you're feeling sad or worried, it can help to keep these feelings from your child. Instead, try to see your child off with a happy, confident goodbye.

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)



Tis the season to be jolly and these Christmas themed fruit kebabs tick the box with joyfulness. With star shaped watermelon, topped with a slice of banana, strawberry & a mini marshmallow happiness is sure to follow!



## Need care for your school age child during the holiday period?

An exciting holiday care program is currently being planned for the school holiday period by the relevant Lady Gowrie Vacation Care Programs. The program includes excursions to local events along with many exciting activities offered each day at the service.

Make contact with your respective service to find out more about the program, the nearest location and to gain a booking form.

## Fee Increase

The Board of Directors approved a fee increase, effective at the beginning of 2017, as part of the budget development and approval process.

In approving the increase the Board was cognisant of the impact on families and compared LGT fees with other providers. This investigation indicated that the fee charged by LGT is below that of many competitors. The fee schedule for 2017 is available at each individual site.



## 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  
Friday 16th December 2016  
5.30pm- 7.30pm.

Children's entertainment will include The Music Tree, face painting, free train rides and a visit from Santa.

Southern Services:  
Soundy Park, North Hobart  
Wednesday 14th December 2016  
6.00pm-8.00pm

Children's entertainment will include face painting, jumping castle, sausage sizzle (small cost) and a visit from Santa.

RSVP to your respective by 5th December 2016. Please note that these events are alcohol free.



## 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  
fdcadmin@gowrie-tas.com.au

#### Head Office

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

## Christmas Closure

Services will close at normal time on  
Friday 23rd December/reopen  
Tuesday 3rd January 2017.

Please note the following exceptions:

Oatlands - close on Friday 23rd December/  
reopen on 9th January 2017

Swansea - close on Friday 23rd December /  
reopen on 9th January 2017