

Message From The Board

Hello everyone and welcome to the first edition of the Children's Services Newsletter for 2014. I would especially like to welcome those families who are joining us for the first time. As an organisation we look forward to working with you and ensuring that your children are provided a program and guidance that support them to reach their full potential.

This is also the first newsletter for me in the role as Chair of the Board of Directors of Lady Gowrie Tasmania, having been elected to the position in December.

I take on this role after being a Director for 2 years and take the reins from the previous Chair, Scott Adams. Scott has done a sterling job for six years and will remain on the Board this year as part of the transition process. Melanie Bonde will continue in the role as Deputy Chair and will continue to provide valuable support. Each Board Director brings a broad range of skills, experience and knowledge that support the governance of the organisation. A full listing of Directors is posted at each site.

Let me share with readers a little about myself. I work for myself as a marine consultant having been involved in the industry for 21 years, twelve of which involved working at sea as a navigating officer in the merchant navy. My work is incredibly varied, ranging from dealing with Human Resources issues, assisting with the loading/unloading of a vessel, through to educational workshops and lecturing future seafarers. The role as a lecturer is

the most satisfying aspect, seeing and promoting genuine enthusiasm in students for their chosen profession that I have held for 21 years is truly rewarding.

My wife and I are the proud parents of two young sons aged 9 and 4. With our youngest about to commence school this year, our connection with Lady Gowrie as clients ceases, but our commitment to the organisation and what it stands for will continue. It was the friendly and refreshing experience we encountered as clients that lead me to apply for a Director's position with Lady Gowrie Tasmania.

The Board Directors ratified a new Strategic Plan late last year and this will provide direction to the organisation for the next three years. The main objective of the plan is to develop and implement strategies to continue to enhance children's educational outcomes and support families in their parenting role. Our aim is to deliver this while ensuring the organisation remains in a sound position financially and recognised for the quality of services provided to the community.

Finally I hope you and your family had a wonderful festive season and all at Gowrie look forward to working collaboratively throughout 2014.

Chris McGuire
Chair – Board of Directors



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Message From The Chief Executive Officer

Dear Families and Friends,

With school back and the festive season now a past thought, 2014 really begins to crank up in terms of Lady Gowrie Tasmania Children's Services.

Demand for education and care remains high, and despite the best efforts to place as many children on the waitlist as we can, there are still families we have been unable to support as yet. This of course was not helped by the decision by the Department of Education to no longer make available the Lindisfarne North facility. The focus has been to try to relocate and place the children who would normally attend this centre at an alternate Gowrie service or indeed with other providers. Of course these existing families took priority and we are pleased that all children now have been placed either within other Gowrie services or with other providers.

While the two week closure may have caused some inconvenience for some families, staff -particularly the educators, who work long contact hours with children, truly appreciated the break. The timing of the festive season meant that without the loss of too many leave days, staff were able to have this extra time to recharge and reinvigorate themselves in readiness for the coming year, and of course spend some quality time with their own family.

The vacation care programs were especially busy and now the after school care programs are in full swing again with high enrolment numbers. The long day care services, both centre based and family day care, have been busy from the day of opening in 2014. Settling new children into care as well as welcoming back the many children returning has been positive with only minimum tears – mostly from the families and not the children!

As of Monday 3 February, several Lady Gowrie services extend their operating hours to 6.30pm. This extension has been granted by the regulatory authorities. The services involved are:

- Battery Point
- Bowen Road
- Campbell Street
- University South
- University North
- Alanvale
- Norwood

This decision is in direct response to meet family needs. As we know, there are increased modern work practice demands and this along with recognising that the 6pm close does not support clients particularly those in the retail sector, by extending the hours this may assist families in balancing work and family responsibilities.

While Lady Gowrie does not profess for children to be in care for longer periods the pressure on families is acknowledged and this in some small way may alleviate some of that pressure.

Of course, these changes impact on staff as rosters will have to be revised to reflect this later close and to meet the mandatory requirements. To support the roster development any family intending to avail themselves of this later close please advise the Manager at the service. The increased operating hours will not increase the cost of care.

On behalf of the staff teams at Gowrie, we wish each family a successful and prosperous 2014 and we look forward to ongoing collaboration to support the provision of education and care that improves outcomes for young children.

Until next time.....

Ros Cornish
Chief Executive Officer



Let's Celebrate!

21st March 2014 is Harmony Day

The message of Harmony Day is Everyone Belongs.

Our Australian Story is diverse. We come from many countries around the world. We each make up the pages of the bigger Australia story we share today. From the Dreamtime to the Eureka to the Snowy River, from the outback to the city, in wartime and in peace, our stories may be heartwrenching but also inspirational.

Let's take the time to celebrate our diversity

Lady Gowrie Services celebrate Harmony Day in variety of ways to share the vibrant cultures, races and religions that make up our multicultural nation.

Activities include:

Sport, dancing and eating: playing sports games together, learning new dances from countries across the world, enjoying foods of different cultures with families, music and traditions from different cultures

Arts and crafts: children using creative skills and art to celebrate harmony day.

Families are invited to join in Harmony Day celebrations – ask at your service for more information



21 MARCH
HARMONY DAY



www.harmony.gov.au

people our business

Road Safety

With the majority of children returning to the services after holidays or commencing care, it is a timely reminder of specific road safety strategies:

Car parks and streets can be extremely busy with families arriving and departing especially during key times of the day.

Young children can be very spontaneous and may not fully understand the potential dangers around them.

Some Key Points to be aware of are:

- Always hold your child's hand when arriving or leaving a service.
- Be aware of other vehicles where they are parked and how they are driven.
- Speak with your child/ren about the importance of road safety.



Children in hot cars

Never leave children alone in a car

After rescuing 20 per cent more children from locked cars last summer than the previous year NRMA Motoring & Services is again urging parents not to leave children locked in cars. NRMA Motoring & Services in conjunction with 'Kidsafe' has developed the 'Hot Cars' brochure to warn of the dangers of leaving children locked in cars.

On a typical Australian summer day, the temperature inside a parked car can be 30° - 40°C hotter than outside the car.

That means that on a 30°C day, the temperature inside the car could be as high as 70°C!

- 75% of the temperature increase occurs within five minutes of closing the car
- Darker-coloured cars can reach slightly higher temperatures than lighter-coloured cars
- Large cars can heat up just as fast as small cars
- The colour of interior trim has little effect on the speed that the temperature can increase inside a car
- Having the windows down 5cm causes only a slight decrease in temperature with an outside temperature of around 30°C

Research shows that the inside of a car can reach 78°C in a closed car and 70°C in a car with open windows.



Move Well Eat Well Awards

On Thursday 13th February three Northern Lady Gowrie Education and Care Services: Lady Gowrie University North, Lady Gowrie Alanvale and Lady Gowrie Norwood were presented with Move Well Eat Well - awards by Michelle O'Byrne MP at an award ceremony held in Launceston.

Lady Gowrie Move Well Eat Well is a voluntary program which was developed by the Department of Health and Human Services, with the support of Early Childhood Australia, the Department of Education, Lady Gowrie Tasmania and the Family Day Care Council (TAS). It encourages early childhood services to register and work through the seven criteria to create healthier environments for children in settings where they learn and play.

The Move Well Eat Well initiative assisted each service by providing support and a simple guide to creating healthier, sustainable environments for children. To raise awareness about the initiative, children's health and to start building support and momentum for healthy changes, each service created Move Well Eat Well displays, including posters and progress charts to inform families of their involvement. All families were provided with Move Well Eat Well promotional resources including flyers, inserts in newsletters and pamphlets to increase awareness about the initiative and its aims

Services systematically worked through the seven criteria of the Move Well Eat Well program, continually informing families and making changes necessary in

terms of policy documents, routines and practices.

The participation of all northern services in the Move Well Eat Well Award program has been extremely beneficial not only for the children, but also for the educators and families. Ongoing access to quality resources via the Move Well Eat Well website and the information packs will ensure that, although the services have now met the criteria for the award, the journey will continue as knowledge is shared with new families who come into the services for years to come.

For further information and resources: http://www.dhhs.tas.gov.au/mwew/early_childhood_services





Healthy snack ideas

- Rice cakes lightly spread with ricotta or "light" cream cheese and vegemite or fruit spread.
- Toasted muffin with a scrape of honey or fruit spread.
- Slice of toasted wholegrain bread topped with ricotta cheese and fruit spread.
- Microwaved pappadums.
- Crispbreads with a low fat topping or plain biscuits.
- Wholewheat breakfast cereal and reduced fat milk.
- Toasted sandwich - use baked beans with a slice of low fat cheese or lean ham and creamed corn.
- Homemade muffins or buy a low fat muffin mix (check your supermarket).
- Frozen banana (spear peeled banana with icy-pole stick and freeze) or other frozen fruit such as grapes, peeled orange or mandarin segments.
- Scoop low fat ice cream with 1/2 cup canned unsweetened fruit.
- Strawberry smoothie (using skim or low fat milk or low fat soy drink).
- Fruit yoghurt cup.
- Ice blocks made with equal quantity fruit juice and low fat yoghurt.
- Fruit kebabs (skewer cubes of fruits on to bamboo skewers).
- 200gm tub of frozen yoghurt or low fat fruit yoghurt.
- Fruit platter with low fat yoghurt to dip into.
- Bowl of pumpkin soup (made with low fat evaporated milk or skim milk instead of cream).
- Vegetable rich soup with spirally pasta.
- Raisin toast.
- Cheese scones or muffins (mix grated cheese in or sprinkle on top and grill).
- Crumpets with a scrape of margarine - try topping with tomato and cheese.
- Fresh fruit kebabs.
- Pikelets with jam or honey.

www.kidspot.com.au



Expression Of Interest - Board of Directors

Lady Gowrie Tasmania is a community based not for profit organisation providing a range of services for children, families, early and middle childhood professionals. All services support and enhance the development of quality education and care services and are driven by the organisations philosophy of "Children First".

The core services provided by Lady Gowrie Tasmania include:

- Professional Development and Support
- Family Day Care
- Long Day Care
- Out of School Hours including Vacation Care
- Pre-school

Lady Gowrie Tasmania is an innovative organisation driven by community needs and expectation. Several key projects have been identified by the organisation that will define the next phase of meeting these community needs and promise to be an exciting step in the rich history of Lady Gowrie Tasmania.

Due to impending retirements, Lady Gowrie Tasmania is seeking expressions of interest from community members to join its Board of Directors. All skill sets applicable to the position of director will be considered, with experience in Early/ Middle Childhood, Not for profit or commercial management being highly regarded.

This is an opportunity to join an active board at an exciting time for this community based organisation.

For a confidential discussion and more information please contact Chris McGuire, Chair, 0407 053 457. Applications can be forwarded to ea@gowrie-tas.com.au.

Gowrie
LADY GOWRIE TASMANIA



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

Launceston Preparatory School

ASC 6336 6971

Norwood ASC

6336 6971
nwcc@gowrie-tas.com.au

University ASC Mowbray

University VAC Campus

6324 3731
uncc@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

Lindisfarne North

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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