



## Message from the Chief Executive Officer

Dear Friends and Families,

Happy new year – hope you and your family had a wonderful festive season. A warm welcome to new families and indeed to returning families.

With services open after the break, it is pleasing to see so many little people settled into their respective rooms and getting to become familiar with their educators and environments.

For the older children many have been enjoyed the diverse variety of experience offered through the vacation care programs operating both in the north and south of the state. Of course, excursions to popular venues and attractions are the highlight but the activities provided in house also bring a range of fun experiences for the children.

It is pleasing to note some changes at two services – Integrated Centre (South Hobart) and Campbell Street (North Hobart). At the Integrated Centre the use of the multipurpose room for a pre kinder program for ten children facilitated by a teacher supports small group experiences for children in the year prior to school. At the Campbell Street Service, the extension to include a new room “Burnett Room” in the building adjacent to the centre provides a dedicated space for older children - pre kinder and kinder age. This homelike environment with dedicated learning areas allows for additional space at the main centre to cater for the in demand younger cohort. The outdoor play space will be developed over the next couple of months to connect the two facilities, improve the entrance of the Campbell Street Service and provide some additional parking for staff and families.

In the north the vacation care programs are in full swing, with the Frederick Street program dedicated to the younger age group to provide appropriate experiences and excursions for this group.

Enrolments for 2018 have been completed however, should any family have changes to their needs it is important to make contact with the Service as soon as possible.

The Australian Government Jobs for Families Child Care Package will be implemented from 2 July 2018. Families are encouraged to become aware of the impending changes to the fees subsidies that will alter from two systems (Child Care Benefit and Child Care Rebate) to one – the Child Care Subsidy (CCS). The level of CCS will be determined by the combined family income.

The number of hours of subsidised care families can access will be determined by an Activity Test – the higher level of activity, the more hours of subsidised care families can access. Activities include: paid work, study and training, looking for work, volunteering, and self employment.

To find out more, and to estimate what your new subsidy might be, visit: [education.gov.au/childcare](http://education.gov.au/childcare)

**Ros Cornish**  
Chief Executive Officer



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## Message from the Chair of the Board

Dear Families,

My name is William McShane and I am the newly appointed Chair of the Board of Directors. While new to the Chair role I have been a member of the Board for 5 years and assumed the role as Chair of the Finance Sub Committee up until my appointment.

The Board has undergone a number of changes following the interstate relocation of two members and expiration of terms for others. As has been the case in previous recruitment activities, interest for Board Directors was high with a number of outstanding applicants. Following a rigorous selection process I am pleased to announce the following new Directors:

- Anne Beach
- Belinda Beltz
- Bobby Court
- Kane Ingham
- Andrew Seward
- Angie Somann-Crawford
- June Wansong

These new Directors join me and Barbara Mawson (Deputy Chair). All bring a wealth of skills, knowledge and experience that will support the organisation progress the strategic plan for 2017-2020.

While welcoming the incoming Directors, it is important to acknowledge the commitment of the retiring members, particularly the former Chair Chris McGuire and Deputy Chair Meg Avery. Both long term Directors who contributed significantly to the organisation.

A listing of Board Directors along with the Strategic Plan Snapshot is displayed at each organisation site.

I look forward to keeping families updated on the work of the Board via this quarterly newsletter.

Kind Regards,

**William McShane**  
Chair

## Congratulations.... to the Acton Education and Care Service



The Acton Centre was nominated for the Clarence Business Awards 2017 and awarded a Merit Award for Customer Service. The award was presented to the Service Managers and Administrative Officer at a function in December 2017. The team are pictured with Hon Jacque Petrusma, Minister for Human Services.

Congratulations to the Acton team – well deserved recognition for their commitment to outstanding service to clients.



## Lady Gowrie Tasmania - Community Activities

Whilst Lady Gowrie Tasmania is known for the delivery of education and care services, provision of accredited qualification training and professional development, and family support programs, the organisation is active within the community through other activities.

Some of these include:

**Prison Project** – volunteering at visiting sessions at the Risdon Prison to support children and incarcerated parents connect and establish positive relationships. This is achieved through providing appropriate experiences to support positive interactions and communication. This project aims to ensure that the relationships remain intact in readiness for the parent to reconnect with the children upon release.

**Tennis Tasmania** – loaning outdoor play equipment to support the children's area during the recent tournament. The purpose of this support was to encourage children to engage in physical activity which is so important in their development. This is particularly so with the increase in childhood obesity and more sedentary activities through technology use.

**Family Support Service** – a free service to families, staff and broader community who may be experiencing challenges in their parenting or support role. This includes telephone support, provision of information, referral to specialist agencies and during 2018 a series of free seminars/workshops. More information is included in this edition of the newsletter.

**Kids Interacting with the Elderly (KITE)** – where long day care services are located near aged care facilities, children and older people engage through reciprocal visits. This program has great benefits for both children and adults particularly those who have no extended family close and limited access to grandparents or grandchildren respectively. The richness of the conversations and interactions are invaluable.

**RACT/Kidsafe Car Seat Safety** – free annual car seat safety check conducted by RACT to support injury prevention.

**Royal Life Saving** – promotion of water safety for children through regular information in newsletters and displays at community events.

**Start Right Eat Right** – development and distribution of a publication to support healthy eating in young children. This work is in collaboration with the Community Nutrition Unit.





## Lady Gowrie Tasmania - Family Support Program

Prior to Christmas Ros Cornish the CEO of Lady Gowrie Tasmania informed Lady Gowrie families through the Service Newsletters that once again Lady Gowrie will be offering our Lady Gowrie community access to a Family Support Program. Whilst the Program is still very much in its infancy the aim is to support all parents, caregivers and wider Gowrie community as they navigate the pathway of raising children and managing family life.

Staff are currently actively working on scoping the program and determining how best to develop and grow the program so it has real relevance to the Lady Gowrie Community and is both accessible and responsive to all stakeholders needs. Already we have had the privilege to be able to provide information, resources and potential referrals to specialised services for some of our families who have been faced with some of life's hurdles.

To commence, we will be making contact with all of Lady Gowrie's services to share with staff the capacity of the Family Support Program and most importantly to listen to what it is that staff and families might find beneficial from such a program. It is also our plan to provide families with an opportunity to directly inform us of not only what types of

support you would find of benefit to you and your family but also how you might like that support delivered.

If you already know what and how you would like support and don't wish to wait until we make contact then we would welcome and encourage you to share with your service manager what types of supports you would like or indeed if you would like to speak to a Family Support Worker.

Over the coming weeks you will see more information in your service about the program but until then should you wish to make contact you can do so via the follow:

- Telephone: 62306860
- Mobile: 0437640384
- Email: [familysupport@gowrie-tas.com.au](mailto:familysupport@gowrie-tas.com.au)
- Via your service manager/s

Thank you and looking forward to supporting families in any way that is deemed appropriate noting the program is staffed Monday to Friday 9am – 5pm.

Regards

**Cindy (Family Support Services Team Leader)  
and Tennille (Family Support Services Officer)**



## Starting School

Many little people will be beginning their first day of school this month. It is important to get into a good routine with your child.

Some tips to support the transition from home or an education and care service to school:

- **Morning routine** – avoid being flustered and rushed in the morning by getting into a good routine.
- **Breakfast** – make it a substantial meal, especially if concerned about their food intake at school. E.g. eggs, avocado and wholegrain toast or porridge
- **School lunch** – pack lunches the night before and encourage your child to be involved in this process and keep food simple to handle
- **Be prepared** – have the uniform or clothes for school out the night before
- **School bag** – have it at hand and ready to have lunch box and other items packed
- **Approach** – be calm, issues clear instructions as to what you want them to do each morning and give feedback and praise for co operation
- **Reassurance** – discuss the schedule in advance; explain when you will be back and where you will be
- **Remind children about safety** – at drop off and collection times there is a great deal of traffic movement in car parks or in the local street. Discuss road safety with your child.
- **After school** – make time for a chat and snack. Some children will be tired and need a rest, others will want to run around outdoors – pick up the cues to meet their needs

Source: [RaisingChildren Network.net.au](http://RaisingChildrenNetwork.net.au)





## Strategies to Support Fussy Eaters

Dinnertime battles are not foreign to many parents. Refusal of foods particularly greens is a common issue. Nutritionist, Zoe Bingley-Pullin says: "It sometimes takes repeated exposure before children accept greens". Below are some tips to support fussy eaters:

- It is important that parents don't become overly stressed as this will be transferred to the child
- **Increase the variety** – instead of one vegie or fruit – try two or three to help encourage children to try more food
- **Promote self feeding** – helps children take an interest in food
- **Be realistic** – appetites vary so be conscious of amount provided
- **Snacks** – offer nutrient dense snacks between meals if child does not eat much at mealtimes
- **Make food fun** – get children involved in food preparation and shopping for ingredients

Source: Health News; The House of Wellness January 2018. Page 60.

## Did You Know – Education and Care Services are Highly Regulated?

All Lady Gowrie Tasmania Education and Care Services are registered with the Australian Children's Education and Care Quality Authority (ACECQA). ACECQA oversees the implementation of the National Quality Framework (NQF) and works with State and Territory regulatory authorities to implement and administer the NQF. This Framework includes working with two curriculum frameworks – Early Years Learning Framework (EYLF) and Framework for School Aged Care – My Time Our Place (FSAC).

Furthermore there are National Regulations that support the National Laws by providing a range of operational requirements for an education and care service including National Quality Standards (NQS). These standards are the basis for which services are assessed against the quality areas resulting in a rating of either Working Towards; Meeting or Exceeding National Quality Standards.

It is pleasing to note that Lady Gowrie Services have achieved positive ratings and these are displayed at each site. Families are encouraged not only to view the ratings but invited to explore more deeply the quality areas and standards to gain an understanding of the importance of quality education and care early in life leads to better health, education and employment outcomes in later life. The early years are critical for establishing self esteem, resilience, health growth and capacity to learn. This is why the NQF was introduced – to give children the best start in life and learning.

Lady Gowrie Tasmania fully supports the quality agenda - the NQF, NQS and the regulations that underpin the provision of quality education and care.

**More information is available at:**  
<http://www.acecqa.gov.au>



## Nurturing the Natural Curiosity of our Children

Research shows that the natural curiosity of childhood helps to develop the “seeking mechanism” of the brain. Too much TV, screens, structured play options like toys with batteries or gadgets can shut down this vital brain development. This can slow the imaginative problem solving and creative thinking that young children are normally very good at doing! We must never forget that babies, toddlers and young children are biologically wired to learn from the world and they can find a dry leaf fascinating! It’s important to honour this child-like appreciation of the world and avoid double guessing what “stuff” we may need to buy to help our children grow smart. Not only are our children learning ALL THE TIME they each have unique ways of learning. I call it the unfolding of their own unique blue print... one that we can’t see! It would be so much easier if all our children had the same blueprint and I am sure our education system would like that too. However, every child is unique and different and being able to respect that they will explore and discover the world quite differently, at their own pace is a key understanding of healthy child growth and development.

To help the “seeking mechanism” to develop strong, ensure that young children (I would also argue older children and even adolescents) have lots of opportunity to be able to move things around and adapt the way they play according to their amazing imaginations. That is why cardboard boxes, sheets, plastic containers, blocks of wood and of course dolls, teddy bears, toy characters, trains, diggers, cars and even sometimes pets make for some very interesting play opportunities for children.

Things that numb the brain include the virtual world, toys that only work one way, gadgets that require constant finger control and also too much visual entertainment. The vital interaction between child and the natural world develops sensori-development and a primary connection between child

and nature. Children are meant to absorb themselves with as many sensory explorations as possible. This is not only vital for them to understand the differences of textures, sensations of temperature - a research I read just lately suggests a strong link between sensori-motor development and thinking. This means there are links between the motor cortex and the reasoning parts of the frontal lobes - movement stimulates creativity. So being couch potatoes as young children may mean that a child will not necessarily reach their full potential as a thinking adult.

Mother Nature knew what she was doing when she designed children! Being healthy means that at times children will need to get dirty, they will post things into your DVD player being Postman Pat, they will be fascinated pouring water, juice or milk from a great height, they will pull up your plants to see check out the roots and they will paint their teddy - all of this is fascinating vital and essential learning that keeps their seeking mechanism alive and strong. Not only will this help them learn more, a healthy seeking mechanism as an adult will help you avoid getting into “ruts”. So this child like curiosity when nurtured as a child, will build physical, psychological, emotional and social competences that will then build resilience and self esteem.

Remember, real kids need dirt, trees, water, real people, pets and real life experiences to grow healthy, happy and strong! Little things like getting dirty, wet, and making a mess in the play room are exactly what they need to do to learn the intricate patterns and nuances of life. Being able to help clean up the messes they make is also a helpful life skill too. So avoid martyrdom, get your kids to help clean up!

**Extract from “Nurturing the Natural Curiosity of our Children”  
Maggie Dent 2006 [www.maggiedent.com.au](http://www.maggiedent.com.au)**





## 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

6331 5106  
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

6331 5106  
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 BSC, ASC

#### Richmond ASC

#### Rosetta BSC, ASC

#### Sorell ASC and Vac

#### South Hobart ASC

#### Taroona BSC, ASC & VAC

#### Warrane ASC

6230 6806  
oshc@gowrie-tas.com.au

### Family Day Care

#### Family Day Care Scheme

6230 6809  
fdcadmin@gowrie-tas.com.au

#### Head Office

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