



## Message From The Board

Dear Friends and Colleagues,

Welcome back to all returning families for 2012, and a special welcome to all our new Gowrie families. I hope you all had a safe and enjoyable break and enjoyed the great summer weather we were treated to – unlike many of our interstate friends. I hope children have settled in well to the new year and their respective groupings.

2012 shapes to be another big year for Gowrie. Some of the key challenges for the upcoming year include:

- Progressing the planned relocation and centralisation of our support services
- Implementing the National Quality Framework
- The continued upgrade of facilities at a number of Gowrie sites around the state.
- All of course underpinned by a continued commitment to "Children First"

You may have noticed we have recently advertised a number of vacancies on the Board due to recent retirement of Directors. If you have skills you believe would be valuable to the Board, particularly in the areas of financial management, legal, governance or strategy, please consider responding to this process and have a say in Gowrie's future direction. I can promise you will find the experience both challenging and rewarding. Expressions of interest can be forwarded to: [board@gowrie-tas.com.au](mailto:board@gowrie-tas.com.au)

**Scott Adams**  
Chairman

## Message From The Chief Executive Officer

Dear Friends,

On behalf of everyone at Lady Gowrie Tasmania, I wish you and your family all the very best for a healthy and happy 2012. I do hope that you and your family had a wonderful festive season enjoying time with loved ones and friends.

Already we are into the third month of the New Year and gradually children are returning to their respective education and care program. To those returning to Lady Gowrie we look forward to continuing our relationships in 2012, and to the new families a warm welcome each of you into the Gowrie family. In the early period of settling children in the programs or transitioning to a new grouping, there is sometimes some hesitance. It is important for families to have a positive attitude and approach at times of uncertainty as children are very astute in picking up cues of anxiousness. For young children, to hear their families speak to educators in a warm and open manner sends a positive message and for the older grouping the engagement and inclusion of children in conversations between educators and families similarly supports positive feelings and sense of confidence.

As some children commence their first year of formal schooling and perhaps continuing their day by attending one of the Gowrie After School Care Programs, it is important for families to share important information with educators about their child – their likes, dislikes, interests and needs, so as the program can cater for their specific requirements. Children in these programs are also able to articulate their needs and it is essential to make sure their voice is heard. After a full day at school, particularly for first time schoolers, they are often tired and need to have time to unwind and 'veg out' for a while. The After School Care Programs are based on the firm belief it is not an extension of school – it is a time for recreation, fun and the opportunity for children to make choices about what they want to do until it is time to go home. This may be quite time to unwind, physical activity to expend some excess energy, have a snack, engage in games or creative experiences. All these will be on offer for the After Schoolers!

As is the case always, but more important during the settling and transition period, educators are very keen to get to know families and children and work in collaboration to make sure the experience is a positive one for the children. I actively encourage families to share relevant information about their child with educators to support the provision of an appropriate program for individual children.

Be assured our management team and educators are committed to working in partnership with families to support the education and care of each child and make it a positive experience for all.

Until next time...

**Ros Cornish**  
Chief Executive Officer

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### NATIONAL REFORM AGENDA

Over the holiday period there has been a great deal of negative press relating to the implementation on 1 January 2012 of the National Quality Framework. Lady Gowrie Tasmania has been a firm proponent of the NQF as the initiatives therein promise to support improved outcomes for young children. Such initiatives as improved adult to child ratios (for the under 2 year olds), increased requirements for qualified educators, plus the introduction of a more rigorous and robust quality system are supported by evidence based research as key components of quality education and care services.

Much of the negativity has revolved around the cost of the NQF which will be borne by the consumers – families. There is no doubt that quality costs! This is evident in everyday life – whether it is a car, furniture or electrical products. But we are not talking about material items; in this case we are talking about our children – and their future.

During this period of reporting, I was approached by radio, television and printed press to make comment on the cost increases and the amount which Lady Gowrie would be applying from 1 January. Sadly the media were clearly seeking the 'sensational' story and many of my comments were not incorporated into their respective reports as Gowrie has not increased fees this year. I now take the opportunity to share an unpublished article provided to the local press to provide a more balanced view of the reforms.



### EDUCATION AND CARE REFORMS

*I concur with the concerns raised by Senator Carol Brown in her letter (5 January) to the editor relating to her disappointment at the Mercury editorial regarding childcare and the negative slant on what is considered welcomed reform. For many in the early childhood education and care sector the National Reform Agenda for Early Childhood Education and Care is the fruition of a long held vision for Australia's young children.*

*As pointed out in the editorial child care often slips under the radar in public debate, but it has been identified by all major educated nations as critical to support the aspirations of improved outcomes for our youngest citizens. The lifelong benefits of quality education and care are well documented so such reforms as agreed through the Council of Australian Governments should be embraced by families, educators and indeed the broader community as opposed to focusing on the perceived negative impact.*

*Evidence based research tells us that the early years of a child's development, that is those prior to formal school, is the most critical period in terms of learning and development. Positive experiences in stimulating and nurturing environments plays an integral role on the child's future intellectual and social potential and contributes to better outcomes throughout their life.*

*Therefore, we have an obligation to ensure children are given the best possible start through access to quality education and care services. The key determinants of quality has been researched and documented to be qualifications of those providing the education and care curriculum and the adult to child ratios. So the reform initiatives of improved qualifications of educators and better ratios are a move in the right direction.*

*If we are to fulfil this obligation the reforms should be seen as positive strategies. Yes quality does cost and there will be challenges in the implementation of the reforms.....but at what price do we place on our most valuable asset?*

*Education and care is complex – an essential component in the lives of many families as they balance work and family responsibilities, crucial to supporting the economy of this country. There are many issues yet to be faced including the improved wages and conditions for educators in the sector. But we have to start somewhere and the reforms will bring some of these complexities to the forefront and raise the status and standing of a sector which has been the poor relation of the education system for too long.*

*For the record, the fee increases outlined in the editorial will not be passed onto families accessing Lady Gowrie Tasmania community based services. This is despite the fact that this organisation already employs above the minimum requirements for qualified educators, pays wages and conditions in excess of the current modern award and where possible works to improved ratios and provides a range of value added services to support families.*

*Despite the media reports regarding the cost of education and care, it is more affordable now with the federal government providing means tested child care benefit and child care rebate for 50% of out of pocket expenses.*

*Those services imposing large increases onto families should consider reviewing their current business operations and practices to identify improvements and efficiencies to minimise the need to increase fees.*

*It is time to stop the negativity and promote the positives of the reforms and what they will achieve for young children during their phasing in period which culminates in 2020.*

**Ros Cornish**  
**Chief Executive Officer**  
**Lady Gowrie Tasmania**

## 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.

It is the responsibility of everyone to ensure all children remain safe in and around car parks.

If you have concerns and/or ideas please pass on your feedback from a Service Manager.



## Whooping cough (pertussis)

Notifications of cases of whooping cough (pertussis) to the Tasmanian Department of Health & Human Services (DHHS) have increased significantly since late 2011. Cases of whooping cough have been reported from all regions of Tasmania. People of all ages have been affected.

Please think about whooping cough if your child (or you) has a cough. Please see your doctor as soon as possible if you suspect someone in your household has it. Whooping cough is easily diagnosed and can be treated. Children with whooping cough must stay away from school until they are no longer infectious to others (5 days of treatment).

Vaccination provides protection against serious whooping cough disease. Infants and teenagers should receive vaccine as part of their routine, free vaccinations. Adults should also consider whether they should get a booster dose.

For more information, and contact details for DHHS, please read the Whooping Cough Fact Sheet, available at [http://www.dhhs.tas.gov.au/peh/infectious\\_diseases/pertussis](http://www.dhhs.tas.gov.au/peh/infectious_diseases/pertussis)

## Parents and Educators

We all want children to have a strong start to life. That's why hearing is so important.

When a child's ears are healthy, they can:

- learn language and talking;
- listen to family stories;
- listen to music;
- talk with family and friends;
- be good at school;
- feel good about themselves; and
- get a job later in life.

You can keep children's ears healthy by getting them checked regularly by a health worker, nurse or doctor, even if they seem okay.





## Back to School – keep it healthy

It's that time of year again – schools are back after a long summer break.

Although for many people it's the beginning of hectic mornings and mad rushes to get everyone away on time, keeping the lunchbox healthy doesn't need to be stressful. Here are some healthy lunchbox ideas:

- Fruit is a lunchbox winner!

Bananas, grapes and mandarins are already packaged in their skins and ready to go (just make sure they are in a box or protected so they don't get squashed and smell!)

Oranges/apples/pears simply need to be quartered/cored, then popped into a sealable bag

Dried fruit is a sweet, delicious and great alternative to artificial and highly processed snacks

Drizzling lemon juice on cut fruit will prevent browning and keep them looking and tasting fresh

- Crunchy vegetable sticks are a great lunchbox snack – colourful, delicious and easy to eat! Include mini tubs of hummus or tatziki for added protein
- Soggy sandwiches aren't appetising –

protect bread from juicy fillings like tomato by layering between other fillings like lettuce, sprouts, tuna, ham, left-over roast vegies.

- Let kids help with choosing healthy lunchbox selections so they know what to look forward to
- Vary lunchbox selections to keep it interesting and not boring
- Prepare lunchboxes the night before so they are ready to go in the mornings
- Cook a weekly batch of healthy muffins, mini quiches, vegetable slices, rissoles etc on a Sunday, then individually wrap them and pop them in the freezer so they are ready to go every day (this will also help to keep lunchboxes cool and should thaw in time for lunch)
- Invest in a well-designed lunch box or cooler bag which is easy to use and keeps food safe. Semi frozen water bottles are a great way to keep a lunch box cool

For more recipes and fruit and vegetable tips, visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au).

NEWS FROM EAT WELL TASMANIA INC.

## Why We Play

As an ongoing effort to meet the needs, concerns, and expectations of families, I now provide families with information regarding curriculum development and programming undertaken by Lady Gowrie Children's Services.

Many families might view early Learning programs that may be vastly different than the one you may have attended as a child. Some might see our programs as just play all day. Read on, and discover there is a lot more to a day at Lady Gowrie than meets the eye!

Lady Gowrie' Children's Services programs and curriculum is carefully developed based on current research, practice and policy in education and care, and reflects our own philosophy and that of the Early Years Learning Framework (EYLF).

The EYLF describes the principles, practice and outcomes essential to support and enhance young children's learning from birth to five years of age, as well as their

transition to school. The Framework has a strong emphasis on play-based learning as play is the best vehicle for young children's learning providing the most appropriate stimulus for brain development. The Framework also recognises the importance of communication and language (including early literacy and numeracy) and social and emotional development.

Unlike older children, preschool age children are unable to learn through abstract or passive methods. Young children learn best by direct hands-on experience. They need to actively explore and manipulate materials and toys; discovering answers, properties, relationships, skills and concepts for themselves. Experiences provided need to be concretely relevant to a child's personal knowledge and maturation level. Often this is referred to as age appropriate or developmentally appropriate curriculum, an approach that meets educational goals

based on research on how young children learn best. Play is a child's very personal way of interacting with their world and learning to master the possibilities in it.

The programs provided for children in Lady Gowrie programs is much more than meets the eye; it's the very serious endeavor of starting a life-long path of learning, and having a great deal of fun along the way!

**Tania Ackerly**  
Children's Services  
General Manager (North)





## 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.

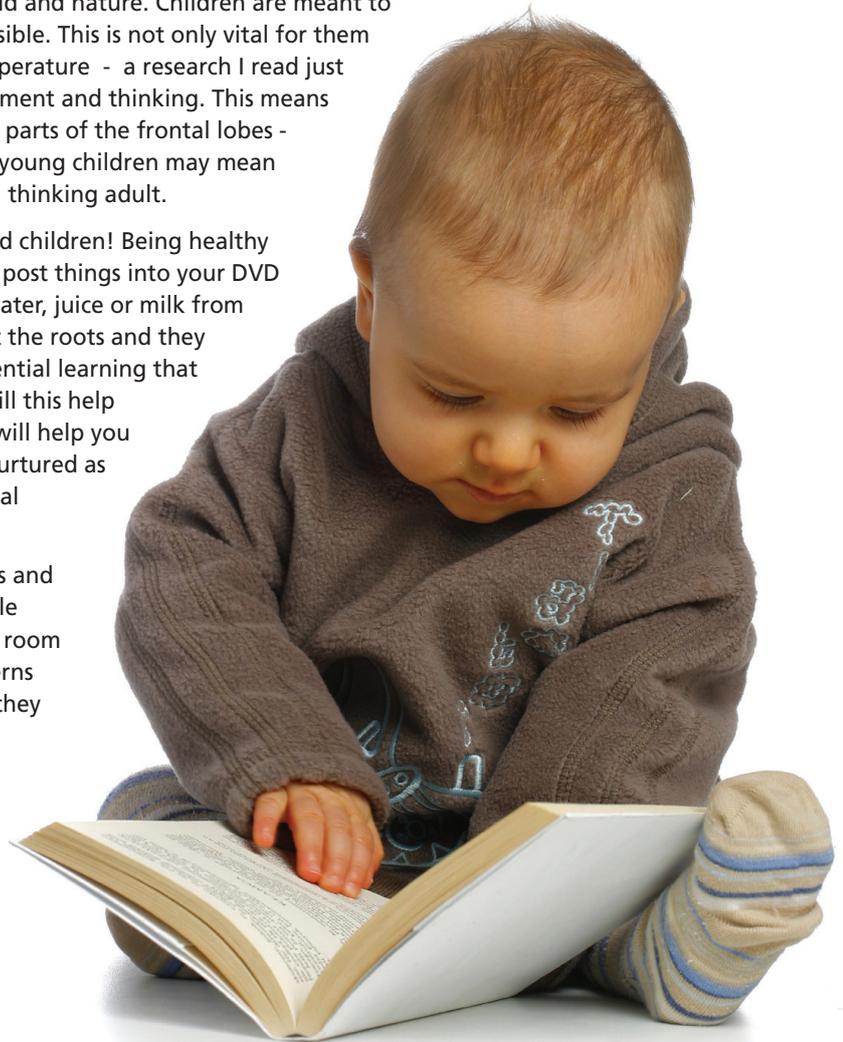
Remember, real kids need dirt, trees, water, real people, pets and real life experiences to grow healthy, happy and strong! Little things like getting dirty, wet, and making a mess in the play room are exactly what they need to do to learn the intricate patterns and nuances of life. Being able to help 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)





## Southern Vacation Care

Three really exciting and fun programs were conducted this summer. Each service ran its own unique program which was planned by the Educators in collaboration with the children and families.

The programs covered activities including science experiments, nature activities, fun in the sun, photography and puppetry.

The children practiced their climbing skills and risk taking as they worked their way up the net.

For the photography and nature activities we took the children from Tarooma and Albuera St programs to the Botanical Gardens. They enjoyed looking at all the different plants and water features.

The children were invited to bring their own camera and we also had some old film cameras that the children could use. They had such fun working out how the 'old fashioned' cameras worked.

"But how do you see what you have taken?" asked one child when I explained the camera to him.

Children, being children loved the messy activities, so 'goop' and 'snot' making was particularly enjoyable and fun.

As evident in this report a great deal of fun was had along with the establishment of wonderful relationships during the engagement in these activities which were entertaining, exciting and educational.

**Miriam Abel**  
OSHC Co-Manager



*Albuera Street excursion to a local playground.*



*Fun on the swings.*



*Photography in the cactus house.  
Boy was it HOT!!!*



*We loved exploring the Botanical Gardens*



*Making a Mess!*

## Northern Vacation Care

The vacation care program at University North and Frederick Street has been endeavouring to make each and every day an exciting and special experience for all children.

Opportunities were provided for open ended and continuous experiences like model making, sewing, woodwork and gardening which allow the children to see their projects develop over time and to feel a sense of achievement when they accomplish a difficult task.

Fun and energetic excursions to exciting places in the local community were planned regularly to places such as Treasure Island, Mowbray Sport and Skate and PCYC. It is important for children to go into the local area so that they can learn more about what is on offer, participate in activities they may not normally be engaged in and see themselves as part of the wider community.

The children were involved in designing areas within the service's for relaxation and quiet activities as well as areas where they can participate in active games, music, dance and other energetic activities.

These experiences help to promote a sense of wellbeing and teach them about the importance of maintaining a healthy lifestyle. Time is allocated at the end of each day for children to reflect on the experiences that they have been involved in and to think about what they will share with their families in the evening.

**Tania Ackerly**  
Children's Services, GM North



*Looking forward to another great year!*



## Northern Services Contact Numbers / Email

### Long Day Care Centres

#### 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

63481390

#### Launceston Preparatory School

ASC 63366971

#### Norwood ASC

6336 6971  
nwcc@gowrie-tas.com.au

#### University ASC Campus

#### University ASC Mowbray

#### University VAC Campus

6324 3731  
uncc@gowrie-tas.com.au

### Occasional Care Program

#### Frederick Street Pre-School Program

63481390  
avcc@gowrie-tas.com.au

#### Head Office

'Glenora' Building  
229 Campbell Street, Hobart  
6230 6800  
info@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

#### Lindisfarne North

#### Richmond

#### South Hobart

#### Swansea

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

#### Goulburn Street

ASC

#### Lansdowne Crescent

BSC, ASC & VAC

#### Mt Nelson

ASC

#### Richmond ASC

62306864  
cluster2@gowrie-tas.com.au

#### Rosetta

ASC

#### South Hobart

ASC

#### Springfield Gardens

ASC

#### Taroona

ASC & VAC

### 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  
6230 6800  
info@gowrie-tas.com.au