

Message From The Board

Hello everyone, and welcome to the latest edition of the Gowrie Gazette. I hope you all managed to survive the winter and are looking forward to an improvement in the weather.

The outcome of the recent federal election has seen a change in government, and as a consequence, a change in policy regarding early childhood education and care. The Federal Government has commenced a review into Early Childhood, and whilst this review is underway we are yet to see details of the new government policies. However, they have signalled a significant change. The temporary funding for increased wages to qualified carers in long day care has been revoked.

Whilst disappointing, this decision will not have any immediate impact on our services. We will continue to seek to provide above award wages and conditions for our educators, and continue to lobby government for changes to the overall funding model for early childhood education to provide a better outcome for children and educators in all aspects of care, both centre based, home based and outside school hours care.

The previous government's policy for this funding was very divisive as it was only available to educators in one part of the section and then the amount allocated would only cover about 40% of educators. It is hoped that any future decision to improve wages and conditions is inclusive of all those who work in the sector and indeed not time limited but ongoing.

In more local news, many of you will have seen the recent media coverage regarding the closure of the Lindisfarne North centre.

The decision not to renew LGT's lease came as a complete shock to the organisation, and has placed us in a difficult position to look after the 44 families impacted. Whilst we appreciate the school is under pressure due to increased enrolments, the lack of consultation and late notice have resulted in an unsatisfactory outcome for all. We will continue to work closely with the families affected to look at alternatives. This will include options for care at other LGT sites, as well as evaluation of alternative sites on the eastern shore for establishment of a new service. We have also commenced discussions with the Department of Education regarding the services we provide at other DOE sites throughout the state to ensure this situation does not arise again.

On a personal note, this is likely to be my last article as Chairman for Lady Gowrie Tasmania. I will not be seeking re-election to the role following the AGM in November. I've thoroughly enjoyed my role as Chairman over the last 6 years, and look forward to handing over to one of my fellow directors. I believe I'm leaving the organisation in very capable hands, with a fantastic volunteer board and a great senior management team, ably led by our CEO Ros Cornish. I look forward to continuing to be involved with the organisation in whatever capacity I can assist with, and of course as a client for a number of years to come.

Scott Adams
Chairman



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Message From The Chief Executive Officer

Dear Families and Friends,

As 2013 draws to a close, re-enrolments for 2014 are under way for all services. With the waitlist for southern services extensive – not as extensive in the north, it is important that current families advise of needs for next year to enable any vacancies to be offered to those waiting for education and care.

This situation is not helped by the Department of Education advising that the lease of the facility on the Lindisfarne Primary School site from where the Lady Gowrie Lindisfarne North Centre operates will not be renewed. Over 45 families access this program for their children and every effort will be made to find alternate education and care programs for 2014.

The closure of this centre was not foreseen, with 2014 enrolment forms distributed and recent improvements undertaken at the facility. After 13 years of continuous operation from the site, the lack of communication and collaboration is extremely disappointing. Despite being a small service for children 3-5 years of age, it was a vital program for families at the school and indeed the community as it is the only service in the area. It also provided a seamless transition for children attending the Kindergarten which is located adjacent to the service.

Thank you to the many families and community members who have supported Lady Gowrie Tasmania in this matter. Your support is greatly appreciated and valued.

With the Federal Government election over and a change of government, the education and care sector are closely monitoring any changes to the National Quality Framework given the pre election policy distributed by the Coalition. Early messages indicate an ongoing commitment to the Framework and the National Quality Standards, however there is the potential for some of the timelines for implementation to be extended. Regardless, Lady Gowrie Tasmania is totally committed to the quality agenda and will continue to progress the

initiatives, particularly those relating to higher level qualifications. Already many educators have upgraded or gained a formal qualification with another cohort currently undertaking a study pathway.

It is pleasing to report that during 2014 many services have or are in the process of a range of upgrades:

- Battery Point Centre playground has been revamped and the lower ground floor space developed as a child focused area for pre kindergarten sessions
- Acton Centre "paddock" is about to be developed with a natural environment – due to commence mid October
- Campbell Street Centre has had a 'dry river bed' installed in the courtyard of the 4 year old program
- Bowen Road Centre outdoor play spaces redeveloped
- University (South and North), Lindisfarne North Centres has had upgraded heating and ventilation installed
- Norwood has had two large shade sails installed in the main play ground
- Alanvale is about to develop their infant playground
- Frederick Street Launceston Centre has had the kitchen and dining area upgraded

These improvements have been possible through the Lady Gowrie Tasmania annual maintenance and upgrade program or through successful submissions for grants. These upgrades are in line with the organisations commitment to maintain facilities to a quality standard to support children's learning and development.

Until next time.....

Ros Cornish
Chief Executive Officer





Toys and play

Toys can be a great way to kickstart your child's play and support your child's 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 he might bring the block up to his ear and pretend it's a phone
- balls – they're great to bounce, look at, roll, hold and throw
- cardboard 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 bits of fabric, your child can become anything or anyone he likes
- crafty bits and pieces – coloured paper, stickers, crayons and washable markers can get your child started on a masterwork.

Choosing toys

Many toys have age-range information on their packaging. This can be useful, but in terms of play, it's only a guide. Your child's interests and stage of development will probably give you a better sense of what to choose. Age-range information can be important for safety, however – for example, when toys contain small parts that could be swallowed by a baby. In these cases, it's wise to follow the recommended age-range information.

For your baby, the best 'toy' and play partner is you, a carer or other close family member. Your baby will delight in watching your face, listening to your voice and simply being with you. She'll also enjoy looking at a brightly coloured mobile, listening to a wind-up musical toy or learning to reach for a rattle. When your baby can sit up, she might also like things she can bang – a wooden spoon to bang on a pot is every bit as much fun as a purpose-built toy.

Toddlers love to play with boxes, and often find the wrapping a present comes in more fun than the present itself. Other good choices for toddlers include construction toys (for example, Duplo) and clothing for dress-ups.

Older children often like to solve problems and use their imagination. Puzzles or games that get your child playing with others are also good choices.



Why do children need playtime in nature and the outdoors?

Did you know?

Children of today spend significantly less time at play outdoors than the previous generation; and when they do go outdoors it is less frequently, and for markedly shorter periods of time.

Several alarming and interrelated trends have emerged:

- Children have increasingly withdrawn from the fundamental and formative experiences of nature in their own neighbourhoods, leading lives more sedentary, more structured, and more saturated by media than their parents, as children did;
- Rates of childhood obesity have risen dramatically, attention-deficit and emotional disorders have been diagnosed with alarming frequency, and the virtual world presented on screen has become more meaningful to young people than the natural world right outside their doors.

Nature and the outdoors is good for all of us. Research shows that it is important, healthy and fun for children to have frequent and varied opportunities for play outdoors – and especially outdoors with natural vegetation – as part of their everyday lives.

When children do, they are happier, healthier and smarter. They are more self-disciplined and focussed. They are more self-confident, creative and cooperative. They are better problem-solvers, more optimistic, and more physically fit. Family ties are strengthened, a sense of community is nourished, and a sense of place is cultivated. All in all, nature and the outdoors is good for children and their friends and family too.





Lunch Box Ideas

Best choices

- Vegetables
- Fresh fruit
- Dairy food – cheese or yoghurt
- Protein food – slice of lean meat, hard-boiled egg or beans
- Starchy foods – bread, rice or pasta
- Water

Foods best left out

- Muesli and chocolate bars
- Potato crisps and oven baked savoury biscuits
- Sweet drinks
- Donuts and cakes
- Lollies, honey and jams
- Fatty meats such as salami and Strasbourg.



Biscuits and dips

Best choices

- Wholemeal or multigrain dry biscuits, crispbreads or rice cakes with yoghurt, hummus or vegetable dips.

Foods best left out

- 'Oven baked' and plain savoury biscuits are as high in salt and fat as chips.

Dairy food

Best choices

- Reduced fat cheese slices or cubes.
- Yoghurt – natural or fruit yoghurt. Try freezing a tub of yoghurt and putting it in your child's lunch box. By lunchtime it will have partially thawed and be ready to eat.

Foods best left out

- 'Dairy desserts' and flavoured milks are high in sugar.

Bucket & spade list

We thought it would be fun to make a list of things you and your children can do outdoors. It's a bucket list, but for children!

1. Toboggan down a grassy hill on a cardboard box
2. Go for a 'treasure' hunt
3. Look for bugs
4. Go tadpoling
5. Swing on a rope swing
6. Go for a walk on the mudflats at low tide
7. Spotlighting for wildlife
8. Cook damper on a campfire
9. Go canoeing
10. Look for creatures in the rock pools
11. Play in the bush
12. Catch a wave
13. Go bush camping
14. Go snorkelling
15. Go fishing
16. Birdwatching at a wetland
17. Cross a river/creek on stepping stones
18. Plant a native flower near a river
19. Climb up a big rock
20. Climb a big tree

Source: www.mbsh.org.au

National Standards

Children's education and care services covered under the Education and Care Services National Law are assessed and rated against the National Quality Standards.

There are five rating levels within the national quality rating and assessment process:

- Excellent rating, awarded by ACECQA
- Exceeding National Quality Standard
- Meeting National Quality Standard
- Working Towards National Quality Standard
- Significant Improvement Required

Congratulations to the following Lady Gowrie Education and Care services; Richmond, Norwood (LDC) and Frederick Street Vacation care who were all assessed this year and received an overall rating of Exceeding National Quality Standard.





Study points to gains from reading

Children who read for pleasure are likely to perform significantly better in the classroom than their peers who rarely read, according to a recent report by the University of London's Institute of Education.

The researchers concluded that children whose parents regularly read to them performed better in tests that they carried out on 6000 teenagers at age five, ten and 16 in areas of vocabulary, spelling and maths.

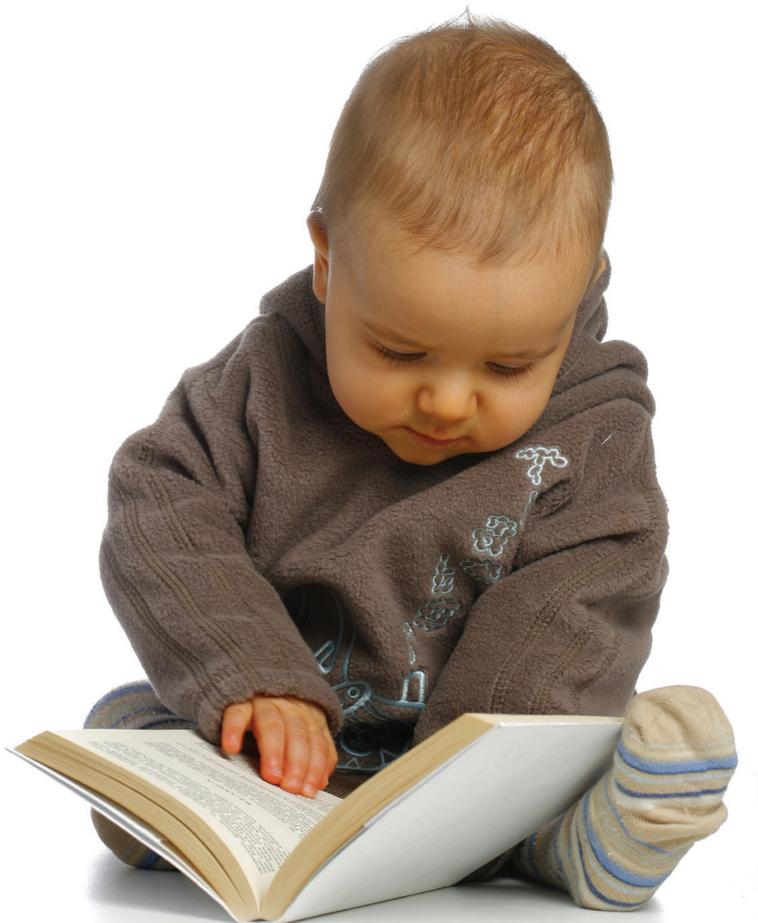
National Vice President of the Australian Literacy Educator's Association says students who read a lot become learners who are risk-takers – who will have a go at learning. "Those who find reading easier at whatever age will read more and thus increase their vocabulary. Increased vocabulary is closely related to comprehension as children move through school," she says.

The study also concluded that reading for pleasure was a more important factor in children's cognitive development. Children who read often for pleasure are exposed to more complex language structures and vocabulary than they are exposed to in oral situations alone. Encouragement is crucial, particularly for reluctant readers. Reading aloud from a variety of authors and genres, and offering children a range of reading materials including magazines and graphic novels, is critical to helping to meet their reading interests.

This building of a rich language and vocabulary from books from an early age is crucial in reading development. As parents and educators we have a job to demonstrate to young people that reading has value for them. Lectures and speeches won't do it for them, but modelling slow reading of great books and articles will.

Ros Cornish, Chief Executive Officer

(adapted from an article by Brooke Lumsden, Education Editor, The Age)



Save the date for end of year celebrations

HOBART

Sandy's Park – North Hobart

BYO Picnic

Tuesday 10th December, 6.00pm-8.00pm

Balloon Artist, Face Painting, Games

Visit from Santa

LAUNCESTON

City Park

BYO Picnic

Wednesday 4th December, 5.30pm to 7.30pm.

The Fairies, Face painting and free train rides

Visit from Santa

Annual General Meeting

Friday 15 November 2013, 12.30pm at Lady Gowrie Tasmania, 229 Campbell Street, Hobart. Light refreshments provided. RSVP for catering purposes – info@gowrie-tas.com.au

2014 Fees

Families are advised there will be a fee increase from 1st January 2014. Further information will be forwarded to families in November.

Enrolments 2014

To secure a booking for 2014 all families should have returned their booking request forms to the relevant service.



Christmas Closure

Services will close at normal time on Friday 20th December and re-open on Monday 6th January 2014.

Exception: Oatlands and Swansea will close on Friday 20th December and re-open on 13th January 2014.



Interested in undertaking a first aid course?

Lady Gowrie Tasmania has identified Royal Life Saving Australia as the preferred provider of first aid training for employees. It is mandated that there is a qualified first aid employee on site at all times. Lady Gowrie Tasmania exceeds this minimum requirement with many employees holding this certification. In planning for 2014 training it was identified that families could also be included in any such training.

This thought was validated when during a recent minor incident involving a child that the parent indicated that they were grateful that there were others who were trained in basic first aid as they had no idea what to do. This further prompted the organisation to consider offering either full first aid course or a customised basic child focused course to families.

For the full course the majority can be undertaken on line with a short practical component. The cost of the course will be affordable as it will be organised as part of the Gowrie training.

In order to gauge interest we are seeking expressions of interest from parents. If there is sufficient interest the organisation will pursue this initiative in 2014. Could you please indicate interest by completing the section below and returning to your respective service?



EXPRESSION OF INTEREST – FIRST AID COURSE IN 2014

Name: _____

Centre: _____

Contact Details (email/mobile): _____

I am interested in (tick) Full first aid course or Customised Child Focused Course

Return EOI to your respective service



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