

News from the Board

As you will no doubt be aware the State Government have recently withdrawn proposed changes to the school starting age. These proposed changes have been in discussion for since the Government released the discussion paper on the Education Act review, some two years ago.

Over this period, Lady Gowrie Tasmania has been at the forefront of opposing the lowering of the school starting age. With the full support of the Board, the CEO and Senior Management Team (SMT) have successfully engaged with government to promote better outcomes for children, and our belief that the lowering of the school starting age did not support this.

The news that the Government has chosen not to pursue this change to the Education Act is welcomed by LGT and no doubt the sector as a whole. The impact of this decision has been the removal of uncertainty with respect to ongoing viability of some centres.

More importantly, the Board and the SMT believe that outcomes for children will be better as a result of not lowering the school starting age.

At our last meeting the Board endorsed the new Strategic Plan for the organisation. As is appropriate for Lady Gowrie Tasmania, the plan has at its core children, their families and their community. Looking towards 2020 the plan will drive decisions made by the organisation and aims to ensure that everything that LGT undertakes is of high quality, improves outcomes for children and serves the needs of our community.

As Chair of the Board I recently had to accept the resignation of Elizabeth Lovett from the Board. Elizabeth has been on the LGT Board for 18 months and is a reliable contributor to meetings, ensuring that the Board considers risk in their decisions. Unfortunately Elizabeth had to resign due to a conflict of interest in her workplace. On behalf of the Board I would like to thank Elizabeth for her contribution over the last 18 months. As a volunteer Board we are grateful to individuals who make the time and commitment on behalf of LGT.

Recruitment for a replacement is in progress. Any interested individual is invited to express an interest for the position of Board Director. Skills required include:

- Strategy
- Risk and Compliance
- Human Resources and Industrial Relations

Expressions of interest can be forwarded to: info@gowrie-tas.com.au

With spring here, I hope that you have the opportunity to enjoy the great outdoors that we are so fortunate to have here in Tasmania.

Best Regards
Chris McGuire
 Chair



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Message from the Chief Executive Officer

Dear Friends and Families,

As mentioned in the report from the Board, the Government announced the proposed changes to the school starting age will no longer be part of the Education Bill 2016.

The Minister for Education announced that the decision not to pursue the optional earlier school starting age demonstrated his recognition of the significant impact on the education and care sector by lowering the Kindergarten and Prep starting age. He also acknowledged the sector had undergone a long period of significant change with further change imminent in line with the Australian Government Child Care Package and another change would have a negative impact.

This outcome is welcomed for many reasons but mainly because it is believed that this is not in the best interests of the child. It also supports the ongoing provision of services in areas that would have been impacted significantly with the loss of the older cohort to the school environment. These services would have been at risk of closure resulting in the loss of services for all children in that community.

The Government have announced a program that will support vulnerable children access to affordable quality early learning. This program recognises that increasing participation in quality early learning is the most effective ways that Government can address the inequities faced by children from vulnerable and disadvantaged families.

Lady Gowrie Tasmania looks forward to working with the Government to develop this program that will commence in 2020.

Thank you sincerely to those staff and families who were active in lobbying their local government representatives. It did make a difference as this policy was one of the most debated in many years.

On another note, the General Manager of Children Services (North) Tania Ackerly has resigned after 14 years with Lady Gowrie Tasmania to take up a position with the Education Department. Tania has been a committed and loyal employee and an integral member of the Senior Management Team. She will be greatly missed by all, particularly the staff and families in the northern area.

On behalf of the organisation, I take this opportunity to wish Tania all the very best and thank her for her long term commitment to the organisation.

Ros Cornish
Chief Executive Officer



Children's End of Year Christmas Party

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".

Lady Gowrie Children's Services invites all children and families to attend an end of year celebration.

Northern Services:
City Park, Launceston
Thursday 14 December 2017
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 13 December 2017
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 service by 8th December 2017

Please note that these events are alcohol free

Fee Increase

The Board of Directors approved a fee increase, effective at the beginning of 2018, 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 2018 is available at each individual site.

Family Day Care

Four Lady Gowrie Family Day Care educators were nominated by families for Educator of the year.

Ania Steele, Karin Eickhoff, Linda Brown and Rachel Milligan

Congratulations to Regional Winner – Ania Steele – Family Day Care Educator of the Year and to our other three educators on your worthy nominations.

Lady Gowrie Family Day Care has also been nominated as Service of the Year. One of the smaller family day care services in Tasmania, we are a boutique service of dedicated educators and staff that challenge pedagogy, strive for continual improvement and inspire each other daily in the delivery of quality education and care.

Here is a brief snapshot of the wonderful service provided by Regional Winner, Ania Steele – Congratulations!



Blossom Montessori



Meal Without Tears

Mealtimes can feel like a war zone in homes with babies and toddlers – even more so when one or more are fussy eaters. Below are some simple tips on making mealtimes with young children more enjoyable.

Involve children in menu planning: makes them feel included

Have set times for evening meals: sometimes they are past their hungry time – have a time range for meals

Eat at the table: supports them to focus on their meal if sitting at the table, less tempted to wander off and play

Get the children to help: give them a small job to do, they become involved

Serve age appropriate portions: if they are hungry they will ask or you can offer more

Turn of distractions: let the phone ring, turn off the television and music – they become easy distractions to little people (and big ones too!)

Model appropriate behaviour: children follow by example. Model the behaviour that you want them to replicate

Encourage conversation: a great time to unwind and relax with pleasant conversation about the day with the child

Remove the battle lines: you can't make the child eat. But no substitute meal provided

Only focus on the big issues: too much negativity can bring the whole routine down. Maintain reasonable core behaviour expectations but let other things go!



Chicken Nuggets

Chicken nuggets are a staple food for kids and this is a great way to make them yourself so you know they're made from quality ingredients. These are so good that adults will be stealing them off the children's plates.

Ingredients

- 500g chicken breast, diced into large pieces
- 1 1/2 cups good quality lite mayonnaise
- 2 cups fresh breadcrumbs
- 2 tbsp butter, melted

Method

- Preheat oven to 200°C fan-forced. Line a baking tray with baking paper and set aside.
- Dip chicken pieces into mayonnaise and then breadcrumbs to coat. Place on tray and drizzle with oil (preferably olive, rice bran or macadamia) over each piece carefully.
- Bake for 20 minutes, stopping to turn nuggets after 10 minutes.
- Serve with homemade chips and extra mayonnaise.

Notes

- You can make adult portions of these and serve them with aioli (garlicky mayonnaise).
- Dry breadcrumbs are fine to use in place of the fresh, but you probably won't need as much butter to make them crunchy.

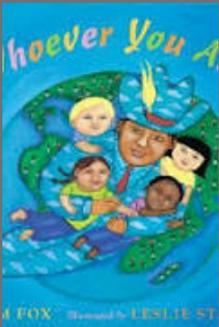




Book Week

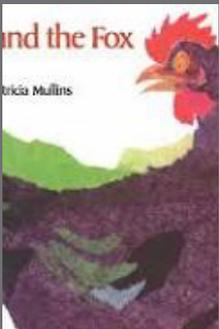


Children and educators at Lady Gowrie Oatlands Education and Care Service enjoyed dressing up as their favourite book character for book week. Book week is celebrated each year within Lady Gowrie Tasmania Childrens Services which brings children and books together to share and promote the joy of reading.



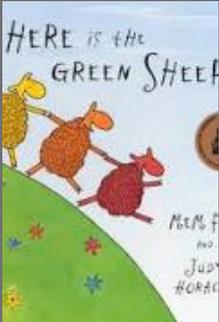
This year's theme for 2017 book week was "Escape to everywhere".

Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. Even after children learn to read by themselves, it's still important for you to read aloud together.



Sharing stories, talking and singing every day helps young children's development in lots of ways.

Reading aloud promotes language development and early literacy skills. It is widely accepted that reading aloud is the single most important researched activity leading to language development and promotes early literacy skills such as: Word sound awareness. Book handling and naming.



Lady Gowrie Oatlands Education and Care Service

New child care package

From 2 July 2018, there will be a new child care package. The package will mean that child care will be more affordable for most Australian families.

Child Care Subsidy

The package includes a new Child Care Subsidy, which replaces the current Child Care Benefit and Child Care Rebate. It will be paid directly to services to reduce the out-of-pocket cost for most families.

Families earning less than \$185,710[^] will no longer be subject to a cap on the amount of subsidy they can access.

The subsidy for families earning above this, up to \$350,000[^], will be capped at \$10,000[^] per year, per child.

Three things will determine a family's level of Child Care Subsidy:

1. Combined family income

A family's income will determine the percentage of Child Care Subsidy for which they are eligible for, with more financial support available to lower income families.

2. Activity level of parents

The number of hours of subsidised care families can access will be determined by an activity test. The higher the level of activity, the more hours of subsidised care families can access, up to a maximum of 100 hours per fortnight.

In families with two parents, the parent with the lowest hours of activity will determine the hours of subsidised care.

3. Type of child care service

The new Child Care Subsidy is also based on the type of child care your family accesses subject to an hourly rate cap.

The Child Care Safety Net

The new child care package includes a Child Care Safety Net to ensure that children in Australia's most vulnerable families and communities have the opportunity to access quality early learning and child care.

Next steps

The current arrangements don't change until 2 July 2018. More information about what families need to do to prepare for the change will be available in early 2018.

www.education.gov.au/ChildCarePackage





Health & Safety: Top 10 Oral Health Tips for Preschool Children

How should you brush your child's teeth? How often should your child have a dental check-up? How can tooth decay in children be prevented? Read these simple tips for good oral health, for preschool aged children 3–5 years old.

1. Use low fluoride toothpaste from 18 months to 6 years

Use a small pea-size amount of toothpaste. Encourage children to spit out toothpaste, do not swallow it or rinse with water. Spitting out can be difficult for small children. You may need to show them how to do it.

2. Brush teeth and along the gum line twice a day.

Brushing teeth removes plaque (the build-up on teeth) that causes tooth decay. Brush all surfaces of the teeth and gums twice a day (after breakfast and before bed). Gently brush in small circles along the gum line. Choose a toothbrush that is designed for children.

It should have a small head and soft bristles. Children will need an adult to help them brush their teeth until about 7 or 8 years of age.

Let your child have a go first before you brush their teeth. Give lots of encouragement.

3. Water is the best drink for preschoolers

4. Preschoolers don't need fruit juice or other sweet drinks.

Fresh fruit is a better alternative. It provides the same nutrients, plus fibre and is more filling than juice.

5. Limit sugary food.

Limit foods high in added sugars. Eating foods with high levels of sugar causes tooth decay. Avoid using foods as incentives or rewards for good behaviour.

6. Healthy meals and snacks are important for healthy teeth

Enjoy a wide variety of healthy foods every day including fruits, vegetables, grains and cereals, dairy, lean meat, fish and eggs. Milk, yoghurt and cheese (and some dairy alternatives) are excellent sources of calcium, which is good for teeth. Choose dairy products that do not have added sugar.

7. Encourage children who are still sucking their fingers, thumbs or dummies to stop

8. Children should have an oral health assessment by 2 years of age.

9. Ask your dentist how often your child should visit

10. See your dentist if your child damages their teeth

Source: <https://www.dhsv.org.au/dental-advice/general-dental>



Science Week Lady Gowrie Alanvale Child Centre



The theme of Science Week for 2017 was "Future Earth". Children and educators from the 3-5 year old room (Belmont Room) at Lady Gowrie Alanvale Child Centre have explored a range of concepts and experiences in relation to this.

Throughout 2017 the children have shown an emerging interest and understanding of the world and their place in it. From examining the children's life at home and at our service they have stretched their understandings to include life in the broader community and beyond. This has been facilitated by the use of world maps, globes and electronic media such as Google earth. They have also adopted an education and care service from the United Kingdom as Pen Pals which has further extended their understandings of the world beyond.

It was exciting to see that the theme of science week this year was "Future Earth" and educators would be able to link this theme with their current explorations. During the week the children examined the concept of the earth being composed of land and ocean. They explored a visual representation of this through using absorbent papers and dyes.

Throughout the week the children explored the concept of sustainability. An important aspect of this was the discovery of worms in one of their garden beds. Educators took this opportunity to allow children to gently handle the worms and to discuss the importance of worms in the cycle of growth in the garden. Also this week we have been able to observe the seasonal change from winter to spring. The children have delighted in the emerging blossom and have found many leaf buds on our dormant trees.

The children had conversations about the earth and the sun and took the opportunity on a sunny day to examine the shadows created by the winter sun. Some of the younger children (from another group at the service) showed great excitement in discovering shadows for the first time.

The highlight of the week was the use of photo-sensitive paper donated by a family member. This linked in with the theme of Science Week to enable the children to collect natural materials and make use of the natural sunlight to create shadow pictures. The children were able to see the impact of the sun's rays and to discuss how this may affect them and the world around them.



Worm investigation



One of the finished prints



Experimenting with texta colours and water spray



Learning about our world



Waiting for the sun to create the print



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

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Battery Point

6214 0380
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Bowen Road

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Campbell Street

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Kingston

6229 1901
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Integrated Centre for Children and Families

6230 6805
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Midway Point

6230 6872
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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 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 Closures

Services will close at normal time
on Friday 22nd December
reopen Tuesday 2nd January 2018

Please note the following exceptions:

Oatlands - close on Friday 22nd December
reopen on Monday 8th January 2018

Swansea - close on Friday 22nd December
reopen on Monday 8th January 2018