

Message from the Chief Executive Officer

Dear Families,

Welcome to the first edition of the Children's Services Newsletter for 2020.

I extend a very warm welcome to the many new families accessing Lady Gowrie Tasmania services and to those returning families, we look forward to continuing the partnership to provide education and care for your child. All families are actively encouraged to become participants in their child's learning and development and engage with educators in their child's group to ensure the program provided meets their child's needs and interests. The provision of education and care is a partnership and input by families is welcomed and highly valued.

This year has proven a challenge for many communities both at a local, national and indeed a global level. The devastating fires in New South Wales, Victoria and South Australia that impacted on so many with the loss of life, homes and livelihoods and of course the loss of animals and wildlife. Thankfully, Tasmania was not as severely impacted as other states, with the fires in the Fingal area quickly contained.

With the fires still the focus in Australia, the global outbreak of COVID-19 has proven to be the greatest challenge of our time. Lady Gowrie Tasmania continues to provide regular communications to families, staff and clients based on factual information and advice provided by federal and state health authorities. These communications have been distributed to families via the organisation website, Storypark, email and social media and will continue to be distributed at regular intervals each week.

Lady Gowrie Tasmania is committed to helping to reduce the risk of infection or contagion for all children, families, employees and clients, as well as to the general public. This is done by adopting policies and procedures recommended or directed by federal and state health authorities and Tasmanian Department of Education. As an organisation Lady Gowrie Tasmania takes children's families and our employees' health and safety seriously. Therefore, the COVID-19 precautionary measures are constantly being reviewed throughout each day to ensure we are providing the safest environment possible for our community. The services are highly regulated and already have extensive infectious disease



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'Children First'

policies in place. As an organisation, we have increased the hygiene processes to an intensive level, including supervision of children's handwashing, sanitisers available for people entering and leaving the services and additional cleaning services being undertaken.

We also rely on families to self-disclose when and if they meet any of the risk factors identified by the Australian Government and Tasmanian Public Health Authority. When, and indeed if, a case of COVID-19 is confirmed in a service we will act swiftly, communicate immediately with families and staff and follow the directives of the public health authorities. We ask that individuals do not attend our services if you are unwell, have been in contact with a person with a suspected or confirmed case of COVID-19 or if experiencing any symptoms.

Lady Gowrie Tasmania has a simple philosophy – 'Children First'. To this end, I encourage all our families to comfort and protect our children during these difficult times. Be mindful of the conversations you have in front of them and reduce their exposure to troubling images on television and online. Keep your children in their regular routines and schedules as much as possible and allow children plenty of time to relax and play. Take the time to listen to and respond appropriately to questions raised by your children. Further information to support families talking to their children about COVID-19 is attached to this newsletter and is available on the organisation's Facebook page and website. With children spending increased time at home as part of the measures to reduce the risk, included in this Newsletter are some ideas for activities for children from birth to school age.

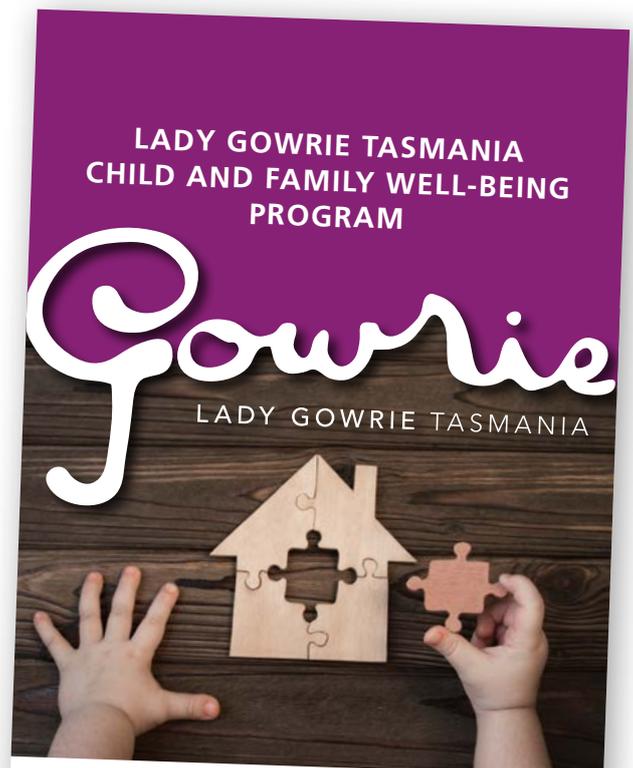
I encourage our families to stay informed about the COVID-19 situation in Tasmania through the organisation's regular

updates and the Tasmanian Department of Health and Human Services documents related to personal hygiene and social distancing attached this newsletter.

I would also like to thank all Lady Gowrie Tasmania staff who are working tirelessly to implement increased hygiene procedures in our programs and providing additional support to ensure our children and families are kept safe, both physically and mentally, during these challenging times.

Until next time.

Ros Cornish
Chief Executive Officer



Lady Gowrie Tasmania is a community-based not for profit organisation, providing a range of services for children, families and early childhood professionals within Tasmania.

Lady Gowrie Tasmania offers their families access to the Child and Family Well-Being Program.

The program provides free confidential, practical and emotional support to families who might be experiencing some of life's challenges or who may benefit from support in the day to day raising of their children.

CHILD AND FAMILY WELL-BEING PROGRAM

229 Campbell Street, North Hobart

PO Box 422 South Hobart Tasmania 7004

P 6230 6860 E familysupport@gowrie-tas.com.au

*'The things you can see
only when you slow down'.*

HAEMIN SUNIM

Message from the Board of Directors

Families and Friends,

With the emergence of the serious COVID-19, the Board are informed of current and emerging information as it comes to hand. The information contained in the Chief Executive Officer's article in this newsletter replicates our commitment to children and families. Families are encouraged also to access the organisations social media platforms and website for updates.

The start of the new year is always a busy period as we farewell families moving on to the next stage in their education journeys, and welcome new families to be part of the Lady Gowrie Tasmania community.

This time of year is a key transitional period for many of our children and their families as they move between rooms in our long day care services, with our early childhood educators starting work early in the process to plan for and support these changes. It is also a busy time for our school-aged educators and support teams, as they transition from providing before and after school care to holiday care and then back again, welcoming new and familiar faces and helping children adjust to the routine of the new school year.

While our teams have been busy providing services, support, educational programs, training and care, the Board has been dusting off our papers and the strategic plan with our first Board meeting for the year held at the end of February. These meetings are supported by the efforts of Board Directors out of session working through our Sub Committees which have also recommenced meetings focussing on the areas of finance, risk and audit, governance, and business development.

As well as making sure we have a strong forward focus, this is also a time and opportunity for reflection. The Board will shortly commence our annual Board review to make sure we're meeting the expectations we have set and that we are providing effective support and guidance to the organisation. I'll keep you up to date with our progress as the year unfolds.

On behalf of the Board, I'd like to take this opportunity to welcome back our families returning for another year, and to extend an extra welcome to our new families and friends joining us in 2020. And for those that have now moved on in their education journey, we look forward to seeing you flourish as part of our Lady Gowrie Tasmania alumni and thank you for being part of our community.

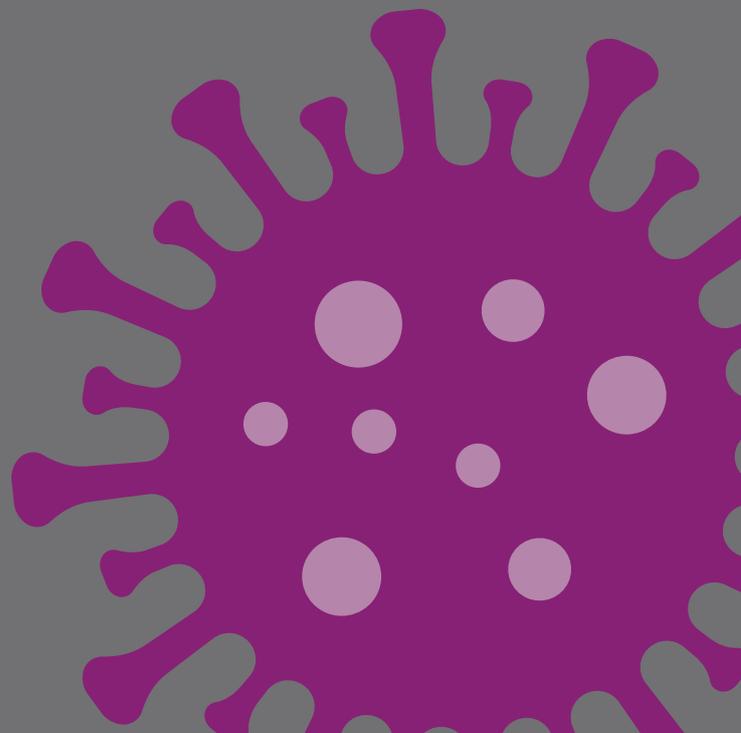
Anne Beach
Chair - Board of Directors

Important Immunisation Update

COVID-19 and Influenza Immunisation

It is recommended that all children over the age of six months be immunised against influenza when the vaccine becomes available in mid-April. Flu immunisation can help health professionals rule out the flu when assessing your child's symptoms. This is because COVID-19 and the flu have similar symptoms. Also, if fewer people get the flu, it can help reduce the demand on the health care system.

For more information about immunisations go to www.immunise.health.gov.au or talk to your family GP.



Lunar New Year Celebrations

Lunar New Year is a festival typically celebrated in Asian countries which begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later. This celebration consists of spending time with family and friends, feasting on foods with symbolic meanings, gift giving and sharing good wishes.

The children, families and educators at Lady Gowrie Tasmania University South Education and Care Service recently celebrated the Lunar New Year. Freda, our educator who speaks Mandarin, shared the intricacies of her culture by organising experiences and offering opportunities for children to participate in activities to reflect this celebration, including decorating fortune cookies and art experiences activities.

To be inclusive of the many cultures represented by the families within our community (Chinese, Japanese, Malaysian, Vietnamese and Indonesian) we also focused on reading stories and having conversations about these cultures to encourage a true sense of belonging within our service.

It is wonderful to see this community come together and celebrate this special time of the year and for the children to be given the opportunity to build on their understanding of different cultures around the world.

Meagan Shea and Kate Edmonds
Lady Gowrie Tasmania University South
Service Managers



Be You – Supporting Children and Young People's Mental Health

'Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people. Our vision is for an education system in which every learning community is positive, inclusive and resilient, and where every child, young person, staff member, and family can achieve their best possible mental health. Be You empowers educators by supporting them to develop their mental health skills and knowledge, while also providing guidance on how to implement whole-service and school approaches. It offers a range of online, evidence-based tools and resources aimed at improving the skills and knowledge of educators to foster and support mental health and wellbeing in children and young people'.

Commonwealth Government of Australia, 2018.

At Lady Gowrie Tasmania we continue to seek out opportunities to build on the wonderful foundations we create for children in order to enhance their overall health and wellbeing. Not just while they attend our services but as they transition from home, to school and throughout life. In alignment with Be You it is our vision that all children, educators, families and communities can achieve their best possible mental health. Be You compliments the work that we as an organisation have committed to through the recently launched reconciliation action plan in commitment to building respectful relationships and understanding of Aboriginal and Torres strait islander people and their culture.

Be You has five domains aligned closely with the National Quality Standard for Education and Care — Mentally Healthy Communities, Family Partnerships, Learning Resilience, Early Support and Responding Together — that intersect and together span the spectrum of promotion, prevention, early intervention, intervention and postvention.

Lady Gowrie Tasmania will work closely with their assigned Be You consultant to bring training, guidance and support to the educators and leaders who will weave the Be You framework through each service. It is our aim to empower educators with the knowledge they need to be cognisant of their own health and wellbeing, the health and wellbeing of the community context of their service and the impact that their work with children can have on positive mental health outcomes for their future.

The Be You framework is adaptable by all services types due to its indeterminate nature, leaving room for each service to start at any point of the framework regardless of their qualifications, level of experience or community context.

Did you know that half of all mental health issues in Australia emerge before the age of 14? Or that one in seven 4 to 17-year-olds in Australia experience a mental health condition every year? Regretfully, poor mental health is well documented in statistics such as these but with the commitment of many services like Lady Gowrie Tasmania across the nation we will continue to actively work towards providing a learning community that is positive, inclusive and resilient in the aim to improve the mental health outcomes of Lady Gowrie Tasmania children, families, employees and the wider community.

For further information about Be You please visit beyou.edu.au

Kylie Britten
Children's Services Quality Manager

References:

Commonwealth Government of Australia (2018). Be You – Leaders Handbook: Early Learning Services. Retrieved 13th February 2020 from https://beyou.edu.au/-/media/pdfs/handbooks/leaders_handbook_early_learning_services_pdf_10mb.pdf?la=en&hash=C62FF07E651FC02004DE3249A7D932FBB83F0540



Family Day Care Reflection

At Gemma's Family Day Care one of my focus points is ensuring children have access to outdoor play and physical activity all year round, no matter the weather. I encourage parents to pack sunhats, gumboots and warm clothing so as not to let the weather dictate our program. I am lucky enough to have a large outdoor area with lots of trees and shade. One of the children's favourite play areas is our large undercover gazebo covered in ivy vines which we can use to seek refuge from the rain and the hot midday sun. I have recently become aware of the benefits to children's sleep cycles and health when they sleep outside. The children now regularly sleep outside if they choose to and I have noticed many positive changes in their sleeping habits and behaviour.

I like to source my resources from nature and we now have a great collection of pinecones, sticks and branches. I also like to visit local tip shops for interesting finds and often make my own resources. The children arrive at the beginning of the week very eager to explore all the new and interesting resources! Recently the children showed great interest in

playing with a lock which inspired me to extend on their interest in locks by building a discovery wall. Needless to say, the wall is now a favourite with the children and provides a great opportunity for the children to practice their fine motor skills.

The children have also enjoyed exploring loose parts play experiences using wooden off-cuts, old tyres, PVC piping, shells and wooden pegs. These play experiences have resulted in the children building houses from wooden blocks, peg people and a Grimm's rainbow, people and house. The recycled timber car has also provided hours of enjoyment for the children as well as practising valuable sharing and turn-taking skills.

These natural, recycled and loose parts resources provide limitless imaginative and learning opportunities for the children in my care and add great depth to our program.'

Gemma Cooper

Lady Gowrie Tasmania Family Day Care Educator



Homemade Toys and Free Activities for Children

Suitable 0-8 Years

Homemade toys and free activities: why they're good

Homemade games and free activities at home are a great way to keep children entertained, and to help them learn and grow. They don't cost any money, and they can really boost your child's creativity.

It's easy to come up with ideas for children as they get older. There are lots of toys and games that you and your child can create together.

You can also give your child things from around your home for some open-ended play – for example, young children usually love putting on and taking off the lids of containers, and older children often enjoy playing make-believe with old tea towels. Make sure that the things you give your child are unbreakable and too big to be choking hazards.

Playing with newborns

You are the 'toy' that your newborn most enjoys! Your touch, the sound of your voice, being rocked in your arms, or staring at your face is more than enough entertainment for a new baby.

Your newborn will also love being outside when the weather is good, feeling the wind, hearing the sounds of birds, and experiencing new outdoorsy smells.

Splashing in shallow water or in the bath is also lots of fun. Just remember to always keep your hands on your baby when you and she are playing around water – babies can drown in as little as a couple of centimetres of water.

You could play gentle music to soothe your baby, or make bath time relaxing with a calm atmosphere and warm water and a warm massage afterwards.

Newborn babies respond to music, but it's your voice that they enjoy most. Hold your baby, sing, talk and make eye contact. These activities will keep your baby entertained, and help your baby learn and get to know you all at once.

All babies are unique and some babies take more time than others to enjoy new sensations, so watch how your baby responds, and see what he enjoys and is interested in. Your baby's cues can help you know when your baby is happy to play or when he has had enough and wants a rest.

Playing with babies

Once your baby starts to move around more, she might enjoy more active play – especially with you.

Your baby will love to crawl all over you or grasp and shake objects to try out new movement skills. All young children need time for quiet play too, so watch for cues that your baby needs some downtime.

Here are some play ideas for babies:

- Make time for one-on-one play every day – for example, talking with your baby or counting his toes. You can make this a part of routine activities like nappy changing.
- Blow raspberries on your baby's tummy and tickle little toes.
- Make a toy shaker. Fill an emptied, washed and dried juice or milk container with rice, pasta, peas, dried pulses or even old buttons (make sure the lid is secure to avoid choking hazards).
- Sing songs and nursery rhymes. Babies really love these when you repeat actions like clapping hands or doing twinkling star fingers.
- Read books as part of your baby's daily routine – for example, before bedtime.
- Make a drum using upside-down boxes, pots or plastic tubs. Give your child a wooden spoon to bang the drum with.

Playing with toddlers

Toddlers are like little scientists. Their play is often about experimenting, observing, testing, trying out ideas and figuring out how things work. For example, your child probably loves to 'post' things – often into the front of the CD or DVD player!

You could try the following play ideas for toddlers:

- Give your toddler some pegs and a peg container. Your child will happily move pegs in and out of the container – over and over and over again!
- Cut pieces of cardboard into small envelopes and decorate them. You could also make a 'post box' by cutting slits into the front of an old ice-cream container or cardboard box.

'Children First'

- Make some playdough and build towers, pancakes, trees or just shapes – whatever your toddler likes. You can even just squelch the playdough between your fingers.
- Put together a box of old clothes for some dress-up or pretend play. You could use an ice-cream container to make a fun dress-up hat. Cover it with foil, and your toddler is an astronaut. You can also paste material, fake flowers or pom-poms onto a container to turn your child into a fancy guest at a tea party.
- Go for some outdoor play in the backyard and open outdoor spaces.

Playing with preschoolers

Try some of the following play ideas. They're fun and will also help with your child's fine motor skills and gross motor skills:

- Show your child how to stuff old stockings with paper or material scraps to make creatures like a snake or caterpillar.
- Make a sock puppet using old socks. Sew on buttons or paste other bits of material for eyes, nose and hair.
- Fill a box with clean, old clothes for dressing up.
- Fold newspaper pieces into a pirate's or magician's hat. Let your preschooler cut out and paste on coloured pictures cut from old magazines.
- Let your child's imagination turn old cardboard boxes into toys – a car, cubbyhouse, shop counter or kitchen stove.
- Visit the local park or just take a walk in your local neighbourhood. These are all sources of adventure and fun for your child.

- Tape some scrap paper together to make a simple book. Let your child create the story and decorate the pages either by drawing the characters herself or cutting and pasting them out of old magazines.

Playing with school-age children

Keep your child entertained and stimulated with the following play ideas:

- Find some big, old boxes and see what your child can do with them. They could become a cubbyhouse, rocket ship or hide-out.
- Cook with your child – start with some simple family favourites.
- Turn old sheets into a tent by draping them over the backs of chairs or make a cubbyhouse by draping a sheet over the edges of the table.
- Let your child help you out with small household chores and tasks. Children often enjoy collecting the mail, helping to fold clean washing or watering the garden.
- Play word games – for example, make up silly rhymes and riddles.

Article adapted from Raising Children website: <https://raisingchildren.net.au/newborns/play-learning/play-ideas/homemade-toys>

To view this article in languages other than English and to learn more about creative ideas for homemade toys and free activities visit www.raisingchildren.net.au



Action Research Project – 'The Paddock'

Lady Gowrie Tasmania Acton commenced an Action Research Project which was led by Dr Megan Gibson from Queensland University of Technology (QUT). The project was implemented over a six month period, with Lady Gowrie Tasmania University South and Lady Gowrie Tasmania Campbell Street also participating. Each service was able to choose an action research question that had significance relevance to their education and care setting.

'The Paddock' has become an integral part of the Lady Gowrie Tasmania Acton programs that are offered to children each day. Since its original development in 2013, the space has evolved, providing a setting for a variety of outdoor learning opportunities for children and educators to engage in. Through observations and conversations with educators, it was identified that some educators felt unsure of how to engage in the space confidently and would benefit from focused training and support in 'The Paddock' area. Through conversations with families, it was also identified that many parents did not know what actually happened when children visited the space. As a result, the action research question was formulated – 'How do we maximise the learning opportunities for all children, educators and families in The Paddock?'

The Action Research team consisted of Rose Wilson (Room Leader for the 3-5yr age group), Taryn Hall and Jodie Hayes (Service Managers). The team attended three workshops with Dr Gibson over the six months period as well as engaging in online meetings where all teams connected and engaged in shared discussions about their projects.

'The Paddock' project involved the use of family surveys to gather information, determining what exactly the parents already knew about the space and what they wanted to know more about. Surveys completed by the educators provided information about the areas they felt they were confident in and areas that they felt they needed additional support.

The Action Research team spent time talking with educators about practice, role modelling practice and suggesting ideas for other educators to use. A staff meeting was held in 'The Paddock' by the campfire to increase the connection for educators with the paddock space – this experience evoked a lot of conversation and renewed enthusiasm for the area.

Through the process of regular reflection and discussion about practices that were effective and those that were not, some outcomes of the project were:

- 'The Paddock' booklet was created. This booklet is a place for educators to showcase the experiences they provide for children during their small group visits to the paddock space.
- A professional learning plan was outlined for continued professional learning for educators in 2020 to be facilitated by Scott Gibson from Gowrie Training and Consultancy.
- Utilisation of 'The Paddock' by the educators has increased across all programs resulting in more children having the opportunity to engage in play and learning in the natural environment.

Taryn Hall and Jodie Hayes

Lady Gowrie Tasmania Acton Service Managers



'Children First'

Supporting the George Town Community

On Sunday 23 February Lady Gowrie Tasmania Gordon Square Education and Care Service, located in George Town, participated in the annual George Town 'Wings n Things' event which was held at the George Town airport. This event is organised by the local Rotary Club and all money raised supports the local George Town community. Gordon Square Education and Care service have been providing free children's activities at this event for the last five years. Lady Gowrie Tasmania has a strong commitment to supporting the community and were very proud to be involved in this fun day!



Fun with Shredded Paper!

The children at Lady Gowrie Tasmania Bowen Road Education and Care Service had the opportunity to participate in a sensory experience which involved shredded paper in a large cardboard box. They enjoyed exploring and investigating alongside their peers.

To begin with, some were unsure about what to do. They sat and watched others playing and then reached in to touch the paper. Some showed interest in what was in the box and others were curious as to what it felt like. Some others were throwing the shredded paper into the air and watched it float down like a snow.

The smiles on their face showed their excitement and they looked like they were keen to explore this experience further. It did not take long before some children decided to crawl into the box and immerse themselves in the paper. They all had such a wonderful time!

The educators also plan to extend on this learning experience by adding small, coloured balls to the boxes to engage the children further and to enhance the educator's planning journey.

Hidajeta Vlaskovac

Lady Gowrie Tasmania Bowen Road Service Manager





Coronavirus:

How to talk to your child about Novel Coronavirus (COVID-19)

Don't be afraid to discuss the coronavirus.

- Most children will have already heard about the virus or seen people wearing face masks. Parents shouldn't avoid talking about it.
- Not talking about something can actually make children worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. Try to help your child feel informed by giving them fact-based information. This is likely more reassuring than whatever they're hearing from other sources.

Be appropriate.

- Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions.
- Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

Take your cues from your child.

- Invite your child to tell you anything they may have heard about the coronavirus, and how they feel.
- Give them ample opportunity to ask questions. Be prepared to answer (but not prompt) questions. Your goal is to [avoid encouraging frightening fantasies](#).

Deal with your own anxiety.

- If you are feeling anxious or panicked. This isn't the time to talk to your children about what's happening with the coronavirus.
- If you notice that [you are feeling anxious](#). Take some time to calm down before trying to have a conversation or answer your child's questions.

Be reassuring.

- Children can be egocentric. Hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it.
- It is helpful to reassure your child about how rare the coronavirus is (the flu is much more common). Reassure them that children actually seem to have milder symptoms.

Focus on what you're doing to stay safe.

- An important way to reassure children is to emphasise the safety precautions you are taking.
- Children feel empowered when they know what to do to keep themselves safe.
- The coronavirus is transmitted mostly by coughing and touching surfaces.
- The [CDC recommends](#) thoroughly washing your hands as the primary means of staying healthy.
- Remind children that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs). This is important when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.
- If children ask about face masks, explain that the experts at the CDC say they aren't necessary for most people.
- If children see people wearing face masks. Explain that those people are being extra cautious.

Stick to routine.

- Staying grounded in routines and predictability is going to be helpful right now
- This is particularly important if your child's school or child care shuts down.
- Make sure you are taking care of the basics just like you would during school holidays.
- Structured days with regular mealtimes and bedtimes are an essential part of keeping children happy and healthy.

Keep talking.

- Tell children that you will continue to keep them updated as you learn more.
- Let them know that the lines of communication are going to be open. You can say, 'Even though we don't have the answers to everything right now, know that once we know more, Mum or Dad will let you know, too'

Reference: This information has been sourced from the [Child Mind Institute](#). Attributing Dr Janine Domingues, PHD and Dr Jamie Howard, PHD.

Further Resources

[How to talk to your children about coronavirus](#) – ABC News

[Coronavirus: Keep it simple, stick to facts - how parents should tell kids](#) – BBC News

[How to talk to your kids about the coronavirus \(and ease their fears\)](#) – NBC News

Contacts

For up-to-date information, visit:

- [Tasmanian Public Health website](#)
- [Australian Government Department of Health website](#)
- Coronavirus Health Information Line [1800.020.080](tel:1800020080).



Protecting yourself from coronavirus

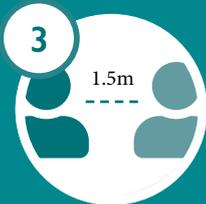
Following this advice and practising hygienic respiratory etiquette can help slow the spread of COVID-19



1 Wash your hands frequently for at least 20 seconds or use an alcohol-based hand sanitizer



2 Cover your cough and sneeze with your elbow or a tissue, then dispose of the tissue in a rubbish bin



3 If unwell, avoid contact with others (stay more than 1.5 metres from people)



4 Clean and disinfect frequently touched surfaces regularly



5 Stay home if you are feeling unwell

Practising good hand and sneeze/cough hygiene is the best defence against most viruses

Coronavirus is most likely spread from person-to-person through direct or close contact



Protecting yourself from coronavirus

Hand Washing Procedure



1 Wash with water and soap, ensuring the entire back and front hand surface is covered



2 Lather palms together



3 Lather between fingers



4 Focus on both front and back of thumbs

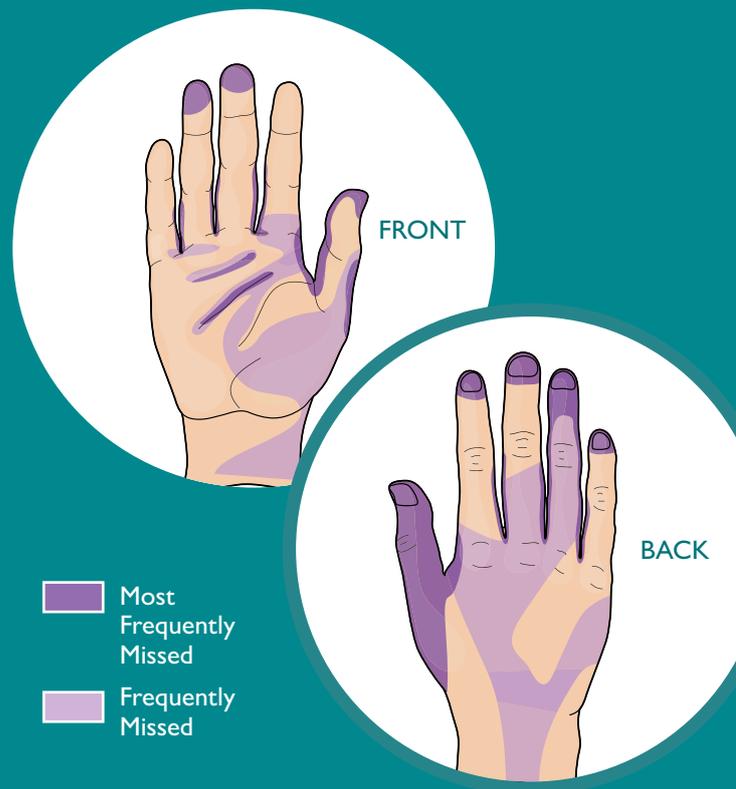


5 Make sure to reach the back of your hands



6 Lather wrists and rotate

Frequently missed spots when washing hands



Protecting yourself from coronavirus

Guide to social distancing

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people. Social distancing is important because COVID-19 is most likely to spread by close contact with an infected person, or by contact with droplets from an infected person's cough or sneeze.

So, the more space between you and others, the harder it is for the virus to spread.

What should I do?

- If you are sick, stay at home. If children are sick, do not send them to school. These are the most important steps you can take.
- Minimise physical contact, such as shaking hands and kissing to greet others.
- Keep two steps away (more than 1.5 metres) from others when you are out in public.
- Unless essential, avoid places and gatherings with many people.
- Consider using online services where possible (e.g. pay bills online).
- At work, hold large meetings via video conferencing, phone call or in the open air if possible.
- Wash your hands frequently and thoroughly with soap and warm water and dry them.
- Use a tissue (or in the inside of your elbow) to cover your mouth and nose when you cough or sneeze. Be sure to put the tissue in the rubbish bin straight after use.
- Clean and disinfect frequently touched surfaces such as desks, benches, light switches and door handles regularly.

At home

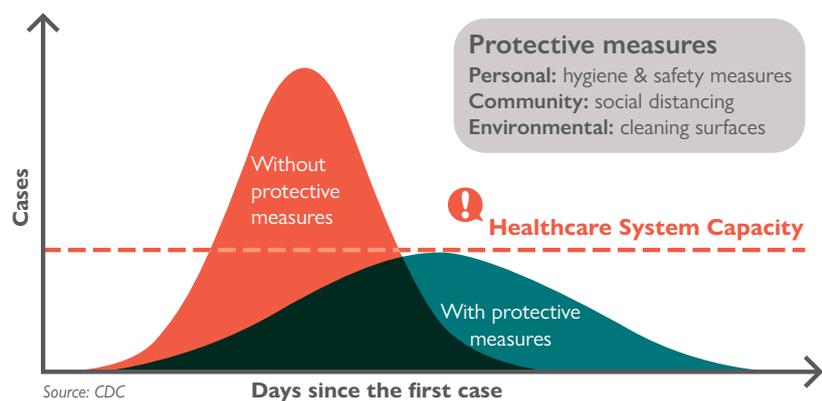
- Increase ventilation in the home by opening windows or adjusting air conditioning.
- Visit shops sparingly and buy goods and services online where possible.
- Care for sick people in a single room if possible. Keep the sick person's door closed and open the window.
- Protect those at risk of severe illness, including people over 60 years and those with a serious underlying illness, e.g. heart disease, lung disease, cancer, diabetes, renal failure.

In the workplace

- Stay at home if you are sick.
- Defer large meetings or use phone and video conferencing for essential meetings.
- Avoid crowded lunchrooms.
- Consider opening windows and adjusting air conditioning for more ventilation.
- Reconsider non-essential business travel.
- Promote strictest hygiene among food preparation (canteen) staff and their close contacts.

Flatten the curve

Collective action can limit the rise of new COVID-19 infections and help hospitals manage increased demand for care. See diagram below explaining why it's important we all do our bit to try to flatten the curve.





Contact Details

Head Office

346 Macquarie Street, Hobart	6230 6800	info@gowrie-tas.com.au
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Northern Services

Long Day Care Services

Alanvale	6348 1390	alanvale@gowrie-tas.com.au
Gordon Square	6382 2445	gordonsquare@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 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Gordon Square ASC, VAC	6382 2445	gordonsquare@gowrie-tas.com.au
Launceston Preparatory School ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Norwood ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
University ASC Mowbray, VAC Campus	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au

Occasional Care Program

Frederick Street Pre-School Program	6331 5106	oshclusternorth@gowrie-tas.com.au
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Southern Services

Long Day Care Services

Acton	6248 5644	acton@gowrie-tas.com.au
Battery Point	6214 0380	batterypoint@gowrie-tas.com.au
Bowen Road	6228 4568	bowenroad@gowrie-tas.com.au
Campbell Street	6230 6881	campbellstreet@gowrie-tas.com.au
Kingston	6229 1901	kingston@gowrie-tas.com.au
Integrated Centre for Children and Families	6230 6805	integratedcentre@gowrie-tas.com.au
Midway Point	6230 6872	midwaypoint@gowrie-tas.com.au
University	6226 2088	unisouth@gowrie-tas.com.au
Fahan Richmond South Hobart	Swansea Oatlands	6230 6805 clusteradmin@gowrie-tas.com.au

Outside School Hours Care Programs

Albuera Street ASC, VAC Bowen Road ASC Brighton BSC, ASC, VAC Glenorchy ASC, VAC Goulburn Street ASC Lansdowne Crescent BSC, ASC, VAC	Mount Nelson BSC, ASC Richmond ASC Rosetta BSC, ASC Sorell ASC, VAC South Hobart ASC, VAC Taroona BSC, ASC, VAC	6230 6806	clusteradmin@gowrie-tas.com.au
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Family Day Care

Family Day Care Scheme	6230 6809	familydaycare@gowrie-tas.com.au
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