

Message from the Chief Executive Officer

Dear Families,

Like many within the community, the organisation has been consumed by managing and responding to the impact of the COVID-19 pandemic. Since the Children's Services March Newsletter, services have continued to consistently implement high level hygiene practices plus a arrange of other strategies to minimise the risk of infection or contagion for children, families, employees, and clients as well as the public. All have been consistent with the advice provided by the relevant authorities.

Our people across all programs have worked to ensure children remained the focus by supporting their health and well-being as well as the delivery of quality early and middle childhood programs. It is so pleasing to witness children engage with their peers and educators and participate in a range of experiences to support their development. In many ways, they have been oblivious to what is happening around them.

Throughout the pandemic the organisation has provided regular communiques to families with information about health and safety requirements along with changes to government policy and practice. With the recent announcement about changes from mid-July when the current relief package ceases along with the free fee period and Child Care Subsidy resumes, it is important that any change to current arrangements are advised with the two week notice period. This will enable new families seeking care to be placed in one of our services.

The re-opening of parks and playgrounds to the public has enabled children to engage in physical activities outside of the home. Similarly, with restrictions eased families are now able to gather and meet in larger numbers. It is important to maintain safe practices both inside and outside the home – following physical distancing requirements and continuing to practice good hygiene practices.



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'Children First'

With school holidays from 6 to 16 July inclusive, vacation care programs have been completed and any family requiring care over this period should make immediate contact with the respective program. Due to the restrictions of COVID-19 excursions continue to be paused, however an exciting range of activities have been planned for the children attending the programs.

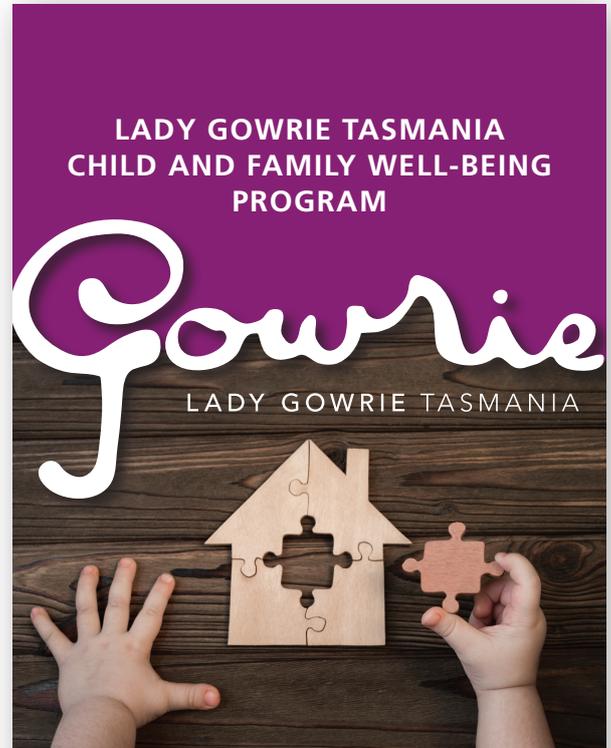
Thank you to those families who have continued to support the organisation throughout the pandemic. Your faith in our people to keep children safe and provide a stimulating environment to support their learning and development is so greatly appreciated.

Our people are our best asset and throughout the pandemic they have shone. Their flexibility and adaptability in responding to the needs of the organisation has been a key factor in our continued success. They have been at the coal face day in, day out enabling essential workers to engage in the workforce whilst balancing their own work and family responsibilities.

Many families have expressed their appreciation for the commitment by our people and I also add on behalf of the Board and Management deep gratitude and thanks to every member of our Gowrie team.

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

*'Sustainability simply means
holding our world in trust
for our children'.*

MICHAEL MEACHER

Christmas Closure

Lady Gowrie Tasmania Children's Education and Care Services and Head Office will close for the Christmas break on Wednesday 23 December 2020 and will re-open on Monday 4 January 2021. Closer to the time, please check with the educators at your particular service to confirm exact closure dates and times.

Message from the Board of Directors

Families and friends,

I hope everyone is staying well and supporting each other in what has been a difficult and uncertain period for many of us, and our children.

While at this stage it appears as though Tasmania is through the worst of the health based risks posed by the coronavirus pandemic, with no active cases of COVID-19, it is critical that we remain vigilant and support each other as the economic and mental impacts of the situation are still very apparent for many in our community.

On behalf of the Board, I would like to take this opportunity to thank our CEO and our Senior Management Team for their commitment and leadership during what has been a very challenging start to the year. Their efforts, flexibility and patience have enabled us to keep our doors open to support our families and provide as much normality as possible to children in our care here at Lady Gowrie Tasmania. Their commitment, advocacy and support across the sector, has also been important to provide safe services for children across the state.

We are also incredibly grateful to each of our teams across the organisation. A huge amount of effort and dedication has been required to provide regular engagement with our families, ensure compliant and safe spaces, and keep our facilities and services open.

I would also like to thank you, our families and friends, for working with us during this challenging time, and observing our changing operating requirements and protocols to meet increased safety and changing policy settings.

We have also had some changes at the Board in recent months and farewelled Belinda Beltz and Bobby Court earlier this year. Both Belinda and Bobby have made excellent contributions to the Board over the last two years serving on our Governance and Finance Sub Committees respectively. Both were active and valuable contributors in and out of session and will continue to share their skills and knowledge with the broader community through their various senior management and Board roles.

While it was sad to farewell some of our team, I am very pleased to welcome Chris Smith and Sharyn Gill to our Board of Directors. Chris and Sharyn both bring a wealth of knowledge and experience in working in education and in senior management, Board and community roles. We are grateful to have them on the team and are already benefiting from their fresh insights and engagement.

I hope you have all found the regular updates from our CEO useful as we have worked through the changes COVID-19 has brought upon us over the last few months. Please continue to engage with our educators and centre managers if you have any questions and keep an eye on our website and regular Facebook posts for new information, in addition to the updates provided by email and these newsletters.

Finally, a quick reminder that Lady Gowrie Tasmania has a range of programs to support our families and friends. Please reach out and see what services we may be able to offer if you need advice or support. The well-being of our families and children are central to our work and you may be surprised by the suite of programs Lady Gowrie Tasmania offers and can support you with.

Anne Beach
Chair Board of Directors



National Reconciliation Week at Acton

A gathering in 'The Paddock' marked the start of Reconciliation Week 2020 at Lady Gowrie Tasmania Acton Education and Care Service. Children and educators from the 1 to 5 year old programs joined early childhood teacher, Laurene, for a special music session to recognise the Aboriginal and Torres Strait Islander people within our community. The group sang the service's Acknowledgement to Country song followed by an Aboriginal lullaby and a song from the Torres Strait Islander community.

Throughout the week, children in the 3 to 5 year old program were provided with the opportunity to share in a group time around the firepot, engaging in conversations about home and family life. Creative experiences were also offered, allowing children the time and space to recreate their understandings of Aboriginal artwork that they had observed. The children also worked together contributing to the creation of a handprint mural - the colours used signified the colours in the Australian, Aboriginal and Torres Strait Islander flags.

Taryn Hall and Jodie Hayes

Managers - Acton Education and Care Service



In this
together

National Reconciliation Week
2020

27 MAY – 3 JUNE

10 Ideas for Encouraging Sustainability at Home

Today's children will be tomorrow's leaders in the battle against climate change, so it's vital that children understand the concept of sustainable living from an early age.

Research shows that modelling or teaching by example has a greater effect on children's behaviour than simply telling them what to do. So, if you are looking to emphasise the importance of sustainable living, start by evaluating your own habits to see if there are areas you can improve in.

When children see their parents actively making lifestyle choices that are less damaging to the environment, even if this means sacrificing some convenience, they will be much more likely to do the same as they grow older.

Of course, in addition to modelling the right behaviour, there are also things you can do to create 'teachable' moments. If you are not sure where to start, here some ideas for teaching children about sustainability and lowering your family's carbon footprint in the process:

1. Read story books about climate change

Reading story books together is both a bonding parent-child activity and an excellent way to introduce your child to the issue of climate change, without being overly gloomy. Some well-known children's classics can create opportunities to discuss the importance of living sustainably, such as *Where the Wild Things Are* or *Charlotte's Web*. There are also books that address the issue more pointedly, from Michael Foreman's picture book *Dinosaurs* and *All That Rubbish* to Elizabeth Beresford's series of children's novels *The Wombles*.

2. Let children accompany you to the grocery store

Children can learn a lot from accompanying you to grocery store every now and then, although you will have to lay some groundwork ahead of time. Before you head out, explain the concept of eco-friendly products to your child and make sure they understand how to check whether something is locally produced and organic. Once in the store, you can ask them to



'Children First'

help you select the right products by looking out for certain labels or stickers and looking for products without unnecessary plastic packaging.

3. Discuss and practise recycling at home

Another issue that is important for children to understand is waste and recycling. You can talk about how paper is made and why recycling can help protect the forests, and discuss how some materials, such as plastic, take hundreds of years to break down naturally and are harmful to wildlife and the environment. Once they understand the importance of recycling, you can create separate bins for plastic, cans, glass and paper and then decorate each one with its own picture to remind them of what goes where.

4. Visit a local sustainable farm

Visiting a local sustainable farm is a great way to teach your children about where their food is coming from and why it is important to buy organic and locally grown fruits and vegetables. Some farms even allow you to pick your own fruits and vegetables, which can be both fun and educational. Seeing how animals used for meat, milk and eggs are kept may also give your children a chance to think about the animal products they consume.

5. Spend more time in nature

Spending more time enjoying nature trails, forests and parks will help your children see the value in protecting nature. While you are enjoying nature walks together, you can also broach the topic of how our actions impact nature and what we can do to minimise that impact. You could even carry an empty sack and make a game of collecting any rubbish you spot while you are exploring.

6. Start a vegetable garden

If you have the space for it, starting a simple vegetable garden is a fun way to show your children where their food comes from. You can start by researching together which vegetables grow in which seasons and deciding where you want to plant them. If you do not have much outdoor space, you can grow tomatoes, cucumbers and herbs in pots or create a simple vertical garden.

7. Implement meatless Mondays

If your family eats meat, implementing 'Meat-free Mondays' is a great way to have an open conversation about

the environmental impact of livestock farming and lowering your family's carbon footprint. After discussing why eating less meat can be a good thing for the environment, you can have some fun coming up with meat-free recipes you want to try.

8. Talk about conserving water and energy

Children can have a difficult time understanding that water is a limited resource or that electricity is usually generated from non-renewable natural resources. So rather than just asking them to turn off the lights when they leave a room or reprimanding them for leaving the water running while they brush their teeth, find some educational videos and infographics that will help them understand why conserving natural resources is a good thing. You can also look for ways to make it fun. For example, you could make an effort as a family to reduce your monthly bills, and then donate the money saved throughout the year to a good cause.

9. Tackle an upcycling project together

Upcycling goes hand-in-hand with recycling and creating something beautiful or functional out of an item you would normally throw away can be a great lesson in producing less waste and using resources wisely. For example, empty plastic bottles can be turned into bird feeders, a pizza box can make an excellent surface to paint on and tin cans can be turned into DIY lanterns.

10. Start cycling more often

It is easy to fall into the habit of taking the car everywhere you go, but if you do not live too far from your child's school, the grocery store and other places you tend to go quite frequently, you should consider cycling when time and weather conditions allow. Not only will this save on fuel costs and minimise air pollution, but it is another 'teachable' moment that will get your children thinking about how their everyday choices can impact the environment.

Find many more fantastic ideas about encouraging children to live sustainably on ABC Education website.

Article sourced from ABC Education website:
<https://education.abc.net.au/newsandarticles/blog/-/b/2985599/10-ideas-for-teaching-kids-about-sustainable-living>

Community Connections

Northern Tasmania

Hollybank Forest Reserve is a 20-minute drive from Launceston and is a fun day out for families. This is one of Tasmania's most popular walking and picnic areas. In autumn, exotic deciduous trees are a colourful contrast to the natives. A 40-minute walk passes through examples of Tasmania's major production forest types in a demonstration forest. Interpretive signs show how each forest type is harvested and regenerated. The reserve also contains 20 kilometres of dedicated mountain bike trails descending through the forest with short and long loops suitable for beginner and advanced riders.

For more information visit: <https://www.discovertasmania.com.au/attraction/hollybankforestreserve>

Southern Tasmania

The City of Hobart's Bush Adventures program offers people of all ages the chance to explore the wonders of nature around Hobart while enjoying and learning more about our local bushland reserves. You can volunteer as a family to keep allocated areas of bushlands rubbish free or look on the Hobart City Council's website under 'Community' for upcoming Bush Adventure programs. For children aged two to five years, the 'Bush Stories' program is the perfect way to foster curiosity, wonder and connections with our natural world. Families can also explore together the Waterworks Reserve and kunyani/Mt Wellington reserve for a fun and adventurous day out!

For more information visit: <https://www.hobartcity.com.au/Community/Events-and-activities/Bush-Adventures>



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Winter is Here!

At Lady Gowrie Tasmania South Hobart Education and Care Service we are privileged to have spectacular views of kunyoni/Mt Wellington every day. Winter is particularly exciting for the children as the mountain is often covered in snow.

One morning I took a beautiful photo of the mountain covered in snow, printed it out and placed it on the easel for the children to observe. We then set out some paints and Julian helped to choose the colours - white for the snow, blue for the sky, black for the mountain and red for the melting snow!

The children were then given the opportunity to create their own paintings of the snowy kunyoni/Mt Wellington.

During this experience the children engaged in meaningful conversations while they painted, including how they like to visit the mountain with their families and throw snowballs.

Karen Atkinson

Team Leader - Lady Gowrie Tasmania South Hobart Education and Care Service



Healthy Winter Recipe

CARROT CAKE MUGS

Ingredients

- ¼ cup shredded carrot
- 1 tsp cinnamon
- 2 tbs greek yoghurt
- ½ maple syrup
- 1 free range egg
- 1 tsp vanilla
- ¼ cup wholemeal flour
- ½ tsp baking powder

Method

1. Add carrot to microwave-proof mug and microwave for 1 minute to soften.
2. Combine remaining ingredients in a small bowl, then fold in carrot. Transfer mixture to mug and microwave for a further 1 1/2 minutes or until cooked through. Serve warm.

Tips and Tricks

To replace 1 egg, you can either use ¼ cup of apple sauce or half of a medium sized banana.

For a 1:1 ratio, greek yoghurt can be substituted with a variety of products including coconut, cashew, oat yoghurt and pureed silken tofu.

For tips and tricks for gluten-free baking, check out this link: <http://allrecipes.com.au/how-to/58/ten-top-tips-for-gluten-free-baking.aspx>

Family Day Care Reflection

Lady Gowrie Tasmania Family Day Care educator, Melanie Golding, shares her reflection and photos below:

'When the COVID-19 lockdowns were announced, I had several parents mention to me that they were not sure how they were going to occupy their children in the extra time at home. I started thinking about how I could help, and with the children, created some packs using recycled materials for all the families to take home. We raided our collection of recycled products and filled empty ice cream containers with yoghurt pouch lids, wool, tongs, plastic needles and balloons. Suggested activities I provided for these included counting games, colour sorting, threading, patterns, building structures and racing boats.

I then thought about the importance of children's physical activity during this time and for each child we created a set of skittles using recycled 600ml water bottles with a small amount of water in the bottom of each, into which we added and mixed different food colourings. Each of the bottles were then sealed with tape and labelled with the associated colour, a number from one to ten in both word and number form and with the correct number of dots to assist with counting and number association. These bottles were and still are a big hit! Used not just for skittles but for counting games, hide and seek games, musical instruments and colour games.

The children were so excited to take their activities home and the families were very appreciative of the additional resources. It certainly added some fun and creativity into what otherwise were stressful times!'



Immunisation

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases. Your child can get the immunisations recommended on the Australian National Immunisation Program (NIP) schedule from several places including GP clinics, community health clinics and local government immunisation clinics. In January 2016, the Australian Government introduced a 'No jab, no pay' policy. This means that if a child isn't fully immunised parents are ineligible for the Family Tax Benefit Part A or the Child Care Subsidy. For more information about immunisations go to www.immunise.health.gov.au or talk to your family GP.

'Children First'

Sustainable Living and Learning at Norwood

As part of Lady Gowrie Tasmania Norwood Education and Care Service's ongoing commitment to sustainable living and learning, the programs feature many experiences to build on children's knowledge in this area. Over the last few months, the children and educators in the Warragul Room (3-5 years) have been researching ways in which they can play a small part in caring for the local environment and reducing their footprint on the earth. The following examples are some of the ways they have been putting these thoughts and ideas into practice.

In March, the service registered to take part in Clean Up Australia Day. This is a national event which is organised to inspire and empower communities to clean up, fix up and conserve the natural environment. The service received its Clean Up Australia pack which included gloves, bags and posters and started work. The Montgomery Room children (2-3 years) and the Warragul Room children walked together to the nature trail and bushland around the local school and picked up any rubbish they could see. It was a very beneficial experience and a wonderful opportunity for the children to connect with their community and to help maintain the natural environment. This experience was a great way for the children to build social connections, confidence and be more mindful when it comes to recycling and sustainability.

To build on the children's learnings on Clean Up Australia Day, the Warragul Room began a recycling and sustainability focus within their room. The children and educators worked together to set up a recycling station within the Warragul Room so the children could have access to the recycling centre and could use the recyclable materials to resource their own learning in loose parts play. The educators made some new and exciting recycled matching games to inspire and empower the children to think about which articles go into which bins and which bins we actually use when we recycle. Five bins were set up – 'Organic Waste', 'Paper' and 'Cardboard', 'Glass', 'Cans' and 'Plastic'. To help identify the correct bin, a strategy of colour matching and using a post box like game was set up. The educators also accessed literature based on relevant topics including waste, the environment, sustainability and being responsible for recycling within the centre.



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The next step on the sustainability journey was to plant out both the raised garden beds with some winter vegetable seedlings - silver beet, spinach, cabbages, carrots, broccoli and cauliflower. The children then watered the seedlings in, while we all crossed our fingers and hoped that the garden will produce fruitful and hearty vegetables like last year's winter crop. A variety of daily experiences have also been encouraged, such as using any leftover water at mealtimes to water plants, turning off lights when going outside, placing scraps into a worm farm, using the 'worm juice' on the gardens and placing scraps into the compost bin.

We have just begun the next step in our journey which has been to share information with our families to and encourage them to join in on our journey of learning about sustainability. We have shared information about how to participate in Clean up Australia's 'Plog-A-Thon' challenge ('plogging' is the combination of two words 'jogging' and the Swedish phrase for pick up, 'plocka upp'). We are encouraging everyone to 'step up' in their local community, spend time with their family exercising and pick up rubbish along the way. We also hope this encourages our families to think about how they can minimise their use of plastics at home and contribute to a cleaner, healthier world.

For more information, visit www.cleanup.org.au

Heather Mains
Manager - Lady Gowrie Tasmania
Norwood Education and Care Service



Child Care Subsidy Eligibility

To prepare for the transition from free child care back to CCS families need to be aware of the following:

- Families who received CCS before 6 April 2020 will automatically receive it again from 13 July 2020 as long as they have remained eligible. These families do not need to do anything further.
- However, all families are encouraged to check their eligibility and ensure their details are up to date in their Centrelink online account through myGov or the Express Plus Centrelink mobile app.
- Families who have had changes in circumstance which may affect their CCS eligibility must inform Centrelink of these changes by updating their Centrelink online account through myGov or the Express Plus Centrelink mobile app.
- Families who received CCS in 2018-19 financial year and have not yet confirmed their income for that financial year must do so by 30 June 2020. If this is not done, their CCS will not start again on 13 July 2020.
- Families who intend to withdraw their child/ren from care permanently must sign in and out of the service on the first and last day of care or the CCS Cessation of Care will be applied, CCS will be removed and full fees will be charged for care. This is an important requirement to prevent the application of the full fee amount.

WHEN TO GET TESTED FOR COVID-19

STAY
HEALTHY STAY
CONNECTED

Get tested if you have any of the following:

- » fever
- » runny nose
- » cough
- » sore/itchy throat
- » shortness of breath



To make an appointment or discuss your options for testing call the Tasmanian Public Health Hotline on **1800 671 738**.

If you become very unwell or have difficulty breathing, call **Triple Zero (000)** and ask for an ambulance.



For more information about getting tested for COVID-19 visit www.coronavirus.tas.gov.au
For COVID-19 related enquiries call the Tasmanian Public Health Hotline on **1800 671 738**

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, BSC	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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