

Message from the Chief Executive Officer

Dear Families,

As we come to the end of another busy year the more tired we feel, the more we look forward to warmer weather and the holidays when life slows down without the rush to get to work, school or education and care every day. I hope everyone will have the opportunity to use this time to focus on the important things in life - looking after yourselves, enjoying stress free time with family and friends and spending more time outdoors.

On this note, you will find in this newsletter an interesting article written by Maggie Dent on the importance of 'go-slow living' for children's mental health and wellbeing, including tips on how to slow our days and our life down a little. You will also find some fun activities and play ideas which I am sure you will enjoy with your children during the summer holidays.

Lady Gowrie Tasmania's 2020-21 Annual General Meeting was held in November and it was a time to reflect, acknowledge and celebrate the remarkable work undertaken in our services and programs by our passionate and dedicated people. It was a time to thank our families, clients and learners who placed their trust in our organisation to provide either education and care for their children, or to provide support for their family or to provide professional support for their individual learning journey.

I would like to take this opportunity to again thank all our children, families, educators and support staff who make our education and care services such a special place to be. It has been an absolute pleasure getting to meet some of you as I have visited our services and I thank everyone for welcoming me so warmly. In particular, I have enjoyed my daily interactions at Head Office, located within the Integrated Centre in Macquarie Street, with the children and families as they become more familiar with me.

I would like to reassure families that we are working hard on plans to support children, families, clients, learners in the likely event that COVID-19 makes it into Tasmania and into our programs and services. Obviously, our intention is to minimise disruption to our programs and services as much as possible, and we are working with the State Government on having clear guidelines for early childhood services in the event that we need to close or isolate our people.

Along these lines, we have been continuing to encourage, support and make time for our people to get vaccinated. The State Government have not put a mandatory vaccination policy in place for our sector, so the Board of Lady Gowrie Tasmania is going to be making a firm decision about this any day now. I have spoken to a number of families and our people directly about this and we are clear that we want



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CEO continued*

100% of our people immunised in order to keep our children, families, clients, learners and each other safe.

Finally, to those families whose children will commence school in 2022 and are leaving Lady Gowrie Tasmania, thank you for entrusting your children's education and care journey with us and we wish you well as you embark on the next stage of this journey. To support families with this transition, we have included an article in this newsletter which provides practical tips on preparing children for starting school.

To those children and families returning to Lady Gowrie Tasmania in 2022, we look forward to continuing to work in partnership with you to support your children's education and care journey and to ensuring that 'Children First' remains the firm focus in all that we do.

Wishing you all the very best for a safe, restful and 'slow' holiday season.

Mat Rowell
Chief Executive Officer

Message from the Board of Directors

Hello Families,

December has appeared quickly as we get closer to the end of another year! It has been a busy few months with our team planning and making preparations for the vacation care program, wrapping up this year's programs and preparing for opening our services and programs in the new year.

During this time, we also held our Annual General Meeting in November. As well as the formalities of the AGM, our annual meeting is a great opportunity to celebrate some of our achievements and our people. This includes the amazing people that have been part of our Lady Gowrie team for 10 and 20 years. Thank you Kate Chequer, Rodney Wickham, Sarah Piepiora, Stephanie Mitchell, Susan Bevan and Taryn Hall. We also awarded our annual Helen Stephen Memorial Scholarship to support study towards an early childhood degree qualification, which this year was awarded to Paula Innes-Brown. Congratulations again to all! Our AGM is also when we formalise Board appointments, with Chelsea Trubody-Jager and Andrew Crozier formally appointed and commencing their first three-year term with the Board, and Barbara Mawson, our Deputy Chair's, term was extended for a year. Thank you to everyone who was able to join us for our AGM, including Nic Stephen, Helen Stephen's son, who again helped present our memorial scholarship. Thank you also to everyone who helped do all the hard work behind the scenes to help make the event happen.

Our final subcommittee meetings for the year were also held in November, and our last Board meeting will be held this month before we take a break, with formal meetings recommencing in February. At our final Board meeting for the year, we will be reviewing our preparations for when the state border opens on 15 December. The evolving COVID situation continues, with a new variant emerging over recent weeks, however, we will continue to monitor the situation and any new requirements. Our focus remains on continuing to provide a safe, engaging and fun experience for all in our care, which includes continuing to support and encourage our team to be fully vaccinated.

A few quick thanks before signing off the year – firstly thank you to the Board for your continued support, efforts and engagement throughout the year. Also, a big thank you to our CEO, Mat Rowell, for taking on the task of leading our team over the last six months in the midst of a pandemic and for your patience, proactive engagement and leadership. Thank you to our Senior Leadership Team for your focus, commitment and continued dedication throughout the changes that occurred this year, and thanks to our team, families and friends that helped us continue to adjust and adapt to evolving requirements, but kept our services and programs open, safe and fun.

I hope everyone has a great break. For those families that will be leaving us and transitioning into the next learning phase of schooling, thank you for being part of our Lady Gowrie family and now alumni. To everyone else, I look forward to seeing you back next year!

Anne Beach
Chair - Board of Directors

LADY GOWRIE TASMANIA CHILD AND FAMILY WELLBEING PROGRAM



LADY GOWRIE TASMANIA

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 Wellbeing 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 WELLBEING PROGRAM

229 Campbell Street, North Hobart, TAS 7000

PO Box 422, South Hobart, TAS 7004

P: (03) 6230 6860 E: familysupport@gowrie-tas.com.au

Christmas Closure Dates

All Lady Gowrie Tasmania services and programs will close for the Christmas break at their usual time on Thursday 23rd December 2021 and will re-open on Tuesday 4th January, 2022. Wishing all our children, families and our people a safe, restful and happy holiday season.

2022 Fee Increase

The Board of Directors approved a fee increase, effective at the beginning of 2022, as part of the budget development and approval process. In approving the increase, the Board was cognisant of the impact on families and compared Lady Gowrie Tasmania fees with other providers. This investigation indicated that the fee charged by Lady Gowrie Tasmania remains below that of many competitors. The fee schedule for 2022 is available at each individual site and upon request.

Kids Alive – Do the Five!

With summer holidays fast approaching it is important to re-visit conversations with children around water safety. Tragically, drowning is a leading cause of accidental death in children under 5 in Australia. Many children will also experience non-fatal drownings, which can lead to debilitating life-long disabilities. 'Kids Alive – Do the Five!' website <https://kidsalive.com.au/> offers fantastic resources for families including access to the mobile app, music videos and water safety animations for children. In the meantime – remember to do 'the five' below!

1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great!
4. Supervise – watch your mate
5. Learn how to resuscitate

*'In the greater scheme of life,
our children are only children
for such a short time.
Let's not rush it.'*

MAGGIE DENT



Let's Take it Slow: The Importance of a Go-Slow Childhood

Stress is a new challenge to children's health and social wellbeing in our modern world. The 'hurried child' and the over-scheduled child are modern developments.

We have sped up the pace of life and living. We live in an instant world where we expect everything NOW. Communication, food, pain relief, results, well-behaved children — you name it, we expect things instantly.

This expectation works silently and unconsciously creates stress when things do not happen straight away.

Children take all of childhood to grow — to learn how to think, learn, process information, behave appropriately, manage their lives, dress themselves, find their way home and learn who they are! We cannot rush this vital development.

Children's brains are immature and unable to cope with the stressors of modern adult living and they often misinterpret adult challenges as being about them or their fault.

Consistent stress becomes distress and the brain is seriously affected. Irrational behaviour, unstable emotions, sleeplessness and defiance are potential signs that a child is stressed and struggling.

We want our children to be able to manage living in our chaotic world and avoid becoming overwhelmed by the speediness and busyness of modern life. One of the best ways to do this is by calming our children's lives.

So perhaps now is a good time to take stock and implement some strategies in your life to slow things down a little and create a calm environment for your kids and yourself.

TOP TIPS FOR GO-SLOW LIVING

Stop rushing

Stressed parents who rush everywhere are one of the main sources of stress and anxiety in children. Always plan to leave 20 mins before you need to so when things don't go to plan (do they ever?) you won't be under so much pressure. Also use visual reminders (for younger children), lists and rosters (for older children) to help prompt children with things like brushing their teeth, remembering to feed the dog or packing their school bag.

Breathe

Healthy breathing has always helped to soothe our stressed psyches. There are many breathing techniques that help restore the calmness response in our bodies. A good and simple one is taking three sighs — and pausing after the third one. Or take three deep breaths with the outward breath being longer than the inward breath, count to five and do it again. This is a simple technique that you can teach children and adolescents, and it won't do you any harm either!

Get some sleep

Consistent boundaries around sleep are important for everyone. Sleep deprivation and inconsistent bedtimes impact on learning, mood moderation and behaviour. The brain needs deep sleep to renew cells and grow new neurons for learning. Good sleep also contributes to better emotional stability and a more agreeable demeanour. Make sure you have family rules about phones and other devices getting switched off at a reasonable hour and kept out of bedrooms, especially for teens.

Slow it down

Try walking slower, talking slower and being more mindful or present in your day-to-day life (there are millions of books and online resources to teach mindfulness). Also ask what you can take out of your life so that you can be a calmer parent, especially in the early years — avoid wearing too many hats when your children are young. Ask the same of your children's lives if they have a lot of activities.

Enjoy the quiet

Homes that consciously create calm and quiet times are building enormous support structures that will help children feel safe, allow them to enjoy their own quiet company and lower the stress levels within their growing bodies. Have regular times in your house where everything is switched off and everyone in the family takes time out to just 'be' instead of 'doing' all the time.

'Children First'

Soothe more

Especially when your children are little, really focus on soothing and comforting them quickly, especially through safe touch and low soothing sounds. As they get older, reassure your children they are valued, safe, and that mistakes and accidents are normal.

Go outside

Spending time in nature has enormous benefits for us all. Make sure you and your family frequently spend time outdoors, whether it's a picnic on the back lawn, walking on the beach or visiting a park.

In the greater scheme of life, our children are only children for such a short time. Let's not rush it.

Article written by Maggie Dent: <https://www.maggiedent.com/blog/lets-take-it-slow-importance-go-slow-childhood/>



Investigating & Wondering at Kingston

We delighted our senses with some intriguing water play combining scented tea, water bottle lids, treasures and special glass jars and bowls. With this provocation the children declared they were making 'potions'.

The tea bags contained dried fruit and fruit essence which created a beautiful scent and made the water red. The children picked up the little silk bags and squeezed out the water remarking on the colours swirling through the water. One of the tea bags broke and we were able to inspect the ingredients, noting the little pieces of fruit and leaves.

Treasure and gemstones added a magical aspect to our play and enhanced our fine motor skills as we attempted to catch the gems with our little scoops to put into our potions. We noted that the bottle lids floated on the water but when we placed a gem on top they quickly sank, inviting science into our play as we hypothesised whether the bottle lids would hold the gems like little boats.

Children took turns sharing utensils to fill their jars as 'ingredients' were poured in and out of the potions and conversation was shared around our memories of prior potion making sessions and our aims with making these new potions.

Kingston Education and Care Service



Dwali Celebrations in Family Day Care

On Thursday 4th November we celebrated Diwali together. Diwali is one of the most anticipated festivals in India and stands for new beginnings, the triumph of good over evil, positivity and optimism. Also known as the Festival of Lights, Diwali is celebrated by millions of Hindus, Sikhs and Jains across the world. Our special celebrations included dressing up in Indian costumes, jewellery and beautiful flowers. We cooked delicious Indian sweets and made mango lassi with fresh mangoes. We decorated our plates with candles and flowers. We also listened to Indian music and danced together.

We had a wonderful time! Happy Diwali everyone!

Viji Gunaseelan – Viji's Family Day Care
(Registered with Lady Gowrie Tasmania Family Day Care)



Connecting with Nature at Norwood



Norwood Education and Care Service share their reflection below:

'With the warmer weather and abundance of rain lately the climate has been perfect for planting seeds and seedlings. The children at Norwood have shown great excitement in weeding the garden beds in preparation for the seeds, fertilising the beds with worm juice from our worm farm and adding compost from our compost bin. Seeds and seedlings were purchased a month ago and the planting began in earnest.

Since then, the garden beds have come alive. So many vegetable seeds and seedlings have begun to grow including tomatoes, cucumber, lettuce, strawberries, silverbeet, edible flowers and sunflowers. The children enjoy the responsibility of watering the plants regularly and with all the rain we have had the water tank is full, so the children have been learning about being 'water wise' by using our tank water to water the garden beds. They are very good at spotting any rogue weeds that have been popping up and trying to remember to check with an educator whether it is a weed or might be one of our vegetables, as they sometimes look similar!

One of the children's major responsibilities each day is feeding the worms in the worm farm. Educators have been teaching the children about foods that worms like to eat. The abundance of worms has ensured our garden beds are never short of worm juice. The children know this helps the vegetables to grow and makes them super tasty. We also have a rockery succulent garden which is now a work in progress with several donated succulents and flowering plants all growing beautifully.

Having an active vegetable garden and worm farm is teaching the children to take responsibility for the natural environment and living things, encourages turn taking, sharing resources and learning new words. It is also a great opportunity for children to spend time in small groups, learning from their educators and each other and making sense of the world in which they live. 'Richard Rabbit', who lives at our service, is also very pleased about our vegetable garden, as he has been enjoying the fruits of our labour as well!

The children enjoy every opportunity to spend time outdoors and now with the warmer weather they will be spending most of their time in the natural environment. Being outdoors gives children the freedom to explore with all their senses. It can be calming when children are feeling anxious but also stimulating and allow children a sense of freedom when they have excess energy as they can run, ride, climb and engage in games with their friends.

There is much evidence of the positive impact spending time in nature has on children's health and wellbeing. At Norwood, growing and harvesting our own fruits and vegetables has had a positive impact on the children and we want to ensure that the children experience all that our environments have to offer.

We feel very privileged to be able to provide these learning experiences for children and play a small part in developing their knowledge and skills which will encourage them to be lifelong learners as they progress through their early childhood years and beyond.'

'Children First'



Strawberry Frozen Yoghurt

Children can make this quick and easy recipe themselves and create their own delicious summer flavours!

Ingredients

- 1 punnet of fresh or frozen strawberries
- 1 cup of Greek yoghurt
- 1 tablespoon of honey

Instructions

Mix all ingredients in a blender on high for 30 seconds – yes, it really is that easy! At this stage the frozen yoghurt will be the consistency of soft serve. If you would like a firmer consistency then transfer the mixture to a storage container or tray and freeze for 2 hours.

Variations

The strawberries can be substituted for any fresh or frozen fruit – raspberries, blueberries, mangoes, kiwi fruit, bananas – the possibilities are endless! Chopped up pieces of fruit can also be added to the mixture.

Summer Play Ideas & Activities

1. Backyard water play – slippery slides, paint with water and brushes, run under the sprinkler, make mud and leaf 'potions' and water bomb fights with sponges
2. Make lemonade to share with family and friends
3. Visit the beach – build sandcastles, search for crabs, collect different types of shells and splash in the cool water
4. Go camping – visit a local campground or set up a tent in your own backyard
5. Create chalk murals and fun designs on your local footpaths
6. Make delicious fruit and yoghurt ice creams
7. Visit a local farm and pick seasonal fruit
8. Plant a butterfly garden at home – for inspiration visit <https://www.bhg.com.au/how-to-attract-butterflies>
9. Go fishing – find a local jetty or safe rocks and drop a line in
10. Fly a kite and ride a bike at a local beach or park

Adapted from: <https://www.unicefkidpower.org/summer-activities-kids/>



2021 Helen Stephen Memorial Scholarship

Helen Stephen was the Kindergarten Teacher at Lady Gowrie Tasmania Battery Point for 25 years and during this time she played an important role in the lives of many children and their families and influenced the pedagogy and practice of many early childhood professionals. To honour Helen's legacy, Lady Gowrie Tasmania provides a scholarship in Helen's memory which is awarded annually to a Lady Gowrie Tasmania educator who has committed to undertake study towards gaining an early childhood degree qualification.

At Lady Gowrie Tasmania's 2021 Annual General Meeting, Paula Innes-Brown was announced as the winner of this year's Helen Stephen Memorial Scholarship. We were honoured to have Helen's son, Nic Stephen, present Paula with her award and share insights into his mother's enduring philosophy of children being at the centre of their own learning journey.

Paula is a team leader in the 3-5 program at University South. Paula started her journey with Lady Gowrie Tasmania University South in 2016 as a student studying her certificate three and was quickly engaged as a permanent educator and began studying her Diploma qualifying in 2019. Paula then went straight on to enrol in an Early Childhood Education Degree through Swinburne University of Technology online which she is still completing part time today.

Paula has always shown an interest in learning all she can about her chosen field of early childhood education and seeks out professional development opportunities whenever she can. Paula also embraces supporting the service to be involved in action research projects and has taken on the role of lead educator in the ELLA program which explores the Mandarin language with children.

This year Paula has taken on the role of Team Leader in the 3-5 program, she has excelled in providing an exciting and innovative child lead program. Paula has a particular interest in sustainability and providing the children with environments which stimulate their learning. Paula enjoys encouraging the children's interest in different directions and therefore the program has followed some very interesting and divergent topics.

Congratulations Paula!

2021 Customer Experience Study

Dear Parents and Families,

YOU ARE INVITED TO PARTICIPATE IN OUR 2021 CUSTOMER EXPERIENCE STUDY!

As a valued member of the Lady Gowrie Tasmania family we are asking for your feedback to help shape the Gowrie of tomorrow. The survey will only take 15 minutes of your time and upon completion of the short survey you will go into the draw to win one of three \$300 gift vouchers. Winners of these gift vouchers will be contacted early next year. This survey is being conducted by our independent research partner, Freeform TCX, and your individual responses will not be shared directly with Lady Gowrie Tasmania Board or Management.

Simply click on the link below to begin:

<https://survey.alchemer-ca.com/s3/50134934/0619ea86ef25>

Thank you in advance for your support.

Mat Rowell
Chief Executive Officer



Starting School: Preparing Your Child

Becoming familiar with your child's new school

In the months and weeks before starting school it is good for your child to become familiar with the school environment. This includes routines and rules as well as the classroom, playground, toilets, drinking fountains and so on. Here are some ideas:

- If your child is at a preschool or early childhood centre with a school transition program, try to make sure your child is at preschool on the days the children visit 'big school'.
- If your child isn't at preschool, visit the school yourselves, or see whether the school runs its own transition program.
- Visit the school and if possible meet your child's teacher. Let your child know that teachers are there to help, and she/he can ask for help any time.
- Make sure your child knows where you'll be picking her/him up.

Practical preparations for starting school

It's a good idea to have uniforms, lunch boxes, bags and stationery ready ahead of time:

- Get your child to try on the uniform and shoes before the first day to make sure everything fits. It's a good idea to have your child wear new school shoes for a few days before school starts and practise doing up laces or buckles.
- Choose a school bag that's comfortable for your child to carry. A backpack with adjustable straps is best.
- Choose a lunch box that has an easy lid for your child to open
- Find out if your child needs any other items for school - hat, art smock, library bag, pencils, markers, crayons.
- Make sure your child's name is clearly marked on all clothing, as well as his/her lunch box and school bag.

Managing feelings about starting school

Starting school can be a big change for your child, and she/he might feel a bit anxious as well as excited. Ideas for managing mixed feelings are below:

- Try to organise play dates with other children before the first day of school. It can help if your child knows another child going to the same school before school starts.
- Give your child lots of love and support and be enthusiastic about your child starting school. This sends your child the positive message that school is exciting and that she/he will cope well and have fun.
- Read a children's book about starting school with your child. Reading books about school together can help you talk with your child about his feelings. You could try *Starting School* by Janet and Allen Ahlberg, or *Starting School* by Jane Godwin and Anna Walker.

Starting school: the early weeks

Your child might need some support when school starts. There are some simple things you can do to help these first few weeks go smoothly:

- Try to drop off your child at school before the bell goes in the morning. Also pick your child up on time. If you're late it could make your child feel very anxious.
- Be patient if your child wants to blurt out every little detail about school or clams up completely. You could try saying something like, 'Tell me one good thing about your day', rather than asking lots of questions.
- Don't expect too much academic progress too soon. If your child is happy and seems to be enjoying school, that's a real achievement. The rest will come later.
- Remember that it's normal for children to play with lots of different children, and even to play on their own sometimes. It takes a while before they settle into a group of friends.
- If your child doesn't seem to be settling well, or tells you about teasing or bullying, speak to your child's classroom teacher.

School is a big transition for your child. Your child might need extra support and plenty of rest at home in the first few weeks.

Taken from Raising Children's Network Article '*Starting School: Preparing Your Child*'.

'Children First'

Exploring Sustainable Living at Frederick Street Preschool

The children and educators at Frederick Street Preschool have been busy caring for their vegetable garden. The children have been learning how the sun and water help the vegetables to grow. They have been learning about sustainable living practices and how to be water wise. When they are ready to harvest, the children are eagerly anticipating sharing the vegetables with their families and experimenting with their taste and texture.

This learning experience connects to EYLF Outcome 2 – Children connect with and contribute to their world by promoting a sense of community within the early childhood setting.

Lady Gowrie Tasmania Frederick Street Preschool



2021 Children's Week Celebrations

Children's Week is a national celebration held each year to recognise the talents, skills, achievements and rights of children. At Campbell Street the focus of our Children's Week celebrations was on children's friendships and educators sharing their skills and knowledge to benefit all children in our service.

In the Burnett Room our educator, Brie, planned and implemented music sessions with the children. Together they engaged in conversations about different types of musical instruments and explored the magical and varied sounds these instruments made. The children and educators in the Burnett and Tasma Rooms also shared and engaged in cooking and art experiences together.

A highlight of the week was coming together and sharing a Teddy Bears' Picnic with our special little teddy bears from home. These Children's Week celebrations provided the opportunity to build stronger connections with our children and families and for new and existing friendships to be strengthened.



Campbell Street Education and Care Service



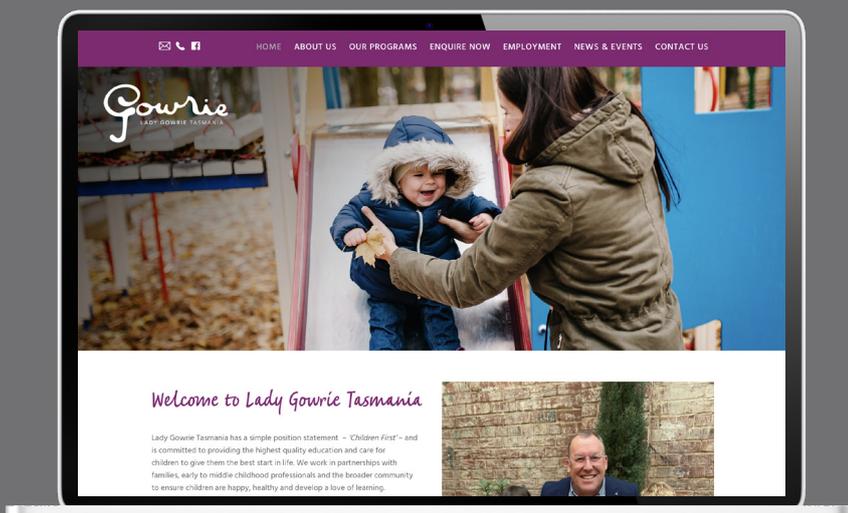
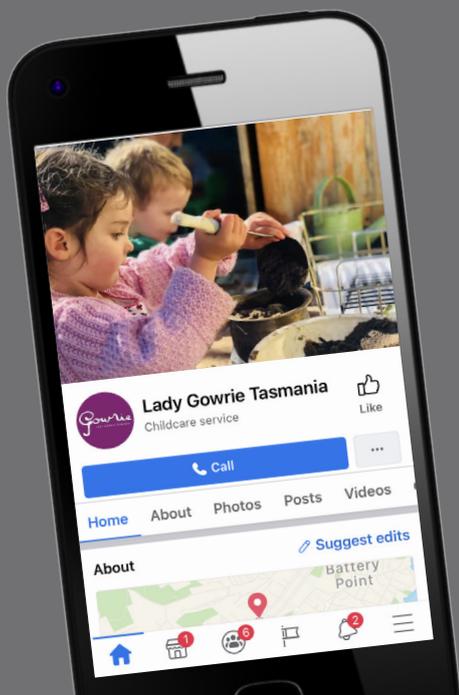
SunSmart Reminders

1. **SLIP** on some sun-protective clothing that covers as much skin as possible.
2. **SLOP** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **SLAP** on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **SEEK** shade.
5. **SLIDE** on some sunglasses – make sure they meet Australian Standards.



Lady Gowrie Tasmania - Website and Facebook

We encourage all families to follow the Lady Gowrie Tasmania Facebook page to receive current announcements and the reflections, stories and photos from our services and programs. Please visit our website www.gowrie-tas.com.au for current information on all services and programs, details of upcoming events, direct links to the latest Newsletters and Vacation Care programs and most importantly for families, an easy to navigate 'Contact Us' page.





Contact Details

Head Office

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

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 |
| Pedder Street (including Preschool) | 6344 9993 | pedder@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 |
| West Launceston ASC, VAC | 6344 9993 | pedder@gowrie-tas.com.au |
| Youngtown ASC | 6344 9993 | pedder@gowrie-tas.com.au |

Occasional Care Program

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

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 |
|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|

Family Day Care

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