

## Message from the Chief Executive Officer

Dear Families

In this digital world that we find ourselves immersed in on a daily basis, the challenge for us all is to find the balance between using technology wisely and purposefully whilst prioritising our mental and physical health and wellbeing.

As we head into the July school holidays, it is timely to reflect on how we can support the children in our lives to find this balance.

Technology has certainly changed our world - we can learn anything we want from the internet, we can live stream a tour of the Seven Wonders of the World, we can have real time face-to-face conversations with loved ones anywhere in the world and order anything we need to be delivered straight to our front door.

There are many advantages that technology offers to children that the generations before them did not have. They can use a number of different online educational sources to teach themselves everything from maths to science to cooking to drawing. They have more ways to entertain themselves

through online gaming, videos, streaming and staying connected via messaging and social media channels.

However, the disadvantages of too much technology in children's lives cannot be ignored. Spending more time staring at screens means that children are spending less time playing outside with their friends and socialising face to face with people. Many childhood health studies have the overuse of technology as contributing to childhood obesity and behavioural/processing issues.

So how do we navigate our way through this technology dependent world whilst minimising its impact on the children in our lives?

The answer is simple – it is all about balance.

Encouraging children to step away from the screens and spend more time outside helps to provide that balance and has countless benefits for their mental and physical health and wellbeing. Being outside provides children with the opportunity for conversation with others and connection to the world around them. Best of all – it is free and lots of fun!



### inside

|                                    |   |                               |    |
|------------------------------------|---|-------------------------------|----|
| Message from the Board .....       | 2 | 'Colour your World' Day ..... | 8  |
| National Reconciliation Week ..... | 4 | Glenorchy ASC .....           | 9  |
| South Hobart OSHC.....             | 6 | Managing Screen Time .....    | 11 |

## 'Children First'

To assist families with finding this balance, you will find in this newsletter a simple winter treasure hunt activity, links to educational online games and apps and an article written by Neivh Gilligan who is a Family Support Worker with Lady Gowrie Tasmania Child and Family Wellbeing Program. Thank you Neivh for providing such a relevant and practical approach to thinking about keeping children safe when online.

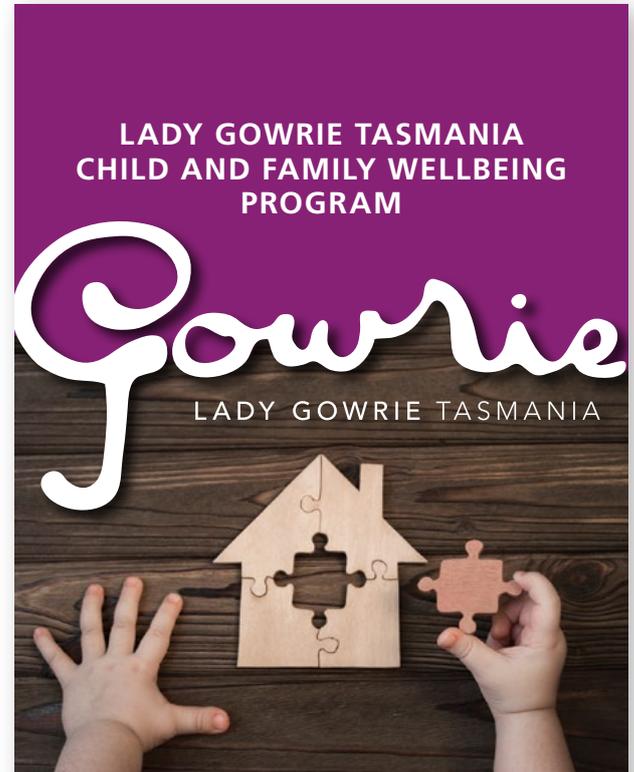
I recently attended the Gowrie Australia meeting in South Australia with the other CEOs from Gowrie services across Australia. Gowrie Australia is a national consortium of state-based early childhood education and care organisations, all sharing the same strong history and foundations. Gowrie Australia uses a national, collaborative approach to advocating and sharing best practices and research for the benefit of children, families, educators and the education and care sector.

At this meeting we discussed opportunities for shared strategic direction, engaging the new Federal Education Minister directly as a group, establishing a national Gowrie 'jobs board' and establishing working parties and networks in business areas, including People and Culture. We also had a tour of the original Gowrie South Australia site at Thebarton which gave me a real sense of the shared history of the Gowrie Australia services and programs.

Lady Gowrie Tasmania benefits greatly from this involvement with Gowrie Australia and I look forward to keeping our community updated on this vital work undertaken with my Gowrie Australia colleagues.

As always, thank you for entrusting your children's education and care with us and stay safe.

**Mat Rowell**  
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 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](mailto:familysupport@gowrie-tas.com.au)

'No matter how old you get, may you always stop to fill your pockets with smooth stones, empty snail shells and other little treasures.'

## Message from the Board of Directors

Hello all and welcome to another newsletter update from the team.

We're nearing 12 months since welcoming our CEO, Mat Rowell, to our Lady Gowrie Tasmania family. It's been quite a busy 12 months managing the changing environment and requirements related to COVID-19, seeing our state border reopening, setting up leave and supports for our team impacted by those changes, a few unpredicted wet weather events and other things along the way!

It's been fantastic having Mat's support and leadership over the last 12 months and I hope you've found the regular communications from him and the team helpful as we've navigated the various changes impacting on the organisation.

Our Senior Leadership Team and team continue to be a great asset and the heart of our organisation. A little while ago you might have seen a number of our educators were featured in The Mercury's search in April for 'Tassie's Best Childcare Educator' which saw our own Brooke Munnings take out the honours. We are lucky to have such a fantastic and passionate team across our services, programs and offices.

The Board continues to meet each month, with a key focus for our upcoming meeting to work through our budget for the new financial year. Amongst the ongoing priorities, planning is well underway to progress the expansion of our Midway Point Education and Care Service, and there have been some recent opportunistic renovations at our Bowen Road Education and Care Service following the recent heavy rain event.

We're always keen to hear feedback on our services and programs. As always, please reach out to educators, Service Managers, or our Senior Leadership Team if you need any support or have ideas that could help our future planning and funding priorities.

Many thanks,

**Anne Beach**  
Chair - Board of Directors



**BE BRAVE.  
MAKE CHANGE.**

**NATIONAL RECONCILIATION WEEK 2022**  
27 MAY – 3 JUNE  #NRW2022



## National Reconciliation Week 2022 at Norwood OSHC

Lady Gowrie Tasmania (LGT) acknowledges and supports National Reconciliation Week 2022 through ongoing conversations, learning and experiences that are embedded in our services and programs.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can contribute to achieving reconciliation in Australia.

This year, Reconciliation Australia are asking everyone to make change beginning with brave actions in their daily lives – where they live, work, play and socialise. The theme 'Be Brave. Make Change.' is a challenge to all Australians— individuals, families, communities, organisations and government—to 'Be Brave' and tackle the unfinished business of reconciliation so we can 'Make Change' for the benefit of all Australians.

At LGT we are very proud that we have been 'brave' enough to have embarked on this journey and that every learning experience or conversation or we have with children and each other will help to make 'change' for this future generation.

Please enjoy the following photos from Norwood OSHC which showcases their 2022 National Reconciliation Week nature art experiences in After School Care:



## Keeping Children Safe Online

Children of all ages access a variety of online formats through a variety of devices and are continuously gaining skills that far outreach their parents' capabilities. It is not surprising that most parents have concerns about their ability to understand what their children are doing online and to keep them safe while they do it.

The internet exists across many nations and jurisdictions, governments legislate to regulate use - particularly in attempting to protect younger users, however different jurisdictions have different rules and there are great difficulties in pursuing breaches due to the ability of users to move rapidly across platforms and to operate in less regulated parts of the world.

The Office of the eSafety Commissioner have created up to date resources that can assist parents to keep their children safe while accessing online platforms and content and these can be found on their website: [esafety.gov.au](https://esafety.gov.au)

One of the resources they have created is a booklet called "Parent's guide to online safety" which explains the issues and provides links to helpful sites such as: setting parental controls on computers, on smartphones and on gaming consoles; setting up safe search and filtering software; tips for managing screen time; and how to access the reporting portal for reporting bullying and image based abuse.

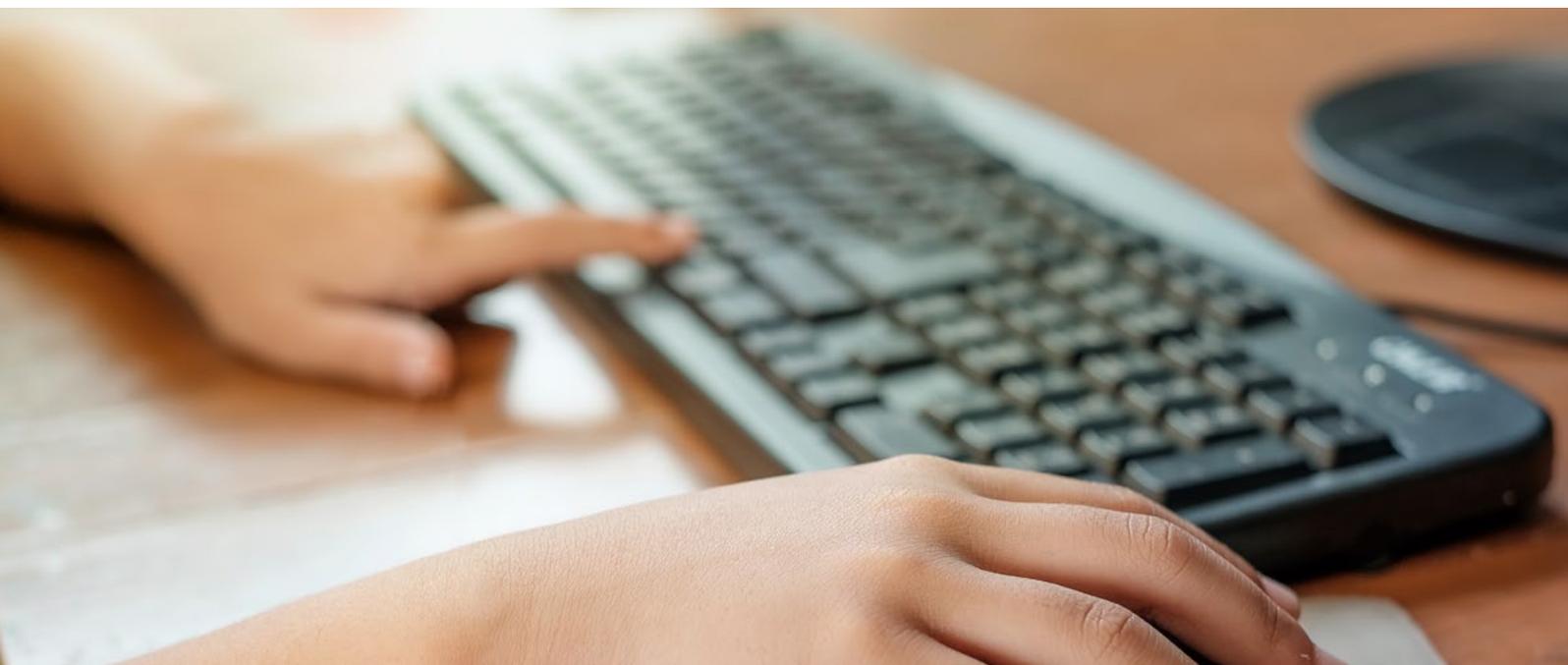
Technology continues to develop and evolve rapidly and there is no escaping that it is, and will continue to be, a significant part of our lives. It makes sense to take a balanced approach to managing children's use. Firstly, we can educate ourselves through the esafety website so we are able to have an understanding approach when we discuss our concerns with our children.

We can employ practical tips such as altering the password regularly to encourage time limitations, children can 'earn' internet time doing jobs around the house, children could be asked to explain/teach the parent about their particular interest and the parent can discuss safety aspects at the same time, and we can model a healthy approach by moderating our own online activity, putting devices away to encourage interaction and prioritising physical activity as a balance for 'screen time' e.g. 1 hour on phone equals 1 hour playing outside.

While there are continuing concerns about children accessing online platforms and content, we can be supported by the resources available to manage our children's use and minimise the risks of accessing online platforms and content.

Reference: Office of the esafety Commissioner website: [esafety.gov.au](https://esafety.gov.au)

**This article was written by Neivh Gilligan who is a Family Support Worker with Lady Gowrie Tasmania Child and Family Wellbeing Program.**



### South Hobart OSHC: Building Connections, Community & Creativity

The children and educators from South Hobart Autumn Vacation Care had a wonderful time relaxing, sharing stories, learning through play, being creative, getting messy and exploring our community together.

The children delighted in our themed days with a 'letter of the day' which was inspired by the children's recent enjoyment and interest in Wordle, which many children were also enjoying at home. The children enjoyed getting creative with 'C' Day, some messy fun with 'S' Day and much more. Favourite experiences and excursions included the visit to Kingston Park, Clarence Pool, tie dyeing, tinkering workshop with Scott, building and flying kites and making slime. They also enjoyed creating connections to places within our local community and sharing these connections with others.

The children also developed a friendly interest in competitive sports including soccer, cricket, football and they were willing to try out most sports. During the games they showed great teamwork and fairness with their peers. The children also developed a great passion for creativity which was observed with self-guided learning as they created happy or sad (emotional) rainbow caterpillars. Lots of wonder and investigation was enjoyed at the tinkering workshop with Scott Gibson from Gowrie Training & Consultancy. The children created a wide range of interesting pieces and showed great interest and enthusiasm in deconstructing electronics and repurposing these loose parts.

As educators, it is such a privilege to facilitate the children's play and learning and to help create many happy school holiday memories.

**South Hobart Outside School Hours Care Program**





## Winter Warmer Apple Cobbler Recipe

Prep Time: 20 mins | Cook Time: 50mins | Serves 9

In this winter weather children will enjoy making this easy Apple Cobbler recipe using fresh apples and basic pantry ingredients.

### Ingredients

- 8-9 medium apples (Granny Smith, Golden Delicious, or other good baking apple), peeled and cut into chunks
- 1 cup water or apple juice
- 55 g brown sugar, packed
- 1 tablespoon corn starch
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon salt

### For the batter:

- 125 g all-purpose flour
- 200 g granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 183 g milk
- 6 Tablespoons butter, melted
- ground cinnamon for topping

### Instructions

1. Preheat the oven to 180°C and grease a 23x33cm pan lightly with cooking spray.
2. Stir together brown sugar, water, corn starch, lemon juice, vanilla, cinnamon, nutmeg, and salt together in a saucepan. Stir in apples. Cook over medium heat for 3-5 minutes, stirring.
3. Pour mixture into prepared pan.
4. In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk and melted butter, just until combined.
5. Pour the mixture over the apples in the pan. Sprinkle lightly with cinnamon.
6. Bake for about 38-40 minutes or until a toothpick inserted into the topping comes out clean.
7. Allow to cool for at least 15 minutes before serving. Serve warm with yoghurt or vanilla ice cream.
8. Cover and store leftovers in the refrigerator for up to 4 days.

Children might also like to experiment with this recipe using different fruits and frozen berries – the possibilities are endless!

## 'Children First'

### 'Colour your World' Day at University North OSHC

There was great excitement amongst the children and educators in the Autumn Vacation Care Program as they prepared for the 'Colour your World' day. From the minute the children arrived at the cottage doors they were eager to begin their tie dye right there and then!

We all donned our gloves and smocks and set to work adding water to the powder colour ready for dyeing our selected fabrics. When we were finished, we put our fabrics into bags and tied them tight to dye for the next 24 hours.

The children were thrilled with the end results! It was a pleasure to observe their interest in this creative experience and helping them to create a memorable school holiday experience.

**University North Outside School Hours Care Program**



### Fun Winter Activities & Challenges

There are so many simple and creative activities to do with your children at home that are fun to do in the winter. Winter is a great time to delve deeper into sensory play activities and the changing of seasons with your children to inspire their sense of wonder about the world around them.

Please follow the links below for some fantastic resources and ideas for children's winter play ideas:

Winter Fort Building:

<https://runwildmychild.com/winter-fort-building-with-kids/>

Nature Play Bingo:

<https://www.natureplaywa.org.au/nature-play-bingo/>

11 Outdoor Winter Activities:

<https://ourdaysoutside.com/11-surprising-outdoor-winter-activities/>

51 Things to do Before You Turn 12:

<https://www.natureplaywa.org.au/51-things-to-do-before-youre-12/>

## Glenorchy OSHC: Supporting Social & Emotional Skills

During After School Care at Glenorchy OSHC we have been helping children to learn and further develop their social skills needed to play with respect and kindness towards their peers. We commenced by collecting fun games that the children enjoy playing and introduced some new games as well. During the afternoons children gathered into smaller groups and played the games with the help of educators and the older children attending the program.

We chose this to be a focus to help the children build on their skills and experience of 'winning' and 'losing'. Educators observed that some children were finding it challenging when they did not win a game and were not using kind actions and words in this situation. This experience involved all the children and gave them the opportunity to have fun, learn some new games and develop new friendships. Some children noted their favourite games, including Spot It and Tenzi, and expressed their wish to have those games to play at home.

Children were able to face new challenges of the games and began learning how to regulate their emotions when the games didn't quite go their way. There were mostly experience positive interactions and conversations between the children and the educators will continue to build on this experience to further enhance the children's social and emotional skills when playing games together.

Through this play experience worked towards meeting the My Time, Our Place Learning Outcome 3: Children have a strong sense of belonging.

### Glenorchy Outside School Hours Care Program



### COVID-19 & Flu Vaccinations

All Tasmanians should consider protecting themselves, their family and their community from COVID-19 and the flu by keeping up to date with their vaccinations. COVID-19 and flu vaccinations are currently free for all Tasmanians at GPs, pharmacies and government vaccination clinics. Further information about the free COVID-19 and flu vaccination program is available by following the links below:

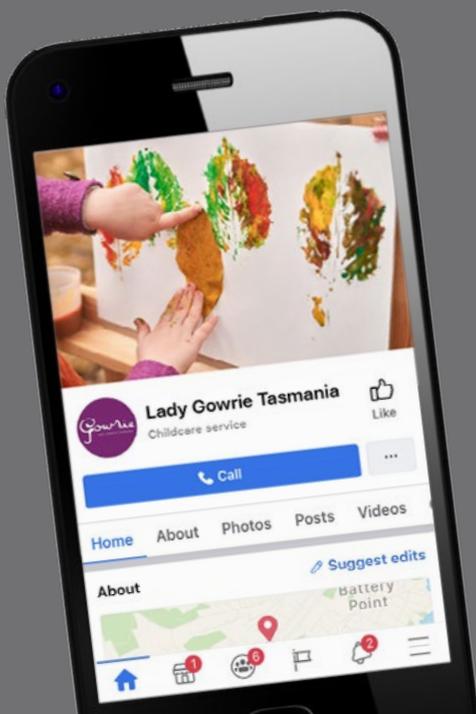
<https://www.coronavirus.tas.gov.au/vaccination-information/covid-19-vaccination/where-to-get-a-vaccine>

<https://www.health.tas.gov.au/health-topics/flu-influenza/flu-vaccinations#where-to-get-your-flu-vaccine>



### 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](http://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.



Move Well Eat Well



## Managing Screen Time & Learning

Screen time doesn't have to mean mindless TV or YouTube videos. There are plenty of ways in which your children can enjoy screen time in a positive way and benefit from all that modern technology has to offer.

There are many ways to foster positive screen time habits including educational games, online science experiments and technology-based photography. For inspiration, ideas and advice please follow the links below:

### Educational Apps

<https://www.choice.com.au/babies-and-kids/education-and-childcare/education/articles/educational-apps-for-kids>

### Virtual Tours

<https://www.techradar.com/au/best/virtual-tours-museums-national-parks-around-the-world>

### Podcasts

[https://blog.feedspot.com/australian\\_kids\\_podcasts/](https://blog.feedspot.com/australian_kids_podcasts/)

### Photography Apps

<https://www.commonensemedia.org/lists/photography-apps-for-kids-and-teens>

### Educational Games

<https://theconversation.com/five-digital-games-to-help-your-childs-development-183483>

### Managing Screen Time

<https://www.esafety.gov.au/parents/big-issues/time-online>

## Kidsafe Tasmania

Did you know that Kidsafe Tasmania offer a range of free online information sheets and brochures for families covering a range of child protection and child safety issues? Topics include:

- In-Home Safety
- Water Safety
- Road Safety
- Burns Awareness
- Fire Awareness

To access these free online resources please visit:

<https://www.kidsafetas.com.au/resources/>



Australian Government



eSafety  
Commissioner

## Contact Details

### Head Office

|                              |           |  |
|------------------------------|-----------|--|
| 346 Macquarie Street, Hobart | 6230 6800 | <a href="mailto:info@gowrie-tas.com.au">info@gowrie-tas.com.au</a> |
|------------------------------|-----------|--|

### Northern Services

#### Long Day Care Services

|                                     |           |  |
|-------------------------------------|-----------|--|
| Alanvale                            | 6348 1390 | <a href="mailto:alanvale@gowrie-tas.com.au">alanvale@gowrie-tas.com.au</a>         |
| Gordon Square                       | 6382 2445 | <a href="mailto:gordonsquare@gowrie-tas.com.au">gordonsquare@gowrie-tas.com.au</a> |
| Norwood                             | 6336 6971 | <a href="mailto:norwood@gowrie-tas.com.au">norwood@gowrie-tas.com.au</a>           |
| Pedder Street (including Preschool) | 6344 9993 | <a href="mailto:pedder@gowrie-tas.com.au">pedder@gowrie-tas.com.au</a>             |
| University                          | 6324 3731 | <a href="mailto:uninorth@gowrie-tas.com.au">uninorth@gowrie-tas.com.au</a>         |

#### Outside School Hours Care Programs

|                                   |                          |  |
|-----------------------------------|--------------------------|--|
| Frederick Street VAC              | 6331 5106 / 0438 109 367 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| Gordon Square ASC, VAC            | 6382 2445                | <a href="mailto:gordonsquare@gowrie-tas.com.au">gordonsquare@gowrie-tas.com.au</a>       |
| Launceston Preparatory School ASC | 6331 5106 / 0438 109 367 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| Norwood ASC, BSC                  | 6331 5106 / 0438 109 367 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| Mowbray ASC                       | 6331 5106 / 0438 109 367 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| Punchbowl ASC, BSC                | 6331 5106                | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| West Launceston ASC, VAC          | 6331 5106                | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| University North VAC              | 6331 5106 / 0438 109 367 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| Youngtown ASC                     | 6331 5106                | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |

#### Occasional Care Program

|                                     |           |  |
|-------------------------------------|-----------|--|
| Frederick Street Pre-School Program | 6331 5106 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |
| West Launceston Pre-School          | 6331 5106 | <a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a> |

### Southern Services

#### Long Day Care Services

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

#### Outside School Hours Care Programs

|                                  |                       |           |  |
|----------------------------------|-----------------------|-----------|--|
| Albuera Street ASC, VAC          | Mount Nelson BSC, ASC | 6230 6806 | <a href="mailto:clusteradmin@gowrie-tas.com.au">clusteradmin@gowrie-tas.com.au</a> |
| Bowen Road ASC                   | Richmond ASC          |           |  |
| Brighton BSC, ASC, VAC           | Rosetta BSC, ASC      |           |  |
| Glenorchy ASC, VAC               | Sorell ASC, VAC       |           |  |
| Goulburn Street ASC              | South Hobart ASC, VAC |           |  |
| Lansdowne Crescent BSC, ASC, VAC | Taroona BSC, ASC, VAC |           |  |

#### Family Day Care

|                        |           |  |
|------------------------|-----------|--|
| Family Day Care Scheme | 6230 6809 | <a href="mailto:familydaycare@gowrie-tas.com.au">familydaycare@gowrie-tas.com.au</a> |
|------------------------|-----------|--|