

Message from the Chief Executive Officer

Dear Families

Welcome to the Spring 2022 edition of our newsletter. I hope everyone is enjoying the warmer weather and longer and brighter days.

In this newsletter you will find reflections, stories and photos celebrating recent play and learning experiences in our education and care services. Each and every day our professional and dedicated educators plan for and extend upon your child/ren's development and learning about themselves and the world around them. The educators support this learning through conversations and providing stimulating play-based learning materials all whilst drawing on their vast skills, experience and qualifications.

This incredible work undertaken by our educators is underpinned by the Lady Gowrie Tasmania Education and Care Philosophy which guides our pedagogy and practice in the following areas: Wonder and Investigation; Connection and Possibility; and Education and Advocacy. I have included a copy of our philosophy in this newsletter and would like to draw your attention to the following statement contained within the philosophy:

'The safety, wellbeing and inclusion of all children is fostered by providing programs that support the unique learning trajectory of every child.'

Service Managers and educators achieve this by knowing each and every child, tailoring a responsive curriculum to support each and every child, working in partnerships with families, working with support agencies to provide consistent support for children with diverse needs, providing child centred environments with quiet and comforting spaces, supporting children during transition times, supporting consistent staffing where possible to develop trusting relationships and attending professional development to further enhance their knowledge – to name just a few.

With this focus on what each and every child needs in their education and care journey at Lady Gowrie Tasmania, comes the understanding by our educators that all children experience and interact with the world around them in many different ways. The term 'neurodiversity' describes and celebrates that there is no one 'right' way of thinking, learning and behaving and any differences should not be viewed as deficits. Through strong partnerships with you, our families, we are able to support your child/ren's unique way of thinking, learning and behaving.

In this newsletter you will find a focus article with strategies on how to support neurodiverse children and links to articles, podcasts, books and Ted Talks to support and challenge our community's understanding of what neurodiversity means.



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Your child/ren's Service Manager and educators are also there to support their unique learning needs so I encourage all families to place your trust in them should you have any questions or concerns. Our education and care services also receive support from the Inclusion Agency Tasmania team who work to support the inclusion and active participation of all children attending education and care services in Tasmania.

As many of you will recall, our wonderful General Manager Education and Care, Kathy Cripps, is retiring at the end of this year. I have commenced the recruitment process to fill the role of General Manager Education and Care in the coming weeks, with the intention that we are able to select and induct someone before Kathy leaves in order to provide as smooth a transition as possible.

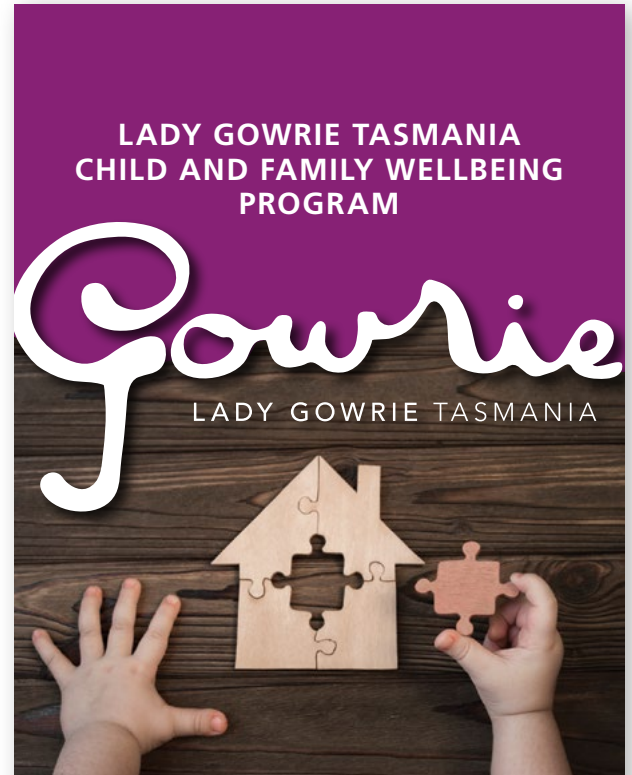
We are looking forward to welcoming the many children enrolled in our upcoming Spring Vacation Care Programs commencing next week. Thank you to all the Outside School Hours Care educators for their tireless work in planning and preparing so many exciting play and learning experiences, including much needed relaxation time, for the children attending these programs.

I would also like to draw your attention to page 10 of this newsletter where you will find information on some fantastic FREE woodwork and tinkering workshops for school age children run by Scott Gibson from Gowrie Training & Consultancy next week. We hope to see many of our southern-based Lady Gowrie Tasmania families there!

As we head into the end of another busy year, please remember to prioritise your own mental and physical health. Prioritising ourselves first has significant health benefits and allows us to give the best of ourselves in our personal, family and work lives.

As always, thank you for entrusting your children's education and care with us and enjoy the school holidays.

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

'The world needs different
kinds of minds to work
together.'

TEMPLE GRANDIN

Christmas Closure

Please be advised that all Lady Gowrie Tasmania services and programs will close for the Christmas break at their usual time on Friday 23rd December, 2022 and will re-open on Tuesday 3rd January, 2023.

Message from the Board of Directors

Hello families and welcome to another update from the team.

Each year in November we hold our Annual General Meeting for the previous financial year. As well as providing an opportunity to reflect on the year that has been, it is also an important day for some formalities for our Board, including the start and end of Director terms.

As part of our annual preparations, with the support of our CEO, Mat Rowell, we have commenced the process to recruit some Directors to our Board. This process is well underway and we hope to welcome some new faces in the lead up to November. I look forward to introducing them to you.

On 7 September, we celebrated Early Childhood Educator's Day for 2022. This annual day provides an opportunity to celebrate the significant contribution that our educators make to our community and to our children's precious early years of development. On behalf of the Board, I take this opportunity to again say a big thank you to our team and for the contributions they make each day.

In this update I also wanted to thank our finance team – one of our many busy teams working behind the scenes. Their excellent work enabled the Board to recently confirm our budget for 2022-23. A huge amount of work goes into the financial management, forecasting and planning for the organisation that helps us stay on track and keep all our services open and thriving.

I hope everyone is enjoying this ever changing but warmer spring weather.

Anne Beach

Chair - Board of Directors



'Children First'

Celebrating Science Week 2022

Children are naturally inquisitive, full of questions about the world around them and are innately driven to investigate how things work. During Science Week Lady Gowrie Tasmania services and programs across the state harnessed this innate curiosity by supporting many science-based play and learning experiences and experiments for children.

You may even want to try out these science experiments with your children at home!

<https://www.kidspot.com.au/topics/science-experiments/>

Rosetta Outside School Hours Care share their Science Week 2022 celebrations, reflection and photos below:



Science Week at Rosetta After School Care

During Science Week there were many fun and engaging STEM (Science, Technology, Engineering and Mathematics) activities for the children to investigate and explore. Children had the opportunity to help build, paint and erupt a volcano with great excitement as they observed the reaction between the vinegar and baking soda. The children also enjoyed making playdough and learning about how once the ingredients are combine together it created a dough – learning and developing the understanding that even cooking is science!

At before school care we created 'snow' from baking soda and shaving foam and children had the opportunity to hypothesise about what the texture would feel like. The children were so engaged and thoroughly enjoyed watching the reactions of each experiment undertaken - asking questions like 'What would happen if we put x in instead of x?' or 'Would it do the same thing in space?'. During these STEM play and learning experiences the children built upon their critical thinking skills, showed great cooperation and patience, developed their listening skills and were able to learn about the world around them while having lots of fun in the process!

Rosetta Primary Outside School Hours Care Service



How to Support Your Neurodiverse Child

Children & Adolescents

Did you know that 1 in 6 children between the ages of 3 and 17 are considered neurodiverse? That equals about 17% of children in that age group.

Over the past several years, doctors have been diagnosing more and more children as neurodiverse.

If you have wondered if your child is neurodivergent or if your child has recently received a diagnosis, you may feel overwhelmed or scared of what lays ahead, but don't worry. You are not alone in this.

If you have a neurodiverse child, you understand the gifts and struggles that come with the job of parenting. Here are some ways you can support your child.

What It Means to Have a Neurodiverse Child

Having a neurodiverse child is not as scary as it sounds. All it means is your child's brain is wired differently than others. Being neurodivergent does not have to and shouldn't be viewed as a bad thing.

In fact, there are many strengths that are often associated with being neurodivergent. Some of those strengths include:

- Providing a different perspective to situations and thinking differently than a neurotypical person.
- Having a strong creative sense and ability.
- Having a strong eye for detail.
- Less social pressure and a more 'free' outlook towards life.
- Skills revolving around logic or systems.
- Above-average musical abilities.

However, because neurodivergent brains function a little differently, they need to be supported in a different way. Adhering to neurotypical norms while neurodivergent can create a lot of anxiety or behavioural issues in a child.

If you have been wondering if your child fits into the neurodivergent category, it may be time to get your child a psychological assessment.

Support Your Neurodiverse Child at Home

The first place to start to support your child is in your home. Many neurodiverse children don't get the foundation of

support they need in their homes and they don't get the resources they need to thrive.

If you have a neurodivergent child, here are some ways that you can help them succeed starting at home:

- If they are struggling, remember to validate their problems and emotions. What they are feeling is very real to them and acknowledging their feelings will make them feel some relief.
- Listen to what they have to say and try to not give your opinion. Giving too much advice can overstimulate your neurodiverse child, so try just empathizing with them at first.
- Give them outlets for any sensory sensitivities they have. There are lots of useful sensory items you can get for your child to use to help them with triggers or reduce stress.
- Have a routine set. Having structure can help your neurodivergent child not experience as much stress in their day-to-day lives.
- Encourage your child in their strengths. Give them recognition where it is due in their strong points and make them feel good about areas where they may feel different from others.
- Break down tasks into smaller tasks. This will help them focus on what they have to do better and make it seem less overwhelming.
- Encourage them in self-regulating activities, such as exercise, and enforce positive reinforcement. Negative reinforcement can be extremely discouraging and anxiety-inducing so try to refrain from doing that.
- Remember to be patient with your child. It may take them some time to get used to a new idea or routine.

These tips can help your neurodivergent child to be set up for a successful day and limit their anxiety and triggers.

Support During Social Situations

Neurodivergent children can often struggle in certain social settings. This means it is important to give them resources they can use in order to comfortably and happily integrate themselves into society.

Social interaction is an important and necessary part of development for children. It is also often unavoidable.

'Children First'

Neurodivergent children may even get triggered by just going to school.

When your neurodivergent child gets put in a social situation, they may experience anxiety or get overstimulated. To help them do well, find ways you can minimize these things.

Here are some ideas to help your child be more comfortable in social situations:

- If your child suffers from anxiety in social situations, consider helping them make script cards to help them when they need to speak to other people.
- Give them sensory items they can bring with them, such as fidget spinners, to reduce anxiety or increase concentration.
- Use rewards and lots of positive reinforcement. Going out of their comfort zone may be hard for them and they will need encouragement to do so.
- You can also utilize many of the things you do at home to support your neurodiverse child in social settings.

Things like enforcing a structure and routine to their social outings can help reduce their everyday anxiety. Also, be available to listen and empathize with them if they are struggling and encourage them where they succeed.

Supporting Your Child Will Make Their Life Easier

Having a neurodiverse child isn't always easy. It can be frustrating to deal with triggers and anxieties, especially if it is new to you. The good news is - it doesn't have to be a struggle.

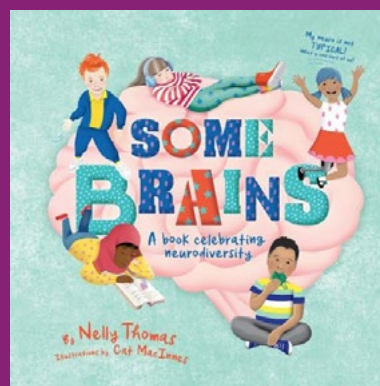
Supporting your neurodiverse child and giving them the resources they need to succeed, will not only help them live a happier and more comfortable life, but it will make your life easier as well.

Make sure you do your research on the best ways you can help your child and talk to your child's doctor about the best options for you.

Article adapted from: How to Support Your Neurodiverse Child (birdpsychological.com), July 15, 2021.

If you are interested in learning more ways to support your child you can speak with your child/ren's educators, Service Manager or contact Lady Gowrie Tasmania's Child and Family Wellbeing Program via email familysupport@gowrie-tas.com.au or phone (03) 6230 6860.

Additional Resources for Supporting Neurodiversity



Some Brains is the latest heart-warming and funny picture book by Melbourne comedian and author, Nelly Thomas.

It starts from the premise that neurodiversity is a normal, essential

part of human biodiversity - without it we don't get Picasso, Einstein or Greta Thunberg! Some Brains encourages us all look for our strengths and to understand that brains are like fingerprints - uniquely, wonderfully ours.

All brains are special! All brains are smart! All children have big thoughts! And all children have big hearts!

Articles:

<https://raisingchildren.net.au/guides/a-z-health-reference/neurodiversity-neurodivergence-guide-for-families>

<https://www.health.harvard.edu/blog/what-is-neurodiversity-202111232645#:~:text=Neurodiversity%20describes%20the%20idea%20that,are%20not%20viewed%20as%20deficits>

Books:

<https://shop.littlebookroom.com.au/c/neurodiversity>

<https://www.livingonthespectrum.com/health-and-wellbeing/12-books-on-autism-and-neurodiversity-that-are-a-must-read-these-holidays/>

Podcasts:

<https://neurodiversitypodcast.com/>

<https://nbatests.com/8-podcasts-for-parents-of-neurodiverse-children/>

Ted Talks:

<https://ed.ted.com/lessons/the-world-needs-all-kinds-of-minds-temple-grandin>

https://www.ted.com/talks/elaine_halligan_neurodiversity_is_a_super_power_not_a_problem

'Children First'

Supporting Social Skills and Friendships at Punchbowl

Recently the children in our program have been supported by educators to engage in conversations and experiences to strengthen their social skills and friendships. One afternoon a group of children gathered to make friendship bracelets together while they spent some time outside enjoying the Spring sunshine. Some children found it challenging to thread to beads but it was fantastic to see the older children supporting the younger children in doing this.

The children picked colours and patterns for these bracelets which opened up many discussions amongst the group. The children talked about their friends favourite colours and created patterns that they thought their friends might like. At the end of the activity, they gifted the bracelets they had made to their chosen friend as a symbol of their friendship. The educators observed so many interesting conversations and positive interactions between the children as they learnt new skills and developed stronger friendships and connections with each other.

Punchbowl Primary Outside School Hours Care Service



Developing Imagination and Creativity through Play



Educators recently observed a spontaneous play and learning experience led entirely by the children shown in the photos. The children went on a scavenger hunt in the school yard to find sticks and other materials from nature to create their very own nature wand. There was great excitement as they came inside to proudly show us the nature materials they had collected and commenced designing their nature wands.

Once the children had completed their nature wands, they took their creations outside and played a game of 'fairies'. Following this play experience, they took their nature wands to the bush kitchen and made a variety of potions and crafted spells. The children engaged their imaginative and creative skills and continued with this play experience throughout the afternoon with many other children joining in along the way.

Launceston Preparatory Outside School Hours Care Service

Calling all entrepreneurs at Lansdowne!

There was great excitement amongst the children and educators during the July school holidays as preparations began for our Boost Juice and Pizza Making Day. The children designed their own Boost Juice sign which listed all the ingredients they could choose from. Individually, the children then thoughtfully placed their order with Victoria who passed it on to Ian to make and then call out the order – just like the real Boost Juice experience!

The children cooperated so well as they voted on their favourite pizza toppings so we could work out how many varieties of pizzas to cook. The children then helped to prepare the pizza ingredients and make the individual pizzas. During the day the children worked so well together as they developed their social skills (taking turns, cooperating) and their fine motor skills (sign writing, cutting ingredients) all whilst creating lifelong, fun school holiday memories with their friends.



Spring Sensory Play Ideas!

Sensory activities are an important tool for older children and should not be overlooked. Sensory activities are very beneficial for the wellbeing of older children. They can help to reduce feelings of worry and anxiety, promotes a feeling of calm and enhances older children's sense of focus.

Baking

The sense of touch, smell and taste, as well as the happy memories and positive feelings involved in baking are incredibly comforting for both adults and children alike.

Clay Modelling

Clay modelling is not only a chance to get creative but it also a great medium for sensory play for older children. Clay offers various sensory stimuli including touch, temperature and smell.

Gardening

Gardening has so many benefits including sensory stimulation including reducing feelings of anxiety and aggression and allowing time for reflection and calm.

Slime

Children of all ages love playing with slime – even teenagers! Slime provides the perfect base for older children's imaginations to run wild and develop their creativity as well as being tactile.

Music

Did you know that music has an especially important effect on our brains? Research has shown that listening to music can reduce anxiety, improve sleep quality, mood, mental alertness, and memory.

Yoga

What is especially useful about yoga from a sensory point of view is that as the body moves through the different poses, it experiences sensory stimulation through muscles, joints and receptors.

Water Play

Water play is an excellent sensory experience. From water fights to sponge bombs, to ice cube relay, and having fun in a pool – water play doesn't just have to be with a water table!

For more sensory play ideas for older children please visit:

<https://motherhoodtherealdeal.com/parenthood/ideas-for-sensory-play-for-older-children-win/>

<https://www.steampoweredfamily.com/genius-sensory-activities-for-kids/>



School Holiday Activities – Inspiration & Ideas!

Why not try out these
FREE play and
learning activities
happening in your
local community
during the upcoming
school holidays!



<https://gowrieconsultancy.com.au/events/>



<https://www.qvmag.tas.gov.au/Whats-on/Events>



https://www.tmag.tas.gov.au/learning_and_discovery/about_learning_and_discovery/childrens_festival



<https://www.facebook.com/events/1034847423894373/?aref=3>



Healthy Fruit Pizza Dessert

Prep Time: 15 mins | Cook Time: 30mins

This easy and fun recipe can be made using basic pantry ingredients and will be enjoyed by the whole family. It has simple steps for older children to follow themselves or for younger children to prepare with an adult.

Ingredients - pizza base

- 1 cup whole wheat flour
- 3/4 cup old fashion oats
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1 large egg
- 1/3 cup brown sugar
- 1 tsp vanilla
- 1/3 cup vegetable oil (or oil of choice)

Ingredients -topping

- 3/4 cup plain Greek yogurt
- 85g light cream cheese
- 2 tbsp sweetener of choice (maple syrup (honey, very ripe banana, etc))
- Fruit - 1 kiwi (sliced), 1/2 banana, 2 cups blueberries, 2 cups strawberries (sliced), 2 cups raspberries or any other seasonal fruit of your choice

Instructions

1. Preheat oven to 175 degrees and line a round pizza pan with parchment paper.
2. In a large bowl, combine flour, oats, cinnamon and baking powder. In a small bowl, whisk egg, brown sugar, vanilla, and oil. Add the wet mixture to the dry mixture and stir until ingredients combine.
3. Pour batter onto pizza pan lined with parchment paper gently spreading into a circle. The dough may be too small for the size of your pan. If so, just form the dough into a round shape. Bake for 10 minutes or until the "crust" is golden brown.
4. While the crust is baking, combine Greek yogurt, cream cheese, and sweetener of choice in a small bowl.
5. Allow crust to cool then spread yogurt mixture on top of the crust and decorate with fruit. For a refreshing twist you can add a few mint leaves!

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.

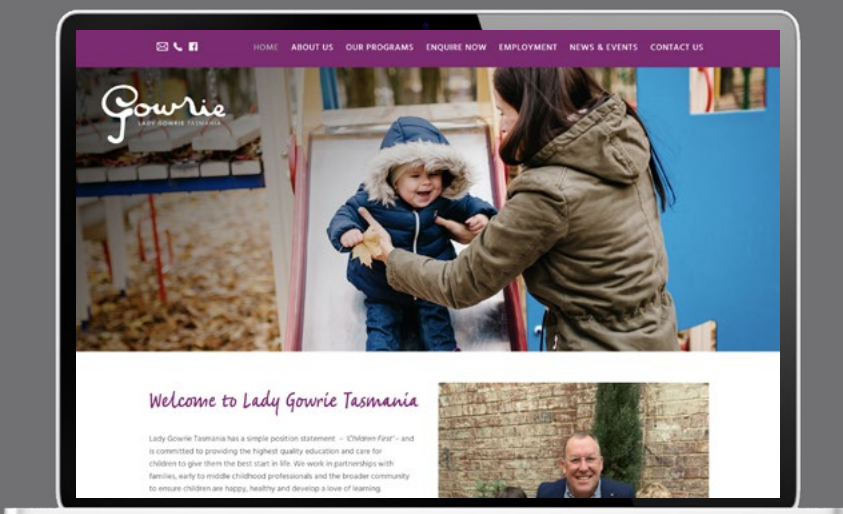
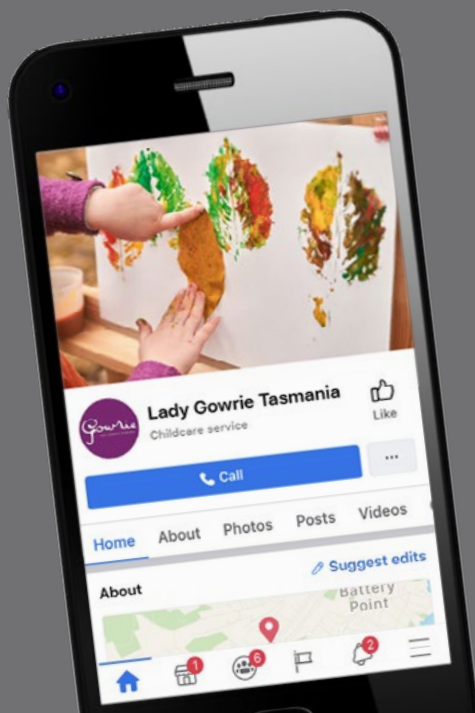
To learn more about sun safety for your family please visit:

<https://www.sunsmart.com.au/>



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
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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
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
Mowbray ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Punchbowl ASC, BSC	6331 5106	oshclusternorth@gowrie-tas.com.au
West Launceston ASC, VAC	6331 5106	oshclusternorth@gowrie-tas.com.au
University North VAC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Youngtown ASC	6331 5106	oshclusternorth@gowrie-tas.com.au

Occasional Care Program

Frederick Street Pre-School Program	6331 5106	oshclusternorth@gowrie-tas.com.au
West Launceston Pre-School	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	Mount Nelson BSC, ASC	6230 6806	clusteradmin@gowrie-tas.com.au
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	familydaycare@gowrie-tas.com.au
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