

Message from the Chief Executive Officer

Dear Families

As the year draws to a close and we find ourselves bombarded with many Christmas advertisements, it is timely to reflect upon the messages the children in our lives are receiving at this time of the year.

Celebrating all Cultures

Not all children and families in our Lady Gowrie Tasmania (LGT) Education and Care Services, and indeed our community, celebrate Christmas. Celebrations come in many different forms and can enhance a child's sense of belonging to family, friends and their community. Celebrations also encourage children to question, reflect upon and learn about other cultures and beliefs.

At LGT we proudly embrace the diversity of all our children and families through shared conversations and play and learning experiences focusing on various cultural celebrations throughout the year – Chinese New Year, Diwali, Christmas, Harmony Week, National Aboriginal and Torres Strait Islander Children's Week – to name just a few! These stories are shared with families in Storypark, on Facebook and in our quarterly newsletters.

So whenever you and your child/ren are recognising celebrations that are important to your family, remember to use that opportunity to talk about how other children and their families celebrate around the world. On page 13 of this newsletter you will find some useful tips and resources for talking to your child/ren about different celebrations around



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'Children First'

the world. Our educators and children would also love to hear about your unique family celebrations so please feel free to share these with us!

The Gift of Giving

Teaching children about the gift of giving and the joy of generosity is incredibly important at this increasingly consumer-driven time of the year. Encouraging children to enjoy the 'giving' as well as the 'getting' comes in many forms, not just in relation to gifts. It is also something to consider in our everyday lives, not just on birthdays and on special days of cultural celebrations. For those families who would like to explore this concept further I encourage you to read the feature article *'Giving: The Best Gift of All'* on page 6 in this newsletter.

I believe that 'giving' to others and our community also contributes to positive mental and physical wellbeing in numerous ways. At LGT we look to give back to our community, whether it be through supporting children and families, rolling out projects that benefit our community or donating to specific local causes through collective and individual efforts. I am proud to say that LGT recently had the pleasure of donating to the charity Tassie Mums eight nearly new children's car seats that were surplus to our requirements. Following the recent fire at Bowen Road Primary School which destroyed the library, LGT also donated \$500 to go towards replacing some of the books that were destroyed in the fire.

In other news, our 2021-22 Annual General Meeting held in November 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 acknowledge and thank our people who have achieved the significant milestone of 10, 15 or 20 years of dedicated service to children, families and our organisation. I was also an opportunity to thank you, our families, who place your trust in our organisation to educate and care for your child/ren every day. To view our 2021-22 Annual Report please follow the link: <https://annualreport.gowrie-tas.com.au/2021-22/>

It is with great sadness that the end of 2022 also marks the end of Kathy Cripps' journey with LGT when she retires after an incredible 26 years of service to our organisation. Kathy's passion for the education and care sector, her commitment to 'getting the job done' regardless of her working hours or personal commitments and dedication to ensuring the best outcomes for children, families and educators in her work is

second to none. A special tribute to Kathy and her journey at LGT can be found on page 4 of this newsletter.

I am pleased to announce Shanna Hughes as the new General Manager of Education and Care at LGT. On behalf of everyone at LGT, we are very much looking forward to Shanna joining our team and sharing with us her wealth of experience and expertise in the education and care sector. Shanna will commence on 16th January, 2023 and will be well supported by our current education and care managers and educators as she settles into her new role.

To those children and families leaving our services at the end of this year, thank you for allowing LGT to be part of your lives and we wish you all the very best for 2023 and beyond. To the families continuing, we look forward to strengthening our partnership with you to support your child/ren's education and care journey.

On behalf of our amazing team here at LGT, I take this opportunity to wish all our children and families a safe, happy and restful holiday season.

Mat Rowell
Chief Executive Officer



Message from the Board of Directors

Hi all and welcome to our final newsletter for this year.

Last month we held our Annual General Meeting for 2021-22. As always, as well as an opportunity to review the year and complete formalities, it was also a chance to thank and highlight some of the work that is happening across the organisation. Further information about the 2022 Helen Stephen Scholarship recipient is outlined in this newsletter.

Thanks to our team for all the work that goes into preparing for our AGM and the Annual Report, which is available in both pdf and online formats on our website, or available upon request from our offices.

Some highlights for 2021-22 that I shared out our AGM where:

- Officially welcoming our Pedder Padder service and team to Lady Gowrie Tasmania
- Working with our CEO Mat Rowell. While it feels like Mat has become part of the furniture, it was only last July that he started with us as our first new CEO in 27 years. We have been extremely lucky to have Mat join and lead our team. His engagement, and support and communication with our staff, families, stakeholders and Board, helped us navigate the challenges that emerged during the year.
- The resilience, passion and commitment of our team in the lead up to December 2021, when our state's borders opened up, and the subsequent transition. This was a challenging time for many of our families and staff, and my thanks to everyone for their patience and support.
- Celebrating and acknowledging three members of our Board: Barbra Mawson, Chris Smith and Sharyn Gill, who completed their terms with us at the AGM.
 - Barb has served the organisation tirelessly and passionately for eight years, including as our Deputy Chair. I am very grateful to Barb for her support, calm guidance and commitment to our work and cause, both to me in my role as Chair and the Board more broadly, and for keeping our focus on the children we are working to support.
 - We also farewelled Chris Smith and Sharyn Gill from our Board. Chris's rigour and willingness to support additional priority Board activities and projects, and to ask difficult questions, in particular will be missed, as will Sharyn's insights and passion towards our mission and ideas to progress our strategic goals.
- Formally welcoming our three new Board members: Brenton West, Helen Mitrofanis, and Kate Gillies. Brenton, Helen and Kate bring a wealth of experience and expertise including in a range of organisations and senior leadership positions spanning corporate, people and culture, finance, on boards. We are excited and privileged to welcome them to our team.
- Acknowledge our diligent, experience and much-loved General Manager of Education and Care, Kathy Cripps, who is retiring at the end of 2022. Kathy has been with us for 26 years, and has been a key part of building Lady Gowrie Tasmania into the organisation it is today. However, Kathy has built a fantastic team who have had the opportunity to observe and learn from her experience and leadership, which, along with our fantastic education and care programs, will be a part of Kathy's legacy.

My thanks also go to my colleagues on the Board and particularly for their willingness to come together throughout 2021-22, often at short notice, to work through emerging challenges and to make decisions to support our team, services and families over the past year.

Lastly, a big thank you to our team: both the people that you see each day, and those working hard behind the scenes to keep our centres and services open, safe, and our staff supported, paid, trained and with access to the systems and tools they need to live our mission of 'Children First'.

For those families moving on into the next stage of your children's journeys next year, we wish you all the best; and for those returning, we look forward to seeing you in the new year.

Best wishes

Anne Beach
Chair - Board of Directors

Farewell to Kathy Cripps

Kathy Cripps, our General Manager of Education and Care, will be retiring at the end of this year after 26 years of service to Lady Gowrie Tasmania (LGT). Kathy commenced at LGT at the Battery Point Education and Care Service on 8th March, 1996 as a permanent part-time educator. Since then, Kathy has taken on various roles including working within the access and equity team, the training team, specific state-wide projects, Service Manager of various LGT Education and Care Services and most recently, in her role as General Manager of Education and Care.

Kathy's passion for the education and care sector, her commitment to 'getting the job done' regardless of her working hours or personal commitments and dedication to ensuring the best outcomes for children, families and educators in her work is second to none. The Senior Leadership Team members, during her many years on this group, have valued her considered and fair contributions to decision making - with 'Children First' always at the forefront of Kathy's mind. Her knowledge and understanding of our LGT services, of our people and of the issues facing the education and care sector is quite simply phenomenal.

Kathy's support for others and the influence she has had on so many lives during her time at LGT cannot be overstated. Children still remember her to this day due to the genuine relationships she developed with those that she educated and cared for during her time as an educator. Many educators have also remained in our sector due to her kindness, guidance and support. Kathy's great sense of humour has well and truly shone through in recent times and this has helped to carry her colleagues through more challenging times.

Kathy, on behalf of all past and present children, families and colleagues at LGT we say – FAREWELL, THANK YOU AND WE WILL MISS YOU!

Enjoy your well-earned retirement and we wish you and your family every happiness and fulfilment in the future.



'At the end of the day it's the children who are my priority. That's what keeps me grounded. I always wanted to work with young children. Even now, if I feel I need to be grounded, I'll go to a Gowrie service and have a conversation with a child.'





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

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.

2023 Fee Increase

Last week families received notice regarding a fee increase for Lady Gowrie Tasmania Education and Care Services effective Tuesday 3rd January, 2023. When considering this increase, we compared our fees to other providers and our services continue to remain the most affordable in Tasmania. As a not-for-profit, community-based organisation any surplus is re-invested to improve upon the quality of our education and care services. The 2023 fee schedule has been sent to all families and is also available at all our education and care services.

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

*"The manner of giving
is worth more than the gift."*

PIERRE CORNIELLE



Giving: The Best Gift of All

A 'Give-Me' Generation

'It feels like our society is too focused on material goods.'

'My children have more things than I ever did growing up, but they don't seem any happier.'

'How do I help my children to enjoy giving instead of always receiving?'

These comments reflect the concerns of many parents throughout the year. They want to raise children who feel good about giving to others, but this generosity of spirit does not always come naturally to children.

It is up to you as a parent to instil kindness and sensitivity toward others and to teach your children skills that reflect generosity.

Creating a Giving Generation

Here are some suggestions to make the concept and the act of giving a part of your regular interactions with your children:

Teach what it means to share

One way you can help your children understand what it means to give is to teach them the importance of sharing. Often, when you think of the word 'sharing,' you picture dividing tangible things like splitting a piece of cake with someone or letting friends play with toys. Even these small examples of sharing can help your children understand, in simple and concrete terms, what it means to be generous.

Model generosity

Think about your attitudes toward charity and what messages you send to your children.

- Do they reflect the same kindness and sensitivity to others that you would like your children to exhibit?
- Do your children see you helping neighbours, giving to charity, or donating items to needy people?

Often your children are unaware when you support a charity or they do not see you when you run an errand for someone or cook a double batch of dinner for a grieving family. Let them know when you perform acts of kindness.

Talk about your feelings when you give

Tell your children how you feel when you make charitable contributions or help those in need.

- Do you feel proud, helpful, kind, or generous?
- Does it make you feel good that you can make a difference in other people's lives?

Take time at dinner or when driving in the car to discuss what you do to help others and how it makes you feel.

Do it together

Ask your children to help you when you pack up donations of clothes or household items or when you help a friend. Spend an afternoon at a food bank or at a community clean-up project.

Let them experience first-hand what it feels like to give their time to a cause. Often these activities become the highlight of your family's time together. Get input from your children and include them in decisions about how your family is going to give to others or be charitable.

Praise the giving impulse

When you see your children being generous, point it out and praise them. Help them put into words the positive feelings they may have as they help others.

If, for example, your child helps a sibling find something they have lost, tell your child that it was a kind thing to do and that he or she can feel proud for taking the time to help.

Create opportunities

Introduce ideas and opportunities for your children to give time, contribute money, or donate personal items. You might, for example, suggest they visit an elderly neighbour who can't get out much anymore, choose a charity to support, or give some of their less-used clothes to a community shelter for women and children.

Children usually want to help; they just don't know how they can make a difference. Talk with them about ways they would want to give back: find activities that are aligned with their interests.

'Children First'

For example, if your child loves animals, volunteering time or giving support to an animal shelter might be a good choice. There is no reason why being generous can't also feed a child's personal interests. Children are more likely to be sincere in their helping efforts when they personally care about the cause.

Making Giving Real

Younger children may find the concept of charitable giving a little confusing, especially if the cause does not directly touch their own lives.

For example, children may not fully comprehend what it means to donate money to the Red Cross to help victims of a natural disaster. Instead, they may find it easier to understand giving a bag of cat food to a local animal shelter where they can actually see the animals. This act makes it real for them.

Share your stories

Another way of teaching your children to become generous involves your sharing parts of yourself with them. You can tell stories about your life, especially those involving times when you were charitable or participated in fundraising events as a young person through school, scouts or other community organisations.

If you were ever the recipient of aid, you can talk about what it meant to you to receive a helping hand when you needed it. By sharing your history, you not only serve as a role model, but you also let your children know you more fully as a person. You will build stronger relationships with them which will allow you to continue to be a strong influence on their behaviour and in their lives.

Be generous with your children

You can model generosity by being generous to your children. This can take the form of spending extra time with them, saying kind things to them, doing little extra things for them. For example, you can make them hot chocolate on a cold winter day or buy them a small toy that they really want but did not expect to receive. These kind acts on your part can fill up your children's 'feeling good reservoir' so that he or she can more graciously give to someone else.

Use gift-giving occasions to teach about giving

Times that traditionally focus on receiving, such as holidays and birthdays, can be great opportunities to encourage your children's generosity. Help them think about what gifts would suit which people. Talk about the good feelings that come from choosing a gift that is 'just right' for a particular person. Encourage them to participate in some way toward gift-giving, either by contributing money, helping to make a gift, or doing an 'act of service' for a family member, such as planting flowers for their grandmother on Mother's Day.

Be patient

Remember that some children may be reluctant to donate their possessions, time, or money. Children with diverse temperament and personality traits may have a greater difficulty letting go of their old or outgrown possessions. This is also true of children in certain developmental stages, such as toddlers who develop a sense of their own identity through 'owning' things or school-age children who have become collectors and are quite attached to these items. Children are naturally egocentric and need to be taught to think of others' needs.

Focus on the good intentions of your children

Look for movement and growth toward greater empathy and 'catch them' in the act of giving or being generous when you see it! Highlight any small act of kindness they demonstrate, even if your child has only selected a single item to give away or has helped for only a short period of time. Acknowledging even the smallest movement toward generosity will make it more likely that they will become even more generous in the future.

A Parting Thought

The goal is to make the process of giving a natural part of your children's lives. When being generous feels personal and gratifying for everyone in the household, your children are more likely to grow into kind, charitable, and giving adults. Patience and modelling on your part will go a long way toward helping your children to develop a spirit of generosity and to discover that giving can be the best gift of all.

Article written by Deb Cohen, Certified Parenting Educator, and adapted from: <https://centerforparentingeducation.org/library-of-articles/indulgence-values/giving-best-gift/>



Celebrating Collaborative Learning at Fahan

'Lift Off!' is a Tasmanian Museum and Art Gallery (TMAG) program and is Tasmania's only dedicated annual cultural festival for children and young people. This celebration is held annually during the October school holidays in the lead up to National Children's Week.

The theme for 'Lift Off!' 2022 was 'spring' and during Term 3 the children from Fahan Pre-kinder and After School Care worked collaboratively on a 'spring' themed banner project for inclusion in the 'Lift Off!' festival. The children were thrilled when they were able to visit TMAG and see their banner on display at the festival.

Inspired by the gardens and engaging outdoor environments at Fahan School and kunanyi, this project provided an integrated, holistic approach to the children's learning with a focus on their connections to community and the natural world which was reflected in their vision for the banner design.

The process of colour mixing, brush work and damp sponges allowed for children of all ages to be involved, building on each other's strengths, abilities and skills through the art of painting. Each child was encouraged to express their own ideas and creativity in the design.

This was such a wonderful way to celebrate children, develop their skills, showcase their play and learning experiences and build on their community connections!

Fahan Education and Care Service



'Children First'

Exploring New Outdoor Environments at Uni North

Recently, our service has been lucky enough to undergo a yard renovation for the Allenby Room (0 to 2 years) outdoor area. The children and educators have thoroughly enjoyed watching this work happen. Together they watched closely through our gate at the digger in our yard and the many different tools that were being used. They also watched and talked about what was happening, then got their own trucks and diggers out to play with as they watched the real trucks and diggers at work.

The children pointed outside as they heard noises and went to investigate. They would stand out there for long periods of time just watching and babbling to their peers and educators as they pointed at what was happening. Once the yard was complete the children could not wait to get outside and experience their new play area. The sensory walk/bridge was a favourite for many. This caught their eye immediately and became the 'go to' place when exploring outside.

Through using this sensory bridge many of the children practiced their gross motor and fundamental skills. They did this by balancing on the rocks and logs to pulling themselves up to the top of the bridge. Many are still learning how to walk down the bridge, for now, this is a crawl for some, but we are working on building their confidence so one day soon they will be able to confidently walk up and down the bridge.

Early Years Learning Framework - Outcome 2: Show growing appreciation and care for natural and constructed environments.

Early Years Learning Framework - Outcome 3: Share happiness, humour, and satisfaction, seek out and accept new challenges, make new discoveries, and celebrate their own efforts and achievements and those of others.

University North Education and Care Service



2022 Helen Stephen Memorial Scholarship Recipient

At Lady Gowrie Tasmania's 2021-22 Annual General Meeting (AGM) held in November Anne Beach, Chair Board of Directors, had the honour of announcing Rebecca Weicks as the recipient of the 2022 Helen Stephen Memorial Scholarship which was proudly presented by Helen's daughter, Sarah Stephen.

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. She also influenced the pedagogy and practice of many early childhood professionals with whom she came into contact. Helen's legacy will live on through many of her qualities that resonated with those who were fortunate to have known, loved and worked with her. To honour this 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.

We share Anne's announcement from the AGM below:

'The recipient of the Helen Stephen Memorial Scholarship in 2022 is Rebecca Weicks. Rebecca is the team leader in the three- to five-year-old program at Lady Gowrie Tasmania at the Kingston Education and Care Service and started her journey there in 2020. She is enrolled in and undertaking her Early Childhood Education Degree through University of New England and currently studies online which she is still completing part-time. Rebecca 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.'

Congratulations Rebecca!'



Sharing Shortbread Stars

Prep Time: 10 mins | Cook Time: 55 mins
Servings: 12

Making and sharing shortbread with family and friends is fun and a great way to encourage children's understanding of the 'gift of giving' – at any time of the year!

Ingredients

- 150 g plain flour
- 100 g butter
- 50 g sugar
- 1 tsp vanilla essence optional

Instructions

1. Chop flour and butter together and rub into small crumbs.
2. Add sugar and work together to form a firm dough.
3. Wrap in plastic and rest in fridge for 20 minutes.
4. Roll out onto a sugared bench top.
5. Cut shapes and bake on a dry baking tray for approximately 20 minutes at 180C.
6. For chocolate shortbreads, replace 40 g of the flour with cocoa powder.

Children might also like to experiment with this recipe using different shapes and individually chosen decorations – the possibilities are endless!

Source: <https://www.bestrecipes.com.au/recipes/shortbread-biscuits-recipe/bdkeovq6>



Mud! Mud! Marvellous Mud!

What child doesn't love playing in mud? I have many fond childhood memories of making mud pies, decorating mud cakes and simply sliding around knee deep in mud from the garden. Such a simple activity involving dirt and water can provide hours of unstructured play for children.

The open-ended nature of mud play is perfect for the growing brain, with endless possibilities to create and invent.

During this type of unstructured play, children gain multiple benefits including strengthening their minds and bodies, problem solving, risk taking through trial and error, decision making in testing theories, enquiring and creating, experimenting with textures and consistency and increasing physical movement with opportunities to develop fine and gross motor skills. Most importantly, connecting with their environment.

When it comes to mud play, it's pretty obvious that I am an advocate, and you will always find us here at Beyond the Burrow Family Day Care exploring the endless opportunities of ooey, gooey mud play!

**Charnè - Beyond the Burrow
Family Day Care (Registered
with Lady Gowrie Tasmania
Family Day Care)**



Walking and Exploring on Country

The children and educators from the Integrated Centre for Children and Families have been focusing on exploring our local community with walks on Country as both an extension of our learning space and to connect with the natural environment.

Many opportunities have emerged throughout the year, from extending physical skills to bird watching. The children from the Macquarie Room have been observing with eager eyes the local bird species that they can see from up on their outdoor deck, across the roof tops. On the local rivulet track the children tried to spot species they had studied on a Tasmania endemic birds' chart. The freedom the children experience and the enquiring questions they pose when out on Country is palpable.

Children from the Elboden Room have frequently stepped out to the rivulet to go platypus spotting. Despite some disappointment they regularly pass the incredible mural on the wall of Bear with me Café and marvel at the big platypus painted there. They have enquired about many local native animals with specimens borrowed from the TMAG loan library. This sparked borrowing a kookaburra sitting in an old gum tree that was spotted on the rivulet track by some very excited Elboden children! The paintings, drawings, songs, and family involvement that followed this lucky find was joyous. Including acquiring a soft toy kookaburra, loving named "Kip", that now explores each child's families' adventures over a few days to then return and allow each child to share in photos and descriptions written with their families about Kip's time at their home.

The Davey Room children have also ventured out in both the four-seater pram and some of the older babies bravely on foot. These children have adored connecting to Country, spotting familiar local landmarks, and engaging with the play equipment at the C3 church park. The Davey children often go with the Elboden Room children out on Country as we encourage vertical grouping and peer-to-peer support and mentoring.

The Integrated Centre for Children and Families



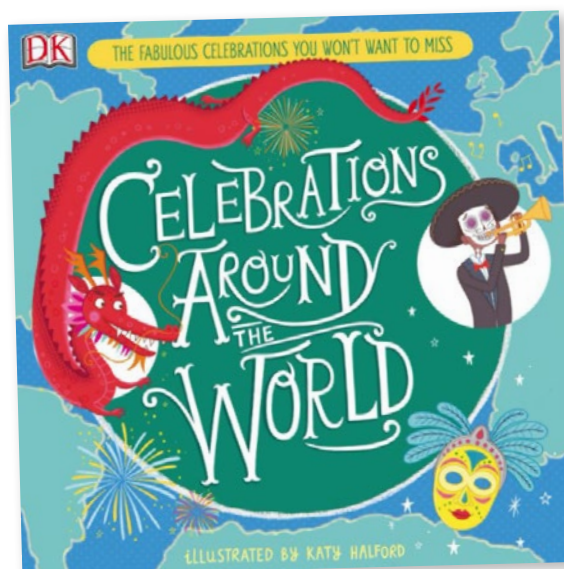
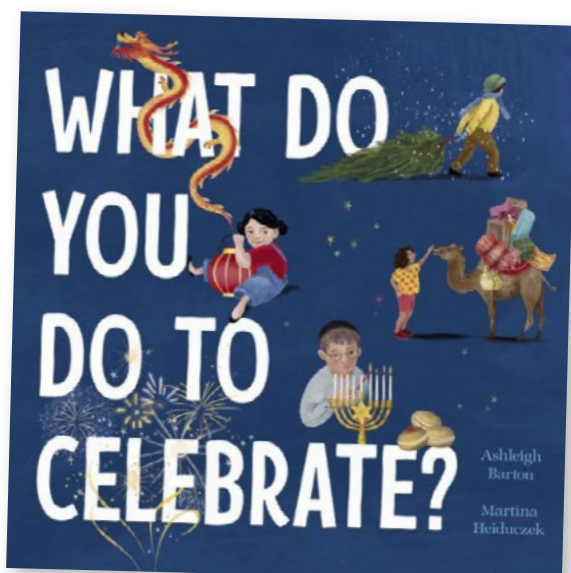
Developing Children's Understanding of Celebrations

Celebrations come in many different forms and can enhance a child's sense of belonging to family, friends and their community. Celebrations also encourage children to question, reflect upon and learn about other cultures and beliefs.

The Play School series below 'Our Celebrations' is a wonderful way to help younger children to understand what different celebrations mean within their community:

<https://iview.abc.net.au/collection/2596>

Sharing books together also opens up new worlds for children of all ages and can be a powerful tool for starting conversations about different celebrations around the world. Suggested titles to share with your children can be found below:



This is just a small sample of the books available on this topic so why not take a trip to your local library or bookshop with your children and see what else you can find?

'Children First'

Frederick Street Preschool: Encouraging Sustainability and Healthy Food Choices

Recently the children and educators at Frederick Street Preschool have been growing their own vegetables. There is great excitement when it is time to harvest their vegetables and then cook up a storm with the fresh produce! This has been such a positive learning experience for all and we are so proud to share that one of our children who, in the past, has struggled to eat vegetables will now eat fresh beans from the pod and capsicum from our garden! Involving the children in the learning process of life cycles and healthy food choices has expanded their knowledge about the world around them and encouraged their independence skills.

Educators from Frederick Street Preschool



Children's Creative Arts Exhibition at Campbell Street

Campbell Street Education and Care Service Manager, Bridget Shea, shares her reflection below:

'There was great excitement at our service recently as children, families, educators, support staff and invited guests attended our inaugural Children's Creative Arts Exhibition.

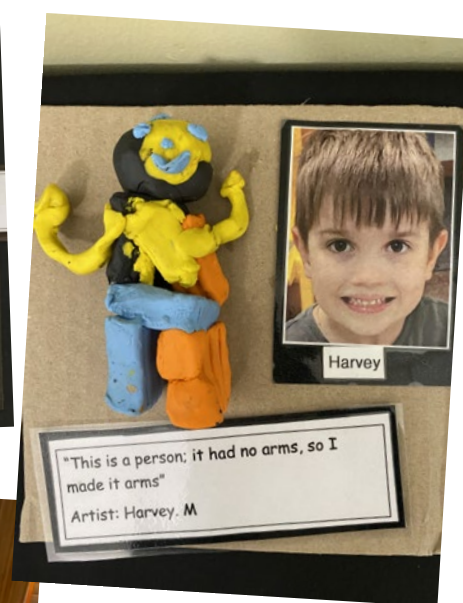
The exhibition featured amazing artworks by children from all programs that were beautifully displayed throughout the service for all to see. Alongside each of their displays, artist statements and children's voices were included to capture each child's genuine creative process.

It was such a delight to see the children proudly share their masterpieces with their families and explore the other children's artworks on display. In addition to art based creative experiences, we also collated a short slideshow to highlight creative expression that has been expressed through music, dance and role play experiences from this year which was also enjoyed on the evening.

Heartfelt thanks must go to our wonderful educators who worked so hard support the creation of the artworks, to work together on the art exhibition concept and to display all the creative pieces so respectfully.

Thank you to all our families who came along to share in the children's excitement and to show your appreciation of the play and learning opportunities offered to your children in our programs. Our close-knit community of children, families, educators and support staff is a very special one and that was very evident at the exhibition.

We look forward to making this an annual event on our service calendar. Please enjoy these photos which showcase just a small sample of the incredible children's artworks on display at the exhibition.'



ECA Conference 2022: 'Passion to Power – Our Future Profession'

The theme for this year's ECA Conference 2022 in Canberra was 'Passion to Power - Our Future Profession'. At the conference we were encouraged to lead change in society in terms of helping others to understand what we do – we are not just 'child carers' or 'child minders' but rather we are educators who play a vital role in educating and caring for Australia's future generations.

We were inspired and challenged by incredible keynote speakers including 2022 Australian of the Year, Dylan Alcott, who shared his incredible story of breaking down barriers for people with a disability and how to educate and advocate for change. On the last day, Julia Gillard's shared conversation with Kathrine Little energised the room as she shared her personal story of breaking down stereotypes and structures in society followed by her words of encouragement to advocate for the change we want to see.

We attended many inspirational breakout sessions including: 'See me Beautiful – Cultivating Character Strengths in Educators'; the importance of music for children's development; innovative sustainability and environmental practices; Montessori International College perspective on the importance of messy and risky play; and how to nurture a love of all cultures in early childhood settings and how to strengthen communication and engagement about Aboriginal and Torres Strait Islander peoples, culture and history.

Our key 'learnings' from this incredible professional learning experience are:

- To make change we need to advocate for what we believe in and change our language to support the change - 'we are educators', 'we are professionals' and 'our work has great value'.
- In learning from the experience of others and sharing knowledge, we can empower each other to create brighter futures for children.
- Professional learning challenges our current thinking and inspires us to reflect upon and make positive changes in our daily pedagogy and practice.
- There are so many incredibly dedicated and passionate early childhood education and care professionals across Australia who are committed to providing the best outcomes for young children and their families.

On behalf of our colleagues across the state who attended the conference, we would like to thank Lady Gowrie Tasmania for this incredible opportunity and in turn, we are excited to share our key learnings within our services.

Rachel Jones and Keetah McConchie



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.

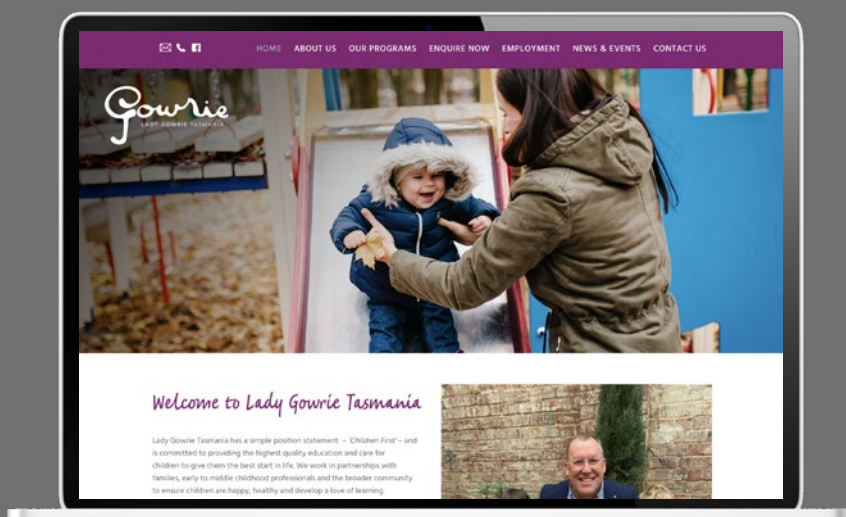
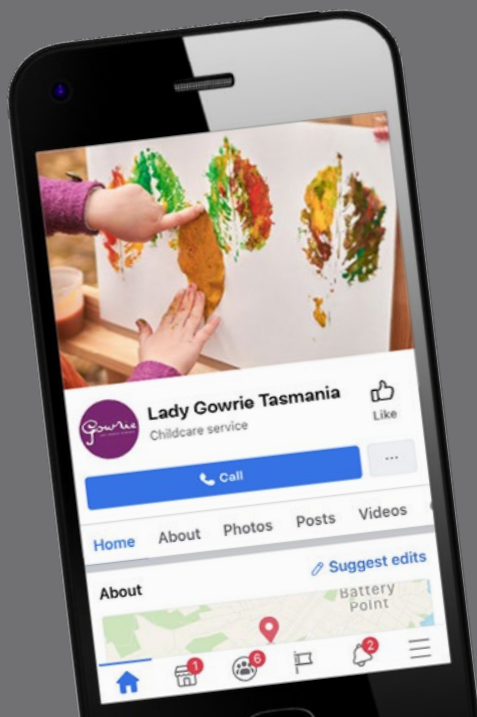
To learn more about sun safety for your family please visit:

<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.



Lady Gowrie Tasmania is a proud supporter and member of the B4 Early Years Coalition (B4). B4 is a movement for change to ensure every child in Tasmania is cared for and nurtured through the early years, no matter what.

To learn more visit: <https://b4.education.tas.gov.au/>



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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