

## 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.'*





*'Children First'*



**LADY GOWRIE TASMANIA  
CHILD AND FAMILY WELLBEING  
PROGRAM**

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/>



## Supporting Children's Sense of Agency at West Launceston OSHC

Children's Week is held annually and celebrates the right of children to enjoy their childhood. It is also a time for children to demonstrate their talents, skills and abilities.

Children's Week at West Launceston OSHC was celebrated by supporting the children's sense of agency in allowing them the freedom to choose their own experiences. The children chose to engage in a variety of art experiences and to dress up as superheroes.

This celebration links to My Time, Our Place Outcome 1: *Children have a strong sense of identity – Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.*

**West Launceston Outside  
School Hours Care Service**





## 'Children First'

### Exploring LEGO and K'Nex at Albuera Street OSHC

LEGO has always been a popular activity after school at Albuera Street Outside School Hours Care. The children have been developing their creativity with their buildings and spending time carefully collaborating on design elements. Much to the children's delight, we recently purchased additional LEGO from a second-hand supplier which aligns with our sustainability plan by reducing the purchase of new plastic toys and supplies.

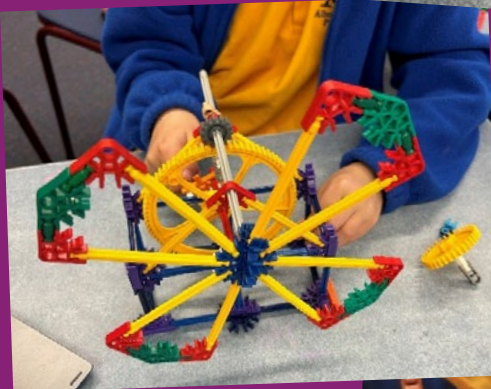
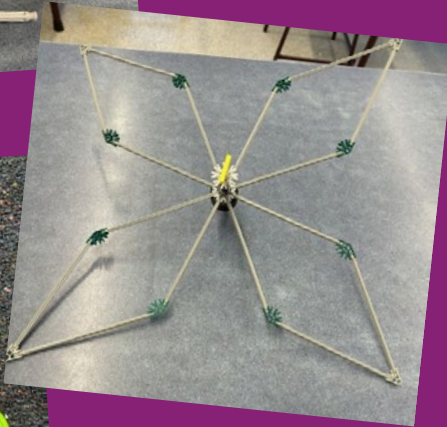
As an extension to the children's interest in LEGO, we have also reintroduced them to K'Nex building pieces. Searching through pictures from the internet, the children started building models and designing the different pieces needed to make the models.

However, the children found it quite challenging with only a small amount of K'Nex pieces available to them. Luckily we found a box of second-hand pieces online at a Salvation Army second hand store which we purchased to add to our collection. The children have since made multiple models, showing them proudly to parents and the other children at our service.

It has been fantastic to observe the children extending their problem solving, cognitive and language skills as they carefully analyse the online pictures, work out which pieces are needed to make their own models, explore the ways in which the pieces connect and read the plans to make even more complicated models.

We have also observed that when a child completes a working model using the gears the other children are very keen to play with it and explore how it works - extending on all children's learning through play!

**Albuera Street Outside School Hours Care  
Service**



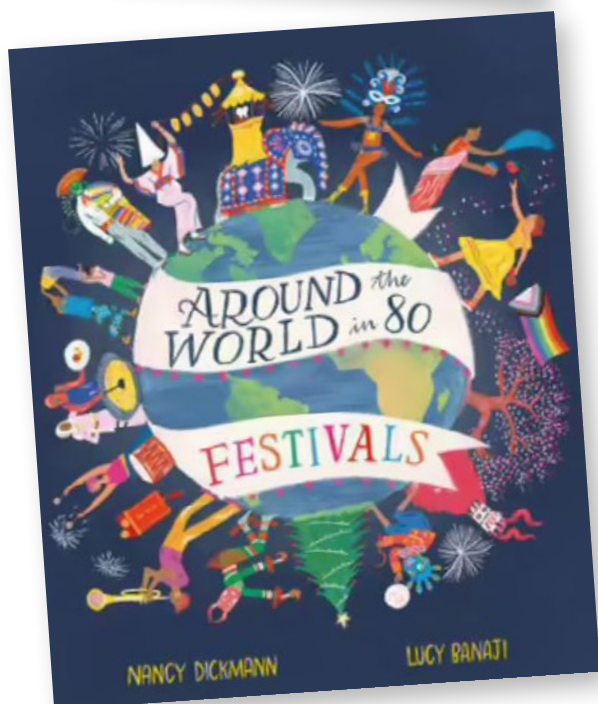
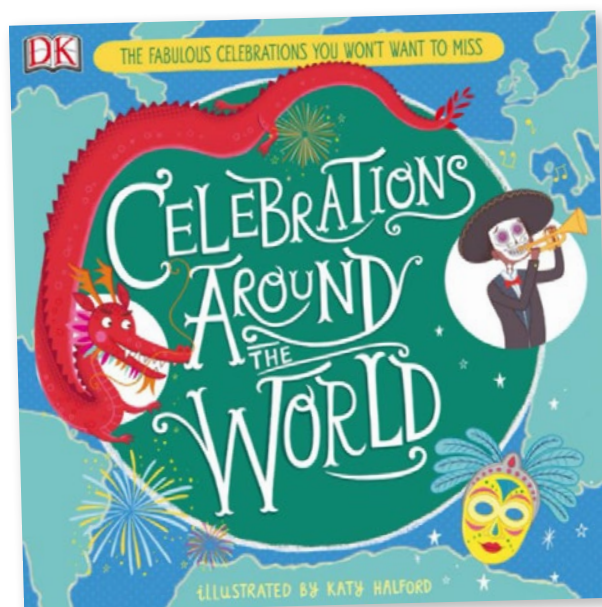


## Developing Children's Understanding of Celebrations

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.

Sharing books together 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?





## Exploring Loose Parts Play at Oatlands OSHC

During this year the children at Oatlands have been exploring and engaging in loose parts play after school. The children had the opportunity to create their own space in our learning environment where they are able to access all the loose parts equipment.

Loose parts play is child-led and helps children to develop creative and critical thinking skills by encouraging them to use their imagination and experiment with new ideas freely. Loose parts play also develops skills across the whole curriculum.

It is child-led and helps children to strengthen their independence and sense of self. It helps children observe, enquire, investigate, construct, deconstruct and engage with both others and the world around them.

**Oatlands Outside School Hours Care Service**



## Water Intake in Summer

During the hotter summer months, it is important to ensure children are drinking enough water to help regulate their body temperature. How much water do children need?

The amount of water a child needs is influenced by the amount of activity they do, the weather temperature and their diet and health. Children up to 8 years of age should have a minimum of 4-5 cups of water a day.

Children above 8 years old require at least 6-8 cups of water a day. How do I get my child to drink water? Research has shown that adding healthy flavours to water may increase the amount of fluid consumed voluntarily. Try these tips to help boost water intake for children:

- Add a slice of lemon, lime, mint, spices or an infused cold tea bag to give water a different taste
- Ensure your child always has a water bottle handy
- Freeze fresh fruits and use them as ice cubes in glasses of water



### 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>





## Fort & Cubby Building at Uni North Vacation Care

During the October vacation care program this year the children from University North Vacation Care were very fortunate to have Scott Gibson (from Gowrie Training & Consultancy) to visit and facilitate a loose parts play workshop.

The children excitedly engaged in and created with the loose parts that were on offer. They cooperated with others and negotiated their roles as they discovered, explored, planned, experimented and created cubbies and forts.

This play and learning experience reflected our service philosophy of 'Investigation and Wonder' in terms of:

*Children are encouraged and supported to imagine and investigate through play-based encounters designed to guide, challenge and inspire learning.*

*Environments are thoughtfully designed to foster children's choice, collaboration, communication, exploration and curiosity.*

It also reflected 'My Time, Our Place' Outcome 4: Children are confident and involved learners. Children were using a range of skills and processes such as problem solving, inquiry, experimentation, hypothesizing, researching, and investigating to work together to build their creations.

**University North Outside School Hours Service**



## 10 Summer Play Ideas & Experiences

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

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





## FREE Summer Holiday Children's Workshops!

### Northern Tasmania:

#### 'Build It' @ QVMAG

How high can you build a tower? Can you build a bridge from icy pole sticks? Come along and flex your engineering skills at this fun family activity!

- Wednesday 4 January 10.30am-12.00pm
- Friday 13 January 10.30am-12.00pm
- Monday 16 January 10.30am-12.00pm



#### 'Make it Place' @ QVMAG

Have fun creating rockets, robots, animals, cars and more in the 'Make it Place'.

- Friday 6 January 10.30am-12.00pm
- Wednesday 11 January 10.30am-12.00pm
- Friday 20 January 10.30am-12.00pm

Free activity, no bookings required. All materials are supplied on the day.

Children must be supervised by an adult.

### Southern Tasmania:

#### Woodwork & Tinkering Workshops

Gowrie Training & Consultancy will be providing two FREE practical workshops for school age children from 4 to 12 years on Tuesday 17th and Tuesday 24th of January, 2023. These workshops have been funded through the Tasmanian Government's Premier's Fund for Children and Young People.



#### CHILDREN'S WOODWORKING WORKSHOP

Gowrie Training & Consultancy will be providing a **FREE** practical workshop for school age children from 4 to 12 years. This workshop is funded through the Tasmanian Government Premier's Fund for Children and Young People.

DATE: TUESDAY 17<sup>TH</sup> JANUARY, 2023

TIME: 10.00AM TO 12.00PM

KINGBOROUGH COMMUNITY HUB, TERRACE AREA, 7 GOSHAWK WAY, KINGSTON

SUPPORTED BY

Please register on arrival!  
Limited spaces available!

Gowrie  
TRAINING &  
CONSULTANCY

Tasmanian  
Government



#### CHILDREN'S TINKERING WORKSHOP

Gowrie Training & Consultancy will be providing a **FREE** practical workshop for school age children from 4 to 12 years. This workshop is funded through the Tasmanian Government Premier's Fund for Children and Young People.

DATE: TUESDAY 24<sup>TH</sup> JANUARY, 2023

TIME: 10.00AM TO 12.00PM

KINGBOROUGH COMMUNITY HUB, TERRACE AREA, 7 GOSHAWK WAY, KINGSTON

SUPPORTED BY

Please register on arrival!  
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Gowrie  
TRAINING &  
CONSULTANCY

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Government





## 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 cultural 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.

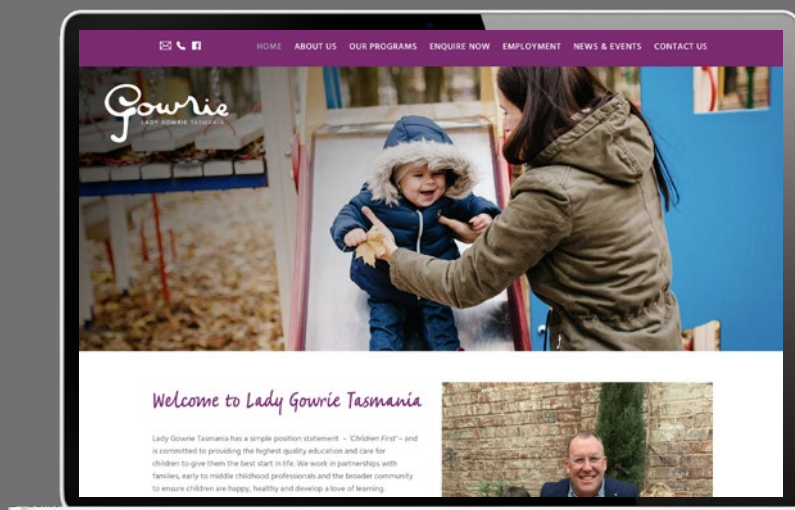
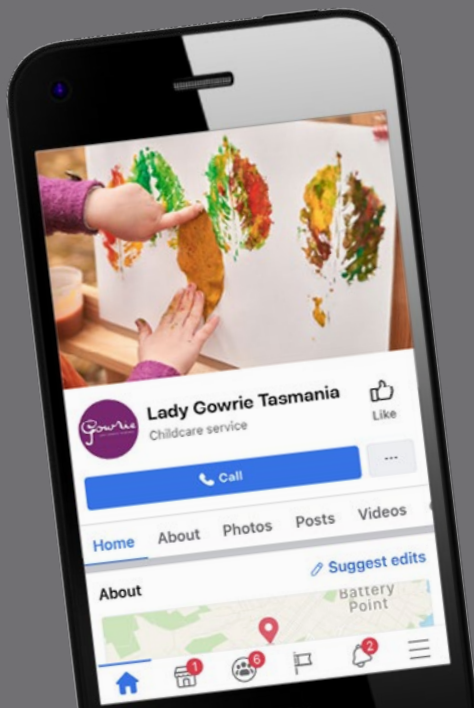
To learn more about sun safety for your family please visit:

<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](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.







## Contact Details

### Head Office

346 Macquarie Street, Hobart	6230 6800	<a href="mailto:info@gowrie-tas.com.au">info@gowrie-tas.com.au</a>
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### 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 Richmond South Hobart	Swansea Oatlands	6230 6805 <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>
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