

From the Chief Executive Officer

Dear Families,

I hope everyone is enjoying the last of the colourful autumn days and staying healthy and well as we head into the cooler months of the year.

When visiting our education and care services, it is wonderful to see the children and educators settled into their programs and to see all the play-based learning experiences in full swing. Our educators work so hard to plan for and support these learning experiences to ensure your children are engaged and active during their time with us.

In my last newsletter article, I focused on helping the children in our lives to develop an understanding of the 'gift of giving'. I wrote of my strong belief that 'giving' to others and our community also contributes to our positive mental and physical wellbeing in numerous ways. This has led me to reflect on the benefits of building children's connection to their community, their extended family, their family friends and their neighbours.

Building children's connections within their community encourages:

- a strong sense of belonging;
- opportunities to develop social skills;
- improved self-esteem and self-confidence;
- people to go to when they need help; and
- a network they can use to learn about the world around them.

Ways to encourage these connections might be through sporting clubs, music or art groups, religious or cultural organisations or volunteer groups. These activities can give children opportunities to build new friendships, learn new skills, follow their interests and 'give back' to their community.

At Lady Gowrie Tasmania (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 both collective and individual efforts.



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'Children First'

One team has signed up for the upcoming Hobart City Mission's 'Sleep Rough' night, our team from the Integrated Centre for Children and Families recently participated in the 24-hour Cancer Council's 'Relay for Life', in November last year our Finance Officer organised staff donations for Share the Dignity 'It's in the Bag' packs and you may remember I visited Tassie Mums last year to donate eight nearly new children's car seats that were surplus to our requirements.

Through generous donations by local individuals, schools and businesses, Tassie Mums provides essential baby and children's items to social service organisations across Tasmania that work with vulnerable and at-risk children. The work undertaken by Tassie Mums and their passion for supporting babies and children in need, closely aligns with LGT's mission of providing services and programs that enable Tasmanian children to thrive.

I am therefore very proud to announce that during the month of July 2023, LGT will be throwing our collective weight behind the valuable work that Tassie Mums do to provide for Tasmanian babies and children in need. Donation bins will be available at each of our Education and Care Services and we are asking our families and our people to please donate brand new children's underwear, socks, nappies and drink bottles. You might also like to donate new/excellent quality second hand children's books, fidget toys or small soft toys up to 30cms.

In the lead up to July, we will post donation reminders for families on Storypark and on our social media pages. I thank you all in advance for your support of this fantastic initiative. If you would like to learn more about the incredible work undertaken by Tassie Mums, then please follow the link below:

<https://tassiemums.org/what-we-do>

Having conversations with your children about why you are donating to Tassie Mums and the valuable work they do is great way to role model the concept of 'giving back' to your community. You might also like to involve your children in preparing your donation and talk to them about how it makes you feel to help others in your community.

On this note, you will also find in this newsletter an article about being good role models in teaching children about emotional regulation, dealing with big emotions through play, Harmony Week 2023 celebrations, 'Muta' our orange-bellied parrot learning project, reminders about the upcoming CCS changes, a delicious cheese and chive scone recipe – and much more!

Please stay safe and warm and as always, feel free to contact your Service Manager if you have any questions or require support with your children's education and care journey at LGT.

Until next time,

Mat Rowell
Chief Executive Officer

TASSIE MUMS

Help us find
**800 packets of undies
& 800 pairs of socks**
for Tasmanian
children in need.

July 2023
New sock and underwear
children's sizes 2-14

Scan to make a tax deductible
\$50 will allow
us to purchase
essential items
for a vulnerable
child in need.

www.tassiemums.org

REGISTERED CHARITY

From the General Manager Education and Care

Lady Gowrie Tasmania (LGT), and its Educators are committed to putting 'children first' in all that we do.

Scientific research over the past 30 years has taught us that the most important period of human development is from birth to eight years old. We know that the most rapid and significant brain development happens in the first 3 years of a child's life, and that 90% of a child's brain develops by the time they're 5 years old. We know that the relationships children have and their experiences during the first years of life will have a profound impact on the rest; so how do we give children the best start in life?

We play.

Children of all ages learn naturally through play. It's how they explore, make sense of the world, express their curiosity, and have fun. Research shows that play supports positive attitudes towards learning, providing a good foundation for ongoing success at school and skills for life-long learning.

Play is the primary way in which young children gain essential knowledge and skills. For this reason, opportunities and environments that promote play, exploration and hands-on learning are at the core of what we offer in LGT services.

Development and learning are complex and holistic, and skills across all developmental domains can be encouraged through play, including motor, cognitive and social and emotional skills. In playful experiences, children can develop a range of skills and dispositions at one time.

Play develops important social skills in children including how to read social cues, recognise and regulate emotions, take turns, and engage in a long-term activity that is mutually beneficial. Because learning and child development doesn't happen in discrete pockets of time or during isolated activities, children need opportunities to blend their skills and knowledge together, which play supports.

By combining hands-on activities and structured learning experiences, a play-based approach ensures that children are continuously challenged and stimulated, building a strong foundation for their future schooling and personal success. In our services, you will notice Lady Gowrie Educators providing play opportunities in lots of different ways:

- **Sensory play** - This involves providing children with various materials to explore using their senses, such as sand, water, and playdough. This helps them develop their fine motor skills and understand basic scientific concepts, such as cause and effect.
- **Role-playing** - Children engage in imaginative play by taking on different roles and acting out scenarios. This helps them develop their social and emotional skills, as well as language and creativity.
- **Construction play** - Children may use blocks, Lego, or other building materials to construct various structures. This helps develop their problem-solving skills, spatial awareness, and creativity.
- **Outdoor play** - This can involve exploring nature, running, and climbing, which helps children develop their gross motor skills, coordination, and physical health. It also encourages them to explore their environment and build an appreciation for nature.
- **Storytelling and reading** - Children can take part in reading stories and retelling them through play. This helps develop their language and literacy skills, as well as their imagination and creativity.
- **Art and craft activities** - These activities can include painting, drawing, and creating collages. By engaging in these activities, children develop their fine motor skills, creativity, and self-expression.
- **Cooking and baking** - These activities encourage children to work collaboratively, follow instructions, and develop an understanding of measurement and mathematical concepts. It also introduces them to various foods and encourages healthy eating habits.

As children grow and start to understand their role in the world, Educators use play-based learning to support emotional regulation in a variety of ways. This includes:

- **Stress reduction**: Play helps children release their anxieties and frustrations, leading to decreased stress levels.
- **Socialisation**: Play introduces children to social norms and expectations, helping them regulate their emotions in social situations.
- **Emotion expression**: Play allows children to express their emotions in a safe and imaginative environment. This allows them to develop emotional regulation skills.

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- **Self-esteem:** Play-based learning lets children make choices and take risks, boosting their self-esteem and confidence.
- **Empathy:** Play promotes empathy and understanding as children learn to recognize and respond to the emotions of others.
- **Coping skills:** Play-based learning teaches children to cope with difficult situations, helping them build resilience and emotional regulation skills for the future.

Lady Gowrie Tasmania recognises parents and carers as children's first and most important teachers. We value partnerships with families knowing that these leads to the best outcomes for children.

If you or your child need more support with their emotional regulation, our incredible Service Managers are always available to set up a time to meet with you and create a play-based plan focused on supporting your child.

Shanna Hughes
General Manager Education and Care

"When little people are overwhelmed by big emotions, it is our job to share our calm, not join their chaos."

L.R KNOST



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

**Making
child care
cheaper from
July 2023.**

[servicesaustralia.gov.au/
changes-if-you-get-
family-payments](https://servicesaustralia.gov.au/changes-if-you-get-family-payments)



CCS Changes from July 2023

From July 2023, most families using education and care will get more CCS. The increased CCS percentage you will be entitled to depends on your family's income.

If you already get CCS, you do not need to do anything to get the increased rate. Services Australia will apply changes to your CCS automatically.

However, families must remember to inform Services Australia of any changes to your income or family circumstances.

For more information please visit: <https://www.servicesaustralia.gov.au/child-care-subsidy>

Teaching Children About Emotional Regulation

One of the ways in which children develop an ability to manage their emotions is by watching their parents and mimicking their coping strategies (Cole, 1994). Naturally, children develop those emotional regulation skills gradually and parents need to consider suitable modelling strategies for the different developmental stages.

A three-year-old, for example, may express anger by throwing a tantrum, while a five-year-old might be able to more clearly verbalise the source of the anger. Many children will, however, struggle to cope with the intensity of a specific emotion. For some children, the development of emotional regulation does not come automatically and requires more focused input from parents.

All Emotions are Valid

There are no "bad" emotions. Children will experience a range of emotions every day from mild to extreme ones. Help your child to understand those emotional changes, name them and explain how each emotion feels in their body. You can continue to explore what behaviour comes out of those emotions and if there may be a better way of expressing it. The Quirky Kid 'Face It' Cards are designed to increase emotional awareness.

To a child, the disappointment of missing out on a play date may be every bit as intense as what you would feel if, for example, you missed out on your best friend's wedding. Allowing your child to experience, recognise and name that disappointment lets them know that you care about them and their feelings (Denham, 2012).

The same is true for anger. A child who is angry about a perceived unfairness - not being allowed to watch television, having to leave a birthday party, or being "mistreated" by a sibling, for example, needs your acknowledgement that their anger is legitimate. You aren't denying them the emotion; you're simply asking that they express it appropriately.

As the children develop, and with some assistance from their parents, this process is transferred from an external source (e.g., parents calming a crying child) to internal (e.g., children using language to calm themselves).

Managing Behaviours

You can't change what your child feels. In fact, your child needs to feel safe expressing a full range of emotions. You can, however, help shape the behaviour that occurs as a result of those emotions.

For example, a child who is prone to violence can have his anger validated while still knowing that hitting, kicking, or pinching are not acceptable. It often helps if you're able to control your own behaviour. Yelling, smacking, or punishing harshly in an effort to get the undesirable behaviour under control will spark further negative emotions in the child, making it more difficult for them to get their behaviour under control.

On the other hand, modelling appropriate behaviour will help your child to learn how to control their own emotional responses. Show your child that sometimes, you need to take a moment to think things through or remove yourself from the situation. Modelling these behaviours will give your child a clear example of how they should act.

Share Your Own Feelings

Because children learn from your responses, they need to understand what has prompted those responses too. It can be very helpful for children to have their parents share how they feel and how they have behaved. This can help with not only validating how children feel but can also provide opportunities to discuss appropriate coping responses and develop a sense of understanding of the child's situation. Participating in discussions about emotions gives children new tools for regulating their own expression of emotions.

Through modelling positive ways to cope with different emotions, a parent implicitly teaches children how best to express emotions and regulate them (Valiente, 2004).

Helping your child to manage their emotional responses can be a challenging part of parenting, however, it has an immeasurable benefit for children as they grow up and learn to navigate the world and the world's increasingly complex interactions.

Written by Leonardo Rocker, co-founder of the Quirky Kid Clinic and holds a Master of International Social Development from the University of New South Wales



How To Support Emotional Regulation In Older Children

Parents of toddlers are all too familiar with emotional outbursts. When their two-year-old has a tantrum at the shops, they roll their eyes and exchange knowing glances with parents of other young children.

Fast-forward a few years and the scene will be entirely different. If a 10-year-old explodes in frustration after missing a goal at a soccer game and doesn't manage to calm down quickly, parents are much less likely to laugh it off.

"Parents tend to be more embarrassed when older children aren't able to contain their emotions because they think it isn't age-appropriate," says Educational and Developmental Psychologist Dr Kimberley O'Brien. "They think, 'She should know this by now' or 'I've mollycoddled him too much and that's why he's so emotional'. They blame themselves or question their parenting styles, but parents have to work in baby steps towards emotional regulation just like they would letting their child ride their bike to the shops on their own."

There's a wealth of evidence that school-based social and emotional learning (SEL) programs can help children learn to regulate their emotions. A review of four large-scale meta-analyses of SEL programs in primary schools (2018) found that they have positive effects on a range of important behavioural and academic outcomes. These effects were observed immediately following the end of the programs and at various follow-up periods.

Another study (2018) found that an SEL program successfully reduced aggressive behaviour in third to fifth-grade students.

Kimberley believes parents can achieve the same results at home. *"With the right strategies and careful planning, you can enable your children to manage their emotions independently," she says.*

Here are five strategies to help you support your child's emotional regulation.

'Children First'

1. Start young (if you can)

Some children are naturally more emotionally reactive than others.

"Parents tend to pay more attention to their children's negative outbursts, but it's likely that those same kids will also get easily excited when something good happens and very upset during sad movies," says Kimberley. "Parents can start teaching these children to regulate their strong emotions at a young age by encouraging them to use their words to describe how they're feeling."

If you feel like you missed that boat or your child is still reactive despite your best efforts, don't despair. It's never too late to teach older children new tricks.

2. Model emotional regulation strategies

One of the best ways to teach children a new skill is to model it. If you're a reactive person yourself, this might take some practice.

"When you're feeling overwhelmed, say, 'I'm finding this very stressful, I'm going to have a cup of tea to calm down' or 'I need some time to myself, I'm going to go out on the balcony and have a stretch'," says Kimberley. "By taking a break, you're better able to put your strong emotions into words and express them. And by modelling this to your children, you'll teach them to do it too."

3. Help your child build an emotional regulation toolkit

Instead of waiting for your child to explode and reacting negatively to their outburst, Kimberley suggests helping them build a toolkit to deal with situations where their emotions feel overwhelming.

"If your child tends to get upset when they miss a goal during a soccer game, you can help them decide what they'll do to calm down," she says. "They might grab their towel and water bottle and go for a walk or say to their coach, 'I tend to get pretty angry if I miss a goal, so you might need to sub me out after that.' The trick is to create steps to independence by helping them work out how they're going to pull themselves together rather than fixing it for them."

4. Develop a plan for trigger situations

Parents tend to know the types of situations that trigger their child, but they're often unsure how to prevent the outbursts. According to Kimberley, planning ahead is the key.

"When your child is calm, say, 'Do you notice how you're often fighting with your sister while I'm trying to cook dinner? That doesn't feel comfortable for me, so what can we do to make that time of day better?' Giving siblings separate stations to do homework or projects can help. You can have one child upstairs and one downstairs or even put markings on the floor to delineate areas. It's not a punishment, but a way to prevent trigger situations."

5. Use de-escalation strategies

When an outburst occurs, Kimberley suggests drawing on crisis de-escalation strategies that are used in detention centres.

"They'll get all the children who are calm to assemble in one area and have the person who needs the most attention talked down by the person they most connect with," she says. "If you don't have someone to mind your other children who may be stressed by what's just happened, you can have a calm mat that they can go sit on. You can have a boundary around it and say, 'You don't step off the mat when you're in crisis.' The key is to calm everyone down before trying to solve anything."

Reward successful emotional regulation

If your child uses their calm-down toolkit or other emotional regulation strategies adequately, you may choose to reward them. *"It's a good idea to connect the reward with the aim of the game, which is calmness," says Kimberley. "You might do a relaxing activity together, like swimming in a heated spa or something else they love doing. Relaxation is the goal."*

Written by Leonardo Rocker, co-founder of the Quirky Kid Clinic and holds a Master of International Social Development from the University of New South Wales.



HARMONY WEEK
EVERYONE BELONGS • HARMONY.GOV.AU



Harmony Week 2023

Harmony Week is a time to celebrate Australian multiculturalism and the successful integration of migrants into our community. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Lady Gowrie Tasmania honours and celebrates the cultural diversity of our community not only during Harmony Week but through our everyday practice and the provision of inclusive programs for all children, families, clients, learners and early to middle childhood professionals.

Building Community Connections at Punchbowl OSHC

The children and educators at our service have been focusing on engaging with our local community. We celebrated National Road Safety Week with one of our talented educators, Montana, creating an amazing photo prop! We explored road safety, using pedestrian crossings and being aware of hazards. We also created road maps and learnt about traffic signs and many other fun activities.

We are also working closely with our local City Mission branch to help our local community members who might need some extra help this winter. City mission will be visiting us soon and talking to us about all the great work they do. It is fantastic to see the children's enthusiasm during these experiences as they learn about the world around them.

From the Educators at Punchbowl OSHC

HI! WE NEED YOUR HELP!

City Mission
Emergency Relief Assistance provides support to families and individuals living in Launceston and the Northwest.

Please, help us by giving what you can!

City Mission has provided a helping hand to thousands who have stumbled on their life journey, providing emergency relief, including food vouchers and a safe place to sleep.

Urgently Requires

- Warm winter socks (for the homeless)
- Winter (non-perishable) food items, such as pasta, pasta sauces, simmer sauces, rice, noodles, cuppa soup and so much more!

Support Families & individuals

Please place your donated items into the baskets.

City Mission Partner with **Gowrie**



Exploring & Creating at Lansdowne Crescent OSHC

There was action aplenty during our April Vacation Care Program – both during incursions and excursions out in the community. A highlight for all was our excursion to Dru Point in Margate with the Albuera Street Vacation Care Program.

The children took great delight in exploring the natural environment and riding their bikes and scooters together. Most of all, they shared conversations, stories and time together with old friends and new friends.

The JunkBot incursion was an absolute favourite. The children were offered the opportunity to create their own 'junk bot' and then participate in a parade to show everyone their hard work.

It was such a delight to observe their creativity, persistence and determination during this experience. To top it off, they were also very encouraging and proud of each other's creations. Another favourite incursion was when the circus came to visit.

As educators, it is such a privilege to be able to offer these rich play and learning opportunities and spend time with the children during their school holidays. We are already looking forward to the July Vacation Care Program!

From the Educators at Lansdowne Crescent OSHC





Cheese and Chive Scones

Prep Time: 20 mins | Cook Time: 20 mins | Servings: 12

Making and sharing scones with family and friends is not only fun but a great way to warm up on these cooler days!

Ingredients

- 3 1/2 cups self-raising flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 65g butter cubed
- 1 1/2 cups milk
- 3 tablespoons fresh chives
- 1/3 cup parmesan cheese finely grated
- 1/3 cup cheddar cheese finely grated
- extra cheese and milk for top

Method

1. Preheat oven to 200C
2. Line your large baking tray with baking paper.
3. Add the flour, salt, pepper and sugar to a large bowl and stir.
4. Add the cubed butter, and use your fingertips to rub the butter into the flour until it resembles breadcrumbs. This should take around 8-10 minutes.
5. Make a well in the centre of the flour, then add in the milk, cheese and chives.
6. Use a knife to 'cut' the mixture, combining it together well.
7. Dust a clean surface with flour, then turn out the dough to knead. Continue to add flour if the dough gets too sticky.
8. Shape the dough into a disc measuring a height of 4cm. Dip your mason jar or cookie cutter into flour, then cut out round discs of dough.
9. Place the dough discs in your prepared baking tray. It doesn't matter if they touch. You should make around 12 scones.
10. Place in oven and bake for 15-20 minutes, checking every so often to ensure they're cooking evenly.
11. Remove from oven and serve immediately with butter.

Children might also like to experiment with this recipe using different shape cutters and flavours – the possibilities are endless!

Source: <https://www.thehomecookskitchen.com/cheese-and-chive-savoury-scones/>

Creating Rainbow Volcanoes at Gordon Square OSHC

During our April Vacation Care Program, we had a focus on STEM experiences for the children. During one of the experiences, the children worked together to create rainbow volcanoes in the sand.

The children created their volcanoes in wet sand, pouring bicarbonate soda into the hole and then coloured vinegar. Each time they put a new colour in it caused the lava to either change colour or cause a rainbow. It was fantastic to see the children using their communication skills to work together and experiment.

Some children made a moat around theirs, filling it with bicarbonate soda and pouring vinegar in to make a bubbling river around their volcano. There was also lots of experimenting with cause and effect in the sand to see if the lava would run down the volcano.

The children also used their fine motor skills to squeeze the droppers and engaged their turn taking skills as they patiently waited in line for their turn with the vinegar.

From the Educators at Gordon Square OSHC



National Ride 2 School Day at Bowen Road OSHC

Recently, the Bowen Road School community participated in National Ride 2 School Day.

Many of the children excitedly arrived at our OSHC program that afternoon with their bikes. The educators saw this a wonderful opportunity for a spontaneous play and leisure program that day and supported the children's collaborative discussions on safety strategies and rules to support this activity.

The children demonstrated their knowledge in bike and road safety, deciding that helmets must be worn at all times, riding in one direction to reduce the risk of accidents and being aware of other bike riders. The children thoroughly enjoyed their afternoon of active play and were responsive and engaged with their agreed "road rules".

In our OSHC service, we believe that when we follow the ideas and voice of the children, their play supports their wellbeing and what they need from our program in that moment.

"Neural pathways and connections in the brain are stimulated when children and young people are fully engaged in their play as they make plans, create characters, solve problems, develop self-awareness, learn how to socialise, negotiate and think with others."

Principle: Play, leisure and intentionality – My Time, Our Place (Framework for School Aged Care in Australia).

From the Educators at Bowen Road OSHC



Our 'Zones of Emotional Regulation' at South Hobart OSHC

We recently held a 'Messy Sensory Day'. Here at South Hobart OSHC, we have talked a lot about the zones of emotional regulation and have found sensory experiences to be a great way to help us to regulate ourselves and our big emotions.

This paint mixing activity involved placing a piece of paper and various paint colours into a zip lock bag and using fingers to spread and mix the colours to create a marbled effect on the paper. This produced beautiful art and doubled up as a grounding, calming experience for the children with one child, Charlotta, exclaiming "this is so satisfying!".

The children and educators thoroughly enjoyed participating in this calming learning experience together. As educators, we will endeavour to create many more sensory experiences in the future to support the children's learning journey about themselves and their zones of emotional regulation.

From the Educators at South Hobart OSHC



2023 Flu Vaccination

All Tasmanians should consider protecting themselves, their family and their community from flu by having a flu vaccine. The flu season usually occurs each year in Tasmania between June and September. It is best to have a flu vaccine from mid-April and you need a flu vaccine every year to stay protected. The following people are eligible for a free flu vaccine because they are at greater risk of getting severe flu and complications:

- All children aged between six months and five years
- All adults aged 65 years and over
- Pregnant women (at any stage in your pregnancy)
- Aboriginal and Torres Strait Islander people from six months of age
- All people over 6 months of age with chronic medical conditions

Free flu vaccines are available for these people through local GPs and pharmacies. If you do not fall into the free flu vaccine categories above, then please talk to your local GP or pharmacist to book.

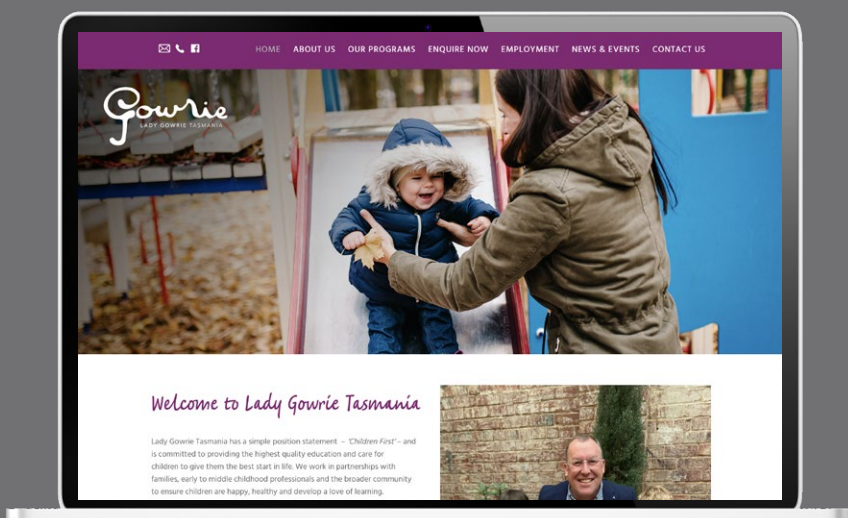
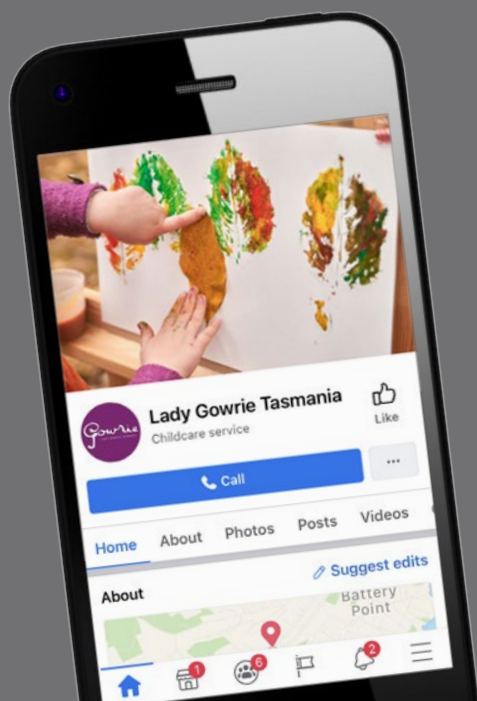
Further information about the flu vaccine is available at:

<https://www.health.tas.gov.au/health-topics/flu-influenza/flu-vaccination>



Lady Gowrie Tasmania – Website & Social Media

We encourage all families to follow the Lady Gowrie Tasmania social media pages 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	6344 9993	pedder@gowrie-tas.com.au
University	6324 3731	uninorth@gowrie-tas.com.au
Swansea, Oatlands	6331 5106	oshclusternorth@gowrie-tas.com.au

Outside School Hours Care Programs

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

West Launceston Pre-School	6331 5106	oshclusternorth@gowrie-tas.com.au
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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	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 BSC, 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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