

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 – Lunar 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, displays in our services, on social media and in our quarterly newsletters.

So, whenever you and your children 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. Please also feel free to share photos and stories with your children's educators about your special family traditions and celebrations.



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'Children First'

On page 4 of this newsletter you will find a useful article and reading resources for talking to your child/ren about different celebrations around the world.

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. 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 was so proud in September when LGT donated to Tassie Mums the incredible amount of children's clothing, toys, books and other essentials so generously donated by our LGT families and staff. I believe that 'giving' to others and our community contributes to our wellbeing and is a wonderful attribute to role model for children. For those families who would like to explore this concept further I encourage you to read the article below 'Giving: The Best Gift of All':

<https://centerforparentingeducation.org/library-of-articles/indulgence-values/giving-best-gift/>

In other news, LGT's 2022-23 Annual General Meeting held last month was a time to reflect, acknowledge and celebrate all the remarkable work undertaken at LGT. It was also a time to acknowledge our people who achieved significant anniversaries of working for LGT. Kate Beckett, Assistant Manager at Norwood, was also announced as the 2023 recipient of the Helen Stephen Memorial Scholarship. Congratulations Kate! Shanna Hughes and I will be presenting Kate with her award early next year so I will share more about Kate's achievement in the next newsletter.

In closing, I would like to acknowledge and thank all our people for their energy, passion and dedication in their work of educating and caring for nearly 6000 children across Tasmania this year. Their commitment to our mandate of 'Children First' in their work every day makes such a difference to the lives of so many Tasmanian children and their families.

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 2024 and beyond. To the

families continuing, we look forward to strengthening our partnership with you to support your child'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



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

All Lady Gowrie Tasmania services and programs will close for the Christmas break at their usual time on Friday 22nd December, 2023 and will re-open on Tuesday 2nd January, 2024.

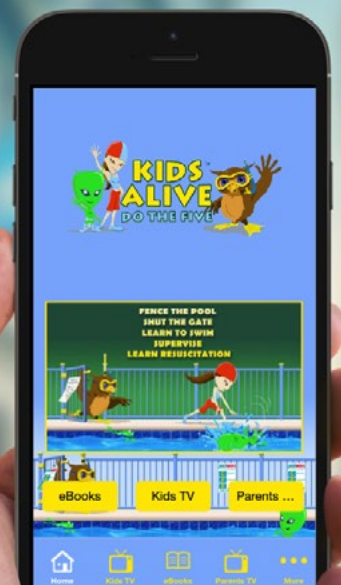
Wishing all our children and families a happy, safe and restful break!

Kids Alive – Do the Five!

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.

Kids Alive – Do the Five! App

The Kids Alive Do The Five! App has been designed to teach young children and parents about water safety. Users can explore a range of water safety education materials to enjoy with young children. The materials have been developed in consultation with early childhood educators, water safety experts and parents. This App will work on iPad and iPhone.



"May you never be too grown up to search the skies on Christmas Eve."

UNKNOWN

Celebrating Traditions: An Important Part of Children's Development

Celebrating traditions are not just fun but are an important part of a child's development.

Many of us can think back to our childhood and recognise fun and special traditions we celebrated together with our families. Whether it was birthdays, Christmas, school holidays or other culturally celebrated events – these memories mark a special time in our childhood.

It's never too early to start establishing rituals and traditions with your children!

Benefits of celebrating traditions

Whatever your culture, religion or family circumstances, celebrations and special events are an important part of childhood.

Creates a sense of belonging

Celebrating traditions fills your child with excitement and stability. Special days offer opportunities to help create a sense of belonging that's crucial to healthy social and emotional development.

Develops language development

Singing special songs that are related to the celebration and talking about how your family celebrates are great ways to encourage language development. It's also a good opportunity to introduce new words to babies and young toddlers. For example, providing the words to the objects young babies might be looking at.

Helps mark the passage of time

For older children, seasonal celebrations can help develop time concepts. Phrases like 'Christmas is in 5 more sleeps'; 'Your birthday is after daddy's birthday'; 'in the morning we will... then at night we can watch the fireworks' encourages this concept of time in growing brains.

Develops thinking and reasoning skills

Logic and reasoning skills are the ability to think through problems and apply strategies to solve them. Involving your child in the planning for celebrations, making special decorations or preparing food is a great way to encourage this. Plus being included and 'helpful' develops your child's self-esteem and confidence too!

Encourages cultural awareness

Joining in on festivals and celebrations occurring locally can help your child and family feel more connected to your community. It also helps children develop an understanding of and respect for differences.

Celebrations and traditions define what your family's values and routines are. And it's these memories that your family will cherish for years to come.

Taken from: <https://www.playgroupwa.com.au/celebratingtraditionschilddevelopment>



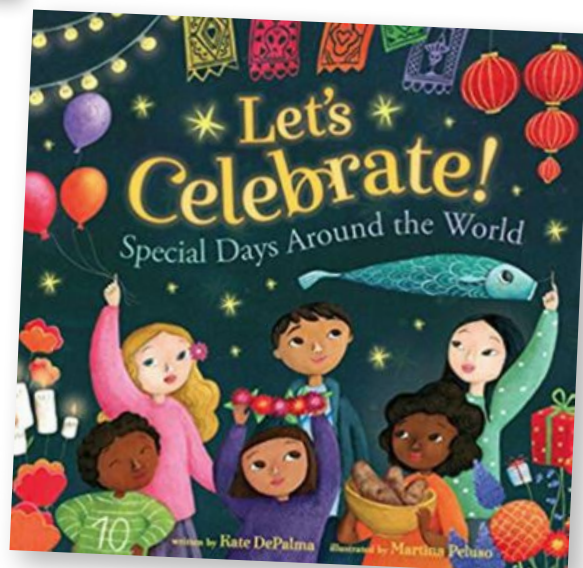
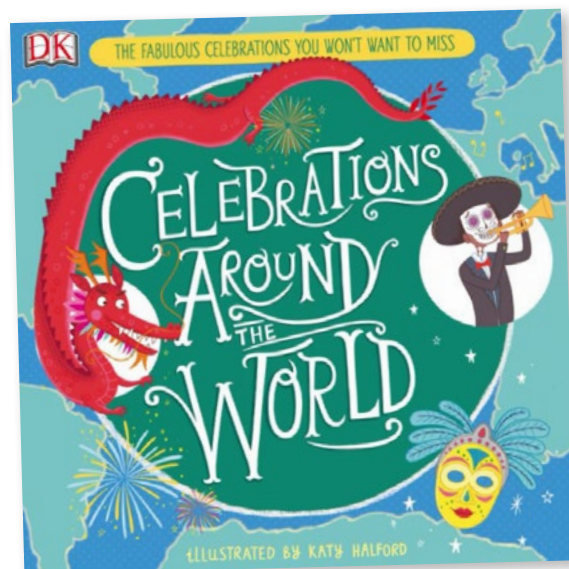
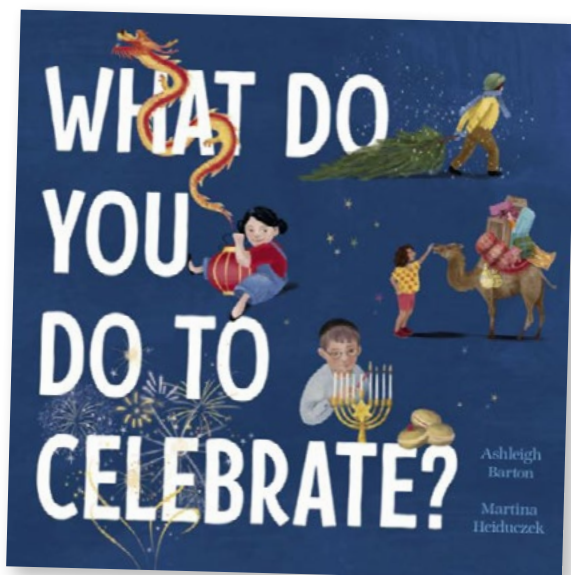
Developing Children's Understanding of Celebrations

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?

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/summeractivities-kids/>



Support for Separated Families



Our Children's Contact Service offers:

- ✓ safe contact arrangements for children whose parents are separated
- ✓ supervised visits for the child and visiting parent to spend quality time together
- ✓ a safe space for planned changeovers so children can move from one parent/family member to the other without stress



scan me to find out
how we can help you

CALL 1300 364 277

and ask about our Children's Contact Service

Relationships Australia
TASMANIA

'Children First'

Children's Creative Arts Exhibition at Campbell Street

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

'There was great excitement for our children, families and educators who attended our annual 2023 Children's Creative Arts Exhibition. The exhibition featured amazing artworks by children from all programs that were respectfully 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 play experiences from this year which was also enjoyed on the evening.'

Heartfelt thanks must go to our wonderful educators who worked so hard to support the creation of the artworks, to work together on the art exhibition concept and to display all the creative pieces so respectfully. Thanks also 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 this was very evident on the night. Please enjoy these photos which showcase just a small sample of the incredible children's artworks on display at the exhibition.'



Nurturing Empathy and Responsibility: Caring for Animals at Richmond

Over recent months the children have been showing a strong interest in animals. This began as the children watched a family of ducks waddling across the school oval, as well as observing the magpie family which visit our yard every day. We have been very lucky to have had a range of animals visit us that have been brought in from families and educators including ducklings, a joey and mini lop dwarf bunnies.

Following on from this interest, our team leaders purchased two guinea pigs for the service. Through interactions with our visitors and new fluffy friends, there has been a great sense of excitement and awe as the children engaged with them. They have inspired curiosity and provided the children with a wide range of meaningful experiences.

Interactions with animals helps the children build a sense of connection with their environment. It helps them to learn about nature and the difference between wild and domesticated animals. In addition, caring for our animals helps the children become more confident, improve their self-esteem, social skills and overcome fears.

The educators are encouraging the children's sense of empathy for animals by promoting the wellbeing of animals in their care. Through their positive experiences with animals, the children are learning to care about others, develop a sense of responsibility and recognise the needs of animals, including humans. This has led to the introduction of many different learning topics especially those about the environment, science, life cycles, animal wellbeing and diversity.

Richmond Education and Care Service



'Children First'

Move Well Eat Well Award Recipients

Congratulations to our teams at Swansea and Oatlands Education and Care Services who received their renewed Move Well Eat Well (Early Childhood Services) Award. Both services also received an incentive for meeting their physical play needs for children.

The incentives were fabulous Hart Sport Obstacle Courses which have allowed the children at both services to develop their gross motor skills while engaging with their peers.

Move Well Eat Well is a Tasmanian government initiative that supports the healthy development of children and young people by promoting physical activity and healthy eating as a normal positive part of every day.

Nicole Nichols – Service Manager for Swansea and Oatlands Education and Care Services



Nutrition Week at Alanvale

It was a busy time at Alanvale Education and Care Service with 2023 Nutrition Week celebrations! In the Cornwall Room the children baked banana muffins. They each had a turn of mashing the bananas, mixing the dry ingredients together and then sharing afternoon tea together. The children from the Tamar Room showed great delight and interest in planting new herbs and vegetables in our working garden. This helped to extend the children's knowledge about nature and learning about healthy foods.

In the Belmont Room the children were very busy in our working garden planting beans for the new season of lunch time meals. They also learnt about the names of fruits, what letter of the alphabet they start with and drawing pictures to match. They also started a new project called 'Eat a Rainbow' which fitted in well with both Nutrition Week and the Move Well Eat Well program. They worked out what colour the fruit and vegetables were, then worked together to make a fruit and vegetable rainbow using shopping catalogues, glue sticks and scissors. This also helped them to practice their fine motor skills.

Educators from Alanvale Education and Care Service



Professional Development Reflection: 2023 National ECA Conference

In October Service Managers, along with the Education and Care Leadership Team, attended the 2023 Early Childhood Australia National Conference in Adelaide. Representing Lady Gowrie Tasmania was a very beneficial experience for all that attended.

Not only was the conference itself very supportive of new learning and ideas, the opportunities for networking and building relationships was also amazing. Despite multiple flight delays and changes in plans, every moment was an opportunity for connection. Our experiences included service tours at Gowrie South Australia for our Northern Managers, a group gathering with Gowrie South Australia and a Lady Gowrie Tasmania group dinner. On our final day, many of us visited the Adelaide Zoo. This was a wonderful opportunity to connect in a social setting after three days of professional development.

While there were many highlights and insightful sessions at the conference, key takeaways are in the areas of Connection to Country, Inclusion and Diversity.

Connection to Country

The Swansea and Oatlands Education and Care Services are currently exploring Connection to Country as whole service projects. To support the services' projects I attended the following sessions: "ECA Reconciliation in Action Guide", "Narragunnawali: Reconciliation in education" and "Walking together and learning through deep listening". The sessions were deeply insightful and highlighted for me that we need to do more. We need to learn more about our own Tasmanian Aboriginal history and culture. This can be achieved through research, connecting with community, truth telling and physically connecting children to country.

The most beneficial learning that took place for me about Connection to Country was outside of the conference space. Through building connections with Gowrie South Australia and listening to practices they have embedded, made it clear to me that my thinking around how to be truly respectful needed to change. There is no one right way to embed Aboriginal perspectives into our services. Culture looks different for everyone. What is important for one person or in one community may look very different in another.



'Children First'

Inclusion and Diversity

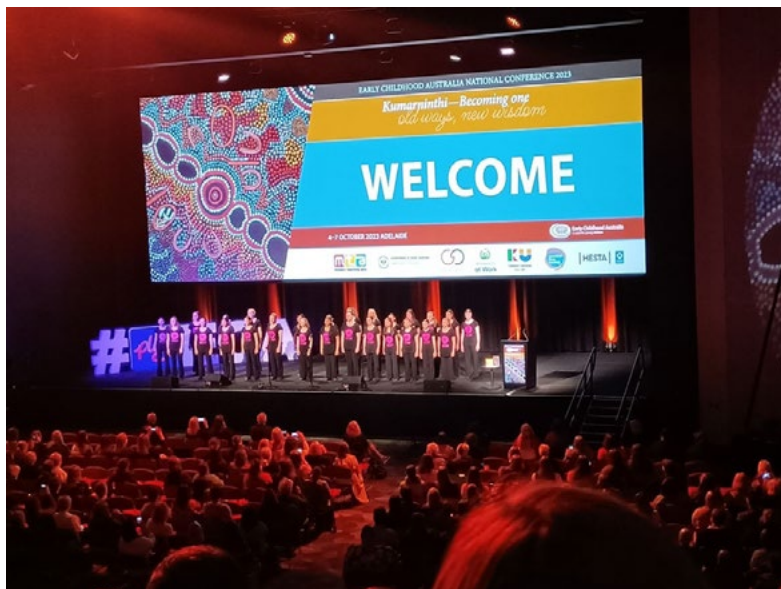
We are all unique and diversity comes in many different forms. "There's not one right: Neurodivergent perspectives on working in early years education" was a great session exploring neurodiversity. The session was based on the real-life experiences of presenters Rachel Flottman and Amber Hall. Rachel and Amber shared that they are both autistic. Some ideas shared when working with neurodivergent people included:

- when a co-worker is thinking differently to others, seek the strength within the alternate thinking. Challenge your own thinking and practices;
- say what you mean, be literal with co-workers;
- explain why when there are differing situations or rules for different people; and
- when supporting children think and vocalise what is happening for the child "I know your brain finds it hard to sit still."

Gender diversity is an area that is quite controversial in our society. The session "Why is Liam now called Sarah – By Monica, 4 years Old" immediately had me questioning my own thoughts and beliefs in this area. The 45-minute session could not have been more moving and powerful. The whole room was in tears as this real-life story was shared. Liam at age three began the transition to become Sarah. I believe in society the idea of gender diversity is extremely misunderstood, I was one of the people who did not have enough understanding. There is a belief that parents are allowing their children to change gender because they can, this is not the case.

The story of Sarah's journey explored the processes to ensure that gender diversity is not a phase, the why's for this child and process for transition.

Nicole Nichols - Service Manager for Oatlands and Swansea Education and Care Services





Simple Gingerbread Biscuit Recipe

Prep Time: 15 mins | Cook Time: 12 mins | Servings: 18

Making and sharing gingerbread 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

- 350g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 100g butter
- 175g light muscovado sugar
- 4 tbsp golden syrup
- 1 large egg
- To decorate (icing writers or 1/2 cup icing sugar, Smarties, chocolate drops etc)

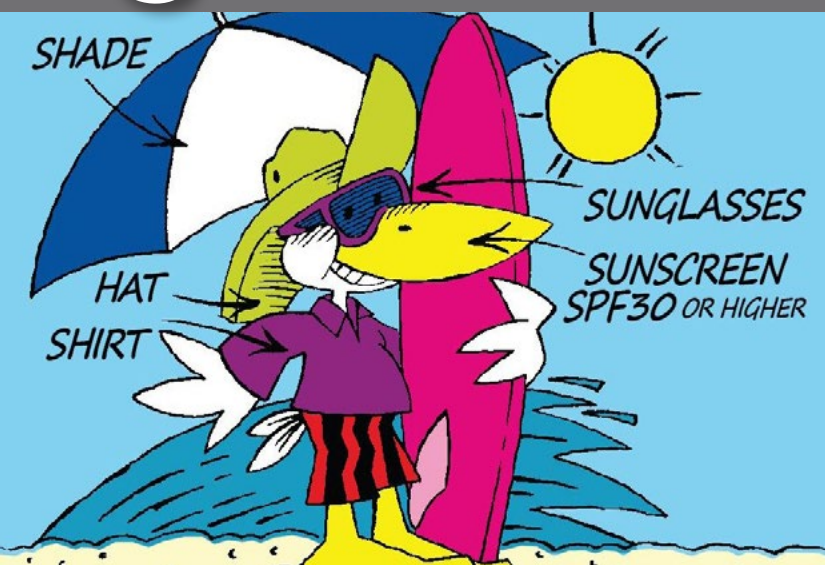
Method

1. Pre-heat the oven to 190C and line 3 baking sheets with greaseproof paper.
2. Chop the butter into small blocks and add the butter and flour to a large mixing bowl. Using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs.
3. Stir the sugar into the flour mixture with the bicarbonate of soda and ginger. Add the golden syrup.
4. Crack the egg into a separate bowl then add it to the flour. Mix everything together until you have a smooth dough.
5. The recipe makes quite a lot so, if you need to, divide the dough in half then roll out one half on to a lightly floured work surface until it's about 5mm thick. Cut out your gingerbread biscuits using any other shapes you have to hand. Place them on your baking tray.
6. Gather up any scraps and roll out again. Repeat with the remaining dough.
7. Bake in the oven for 10-12 minutes until they become a slightly darker shade. If your shapes are smaller, check them after 7-8 minutes. Cool slightly then lift on to a wire rack to cool.

You can enjoy the gingerbread biscuits as they are or add some icing or lolly decorations for a treat!

Source: <https://www.littledish.co.uk/recipes/gingerbread-men>

'Children First'



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

Free SunSmart UV App

UV radiation can't be seen or felt but is harmful on warm, sunny days and on cool, cloudy days too. SunSmart's free Global UV app puts sun protection advice at your fingertips, so you know when UV levels can damage your skin leading to skin cancer – wherever you are in the world.

The **SunSmart Global UV** app puts sun protection advice at your fingertips.



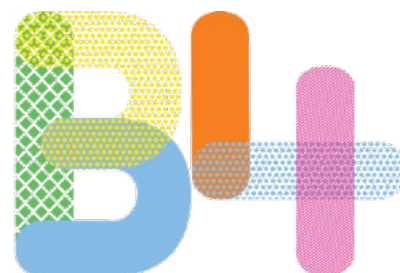
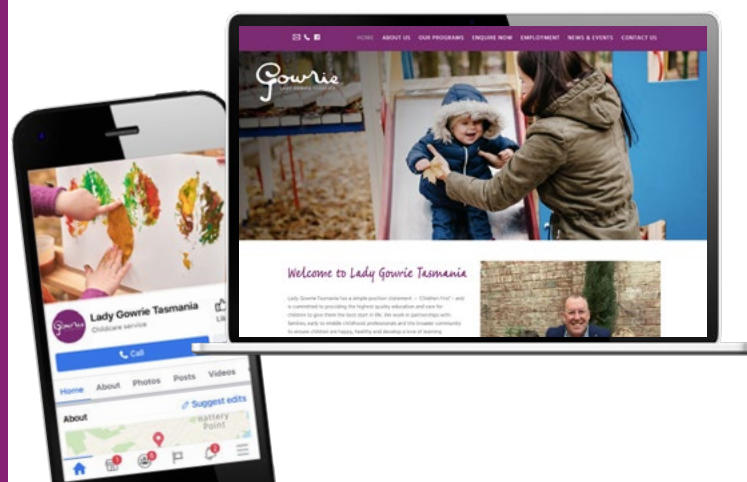
REMEMBER – 'WHEN THE INDEX HITS 3, COVER UP FROM UV!'

Download the new SunSmart Global UV app today: <http://bit.ly/3jia8Xe>

To learn more about sun safety for your family please visit: <https://www.sunsmart.com.au/>

Follow Us! Social Media & Website Details

We encourage all families to follow our Facebook and Instagram pages to receive current announcements and the reflections, stories and photos from our services and programs. Please also 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.



Early Years Coalition

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	6344 9993	pedder@gowrie-tas.com.au
University	6324 3731	uninorth@gowrie-tas.com.au
Swansea, Oatlands	6331 5106	oshcclusternorth@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	oshcclusternorth@gowrie-tas.com.au
Norwood ASC, BSC	6331 5106 / 0438 109 367	oshcclusternorth@gowrie-tas.com.au
Mowbray ASC	6331 5106 / 0438 109 367	oshcclusternorth@gowrie-tas.com.au
Punchbowl ASC, BSC	6331 5106	oshcclusternorth@gowrie-tas.com.au
West Launceston ASC, VAC	6331 5106	oshcclusternorth@gowrie-tas.com.au
University North VAC	6331 5106 / 0438 109 367	oshcclusternorth@gowrie-tas.com.au
Youngtown ASC	6331 5106	oshcclusternorth@gowrie-tas.com.au

Occasional Care Program

West Launceston Pre-School	6331 5106	oshcclusternorth@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
Penna Road	6258 9103	pennaroadmanager@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		
John Paul II ASC	Taroona BSC, ASC, VAC		
Lansdowne Crescent BSC, ASC, VAC			