

Message from the Chief Executive Officer

Dear Families,

This edition of the newsletter heralds a change in season with Spring upon us and Summer looming. It has been a year like no other and as we enter the final months of 2020, like many within the community, we are hoping for the continued positive management of the impact of the pandemic.

Children have experienced a great deal of change this year – many interruptions to the normality of their lives with restrictions across a range of areas – attendances at school or early learning services, inability to participate in extracurricular activities and limitations around outings they would usually enjoy. It is hoped that the combined efforts from all within the community will continue to support access to activities for children and their families.

The organisation continues to be diligent in respect of the heightened health and hygiene practices across sites through compliance with the Worksafe Tasmania legislation, as well as

other regulatory requirements. It is interesting to note that the usual winter colds have been much reduced this year which indicates the increased focus on hygiene has paid dividends.

The two week school holiday period is upon us and again the programs developed promise a range of exciting and inspiring activities for children. There will be the re-introduction of some local excursions which have been deemed appropriate and procedures are in place to ensure the health and wellbeing of the children and educators attending.

It is also pleasing to note that attendances at the programs indicate a positive trend after some months of uncertainty. To further support business continuity and provide a level of confidence for our people, the organisation has been engaged in the development of the Roadmap to Recovery. Nearly 40 staff participated in a survey and workshops to identify strategies to recover, build and create a positive future for the organisation and its programs. The richness of



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the conversations has resulted in short, medium and long term plans to support the recovery phase from the impact of the pandemic. Working groups will meet to operationalise the strategies for implementation and evaluate the success factors.

New enrolments for 2021 will commence shortly with the introduction of an electronic system to support this process. The platform for enrolments, as well as a wait list, will be a more efficient and effective process for families reducing the need for a paper-based system that is currently in place. Existing enrolments will be facilitated through the transfer of current data. More information will be provided to families to support the implementation of this new process as soon as finalised.

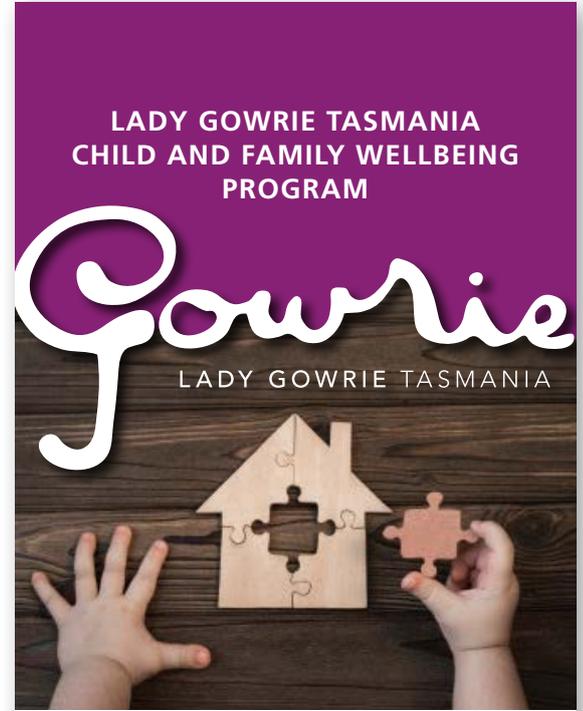
Thank you to those families who have placed their trust in our organisation to provide education and care for their children. Staff in all programs have remained committed to supporting the health of children whilst continuing to provide quality early and middle childhood programs and participate in a range of professional learning opportunities. They have remained focused during challenging times while balancing their work and own family responsibilities. Their commitment is highly valued and acknowledged – our people are certainly our best asset.

Until next time...

Ros Cornish
Chief Executive Officer

Announcement

Due to COVID-19 gathering restrictions and associated compliance issues, the decision has been made to cancel the Lady Gowrie Tasmania Children's Christmas Party this year. It is hoped that this special celebration which is enjoyed by so many children, families and educators will be held again in 2021.



LADY GOWRIE TASMANIA
CHILD AND FAMILY WELLBEING
PROGRAM

LADY GOWRIE TASMANIA

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

PO Box 422 South Hobart Tasmania 7004

P 6230 6860 E familysupport@gowrie-tas.com.au

Christmas Closure

Lady Gowrie Tasmania Children's Education and Care Services and Head Office will close for the Christmas break on Wednesday 23 December 2020 and will re-open on Monday 4 January 2021. Closer to the time, please check with the educators at your specific service to confirm exact closure dates and times.

*'Spring's greatest joy
without a doubt
is when it brings
the children out.'*

EDGAR GUEST

Message from the Board of Directors

Families and Friends,

While the risk of COVID-19 remains, and we must remain cautious, over the last few months we have been lucky to increasingly return to pre-COVID-19 routines and services, with relatively minor modifications. This has enabled our children to again be able to experience familiar faces and routines, as we have welcomed back returning families, and some new faces, seeing our education and care services return to the usual hive of activity.

The team at Lady Gowrie Tasmania have worked hard to continue to provide safe and accessible services throughout the pandemic and are carefully managing the return to normal services in keeping with the current requirements. Our team of Directors have continued to meet throughout this period, both as a full Board and through our supporting Sub-committees. While we were able to effectively operate remotely and through video conference calls during much of the restricted period, the return of face-to-face discussions for our Board meetings has been welcomed by all.

While the team has been focussed on providing safe services and programs for children, we are also taking the opportunity to learn from the COVID-19 experience. This has seen staff come together from across our services and programs to reflect on the year to date and to provide ideas on how we can continue to adapt and support our team.

The Board has also started work on our next Strategic Plan and held a dedicated strategy session last month to commence this process. This engagement and planning across the organisation, informed by our collective recent experiences, will see our next Strategic Plan take shape over the balance of this year ready for 2021.

Work is also underway to prepare for our Annual General Meeting in November. As well as covering the formalities of an AGM, we use these annual meetings as an opportunity to celebrate some of our teams' achievements including long service and scholarship recipients. This has seen our AGMs well attended in recent years and our room is often close to capacity. Restrictions on the number of people we can safely host in a physical space means the AGM will look a bit different this year, however, we are exploring options to make this accessible to our team, families and friends and anticipate using a digital platform to support a physical meeting.

While the current situation remains challenging for many, it has been heartening to see the resilience of our community, team and organisation. As we move forward, the team are bringing with us the lessons we have learnt and the improvements we have made in over the last few months, including in our communication, flexibility and the use of digital platforms to support our programs and engagement.

Stay safe and well.

Anne Beach
Chair Board of Directors



Connecting with Nature at Norwood

The children in the Norwood After School Education and Care program have been slowly exploring the forest area of their school with outdoor class time during the day and some nature exploration after school.

This provides children with a chance to relax and unwind at the end of the day through their connection with nature - often playing alongside peers and in small groups, working together harmoniously and without the need for too much structure or guidance.

Recently the children were heard saying 'we are working together to build a base' and 'it's for all of us but we have our own space'.

It is heartening to observe the children using the outdoor space for imaginative play, self-regulation and building on the children's connection to the land.

Courtney Hobbs
Education and Care Manager
– Norwood Outside School
Hours Care



Healthy Bodies - Healthy Minds!

At Bowen Road Outside School Hours Education and Care Service we have been exploring healthy eating and how to keep our bodies healthy. Educators started a mini project for children and families by encouraging children to discuss what it means to be healthy. Educators created a display for children which included simple information for families about balancing healthy foods with 'sometimes' foods.

Children have also started to think about healthy afternoon tea options, with some very interested in helping to prepare a healthy afternoon tea for their peers. We recently had a 'smoothie afternoon', where children were able to make up their own smoothie recipes. Children excitedly came up, one by one, to make their own smoothie within the range of ingredients that were available. Other children have suggested making healthy pizzas, sushi and salad wraps. Educators in our program are investigating the possibility of creating a 'Bowen Road OSHC Cookbook' with contributions from children and their families using their favourite recipes from home – please stay tuned!

As well as healthy eating, children have been learning all about the different parts of their bodies, including skeletons. This experience supported children's understanding of how their body works and how the intake of food promotes a healthy body. Children were able to look at some x-rays with a light box which led to some reflection of their own experiences with having x-rays and MRI scans!

Chloe Jay and Rebecca Suggett

Educators – Bowen Road Outside School Hours Care



'Children First'

Children's Week 2020 Teddy Bears' Picnic

'If you go down in the woods today, you're sure of a big surprise'...

To celebrate National Children's Week 2020 all Lady Gowrie Tasmania Education and Care Services will be hosting a Teddy Bears' Picnic for morning or afternoon tea on Wednesday 28th October. Children will be encouraged to bring along their favourite teddy bear for the celebration. Further details will be communicated to families in the coming days.



New Website

Lady Gowrie Tasmania is excited to announce the launch of a new look website. On this website you will find 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!

To explore our new website please follow the link below:

www.gowrie-tas.com.au



National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day is held every year on August 4. It is an opportunity for all Australians to come together to celebrate and show our support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child. This year, Lady Gowrie Tasmania Education and Care Services across the state celebrated National Aboriginal and Torres Strait Islander Children's Day in their own unique way.

At the South Hobart Outside School Hours Education and Care Service the children and educators shared discussions around the importance of Aboriginal and Torres Strait Islander stories, traditions, art and cultural practices being handed down the generations through the children. During these discussions, the educators observed the children's genuine interest in understanding and feeling connected to the Aboriginal and Torres Strait Islander children and their traditional culture. At Swansea Education and Care Service the day was celebrated with a walk to the local beach and the children and educators sharing conversations around natural resources and feeling connected to country.

Celebrating difference and the many cultures represented within Outside School Hours Education and Care Services at Lady Gowrie Tasmania is embedded in our everyday pedagogy and practices and it is always a privilege to celebrate National Aboriginal and Torres Strait Islander Children's Day with the children in our programs.



Sun Safety Reminders

As we welcome the warmer, sunnier weather with our children spending more time playing outdoors please be reminded of the following:

1. SLIP on some sun-protective clothing that covers as much skin as possible.
2. SLOP on broad spectrum, water resistant SPF50+ 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.



Chinese Five Spice Pancakes

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

- 2 cups plain flour
- 420-440 ml water
- 1 cup finely chopped spring onions
- 1 pinch of salt
- 1/8 teaspoon Chinese five spice powder
- Vegetable oil for frying

Note – other finely chopped vegetables and herbs may be added to these ingredients. Children will enjoy helping to cook this quick and easy recipe!

Method

1. In a large mixing bowl, stir water to flour and keep stirring with an egg whisk. Make sure that the water and flour is combined completely. Set aside for several minutes.
2. Place spring onions (or other finely chopped vegetables and herbs) to into the bowl with flour and water. Add pinch of salt and five spice powder; continue to stir until everything combined well.
3. Heat 2 tablespoons of cooking oil in a pan. Scoop the mixture and pour into the pan. Pan-fry over medium fire for around 2-4 minutes until one side becomes golden brown. Turn over carefully to fry the second side for another 2 minutes. Then fry each side another 1 minute for a darker colour and crisper texture.
4. Transfer onto kitchen paper to absorb excess oil. Repeat above steps with remaining mixture and enjoy together as a family!



Outdoor Play Ideas for Spring

Nature Walk

Tasmania has many nature reserves and walking tracks. Spring provides the opportunity for children to experience a whole new world of different smells and sounds – how many new plants and animals can you find this spring?

Beach Clean-Up

Give your children the opportunity to become more active in their local community and learn about protecting the environment! Take a garbage bag to your local beach and pick up plastic that has been washed up on the shores.

Fly a Kite

Some things change, but some things never do – like the wind and how much fun it is to fly a kite!

Family Bike Ride

Riding bikes is a great way to get exercise and enjoy being outside together. If your little one is not quite old enough to ride a bike, try a bicycle trailer that you can attach to your bike.

Gardening

Children love gardening and digging in dirt! Visit your local nursery and buy some native plants and flower to plant for a more sustainable garden. Gardening with your children is a great way for them to learn about the environment and how different bugs, insects and animals help their flowers to grow.

Nature Collage Craft

Go for a walk and collect small items that have fallen to the ground - leaves, gumnuts, bark and twigs. Take them home and create nature collages together. All you will need is craft glue and firm cardboard.



Professional Development

Lady Gowrie Tasmania is committed to providing ongoing professional learning for our educators. Regular professional learning inspires and motivates educators to provide age appropriate, stimulating and interesting experiences for children in our education and care services. At present we have educators participating in the following:

- 60 educators are participating in a program to update skills in the areas of Health and Safety and Reflective Practice
- 10 educators participated in a three-part webinar 'Becoming Leaderful' facilitated by well-known early childhood expert Catharine Hydon
- Expressions of interest have also been invited for the Lady Gowrie Tasmania 2020 Helen Stephen Memorial Scholarship - supporting an educator to upgrade to a degree qualification.

We look forward these educators sharing with their services and colleagues the knowledge and skills gained during these professional learning sessions.

Kathy Cripps
General Manager Education and Care



eSafety – Tips for Keeping Children Safe Online

If you are a parent or carer with young children who are just starting their own online journey, the idea of online safety can seem daunting at first. Especially when you consider the sheer number of apps, games and platforms that are out there.

Is it safe? Is my child old enough? Who can contact my child? These are all common questions parents may have, and rightly so.

The good news is there are some simple steps you can take to help make your child's online experience safer.

1. Do some research

If your child mentions a new app, go online and check it out — read reviews from users or other parents. Encourage your child to do this with you and explain that just because someone recommends an app, does not mean you should just start using it. Research can also help you uncover app functions or uses that are inappropriate for your child. For example, you might find discussions about poor behaviour of users or warnings about possible malware found in an app. Alternatively, you might find some tips and tricks for how to use it in a fun and safe way.

2. Age rating and requirements

Apps generally come with a suggested age rating as well as a minimum age for users which you can find in their terms of use. These age recommendations, along with your own assessment of your child's level of maturity and judgement, should be considered when determining if an app is suitable for your child. Our eSafety Guide (<https://www.esafety.gov.au/key-issues/esafety-guide>) can also help — learn about the latest games, apps and social media including minimum age, how to protect information and report inappropriate content.

3. Privacy

Review the information the app requests when a person first signs up. This will help you understand what kind of information is being collected and if you are comfortable with that. Check if the app provides privacy protections for its users. Can you restrict who sees their profile? Who can find them in a search? And what information can people see about them? Make sure these privacy settings can be adjusted so their account is as secure as possible.

4. Permissions and settings

Before installing an app, you should also consider what permissions an app requests - does the app really need access to your microphone and video camera to perform its functions? Depending on the permissions requested, you may be giving away more information than necessary. You should also look to see what the default settings are and if you need to change them. It may save you from a nasty surprise - for example, if you discover your child's location is being broadcast to all users by default.

5. Safety

Most importantly, when looking into an app, does it appear to take user safety seriously? Can you report things in the app? If so, is the reporting process easy and clear? Are the reporting options limited or can you report a wide range of safety concerns? Can you report things as they happen? We know, there are a lot of questions to consider but it is important to be vigilant especially with apps or games that allow users to interact with others via message, voice or video.

When it comes to online safety, eSafety is here to help support parents and carers and ensure that together, we keep children safer online.

eSafety offers live webinars that explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online.

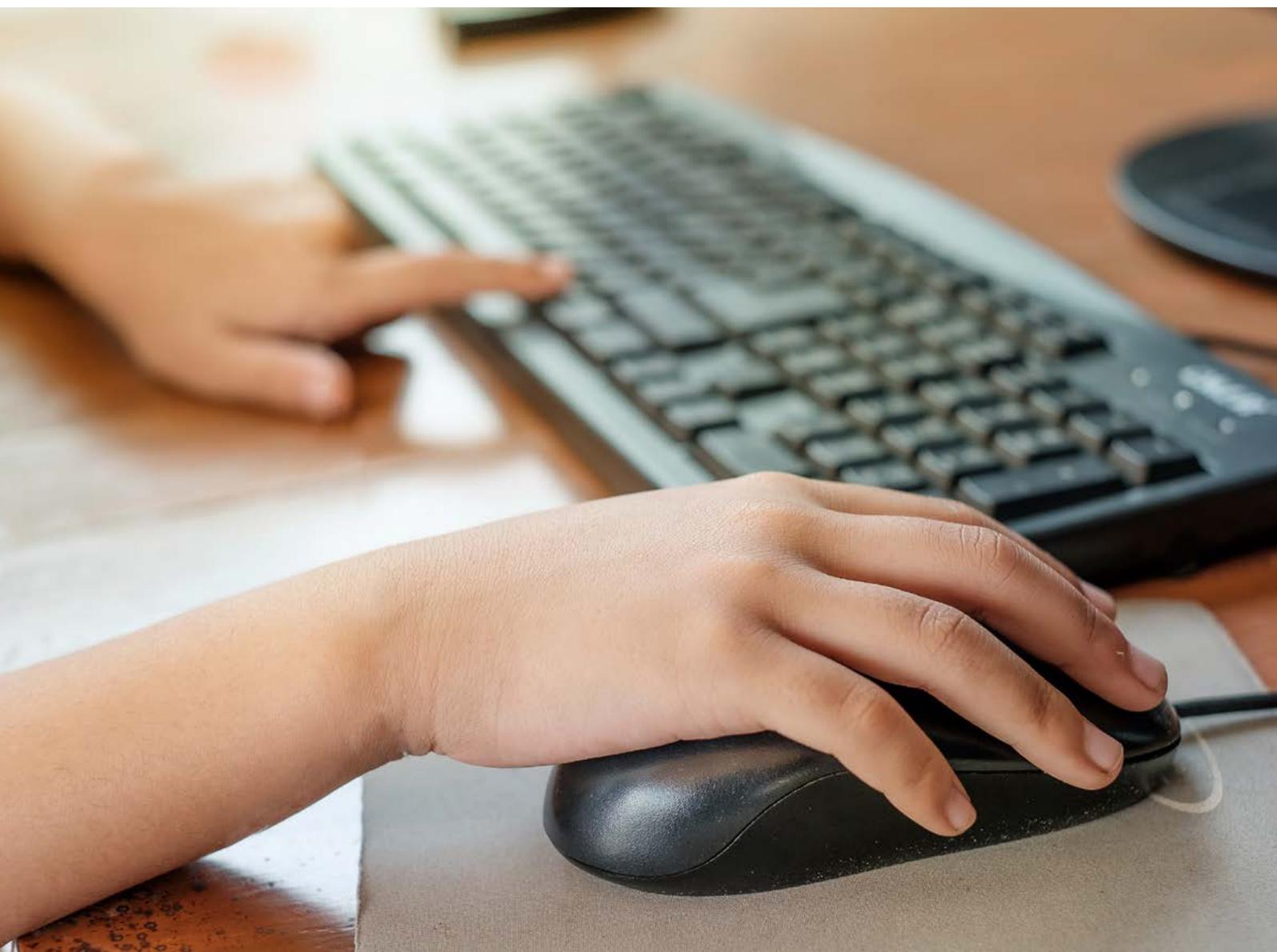
eSafety's upcoming FREE webinar 'Parent Guide to Popular Apps' will be held on Wednesday 7 October at 12.30pm. This webinar will take a look at TikTok, Instagram, Snapchat and YouTube and how to keep your children safe when using these apps.

For further information on how to register for this webinar go to: <https://www.esafety.gov.au/parents/webinars>

More advice and information for parents is available at <https://www.esafety.gov.au/parents>.

This article was written by the Cyberbullying and Cyber Abuse Team, Office of the eSafety Commissioner - September 2020.

Attached to this newsletter is eSafety's Parent Guide to Popular Apps Checklist. This is a great starting point for families when considering which apps their children should have access to.



eSafety's parent guide to popular apps



Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

Do your research

- The [eSafety Guide](#) is a good starting point.
- Other sources include [Common sense media](#) and [Connectsafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

eSafety tip: Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- The [eSafety Guide](#) includes the stated age for many popular apps.
- [Common sense media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

eSafety tip: When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

eSafety tip: See the eSafety page [Connecting safely – Apps](#) for more advice. The [eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.

Check the permissions and other settings – read the community guidelines and ask yourself these questions:

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

eSafety tip: See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

Safety check

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

eSafety tip: Let you child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.



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
University	6324 3731	uninorth@gowrie-tas.com.au

Outside School Hours Care Programs

Frederick Street VAC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Gordon Square ASC, VAC	6382 2445	gordonsquare@gowrie-tas.com.au
Launceston Preparatory School ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Norwood ASC, BSC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
University ASC Mowbray, VAC Campus	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au

Occasional Care Program

Frederick Street Pre-School Program	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	Swansea Oatlands	6230 6805 clusteradmin@gowrie-tas.com.au

Outside School Hours Care Programs

Albuera Street ASC, VAC Bowen Road ASC Brighton BSC, ASC, VAC Glenorchy ASC, VAC Goulburn Street ASC Lansdowne Crescent BSC, ASC, VAC	Mount Nelson BSC, ASC Richmond ASC Rosetta BSC, ASC Sorell ASC, VAC South Hobart ASC, VAC Taroona BSC, ASC, VAC	6230 6806	clusteradmin@gowrie-tas.com.au
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Family Day Care

Family Day Care Scheme	6230 6809	familydaycare@gowrie-tas.com.au
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