

Message from the Chief Executive Officer

Dear Families

After a challenging year and with the festive season upon us, it is important to focus on those aspects of our lives that are a priority – family, friends, health and happiness.

The coronavirus pandemic has impacted on all of us in some way – thankfully in our state the management and response has been overall very successful with the restrictions not to the high level of some other jurisdictions. Whilst it is essential to remain vigilant in terms of health and hygiene practices and follow the direction of recognised authorities, families will be able to celebrate this special time together – something that was uncertain for a period.

For children, the anticipation of Christmas and all that goes with it is central to their thinking as they see the many gift

idea catalogues and advertising of those much sought after toys and equipment. When thinking about a gift for your child/ren consider the following:

- **Age appropriateness** – choose toys that promote learning and growth and are open ended (can be used in a variety of ways)
- **Safety** – avoid ribbons, cords, and small parts/pieces for young children
- **Wheel toys** – safety equipment is essential (helmets, protective knee/arm pads)
- **Fabric toys** – flame retardant and can be laundered
- **Digital toys** – adhere to recommended limitations for usage particularly screen times.



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'Children First'

Also, during the summer holiday period when water activities increase it is important for families to be water safety conscious. Children are naturally attracted to water and therefore must always be supervised whether at home, at the beach or at an aquatic facility. If water play is an activity at home, ensure buckets and inflatable pools are emptied immediately after use. Families are encouraged not to rely on flotation devices as a safety measure – the key to water safety is active supervision. Further information and resources about water safety for children is contained in this newsletter.

Sun safety is also important as outdoor play increases with summer weather. Parents can be a positive role model for their children by promoting and following the recommendations of recognised authorities that reduces the risk of UV damage in children and helps them develop good sun protection habits. Further SunSmart information and resources about sun safety is also contained in this newsletter.

Finally, to those families who cease connection with Lady Gowrie Tasmania as their children move onto school, thank you for the faith shown in us to support the education and care of your children. To support families with this transition, the focus article in this newsletter provides practical tips on preparing children for starting school.

To those families and children returning in 2021, we look forward to continuing to work in partnership with you to support your children's learning and development.

On behalf of Lady Gowrie Tasmania, I extend very best wishes for a safe, peaceful and happy Christmas and New Year.

Take good care,

Ros Cornish
Chief Executive Officer

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.



Message from the Board of Directors

Dear Families and Friends

Suddenly we find ourselves at the end of 2020 – a year that has at times felt long, as we faced the coronavirus pandemic, but at other times has seemingly flown past, as we have returned to some of our normal routines.

The year has been filled with challenges and change, and as we get ready for the end of the year, rather than focusing on the challenges, instead I would like to encourage our families, friends and team to reflect on what we have achieved.

Thank you to our families that have trusted our team to be diligent and dedicated as they have delivered safe services. Thank you also for trusting in their kindness and resilience, knowing their work is focused on helping children to feel safe, be happy and to thrive.

Thank you to our team who worked through the uncertainty and constant change and have taken on whatever has been asked of them, as we adapted to the changing requirements and actions, we needed to take to keep our doors open to support those that needed us most. Coming to work each day and striving to continue to do the best we can, is no easy task in uncertain times.

Since our last newsletter we held our AGM which was a great success and was delivered in keeping with our COVID Safety Plan. Deputy Chair Barbara Mawson and I had the privilege of recognising some of the achievements of our team including awarding the Helen Stephen Scholarship, recognising long service and thanking some long serving retirees.

Our AGM was the last formal service of two of the members of our Board with Angie Somann-Crawford and Kane Ingham finishing their terms, each having shared their expertise, time and commitment to supporting the organisation's continued growth over the last three years. On behalf of the Board, thank you both for all your work, dedication and counsel.

In closing out the year, on behalf of the Board, I would like to take this opportunity to thank our CEO, Ros Cornish, for her resilience and leadership throughout the year, and acknowledge the excellent support our Senior Management Team, Sam Wesson, Annette Barwick and Kathy Cripps, provided throughout the coronavirus pandemic.

I hope everyone gets a well-deserved break over the Christmas period and we look forward to seeing everyone again in 2021.

Anne Beach
Chair Board of Directors



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 Wednesday 23rd December, 2020 and will re-open on Monday 4th January, 2021. Wishing all our children and families a happy and safe holiday season.

2021 Fee Increase

The Board of Directors approved a fee increase, effective at the beginning of 2021, as part of the budget development and approval process. In approving the increase, the Board was cognisant of the impact on families and compared Lady Gowrie Tasmania fees with other providers. This investigation indicated that the fee charged by Lady Gowrie Tasmania remains below that of many competitors. The fee schedule for 2021 is available at each individual site and upon request.

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 – its great!
4. Supervise – watch your mate
5. Learn how to resuscitate

*'Maybe Christmas, he thought,
doesn't come from a store.
Maybe Christmas, perhaps,
means a little bit more.'*

DR SEUSS



A Healthy Approach to Screen Time - Tips for Parents

Screen Time: a checklist for a healthy approach to screen time

These questions can help you check whether your child is using screens in a balanced and healthy way.

Is your child:

- sleeping enough?
- physically healthy?
- engaged with school?
- connecting socially with family and friends both online and offline?
- enjoying a variety of hobbies and interests?
- having fun and learning while using screens?
- using quality content?

If you answer yes to most or all of these questions then your child is probably using screens in a balanced way as part of a healthy lifestyle.

If you have questions or concerns about how to find more of a balance with your child's screen time then the parenting tips below are a great place to start!

Screen time: part of a balanced and healthy lifestyle

Screen time can be part of a healthy lifestyle for children when it is balanced with other activities that are good for your child's development, like physical play, reading and socialising. Getting the right balance also includes making sure screen time does not interfere with sleep.

These tips can help you encourage your child to use screens in a balanced and healthy way.



1. Make rules about screen use

You can help your child find the balance between screen use and other activities by working with your child on some family rules or a family media plan.

Your family's rules might cover:

- **where** your child can use screens – for example, only in family rooms or not in the car
- **when** your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before school or until chores are finished
- **how** your child can use screens – for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush
- **how** you handle screen time for children of different ages – for example, there might be some games that your older child can play only when her younger sibling is out or has gone to bed.

It is OK if your rules include time limits to help your child balance screen time with other things like physical activity. For example, it might help to know that Australian physical activity guidelines say school-age children should have at least one hour of activity every day.

2. Aim for short screen time sessions

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and wellbeing. If your child is having screen time, it is a good idea to encourage him to take a break every 30 minutes and use screens in short bursts.

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, encourage your child to do a victory dance when she finishes a level in a game.

3. Get your child moving - especially outside

It is a good idea to encourage your child to play outside several times a day.

Outdoor play does not have to be a big deal. For example, at this age, children enjoy:

- building and creating with equipment, furniture or other things they find outside
- playing tiggly, chasey or tag
- climbing trees.

Active play and physical activity for school-age children can happen indoors as well as outdoors. It can be simple things like dancing, doing star jumps, or throwing and catching balls.

4. Imagine and create

Creative play like telling stories, playing word games, dressing up or drawing is good for your child's creative development. It helps him learn how to experiment, think, learn and solve problems.

You can get ideas for creative play in these articles on the Raising Children website 'Imagining, creating and play: school-age children' and 'School-age creative learning and development: ideas and activities.'

5. Encourage play and friendship with others

When children play face to face with others rather than by themselves on a screen, they develop important life skills. These include getting along with other people, being independent and learning how to sort out conflicts and problems. Playdates and sleepovers are a great way to support children's friendships and social skills.

6. Avoid screen time before bed

School-age children need 10 to 11 hours sleep every night.

Using screens before bed can affect how quickly your child falls asleep. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, then she's likely to get to sleep more quickly.

7. Keep screens out of bedrooms at night

If you keep mobile phones and other devices out of your child's bedroom at night, he won't be able to stay up late playing games or messaging friends. This can also stop your child being disturbed in the night by messages or notifications.

This article was adapted from the Raising Children website and further information about the topics above can be found at: <https://raisingchildren.net.au/school-age>

Scout Badge Day at Brighton Vacation Care

During the October 2020 Vacation Care program the children, supported by the educators, spent a day engaging in various activities to earn their 'scout badges'. These challenges included putting up a tent or swag and group games focusing on teamwork. Together we made damper and the children cooked it over the fire pot with sticks they had foraged themselves. The children also did some drawings of what the word 'scout' means to them with lots of unique and interesting theories being discussed and translated to paper!

Chris Tanner – Cluster Manager
Brighton Outside School Hours Care



Building on Children's Capabilities in After School Care

Children from Launceston Preparatory School After School Care have benefited greatly from the experiences on offer in this program as an extension of the professional learning that educators have been involved with in 2020. Topics covered in these professional learning sessions have included Benefit Risk Assessments, Holistic Approaches to Children's Development and OSHC Projects to build capacity in educators to see the full capabilities of school age children.

Scott Gibson, from Gowrie Training & Consultancy, has been mentoring educators with off-site training and on-site visits, showing practical examples of what children can experience in Outside School Hours Care programs. In these sessions the children were engaged, captivated, showed interest in the design, make and review process and were very proud to take their creations home.

It has been wonderful to see the children engage in new STEAM (Science, Technology, Engineering, Arts and Maths) experiences and activities as part of our Term 3 focus. In Term 4 the focus was to and develop a healthy sense of wellbeing, and we have looked at this with a holistic view, exploring food and nutrition, physical movement, social interactions and more.

Link to National Quality Standard: 1.1.3 Program learning opportunities - all aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning.

Link to My Time Our Place: Outcome 4.4: Children resource their won learning through connecting with people, place, technologies and natural and processed materials.

**Courtney Hobbs - OSHC North Manager
Launceston Preparatory School Outside School
Hours Care**



NAIDOC Week 2020 Celebrations at South Hobart

NAIDOC Week is an annual celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The NAIDOC Week theme for 2020 was 'Always Was, Always Will Be' and recognised that First Nations peoples have occupied and cared for this continent for over 65,000 years.

Lady Gowrie Tasmania South Hobart Outside School Hours Care Service share their NAIDOC Week 2020 reflection below:

'To celebrate NAIDOC Week 2020 in our program the educators and children had a great discussion about the theme 'Always Was, Always Will Be'. We looked at how this new generation of Aboriginal and Torres Strait Islander children are the future elders and custodians of their cultural heritage. We then went to visit the children in our Weld Street program where together we formed a yarning circle, shared stories with each child being given the opportunity to contribute to the story and afterwards we enjoyed some bush tucker together. Prompted by the children's discussions in the yarning circle around the meaning behind the colours of the Aboriginal and Torres Strait Islander flag, upon returning to after school care, Alice and Oliver took it upon themselves to make a flag - red representing the earth, yellow the sun and black our Nation's first people of Australia.

Although we encourage these experiences during key weeks of celebration of our Nation's First peoples and culture, we are proud in the knowledge that our children are exposed to ongoing indigenous respectful practices that are embedded in our pedagogy and practices.'

**Keetah McConchie – Team Leader
South Hobart Outside School Hours Care Service**



**Always Was,
Always Will Be.**
8-15 NOV 2020



Lady Gowrie Tasmania acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of Australia and pays our respect to the longest living cultures and Elders both past and present. We acknowledge and celebrate the resilience and strength of Aboriginal and Torres Strait Islander peoples and cultures today and acknowledge and respect their deep connection and relationship with Country and Community and commit to working together for a united Australia that values the Aboriginal and Torres Strait Islander heritage and provides justice and equity for all.

To learn more about Lady Gowrie Tasmania's genuine commitment to reconciliation and to build our people's cultural competence please visit our website:

<https://gowrie-tas.com.au/about-us/#commitment-to-reconciliation>

Building Creativity, Resilience & Self-Help Skills at Mowbray

The children attending Mowbray After School Care have been enjoying finding new ways to do things, rather than always using the traditional playgrounds and resources available. They have benefited from professional development sessions that educators have attended this year with a focus on thinking 'outside the square' when it comes to routines and experiences in our programs.

With stricter adult directed routines around hygiene put in place earlier in the year due to the coronavirus pandemic, educators noticed a decline in children being willing to attempt things themselves before asking for help, for example, tying their own shoelaces. To counteract this, we have been adding resources within our program that encourage creativity, resilience building, self-help skills and encouraging children to explore the natural environment. The children have been eagerly participating in fort building outside which requires communication and collaboration to share resources: reflection and planning (when thinking about what and where they would like to build), self-help skills (tying knots) and practicing fine and gross motor skills.

National Quality Standard Link: 1.2.2: Responsive teaching and scaffolding Educators respond to children's ideas and play and extend children's learning through open-ended questions, interactions and feedback.

My Time Our Place link: 4.3: Children transfer and adapt what they have learnt from one context to another.

Courtney Hobbs - OSHC North Manager
Mowbray Outside School Hours Care





Christmas Chocolate Balls

Children will enjoy helping to cook this quick and easy treat for Christmas – to give away as gifts or for your family to enjoy!

Ingredients

- 1 x 250g packet of plain biscuits
- 1 x 395g tin of condensed milk (condensed coconut milk for a dairy free alternative)
- 1 cup of desiccated coconut
- ¼ cup of cocoa
- Extra desiccated coconut for rolling

Method

1. Place the biscuits into a bowl and crush until they resemble fine crumbs
2. Add the cocoa powder, desiccated coconut and condensed milk and mix until well combined
3. Roll heaped teaspoons of mixture into balls and roll in remaining coconut to coat

You can shake up the recipe and make it your own by using your favourite biscuits, for example Ginger Snaps, or by rolling the chocolate balls in Christmas sprinkles!

Makes approximately 30 balls. Store in an airtight container for up to a week.

Transition to QK Enrol - Update for Families

QK Enrol is now available to Lady Gowrie Tasmania families for waitlist, enrolment and bookings management. All Vacation Care is now booked using the QK Enrol via the My Family Lounge portal. Currently enrolled Long Day Care families will have QK Enrol made available to them early in the new year but may request earlier access from service managers if they wish to request changes to bookings or enrol siblings. After following the registration instructions in your welcome email, please use the link on the Lady Gowrie Tasmania website to sign into My Family Lounge. For more information, please see the My Family Lounge website at www.qikkids.com.au/My-Family-Lounge/home or contact Kathy Ortmann, Children's Services Program Leader – Operations, via email csoperations@gowrie-tas.com.au or phone (03) 6230 6818.

Water Intake

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 in 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.



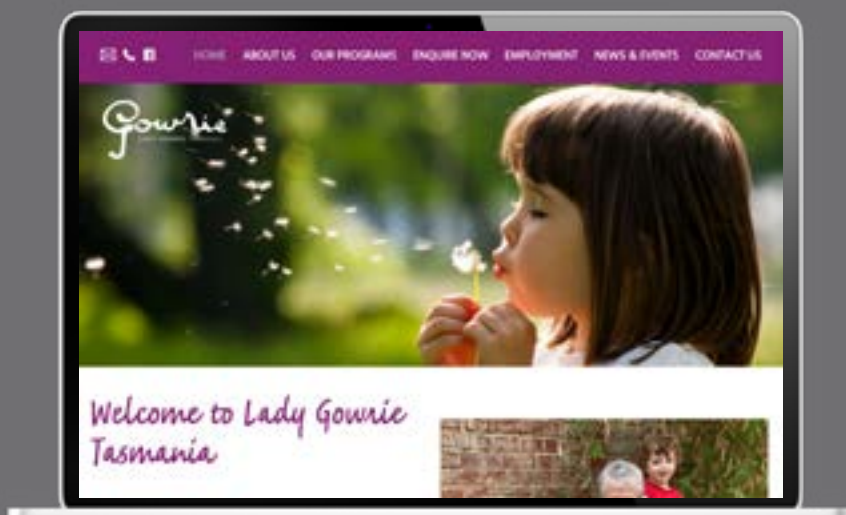
Immunisation

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases. Your child can get the immunisations recommended on the Australian National Immunisation Program (NIP) schedule from several places including GP clinics, community health clinics and local government immunisation clinics. In January 2016, the Australian Government introduced a 'No jab, no pay' policy. This means that if a child isn't fully immunised parents are ineligible for the Family Tax Benefit Part A or the Child Care Subsidy. For more information about immunisations go to www.immunise.health.gov.au or talk to your family GP.



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. For current information on all Lady Gowrie Tasmania 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 please visit our new website www.gowrie-tas.com.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
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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