

# 'Children First'

## Message from the Chief Executive Officer

Dear Families

In this digital world that we find ourselves immersed in on a daily basis, the challenge for us all is to find the balance between using technology wisely and purposefully whilst prioritising our mental and physical health and wellbeing.

As we head into the July school holidays, it is timely to reflect on how we can support the children in our lives to find this balance.

Technology has certainly changed our world - we can learn anything we want from the internet, we can live stream a tour of the Seven Wonders of the World, we can have real time face-to-face conversations with loved ones anywhere in the world and order anything we need to be delivered straight to our front door.

There are many advantages that technology offers to children that the generations before them did not have. They can use a number of different online educational sources to teach themselves everything from maths to science to cooking to drawing. They have more ways to entertain themselves

through online gaming, videos, streaming and staying connected via messaging and social media channels.

However, the disadvantages of too much technology in children's lives cannot be ignored. Spending more time staring at screens means that children are spending less time playing outside with their friends and socialising face to face with people. Many childhood health studies have the overuse of technology as contributing to childhood obesity and behavioural/processing issues.

So how do we navigate our way through this technology dependent world whilst minimising its impact on the children in our lives?

The answer is simple – it is all about balance.

Encouraging children to step away from the screens and spend more time outside helps to provide that balance and has countless benefits for their mental and physical health and wellbeing. Being outside provides children with the opportunity for conversation with others and connection to the world around them. Best of all – it is free and lots of fun!



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## CENTRE BASED AND FAMILY DAY CARE WINTER 2022 NEWSLETTER

To assist families with finding this balance, you will find in this newsletter a simple winter treasure hunt activity, links to educational online games and apps and an article written by Neivh Gilligan who is a Family Support Worker with Lady Gowrie Tasmania Child and Family Wellbeing Program. Thank you Neivh for providing such a relevant and practical approach to thinking about keeping children safe when online.

I recently attended the Gowrie Australia meeting in South Australia with the other CEOs from Gowrie services across Australia. Gowrie Australia is a national consortium of state-based early childhood education and care organisations, all sharing the same strong history and foundations. Gowrie Australia uses a national, collaborative approach to advocating and sharing best practices and research for the benefit of children, families, educators and the education and care sector.

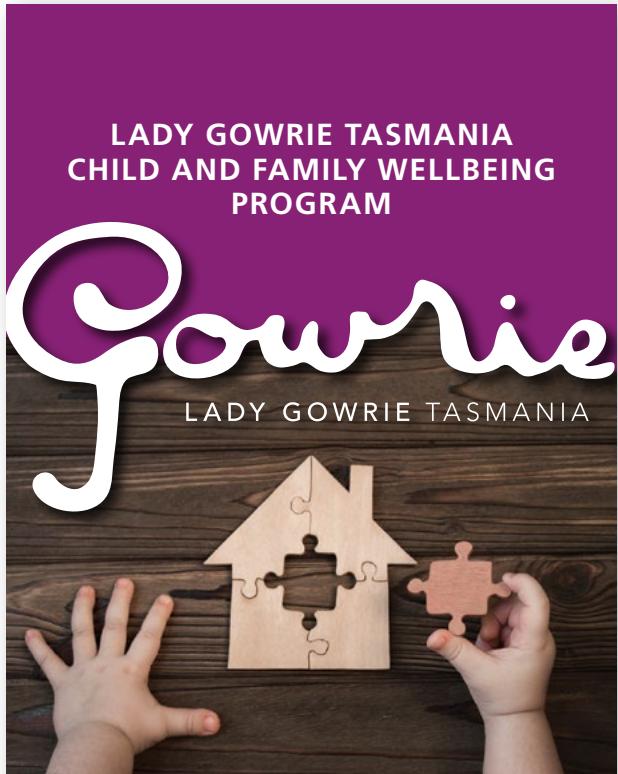
At this meeting we discussed opportunities for shared strategic direction, engaging the new Federal Education Minister directly as a group, establishing a national Gowrie 'jobs board' and establishing working parties and networks in business areas, including People and Culture. We also had a tour of the original Gowrie South Australia site at Thebarton which gave me a real sense of the shared history of the Gowrie Australia services and programs.

Lady Gowrie Tasmania benefits greatly from this involvement with Gowrie Australia and I look forward to keeping our community updated on this vital work undertaken with my Gowrie Australia colleagues.

As always, thank you for entrusting your children's education and care with us and stay safe.

**Mat Rowell**  
**Chief Executive Officer**

# 'Children First'



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

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**'No matter how old you get, may you always stop to fill your pockets with smooth stones, empty snail shells and other little treasures.'**

NICOLETTE SOWDER



*'Children First'*

## Message from the Board of Directors

Hello all and welcome to another newsletter update from the team.

We're nearing 12 months since welcoming our CEO, Mat Rowell, to our Lady Gowrie Tasmania family. It's been quite a busy 12 months managing the changing environment and requirements related to COVID-19, seeing our state border reopening, setting up leave and supports for our team impacted by those changes, a few unpredicted wet weather events and other things along the way!

It's been fantastic having Mat's support and leadership over the last 12 months and I hope you've found the regular communications from him and the team helpful as we've navigated the various changes impacting on the organisation.

Our Senior Leadership Team and team continue to be a great asset and the heart of our organisation. A little while ago you might have seen a number of our educators were featured in The Mercury's search in April for 'Tassie's Best Childcare Educator' which saw our own Brooke Munnings take out the honours. We are lucky to have such a fantastic and passionate team across our services, programs and offices.

The Board continues to meet each month, with a key focus for our upcoming meeting to work through our budget for the new financial year. Amongst the ongoing priorities, planning is well underway to progress the expansion of our Midway Point Education and Care Service, and there have been some recent opportunistic renovations at our Bowen Road Education and Care Service following the recent heavy rain event.

We're always keen to hear feedback on our services and programs. As always, please reach out to educators, Service Managers, or our Senior Leadership Team if you need any support or have ideas that could help our future planning and funding priorities.

Many thanks,

**Anne Beach**  
Chair - Board of Directors



# 'Children First'

## National Reconciliation Week at Norwood

Learning about Aboriginal and Torres Strait Islander history, culture and people is a fundamental part of our curriculum as it provides the children with the opportunity to gain an understanding of our First Nations peoples, traditions and stories. National Reconciliation Week provided yet another opportunity to continue this learning journey.

In the Warragul Room, prior to our daily Acknowledgement of Country, the educators engaged the children in conversations about why we believe it is important to embrace diversity and accept each other's differences, whilst also noticing our similarities. Through this discussion the children were developing a deeper understanding that everybody is unique and special and that it is important for us to reach out and show respect towards others.

Later in the morning, the children participated in a movement experience based on Australian animals which incorporated some traditional and contemporary Aboriginal dance movements. As soon as the educator held up one of the animal figurines, the children made the movements that represented that particular animal - the kangaroo, echidna, koala, wombat and emu.

Following conversations about National Reconciliation Week, the children from our Warragul Room (3 to 5 year olds) also created handprints and the children from our Hilton Room (18 months to 2.5 year olds) created hand drawings. During these experiences, the educators continued to engage in reciprocal conversations with children, posing questions and listening to children's responses. In this way, educators are helping children to broaden their knowledge of the world around them and develop an intrinsic respect towards others in their broader community.

Through books, art, movement, music and ongoing conversations we will continue to 'be brave' and 'make change' by building cultural awareness and a deeper understanding of Aboriginal and Torres Strait Islander history, culture and peoples for the children in our service.

### Norwood Education and Care Service



# 'Children First'

## Keeping Children Safe Online

Children of all ages access a variety of online formats through a variety of devices and are continuously gaining skills that far outreach their parents' capabilities. It is not surprising that most parents have concerns about their ability to understand what their children are doing online and to keep them safe while they do it.

The internet exists across many nations and jurisdictions, governments legislate to regulate use - particularly in attempting to protect younger users, however different jurisdictions have different rules and there are great difficulties in pursuing breaches due to the ability of users to move rapidly across platforms and to operate in less regulated parts of the world.

The Office of the eSafety Commissioner have created up to date resources that can assist parents to keep their children safe while accessing online platforms and content and these can be found on their website: [esafety.gov.au](http://esafety.gov.au)

One of the resources they have created is a booklet called "Parent's guide to online safety" which explains the issues and provides links to helpful sites such as: setting parental controls on computers, on smartphones and on gaming consoles; setting up safe search and filtering software; tips for managing screen time; and how to access the reporting portal for reporting bullying and image based abuse.

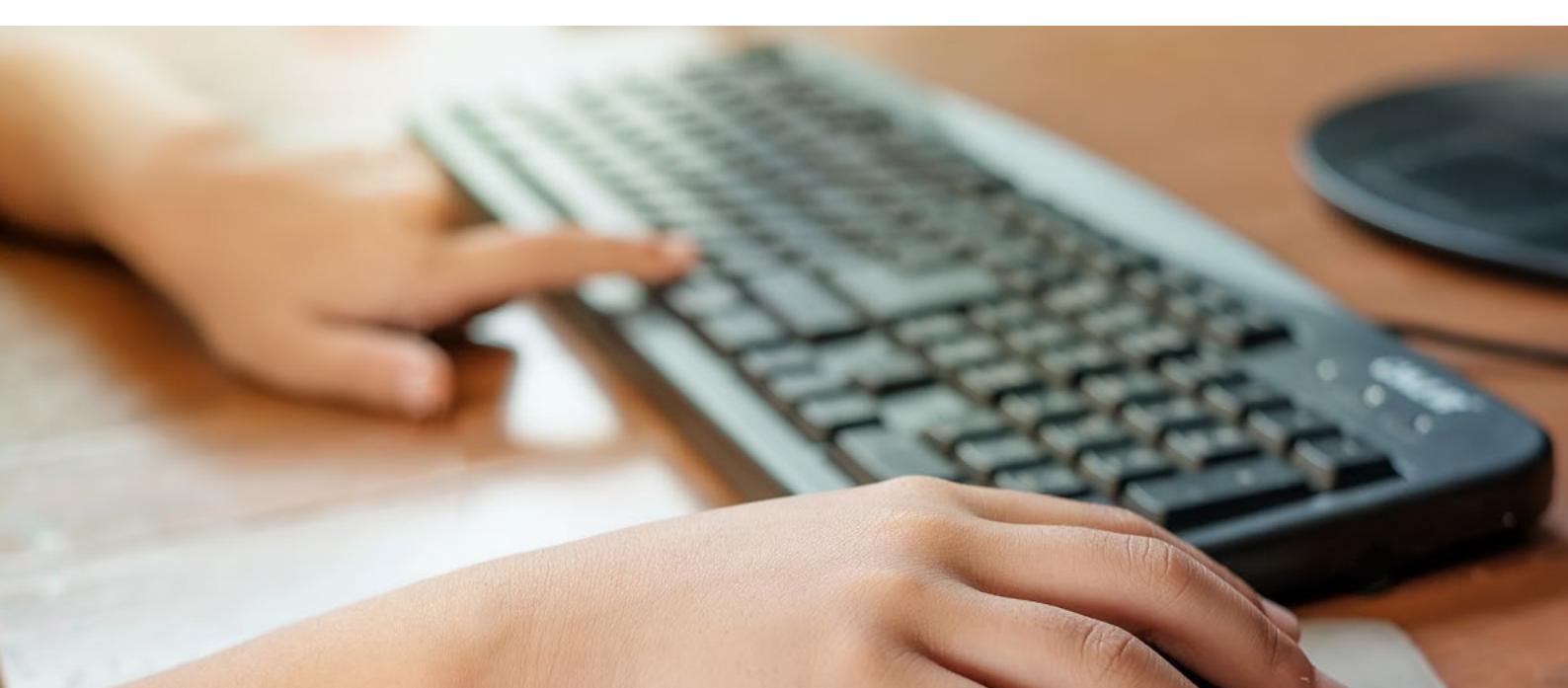
Technology continues to develop and evolve rapidly and there is no escaping that it is, and will continue to be, a significant part of our lives. It makes sense to take a balanced approach to managing children's use. Firstly, we can educate ourselves through the esafety website so we are able to have an understanding approach when we discuss our concerns with our children.

We can employ practical tips such as altering the password regularly to encourage time limitations, children can 'earn' internet time doing jobs around the house, children could be asked to explain/teach the parent about their particular interest and the parent can discuss safety aspects at the same time, and we can model a healthy approach by moderating our own online activity, putting devices away to encourage interaction and prioritising physical activity as a balance for 'screen time' e.g. 1 hour on phone equals 1 hour playing outside.

While there are continuing concerns about children accessing online platforms and content, we can be supported by the resources available to manage our children's use and minimise the risks of accessing online platforms and content.

Reference: Office of the esafety Commissioner website: [esafety.gov.au](http://esafety.gov.au)

**This article was written by Neiv Gilligan who is a Family Support Worker with Lady Gowrie Tasmania Child and Family Wellbeing Program.**



# 'Children First'

## Bowen Road: Learning through Play with Natural Resources

Here at our Bowen Road Education and Care Service, we believe that our play environment is our 'third teacher'.

Based on children's interests and questions about the world they live in, children are provided with a variety of provocations using natural resources within our educational program.

Recently in our Hopkins Room (3-5 year olds), children were provided with branches, dirt, fossils and a collection of items sourced and collected from a local beach by one of our educators, including driftwood, seaweed, sand and shells.

Natural resources assist children's understanding of how to care for natural environments and to develop respect for living things. We have observed that these experiences have supported children to enhance their fine motor, hand eye coordination and communication skills.

Children have also used a range of learning dispositions including inquiry, curiosity, problem solving and concentration while engaging and exploring in these natural learning environments.

We proudly share with the LGT community photos of the children's play and learning experiences within our Hopkins Room.

**Bowen Road Education and Care Service**



# 'Children First'

## Celebrating Play & Learning at Alanvale

### Belmont Room – Investigating Pumpkins

Recently the children from the Belmont Room (3-5 year olds) have been investigating and learning about pumpkins. The children learnt about the pumpkins using their senses and language. What did it feel like? What could they see? What did it smell like?

They investigated the pumpkins further using magnifying glasses and binoculars which prompted many questions from the children and conversations between the children and educators. Science also became a focus - would the pumpkins sink or swim? The children had a wonderful time investigating and predicting the outcome with their Early Childhood Teacher. The different parts of a pumpkin have also been investigated. What parts make up a pumpkin? Skin, seeds, stem and pulp.

This investigation assisted the children in developing a range of skills, knowledge and further understanding of the world around them. It has also encouraged the children to use their problem-solving skills through inquiry, predicting, experimenting and investigating.

Next we will look into some cooking experiences and investigating what happens to the pumpkin when it decomposes!



### Cornwall Room - Investigating Sealife

Children in the Cornwall Room (6 weeks to 18 months old) have recently been learning about sea animals.

This was based on educator's observations of the children's recent interest in sea animals - mainly sharks! A sea table was created with animals, along with sea themed songs and books, including *The Rainbow Fish* by Marcus Pfister.

Water play was also set up with the sea animals and scoops. Educators engaged in conversations with the children about the different sea animals and how they live in the water. The children also scooped, measured and poured lots of water into different cups.

Sea themed songs including Baby Shark, Slippery Fish and Party on the Ocean Floor were also celebrated with lots of music, singing, dancing and fun! Jigsaw puzzles with sea animals were also on display for the children to complete.



# 'Children First'

## Tamar Room - Investigating Winter

Children in the Tamar Room (18 months to 3 year olds) have been investigating and learning about this new season of winter. They have delighted in rescuing sea animals from frozen water - just feeling how cold the ice was and competently hammered the ice blocks apart.

They have engaged in an art experience of painting falling snowflakes with using white paint. They also decorated their snowflakes with glittery scatters to create their wintery scenes. The children concentrated so hard and were so proud of their works of art that were later displayed in the room.

Through experimentation, conversations and art the children practiced increasingly complex skills. They used their sensory capabilities and dispositions with increasing integration, skill and purpose to explore and respond to their world. The children also persevered and experienced the satisfaction of achievement.

**Educators from Alanvale Education and Care Service**



## Family Day Care

Who says water play cannot happen in winter!

Enriched Explorers recently provided experiences for the children with a nautical theme to extend upon the children's interest in water play.

The children filled two water trays with blue water. In one tray were bubbles and sea life animals and in the other tray we put some corks for the children to catch with their fishing nets.

This activity really captured the children's imagination as they spent a lot of time absorbed in their play - creating lots of imaginary play with the sea animals as well as concentrating and focusing on fishing out as many corks as they could.

The children also enjoyed creating experiences and playing in their own way, including fishing out the animals using rods as well as stacking up the corks and counting how many they could balance on top of each other.

This was a really worthwhile play experience and something that we will look to extend upon in the near future as the children gained so much learning and enjoyment from it.

**Stephen and Stacey - Enriched Explorers Family Day Care  
(Registered with Lady Gowrie Tasmania Family Day Care)**





# 'Children First'

## Managing Screen Time & Learning

Screen time doesn't have to mean mindless TV or YouTube videos. There are plenty of ways in which your children can enjoy screen time in a positive way and benefit from all that modern technology has to offer.

There are many ways to foster positive screen time habits including educational games, online science experiments and technology-based photography. For inspiration, ideas and advice please follow the links below:

### Educational Apps

<https://www.choice.com.au/babies-and-kids/education-and-childcare/education/articles/educational-apps-for-kids>

### Virtual Tours

<https://www.techradar.com/au/best/virtual-tours-museums-national-parks-around-the-world>

### Podcasts

[https://blog.feedspot.com/australian\\_kids\\_podcasts/](https://blog.feedspot.com/australian_kids_podcasts/)

### Photography Apps

<https://www.commonsensemedia.org/lists/photography-apps-for-kids-and-teens>

### Educational Games

<https://theconversation.com/five-digital-games-to-help-your-childs-development-183483>

### Managing Screen Time

<https://www.esafety.gov.au/parents/big-issues/time-online>

## Winter Outdoor Treasure Hunt

Winter is a great time to pop on your warm layers and head outside for an adventure! Can you find or take a photo of everything on this list?

Footprints

Moss

Clouds

Frost/snowflake

Puddle

Bark

Animal tracks

Bare tree

Pinecone

Leaf

Feather

Icicle

Stars

Birds nest

## Kidsafe Tasmania

Did you know that Kidsafe Tasmania offer a range of free online information sheets and brochures for families covering a range of child protection and child safety issues? Topics include:

- In-Home Safety
- Water Safety
- Road Safety
- Burns Awareness
- Fire Awareness

To access these free online resources please visit:

<https://www.kidsafetas.com.au/resources/>



# 'Children First'



## Winter Warmer Apple Cobbler Recipe

**Prep Time:** 20 mins | **Cook Time:** 50mins | **Serves 9**

In this winter weather children will enjoy making this easy Apple Cobbler recipe using fresh apples and basic pantry ingredients.

### Ingredients

- 8-9 medium apples (Granny Smith, Golden Delicious, or other good baking apple), peeled and cut into chunks
- 1 cup water or apple juice
- 55 g brown sugar, packed
- 1 tablespoon corn starch
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon salt

### For the batter:

- 125 g all-purpose flour
- 200 g granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 183 g milk
- 6 Tablespoons butter, melted
- ground cinnamon for topping

### Instructions

1. Preheat the oven to 180°C and grease a 23x33cm pan lightly with cooking spray.
2. Stir together brown sugar, water, corn starch, lemon juice, vanilla, cinnamon, nutmeg, and salt together in a saucepan. Stir in apples. Cook over medium heat for 3-5 minutes, stirring.
3. Pour mixture into prepared pan.
4. In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk and melted butter, just until combined.
5. Pour the mixture over the apples in the pan. Sprinkle lightly with cinnamon.
6. Bake for about 38-40 minutes or until a toothpick inserted into the topping comes out clean.
7. Allow to cool for at least 15 minutes before serving. Serve warm with yoghurt or vanilla ice cream.
8. Cover and store leftovers in the refrigerator for up to 4 days.

Children might also like to experiment with this recipe using different fruits and frozen berries – the possibilities are endless!



## CENTRE BASED AND FAMILY DAY CARE WINTER 2022 NEWSLETTER

# 'Children First'

## COVID-19 & Flu Vaccinations

All Tasmanians should consider protecting themselves, their family and their community from COVID-19 and the flu by keeping up to date with their vaccinations. COVID-19 and flu vaccinations are currently free for all Tasmanians at GPs, pharmacies and government vaccination clinics. Further information about the free COVID-19 and flu vaccination program is available by following the links below:

<https://www.coronavirus.tas.gov.au/vaccination-information/covid-19-vaccination/where-to-get-a-vaccine>

<https://www.health.tas.gov.au/health-topics/flu-influenza/flu-vaccinations#where-to-get-your-flu-vaccine>



## Lady Gowrie Tasmania - Website and Facebook

We encourage all families to follow the Lady Gowrie Tasmania Facebook page to receive current announcements and the reflections, stories and photos from our services and programs. Please visit our website [www.gowrie-tas.com.au](http://www.gowrie-tas.com.au) for current information on all services and programs, details of upcoming events, direct links to the latest Newsletters and Vacation Care programs and most importantly for families, an easy to navigate 'Contact Us' page.



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/>



## CENTRE BASED AND FAMILY DAY CARE WINTER 2022 NEWSLETTER

# Contact Details

## Head Office

346 Macquarie Street, Hobart	6230 6800	<a href="mailto:info@gowrie-tas.com.au">info@gowrie-tas.com.au</a>
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## Northern Services

### Long Day Care Services

Alanvale	6348 1390	<a href="mailto:alanvale@gowrie-tas.com.au">alanvale@gowrie-tas.com.au</a>
Gordon Square	6382 2445	<a href="mailto:gordonsquare@gowrie-tas.com.au">gordonsquare@gowrie-tas.com.au</a>
Norwood	6336 6971	<a href="mailto:norwood@gowrie-tas.com.au">norwood@gowrie-tas.com.au</a>
Pedder Street (including Preschool)	6344 9993	<a href="mailto:pedder@gowrie-tas.com.au">pedder@gowrie-tas.com.au</a>
University	6324 3731	<a href="mailto:uninorth@gowrie-tas.com.au">uninorth@gowrie-tas.com.au</a>

### Outside School Hours Care Programs

Frederick Street VAC	6331 5106 / 0438 109 367	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
Gordon Square ASC, VAC	6382 2445	<a href="mailto:gordonsquare@gowrie-tas.com.au">gordonsquare@gowrie-tas.com.au</a>
Launceston Preparatory School ASC	6331 5106 / 0438 109 367	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
Norwood ASC, BSC	6331 5106 / 0438 109 367	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
Mowbray ASC	6331 5106 / 0438 109 367	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
Punchbowl ASC, BSC	6331 5106	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
West Launceston ASC, VAC	6331 5106	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
University North VAC	6331 5106 / 0438 109 367	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
Youngtown ASC	6331 5106	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>

### Occasional Care Program

Frederick Street Pre-School Program	6331 5106	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>
West Launceston Pre-School	6331 5106	<a href="mailto:oshclusternorth@gowrie-tas.com.au">oshclusternorth@gowrie-tas.com.au</a>

## Southern Services

### Long Day Care Services

Acton	6248 5644	<a href="mailto:acton@gowrie-tas.com.au">acton@gowrie-tas.com.au</a>
Battery Point	6214 0380	<a href="mailto:batterypoint@gowrie-tas.com.au">batterypoint@gowrie-tas.com.au</a>
Bowen Road	6228 4568	<a href="mailto:bowenroad@gowrie-tas.com.au">bowenroad@gowrie-tas.com.au</a>
Campbell Street	6230 6881	<a href="mailto:campbellstreet@gowrie-tas.com.au">campbellstreet@gowrie-tas.com.au</a>
Kingston	6229 1901	<a href="mailto:kingston@gowrie-tas.com.au">kingston@gowrie-tas.com.au</a>
Integrated Centre for Children and Families	6230 6805	<a href="mailto:integratedcentre@gowrie-tas.com.au">integratedcentre@gowrie-tas.com.au</a>
Midway Point	6230 6872	<a href="mailto:midwaypoint@gowrie-tas.com.au">midwaypoint@gowrie-tas.com.au</a>
University	6226 2088	<a href="mailto:unisouth@gowrie-tas.com.au">unisouth@gowrie-tas.com.au</a>
Fahan	Swansea	6230 6805
Richmond	Oatlands	<a href="mailto:clusteradmin@gowrie-tas.com.au">clusteradmin@gowrie-tas.com.au</a>
South Hobart		

### Outside School Hours Care Programs

Albuera Street ASC, VAC	Mount Nelson BSC, ASC	6230 6806	<a href="mailto:clusteradmin@gowrie-tas.com.au">clusteradmin@gowrie-tas.com.au</a>
Bowen Road ASC	Richmond ASC		
Brighton BSC, ASC, VAC	Rosetta BSC, ASC		
Glenorchy ASC, VAC	Sorell ASC, VAC		
Goulburn Street ASC	South Hobart ASC, VAC		
Lansdowne Crescent BSC, ASC, VAC	Taroona BSC, ASC, VAC		

### Family Day Care

Family Day Care Scheme	6230 6809	<a href="mailto:familydaycare@gowrie-tas.com.au">familydaycare@gowrie-tas.com.au</a>
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