

# Whyalla Child Care Centre May 2020 Newsletter

## Review update

As all families know the current COVID-19 pandemic has affected a lot of business around the world and child care is no different. Some things have slowed down with the review and the start of minor improvements to our Centre environment, however things have been happening in the background. We are working on getting Wifi available in the Centre which will allow us to move forward with the implementation of child care software, which will give families the ability to receive updates of their child's day during the day.

The Centre Managers position has also been advertised. This position will replace the Child Care Directors position. As always, we will keep families posted with any changes or updates on the review.

## Saying Goodbye each day

For some children saying Goodbye to their families is not an issue, they will quite happily walk to the 'waving' window or fence and wave their family goodbye. For other children it can be quite difficult to let their families leave each day. There are a few steps families can do to help with this transition period, and as always please speak to an educator who will be more than happy to help you with some strategies.



- \* The use of a security toy is more than welcome in the Centre
  - \* Tell the staff as much information about your child
  - \* Do not sneak away—say goodbye, this is important in building trust between your child and the staff
  - \* Once you have said goodbye, do not come back for one last hug—this creates confusion in your child and can develop into a habit. If your child knows that you will come back if again and again if they cry, this can turn what should be a positive experience into a negative one.

Transitions into and out of the Centre need ongoing attention, particularly at the moment with children being dropped off and picked up differently. We all need to work together to make transitions a positive experience for everyone. Children may be feeling unsure at the moment, and may require a little extra time in the morning to feel secure in saying goodbye.

# Nursery News

Hi Everyone,  
How are you all coping? It has been a crazy time with lots of changes in everyone's lives.

We want to take this time to thank you all for your co-operation with the changes we have put in place. We are amazed with how quickly the children have adapted to these changes when being dropped off and picked up. Just a reminder that you are still welcome to chat to staff if you have any questions.



Although numbers have been low we have still been very busy. We supported Autism Awareness Day wearing the colour blue and doing blue activities. We had no plastics toy week, Easter crafts and an egg hunt, making poppies for Anzac Day and planting them at

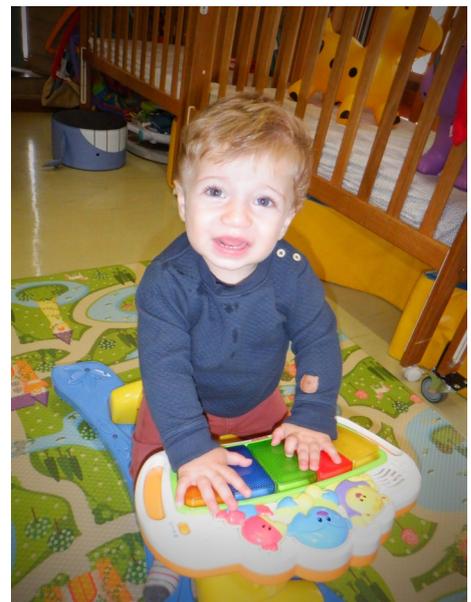
the front gate, We helped to make 'Thank You' cards for services in our community who have been working hard throughout this epidemic and we have been busy exploring and experimenting with our new toys and resources. Some of our favourite activities have been singing, dancing, story time with small and large story books, pretend play with the ship and new shopping trolleys, bubble play and exploring the outdoors.

We want to say thank you to the library for the donation of toys we received from them. Our resource room is running low of cardboard boxes (eg cereal boxes, cake mix, tissue boxes, large or small) so if you have any you could donate for our dramatic play time that would be great.

A few reminders to finish:

- Place your child's nappies into their nappy pockets each day.
- Please sunscreen your child before coming in the morning.
- Let staff know of any changes in your child's routine/requirements ie, no milk bottle, sleep time changes, no dummy anymore etc.
- If your child is teething can you please bring your own teething gel for us to apply if needed.

Until next time  
Fiona, Tonielle, Emily, Ali and Jackie



# News from the Toddler Room

A big hello to all our families and friends. We would like to say a warm welcome to all our new toddlers, who have transitioned into our room over the past few months. We hope you have found the process smooth and comfortable, and we encourage families to approach any of the staff if they have any questions regarding their child's time in the toddler room. We are here to support your family.

Over the past few months the toddlers have been really interested in



dinosaurs. We have programmed many activities relating to dinosaurs. Firstly we painted several large and small empty boxes and turned them into dinosaurs. Connor suggested the dinosaur be painted 'aqua'. When all the boxes were painted, Linda assembled them into the dinosaur. As a group we created a story for our painted dinosaur, giving him a name (Dylan) and describing what he liked to do.

This led to a big discussion on "What do we think dinosaurs like to eat? We went for a walk outside to look for dinosaur food using our binoculars. We then placed our smaller dinosaurs into a sand trough with our collection of leaves, grass and bark for our dinosaurs to eat. The children often request dinosaurs during our morning meeting and we have been:

- coloring in dinosaur pictures to develop our fine motor skills
  - Going for a dinosaur hunt using binoculars
- Creating dinosaur worlds with grass, empty boxes, tree stumps and wood
  - Reading dinosaur stories

We have also joined in with the Kindy children on a few activities including brush and roller painting onto large pieces of cardboard for our quiet area outside. We also helped the kindy kids wrap wool around our trees to decorate our outdoor area. We enjoyed sharing relaxation time with the Kindy children in their room on several occasions.

On March 24th we implemented "No plastic toy day" The children were given with recycled materials to paint, explore and investigate.



We thank all our families for their patience with our new drop off and pick up routines, during these delicate and unsure times. Thank you for your time,

Linda, Pauline, Munira

# Kindy Room News

Hi to all our kindy families and welcome to the toddler families who have joined our room recently!

Wow, what a whirlwind couple of months it has been! It has been a very different, and at times challenging time for everyone during the Covid-19 Pandemic. We have been incredibly proud of the children and families who have coped so well with the changes made to drop off and pick up times. It has been amazing to see the self-help skills developing with children putting their belongings away in the mornings, and again at pick up time getting themselves packed and organised to go home. We have been having lots of conversations about "Corona pirates" and how to keep ourselves safe. Our favourite hand washing song has been the baby shark one and we often sing this in the bathroom while we are washing our hands.

Around a month ago when everyone was starting to first notice some changes at child care with less friends attending and some routines adapted, Jo introduced a daily gratitude board to try and remind us all of what we do have, instead of just thinking about what we don't have or what is different. This has been an amazing experience as educators, to see the growth in the children's responses, and to hear that many of you are also doing this activity at home too.

During our chats about being grateful, we have spoken about how some places have closed because it was unsafe for lots of people to go there and how others have stayed open because people need to still go there - like childcare. We decided to make some cards for people in the community including many of our families who still have people working during this time. All up we have made close to 50 cards!! The children have displayed empathy, understanding, kindness and gratitude towards so many people and the cards were all written in their words.

A big interest in our room recently has been dramatic play and loose parts construction inside and outside. We have had trucks, steelworks, airplanes, buses, doctors, schools, and fire trucks all made with crates, pallets, steering wheels, blocks, boxes, PVC pipes, upside down tables etc... This is developing skills such as problem solving, persistence, cooperation, fine and gross motor skills and developing our understanding of the world.

Everyone (educators included!) were excited to have Easter Bunny visit and leave us some chocolate eggs. To commemorate ANZAC Day we have been busy painting egg cartons to turn into poppies and these were displayed in our outside entrance area. We also read two books about ANZAC Day called "Lest we forget" and "ANZAC Ted".

With the weather getting a bit cooler, please ensure your child has a jumper or jacket in their bag. Also a reminder that we really encourage toys to stay home, or in the car rather than come into the centre as we can't ensure that it won't get broken, someone else might claim it as theirs which causes disagreements or it could get mixed up with our toys.

We appreciate your support in trying to prevent these situations arising.

Jo and Mel

# Jackie's kitchen

Hi, Jackie here with another recipe from the child care kitchen, Chicken and Vegetable Pasties. They are a child care favourite, with the educators loving them too and they are so easy to make!

## Chicken and Vegetable Pasty

500g diced roast chicken—fresh or frozen  
500g mixed diced vegetables—frozen  
4 sheets puff pastry  
1 1/2-2 cups shredded cheese  
3 eggs  
2 Tblspns vegetable stock powder

Microwave or boil diced vegetables. Drain, add chicken, cheese, eggs and stock powder. Mix together.

Thaw out pastry sheets then brush edges with milk. Place filling into centre and roll up (Please note: bottom of pasty will have double pastry). Press down ends with fork and prick top 3-4 times with fork. Repeat for other sheets, and remaining mixture.

Place pasty, join side down, on a tray lined with baking paper and bake in a 180C oven until golden brown and heated through.

Alternatively, place a whole pastry sheet over a greased sandwich maker (4 toaster). Fill with chicken/veg mixture and place another pastry sheet on top. Close lid and toast until golden brown and heated through.

Bacteria cannot move on their own - they are spread from one place to another by poor food handling practices or by contact with pets, flies or other pests.

To stop the spread of bacteria:

Always wash your hands thoroughly with soap and hot water: before handling food, especially cooked food after going to the toilet between handling raw and cooked foods.

Avoid using bare hands to touch food. Use tongs, forks and spoons whenever possible.

Always clean and sanitise work surfaces and utensils. Sanitisers kill bacteria, while detergents only remove dirt and grease.

Wash fruits and vegetables, especially if eaten raw.

Use separate cutting boards and knives for each type of food, for example raw meat, fish, vegetables and cooked foods.

Regularly wash tea towels,  
Change sponges regularly

# Complaints procedure

At child care we always try to meet the needs of your family. However, sometimes families may not always agree or understand the reasons for the decisions we make at child care. The information below sets out the steps families are to follow when raising a grievance within the Centre.

If a staff member is approached by a parent who has a grievance, staff are to listen to the parent objectively and try to resolve the issue. Staff are to refer the parent to the team leader if the grievance cannot be solved immediately.

Parents are also offered the breast feeding/parent information room, to discuss issues in a confidential setting. Staff are to inform Assistant Director of the grievance and advice given to the family.

If the staff member/staff team (if appropriate) cannot resolve the issue, the parent is referred to the Assistant Director.

3. If there is still no resolution, the Assistant Director will then refer the parent to the Chief Executive Officer or Director of Corporate Services as necessary.

# Immunisation Records

As of January 2020 the South Australian Health Act 2011 requires the Centre to keep records of your children's immunisations. This is something the Centre has always done, however, as of January, the way and frequency of how and when we collect this information has changed.

One of the bigger changes is the Centre can NO LONGER accept the 'blue book' as proof your child has been correctly immunised. We can now only accept the Australian Immunisation Register Immunisation History Statement. This statement can be accessed via:

Medicare online account through MyGov  
Express Plus Medicare mobile app  
Ringing 1800 653 809 and requesting a statement.

To help families with ensuring we adhere to the required timelines we are trialling an email system through Spike (our child care software), that will give families a reminder to bring a copy of the Immunisation History into the Centre.

If you have any questions please see Natalie.



# Why is physical activity important for infants and young children?

The Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) listed below outline how much physical activity is recommended for healthy growth and development in children aged birth to 5 years.

## Infants (under 1 year of age)

Physical activity, particularly through supervised interactive floor-based play in safe environments, should be encouraged from birth. For those not yet mobile, this should include 30 minutes of tummy time (including reaching and grasping, pushing and pulling, and crawling) spread throughout the day during awake periods.

Infants should not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or high chair).

Screen time is not recommended.

When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged.

## Toddlers (1-2 years)

Toddlers should spend at least 180 minutes in a variety of physical activities, including energetic play, spread throughout the day; more is better.

Toddlers should not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or high chair) or sit for extended periods.

For those younger than 2 years, sedentary screen time is not recommended.

For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.

When sedentary, engaging in pursuits such as reading, singing, puzzles and storytelling with a caregiver is encouraged.

## Preschoolers (3-5 years)

Pre-schoolers should spend at least 180 minutes in a variety of physical activities, of which at least 60 minutes is energetic play, spread throughout the day; more is better.

Pre-schoolers should not be restrained for more than 1 hour at a time (e.g. in a stroller or car seat) or sit for extended periods.

Sedentary screen time should be no more than 1 hour in total throughout the 24-hour period; less is better.

When pre-schoolers are sedentary, caregivers are encouraged to engage with them through activities such as reading, singing, puzzles and storytelling.

