



Ph: 5472 3665/5470 6284 Mob: 0472 698 513 [www.castlemainechildcare.com.au](http://www.castlemainechildcare.com.au) Newsletter July 2018

[carinya@castlemainechildcare.com.au](mailto:carinya@castlemainechildcare.com.au)

## Welcome to our July Newsletter

### Changes to Newsletter

In response to feedback from families, we are trialling a new approach to providing information. **FOR LDC** You will receive information regarding program highlights from your child's room. In addition, you will receive important information from the Educational Leader, the Leadership team, myself as Director and from Committee of Management. **FOR FDC** You will receive information from FDC Educators highlighting areas of their program and in addition important information from the Assistant Director, myself as Director and from Committee of Management. I look forward to receiving your comments and feedback.

### Survey Monkey

Over the next few weeks, I will be sending out surveys via Survey Monkey. The first will ask LDC families to consider the time that Carinya is closed for Christmas/New Year. Other surveys will ask both LDC and FDC families to consider various aspects of our programs. Please take the opportunity to complete the surveys – we will be sure to keep them short!

### Immunisation reminder

As part of the No Jab, No Play Legislation, a reminder to families to check your child's immunisation schedule and ensure you will be on time for the next appointment. There are circumstances in which late immunisations can affect your Child Care Subsidy or your child's Kindergarten enrolment and we don't want that! Please remember to send proof of immunisations to [carinya@castlemainechildcare.com.au](mailto:carinya@castlemainechildcare.com.au)

### LONG DAY CARE

You can use the **KidsXap app** to tell us of your child's absences and update your payment or contact details. Digital signing will begin in September to ensure we iron out any bugs before it becomes part of the new legislation.

### FAMILY DAY CARE

Welcome to all our new families who have joined the Carinya Community through our Family Day Care scheme. I wish you and your children all the best with your association with your Family Day Care Educator and our office. For all account queries, please do not hesitate to contact 5472 3665 or [carinya@castlemainechildcare.com.au](mailto:carinya@castlemainechildcare.com.au)

### Important Dates

**Bush Kinder every Monday of  
Term Three for kinder children.**

**9.00am – 2.30pm**

**PJ Day Monday August 27**

**Parent/Educator Interviews**

**3, 6 & 7 Sept 0-3yrs**

**4 & 5 Sept 3-5yrs**

### Please Remember

To advise us of absences, a  
text message to

**0472 698 513**

**or call**

**5472 3665**

**or email**

[carinya@castlemainechildcare.com.au](mailto:carinya@castlemainechildcare.com.au)

### IMPORTANT INFORMATION

**KidsXap – you can update your  
address, bank details etc etc**

**Please make sure you have a MyGov  
account that is active. Only you can  
confirm enrolments and changes and  
you can view subsidies via this app.**

## Educational Leader – Sarah

A big thank you to those who participated in the **Red Nose dress up day**. Between the bake sale and dress-up donations we were able to donate **\$265.70** to the Red Nose appeal. Awesome stuff!

How much plastic do we use at the service? Are we conscious of how we are using it? How do we monitor how much plastic we use? Basically, is there a better way.

Plastic-free July has spurred on discussions amongst our team of how we can implement more sustainable practices. Our local supermarket has banned single-use plastic bags and as we have relied on re-using these bags when we have wet or damp clothing items to send home we thought this would be a good place to start.

We have discussed coming up with a more sustainable option for wet clothes for some time but have been spurred on to search out better solutions by this local change and have sourced “wet bags” from a couple of different locations and in slightly different styles. We would like each child to have their own (durable & waterproof) wet bag, that would be packed each day in their backpack. Any wet clothes would be sent home in this and families would be required to wash the bag as needed. The options we have found are affordable and appear to be durable.

We would love to hear your comments and feedback. You can e-mail me directly on [edleader@castlemainechildcare.com.au](mailto:edleader@castlemainechildcare.com.au) or speak to any of our team when you have a minute to spare.

Cheers

Sarah

## Committee of Management News

Committee have begun the ground work for the new Strategic Plan. All stakeholders – educators, families, committee, community – will have an opportunity to be part of building the plan. Please look out for your opportunity to take part in creating this document.

AGM – Thursday 25 October – Planning is underway for this year’s AGM and there will be an outline of the program in the next newsletter.

Shareholders/parents/guardians are invited and encouraged to contact one of the existing Committee to find out what is involved in being part of the governance of the Co-operative. It may be less onerous than you think!

## Koala Room with Nat, Melody and Emily

July has been a month focused on numeracy, a concept that seems particularly relevant as we try to understand how we reached July so quickly. It is almost as if one must apply a new equation to the concept of time (a little bit of time + a little bit of time = July!) We have embraced the opportunity to extend upon the children's growing interest in cooking, an interest that has developed through play and has been expanded to allow us to further explore both numeracy and the local community. We enjoyed an excursion to the local IGA where we explored the aisles in search of the ingredients required to cook Nat's famous sultana loaf. We carefully selected each item based on nutritional value and value for money. We enjoyed exploring our local community; we practiced social skills (interacting with members of our community, waiting in line at the checkout); self-control (no confectionary was purchased in the process); a healthy lifestyle (a walk to the supermarket on a sunny day); and we discussed the delicious and healthy meals that can be prepared from the variety of ingredients available to us. Together we enjoyed the process of baking sultana loaf - learning measurements, ingredients and the method required for the lifelong skill of baking (ingredients, measuring, pouring, sifting, mixing, the functions of the oven, sampling and most importantly, licking the bowl!) We further enhanced our lesson with the idea of waiting and the concept of time, how can July arrive so quickly and yet afternoon tea time seem so far away! We are delighted to report that the sultana loaf was a huge success. Becc was so pleased with the product created by the children in the Koala Room that she added sultana loaf to the centre menu – if you can't beat them, join them! July has seen much excitement at Carinya as we celebrated the imminent arrival of baby Ainscough and the beginning of Gemma's maternity leave. Included in the celebrations was an excursion to the Coffee Bean where we thoroughly enjoyed babyccinos. We now eagerly await news of the arrival of Gemma and Zac's little boy. As a centre we celebrated the arrival of River Berry, a beautiful son for Peter and Rayelle and we will soon celebrate the arrival of Chris and Katie's first child. Wow, what a month – it's like Christmas in July!













## Possum Room with Maddy, Gemma, Sally B and Ange

The Possum children have said “Goodbye Gemma, See You Soon” as she went on Maternity Leave to await the arrival of her little boy. Since then we have welcomed Cedella into the room. Cedella will be with us Full Time for 5 weeks while Maddy heads off on a 2-week Holiday (Friday 20<sup>th</sup> July – Monday 6<sup>th</sup> August) and then until Demi returns (Wednesday 15<sup>th</sup> August).

The children have been enjoying our excursions to the Library, IGA and The Hub Garden lately. We have been exploring our local community and allowing the children to recognise that they have a right to belong to many communities.



### NAIDOC WEEK 8-15/7/2018

This week in the Possum Room we have been celebrating NAIDOC week. We have planned and implemented different cultural activities in our room.

We have been focusing on 2 Aboriginal stories that we have had in our room over the last few months. They are called ‘The Echidna and the Shade Tree’ and ‘How the Birds got their Colours’.



For ‘The Echidna and the Shade Tree’ experience we had offered playdough with icy pole sticks to represent the Echidna and its spikes along with some natural plants for the children to use in their play.

The children were very pleased as they made their very own creative representation of the Echidna.

For ‘How the Birds got their Colours’ experience, a table was set up with paper and lots of beautiful coloured materials such as feathers, soft balls and patty pans for pasting. The children were able to get creative to make their representation of a bird.

Learning Outcome 2: Children are Connected with and Contribute to their world.

Learning Outcome 4: Children are Confident and Involved Learners.





## Kangaroo Room – Felicity, Lisa, Sue, Josie and Cedella

Hello all,

Winter has definitely arrived in Castlemaine area this last month; great to see so many children bringing coats and appropriate clothing & boots. We will still endeavour to have opportunity for daily outdoor play time in this freezing weather as current research informs us of the many benefits of time spent outdoors.

The outdoors is the very best place for children to practice and master emerging physical skills. It is in the outdoors that children can fully and freely experience motor skills like running, leaping, and jumping. It is also the most appropriate area for the practice of ball-handling skills, like throwing, catching, pushing a swing, pulling a wagon, and lifting and carrying movable objects. Additionally, it is in the outdoors that children are likely to burn the most calories, which helps prevent obesity & future health problems. The outside is also important because the outdoor light stimulates the pineal gland, the part of the brain that regulates the "biological clock," is vital to the immune system, and makes us feel happier.

Cognitive and social/emotional development is impacted, too. Outside, children are more likely to invent games. As they do, they're able to express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making, and organizational skills. Inventing rules for games promotes an understanding of why rules are necessary. Although the children are only playing to have fun, they're learning

- Communication skills and vocabulary (as they invent, modify, and enforce rules).
- Number relationships (as they keep score and count)
- Social customs (as they learn to play together and cooperate).
- Physical skills (as they climb, swing, balance, dig & ride)

We can't underestimate the value of learning to appreciate the aesthetics of the outdoors.

Aesthetic awareness refers to a heightened sensitivity to the beauty around us. Because the natural world is filled with beautiful sights, sounds, and textures, it's the perfect resource for the development of aesthetics in young children.

Children learn much through their senses. Outside there are many different and wonderful things for them to see (animals, birds, and green leafy plants), to hear (the wind rustling through the leaves, a magpie's song), to smell (fragrant flowers and the rain-soaked ground), to touch (a fuzzy caterpillar or the bark of a tree), and even to taste (a raindrop on the tongue or sand). Finally, what better place than the outdoors for children to be loud and messy and boisterous?

We have been visiting Platform 3 on a Wednesday morning to watch the steam train arrive. The children are still enjoying these visits and learning something new each time. If your child is not with us on a Wednesday, you are still welcome to meet us at the station at 11.15 am to join in our fun if this suits your daily plans.

Later in the year we will all enjoy a trip to Maldon on the train.



Cultural awareness and appreciation has been our indoors focus recently, children have been exposed to some Aboriginal arts at the Library for NAIDOC week, a short film of Aboriginal painting by an artist, Dreamtime stories, an Aboriginal music CD, and we have also been trying our hand at some Aboriginal inspired art ourselves over the last few weeks.

We welcome any parents to share knowledge and understanding of their own culture with our Kangaroo children if you have the time and inclination and this would be much appreciated.

We welcome Ffion and Chad, two new children to our group this month and both seem to be settling in very quickly with the help of our confident supportive existing kangaroo children. It has been a pleasure to see our group demonstrating inclusive behaviour and concern for the wellbeing of these new children.

Stay warm, dry and active everyone, think positively - **“there is no such thing as bad weather if you are appropriately dressed”**

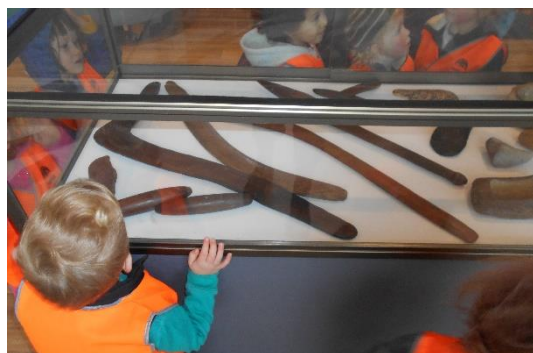


## Reminders for all:

- ❖ Please send an appropriate change of clothes with your child.
- ❖ Please bring a piece or two of fruit daily.
- ❖ Please remember to sign in and out on arrival and departure.
- ❖ Make sure that you have uploaded the KidsXap App on your phone to receive updates on your child's day.
- ❖ Ensure you have confirmed your enrolment on MyGov.

## Pre-Kinder Wombat Room News from Heather, Sally and Carolyn

We have continued the focus on our Indigenous culture, as we moved into NAIDOC week. We took the children to the Phee Broadway Foyer inside the Library entrance, where we looked at local Indigenous art and cultural artefacts. We discussed the subjects of the paintings, the story it was telling us, and the techniques used. We have continued our learning journey through stories, music and singing.



We have been creating an Aboriginal Flag using our hand prints, illustrating the important symbol this represents. This flag when finished will be displayed in the foyer of the centre as a welcoming message.

Single use plastics and plastic bags have become a strong focus and learning opportunity for all of us this month, as we embrace plastic free July and as major supermarkets phase out single use plastic bags. We have the dilemma of rethinking our current habits of using plastic bags to send home wet or soiled items. As well as the use of plastic wraps and other plastic items we use when creating.

We have an experiment occurring in our room, where we are observing what happens to plastic when left in water.....

We currently have Lily, a student from Bendigo TAFE working with us. She is completing her Certificate III in Early Childhood Education and Care. She has created a volcano with the children and enjoying a wide variety of creative arts with the children.



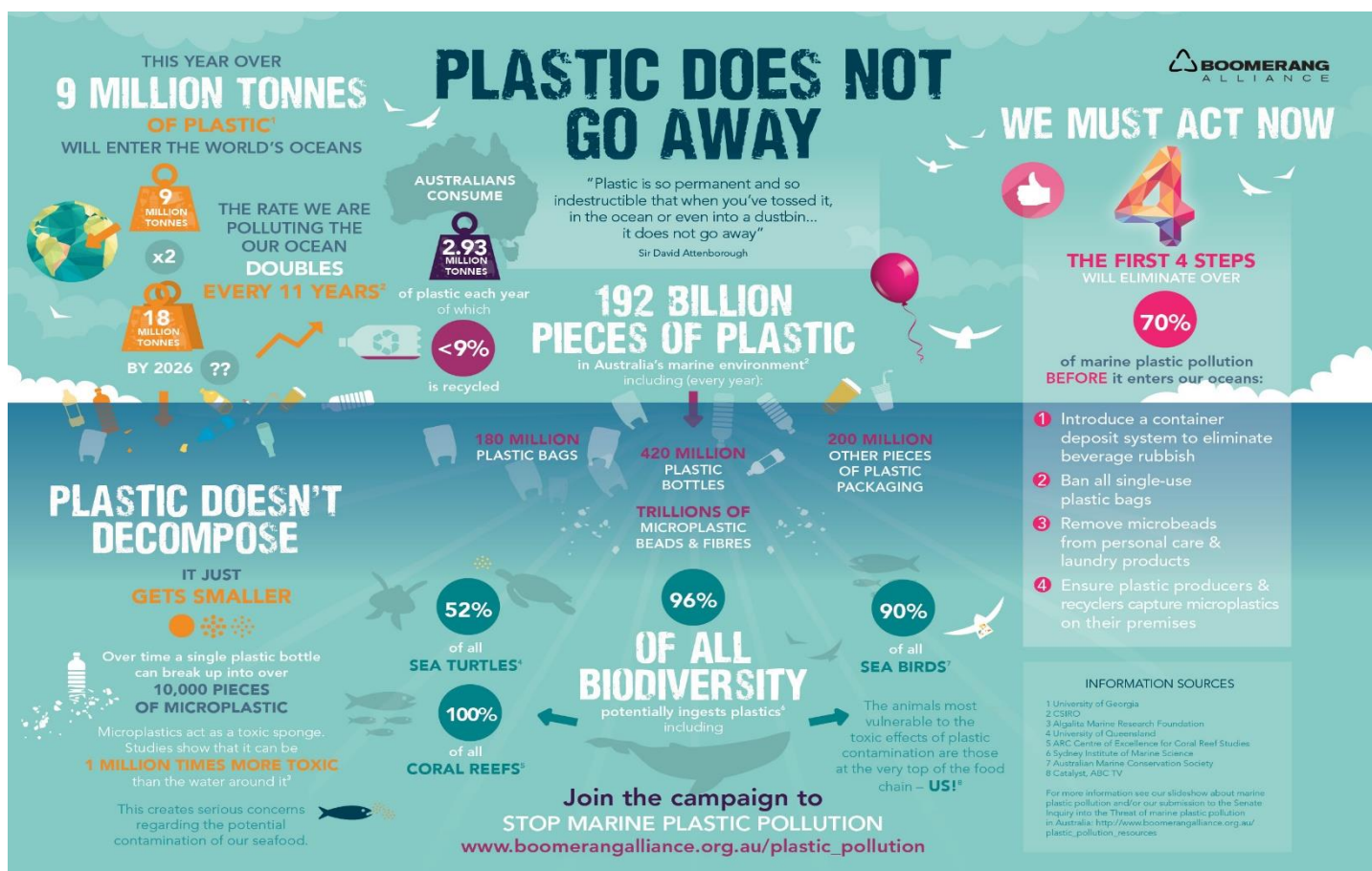


We have also been learning about the migration of marine mammals, such as Humpback whales, which is happening at the moment. We have been watching documentaries about these amazing creatures and why they migrate.

We have been learning about how some plastic objects are reaching our oceans and become a serious hazard for many of our sea creatures.

We sadly say goodbye to Inez and her family this week, as they are moving interstate. It has been wonderful to have Inez as part of our Carinya family and we will miss her and her family dearly. We wish them all the happiness possible, as they embrace an exciting future ahead.

Cheers Heather, Carolyn and Sally.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-SA](#)



## Echidna Room – Kristy, Ray and Louise

### Cultural engagement in the Kinder room

This month in the Echidna room we have continued to explore the Spanish language using the ELLA app on our tablet device. You may have noticed an increase in the use of greetings and farewells in the Echidna room as we became familiar with the first part of the ELLA app. Part two involves us building on this by learning the basic colours in Spanish. To do this, the children, interact with activities on the tablet, they listen to the language and then practice their pronunciation by engaging with various resources in the room.

The app uses both familiar and new functions to extend our knowledge, repeating familiar phrases and introducing new ones as the children explore new concepts. We continue to use the tablet to deliver the language program. The tablet is available for a limited duration in the room with children restricted to a maximum of fifteen minutes per day and not more than forty minutes per week (please refer to the email you received on Wednesday 4 July). As with any experience provided in the program, the ELLA language program is delivered through a play-based approach. This means that children's participation is not insisted upon. The children are supported to respect each other's individual time on the tablet, educators record children's time on the device to ensure we provide fair and equitable access to the program for those children that want to participate.

As we continue to explore the Spanish language, different resources have been added to the room to help explore language, culture and diversity on a wider scale. These resources include posters, books and images that encourage children to consider cultures that may be different to their own.

In addition to the ELLA program, during group discussions, mealtimes and independent and small group play, educators and children have explored a range of differences, from the way that we communicate, varied appearances and environments that we spend our time in.



We also welcome our families to contribute their knowledge, skills and experiences to further support and enhance the program. Recently Louis and his Dad shared a well-known story, The Gruffalo in Scottish by the campfire, with both the Echidna and Wombat children. Angus's Dad also dropped in to create a yummy meal with the Echidna Thursday group, creating delicious Sushi for our lunch.

Our NAIDOC week celebrations saw the Echidna and Wombat children visit the library to view a display of Indigenous tools and artefacts, many of them privately owned by a Dja Dja Wurrung elder, Rick Nelson. Kerri Douglas (Koorie Engagement Support Officer with the Department of Education) was able to show the children a variety of stone and wood artefacts including grinding stones, flint, axe heads, hunting tools and weapons as well as locally produced artwork and the meaning of different symbols within the artwork.

## Echidna Parent / Teacher meetings:

A booking form will be provided soon for parent meetings in August. For any families that would like the opportunity to meet 1:1 with Kristy then please pick a day and time. The meetings have initially been offered on Wednesdays only as teaching staff won't need to be replaced. However, if a Wednesday isn't possible then please speak with Kristy.



## Yoga:

This term we will be accessing Yoga with Belinda at the Over the Moon studio. The days will alternate between Wednesday and Thursday afternoons with the yoga session planned for a 30-minute period between approximately 1:15-2:30pm. Traditionally the last Yoga session of the year was the only session that took place in the studio. We're excited to see how the children respond to this space on a regular basis.





### **Monday 27 August 2018 PJ Day at Carinya**

The Children of Carinya will be spending a **Monday 27 August** in their PJs as part of Asthma Australia's national PJ Day campaign raising awareness and funds to help children with asthma.

Asthma affects 1 in 9 Australians and still kills more than 400 people a year<sup>1</sup>.

Nearly 500,000 Australian children aged 0-14 have asthma<sup>2</sup>.

There were 39,448 asthma hospitalisations in 2015-16 and children aged 0-14 make up 51% of these<sup>3</sup>.

Asthma is one of the most common reasons that children visit Hospital Emergency Departments and is a leading cause of school absence.

Michele Goldman CEO of Asthma Australia said; "Children often spend time in hospital because of asthma flare-ups and it can be a really scary time for children and parents.

PJ Day is a great way to raise awareness of the seriousness of asthma and the need for services to support families caring for a child with asthma."

PJ Day began in 2007 as the brainchild of Montanna who twelve years old and had spent a lot of time in hospital in her pyjamas because of asthma. She came up with the idea of wearing her pyjamas to school to show what children with asthma go through and to raise money for asthma services.

This year schools and childcare centres all over Australia are encouraged to arrange their own PJ Day events where children and staff wear pyjamas or dressing gowns for a day. Over 300 schools across the country have already registered to participate and Asthma Australia is hoping to raise \$50,000 nationwide.

Funds raised through PJ Day events help Asthma Australia provide vital services including its 1800 ASTHMA Helpline (1800 278 462), research grants, and community information and health campaigns.

**Thank you for your support.  
Carinya**

#### References:

1. <https://www.aihw.gov.au/reports/asthma-other-chronic-respiratory-conditions/asthma/contents/what-is-asthma>
2. (Based on 2015 population of children 0-14 in Australia, with 11% having asthma) <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/3101.0Jun%202015?OpenDocument>
3. <https://www.aihw.gov.au/reports/asthma-other-chronic-respiratory-conditions/asthma/contents/what-role-do-hospitals-play-in-treating-asthma>

#### **About Asthma Australia [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)**

For over 50 years Asthma Australia has been the leader in asthma health care, research and support. Asthma Australia delivers evidence-based preventative health strategies to over 200,000 people every year and provides support, training and resources to the primary health care sector. The organisation funds vital basic science and population health research contributing to national and international understandings of asthma and how best to manage the disease.