



Alpine Family Day care



Summer/Autumn Parent Newsletter 2015

Jemma

Alphabet
Numbers
Animals and their sounds
Recognition

Play cubes won the Paris toy award for 2005. Nat, our educator finds these such a wonderful "open ended" toy as it leads to a great deal of creativeness and singing. The cubes can be built upwards or sideways thus making a fence, tower, train, cave, or whatever the imagination produces.



Benji, Sam & Ruby

The big bricks are another wonderful addition to our pergola play.
Shops
Houses
Pens
Towers to make with the fun of knocking them down!

To extend the play Trio was added. The children made robots, with much conversation and laughter. Natalie at times assisted in the construction and direction of play if needed.

Lara

Playdough is a frequently requested activity.
Lara's beautiful, smiley face says it all.

A few items have been added to our play dough tool box:

Box-patterned rollers
Super hero moulds
Sea creatures
Native animal cutters

To roll out snakes or sausages and cut them all up is still great fun too! As we play we have a sing-song and make casual conversation. A very relaxing time is experienced by all.



Jacob

Music is a must everyday at Family Day Care.

We may have it with or without a CD or DVD. There are many different ways, forms and times that the children and Nat makes music, sing songs and dance.

Musical instruments

Singing song, including action ones

Dancing, this may include body movement, stamping feet, holding hands etc

Outside on the garden swing whilst we are swinging

On the trikes and billy cart

Inside when we are sitting together in a small group

Even at the table whilst we are eating

It is a wonderful time to connect with each other

learn to speak & understand new words

share & experience small group activities

to engage in FUN experiences

to laugh & giggle, for example when we sing "when your happy & you know it"

Many children go home singing the songs that they have been "performing" throughout the day. Ask Nat and Claudia what songs are the favourite ones of the day.



Henry, Jemma & Cameron

There was great excitement when the tractor came up the driveway with a load of gravel. To the delight of the children the tractor then emptied the gravel into a hole and a huge cloud of dust shot up into the air.

Later in the day, Mario gave the excited children a tour of the tractor.

he talked about safety

turned on the large twirling lights (which is used when driving on the roads)

and of course, a few GOOD beeps of the horn.

Friendly Reminders

Emergency/Collect Phone Numbers

Parents – please make sure that you have current emergency numbers that are reliable for the day that your child is in care.

If your contact person or yourself/partner are not able to collect your child because they are working, are out of town, sick etc you definitely need to supply another appropriate contact person.

Toileting

If your child is going through the joys of toileting please provide your educator with adequate extra clothing. Everyone is willing to assist and encourage your child through this important developmental stage.

Being in an environment (other than home) life is busy & exciting therefore accidents can be more frequent. Parents need to provide spare nappies, pull-ups, undies and a full change of clothes for these situations.

Asthma

Over the summer we had to contend with the hot days. Now many of the days are smoky. Talk to your educator if your child suffers from asthma. There are many other triggers that children experience. All children in Family Day Care are required to have an "Asthma Action Plan. Your child's educator can only administer medication prescribed by the doctor.



Recipe

Moroccan Chicken (serves 4)

Ingredients

1 brown onion	30g dried apricots chopped
500g diced chicken	400g tinned tomatoes
1 large zucchini cut into 3cm lengths	1 tbsp garlic
1 carrot cut into 3cm lengths	1 tsp orange rind and juice
1 x tin chickpeas	½ tsp honey
2 tsp ground cumin	1 tsp ground cinnamon
Pinch ground cloves	½ tsp paprika
1 tsp ground coriander	½ tsp fennel seeds
½ tsp tumeric	400g tomato soup

Method

Fry onions in oil until soft. Add garlic and spices.
Add carrot, tomato, tomato soup, orange rind, juice and honey.
Cook chicken in separate pot. Add chicken stock.
Add cooked chicken pieces to vegetable mix. Simmer 1 hour.
Add zucchini and apricots and drained and washed chickpeas. Cook for a further 10 minutes.
Serve with cous cous or rice.



Valuable Training for our Educators

45 educators from Alpine Children's Services (ACS) attended a valuable day of training in Bright on Saturday 14 March. The day was presented by Catharine Hyden who covered the importance of professionalism in early childhood education. Catharine is well known in Australia as a strong advocate for professionalism, ethical practice and as a facilitator of pedagogical leadership.

ACS General Manager Jenny Griffiths said it was a fantastic day for all of the educators to come together for professional development. The educators came from all of ACS services including Alpine Family Day Care, Alpine View Children's Centre, Lake View Children's Centre and Mountain View Children's Centre.

"ACS really appreciates everyone giving up their Saturday to attend this training," she said.

"This reflects our commitment to high quality early childhood education and the dedication shown by our teachers and educators.

Georgina Fonay, an educator from Lake View Children's Centre, said, "I will now be more mindful and deliberate with identifying children's potential learning and development".

The highlights of the day included:

- Working in collaboration with educators from across ACS who have a diverse range of skills and experiences,
- Learning how to support children's learning so children progress from "I need help to do this" to "I can do this on my own", and
- Improving the educator's skills and knowledge of the early years learning framework to enhance the development of each child.

ACS is having a second day with Catharine Hyden on Monday 27 April with all services managed by ACS closing for the professional development day.







Maternal Child Health



What's On In Alpine ? (For Toddlers and Pre Schoolers)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Myrtleford Maternal and Child Health Centre Appointments 9am-4pm  Ph. 5751 1959	Bright Maternal and Child Health Centre Appointments 9am-4pm  Ph. 5755 5101	Myrtleford Maternal and Child Health Centre Appointments 9am-4pm  Ph. 5751 1959	Mt Beauty Maternal and Child Health Centre Appointments 9am-2pm  Ph. 5754 4734	Storytime-Tawonga Tawonga Primary School 9.30am (free) Ph. 5754 4468	Toy Library- Bright Multipurpose Room Alpine View Children's Centre 9.30-11am Ph. Tracy 5755 1688
Playgroup –Mt Beauty Community Centre 9.30-11.30am Ph. 0438 111 554 Nicole	Immunisations- Mt Beauty (Bi-Monthly) 9.30-10.30am (free) Mt Beauty Community Centre 14 th April, 9 th June, 11 th Aug, 13 th Oct, 8 th Dec 2015	Immunisations-Bright (Bi-Monthly) 9.30-10.30am (free) Bright Senior Citizens Centre 6 th May, 1 st July, 2 nd Sept, 4 th Nov 2015	Mt Beauty Toy Library Lakeview Children's Centre 9.15-10.15am Ph. Claire 0414 543 920	Rhyme Time – Bright Bright Library 10.30am (free) Ph. 5755 1540 (Birth-2 year olds and parents)	Toy Library-Myrtleford Senior Citizens Centre Smith Street 10-11.30am (2 nd and 4 th Sat of Month) Ph. Sukey 0421 286 334
Playgroup – Bright Multipurpose Room Alpine View Children's Centre 10-11.30am Ph. Sarah 5755 1332 0411 027 083	Immunisations-Myrtleford (Bi-Monthly) 10-11am (free) Senior Citizens Centre 7 th April, 2 nd June, 4 th Aug, 6 th Oct, 1 st Dec 2015	Learn To Swim Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049	Learn To Swim Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049	Learn To Swim Bright Sports Centre Gavan Street Classes 9-11.30am (6m+) Ph. Barbara 5755 1049	
Book Bugs-Myrtleford St Mary's Primary School- Nagle Centre 10-11am (free) Ph.5752 1808	Playgroup- Myrtleford Senior Citizens Centre Smith Street 9.30am-12 Noon Ph. Loretta 0407 656 550	Mount Beauty Country Women's Association 3 rd Wednesday of the month 7pm Uniting Church Hall Ph: Karen 0404 153 168 Email: mountbeauty@wa@gmail.com	Story time – Bright Bright Library 10am (free) Ph. 5755 1540	Playgroup – Harrietville Harrietville Hall 10-11am Ph. Anna 0417 056 432	
Wiggly Woo Children's Hour – Alpine Radio Kiawa 96.5FM, Ovens 92.9FM 12 noon – 1pm (free)	Myrtleford Toy Library Senior Citizens Centre (2 nd and 4 th Tuesdays of month) 10-11am Ph. Sukey 0421 286 334	Rhyme Time-Myrtleford Myrtleford Library O'Donnell Avenue 10am (free) Ph. 5753 2038 (Birth-2 year olds and parents)	Mt Beauty Pram Walk (Starts at Mount Beauty Library) Meet at 11am (Cuppa & chat in wet weather) Ph. Bronnie 0418 822 109		
	Romp N Stomp Bright Community Centre 10-11am (Crawlers up) Ph. Michelle 0417 256 728	Playgroup-Porepunkah Porepunkah Primary School 9.30-11am Ph. 5756 2253	Mount Beauty Community Parenting Group Mt Beauty Library (free) 11am (Last Thursday of Month) replaces Pram Walking on this week Ph: Bronnie 0418 822 109		
	"On The Move" Playgroup-Tawonga Tawonga Hall 10-11am Ph. Nicole 0438 111 554		Story time- Mt Beauty Mt Beauty Library 10.30am (free) Ph. 5754 4542		
			Bright Pram Walkers (Autumn and Spring Only) Details TBC		



School newsletter insert

State Emergency Service

Benalla Office, 64 Sydney Road, BENALLA, 3672.

Flood experts and enthusiasts wanted! SES needs your help to develop the Myrtleford Flood Guide!

SES is seeking interested members of the Myrtleford community or local organisations to help develop and check a new flood guide being developed for the town. A draft Myrtleford Flood Guide is now ready for community review and input. Anyone with an interest or experience of floods in the Myrtleford area is encouraged to get involved. It is very important that the guide captures local knowledge and that the information we have already gathered is checked before going to print.

The draft guide is available for community comment and/or input until Friday 27th March 2015. Electronic and printed copies are available from the SES NE Regional Office by contacting: northeast@ses.vic.gov.au or 9256 9650. Printed copies of the draft guide are also available from the Myrtleford Library (Cnr Standish Street and O'Donnell Avenue Myrtleford) and Alpine Shire offices in Bright and electronic copies from the Alpine Shire website: www.alpineshire.vic.gov.au.

This flood guide is one of over 50 flood guides being developed for flood-prone towns in Victoria and is funded by the Federal Government's Natural Disaster Resilience Scheme. The finalised guide will include a flood map, local flood history and advice on how to prepare, respond and stay safe when floods happen.

During April, a flood information night will be advertised and give residents the opportunity to ask questions about the flood guide and the information it contains. Representatives from SES and Alpine Shire will be available on the night to copy your photos, gather more "local knowledge" and answer any questions.



For more information, contact:

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Phone: 03 9256 9650 / 0400 877 731

Position: Community Resilience Coordinator

Email: northeast@ses.vic.gov.au