



Alpine Family Day care



Spring Parent Newsletter 2014

News from the homes of Claudia & Natalie

At the kitchen table we set up the paint. Zack is using cotton buds plus red and blue paint to create a work of art. Today he is really taking the time concentrating with this activity.



Cricket and ball games is always a winner with boys. At Natalie's home these boys are learning to share, take turns and negotiate their ball handling skills.

Jagger is balancing. He is pretty proud of himself!! Look at the smile of delight on his face. He spent a long time concentrating on this task and loved the challenge.



FRIENDS. Jonah, Tashan & Amelie are really enjoying each other's company. Here they are communicating, learning to listen and share ideas. It is morning tea time and now is a great opportunity to spend time together and create a sense of belonging.

Amelie is sitting here getting ready to go outside. She is independently putting on her own shoes. Claudia is encouraging all children to develop their self help skills, and to develop their emerging inter-dependence.





Tashan & Karen are confident climbers. They spend the time interacting with each other as they sit on top of the frame and look down on the world. Both are enjoying the beautiful spring weather. The outside space at Claudia's home is always changing and new challenging equipment is introduced as the warmer days develop.

Besides our worm farm, feeding the scraps to the chooks is a great way of recycling. Jemma, Connor, Samuel & Benji love to feed some grain, collect the eggs and then count them.



After visiting the chooks, a run up and down our rocket blast-off hill is a must. Pretending to be a rocket or an aeroplane, counting from 10-0 or 0-10, or maybe sing the vehicle song. Sometimes we spot an eagle in the sky, a magpie, kookaburra or helicopter. Sometimes we see a semi-trailer loaded up with logs, tankers, utes & buses on the highway. When it is overcast the clouds are wonderful to view as they are interesting shapes and are the shades of white & grey. Whether it is cold or sunny, nature gives us such a great feeling of well-being.

Spring-time. Blossoms are out on the almond trees and there are lots of very sweet juicy mandarins to pick and eat in the orchard. Isabella, Zack, Ruby & Connor are interested in the names of the different trees and keen to eat some fruit when in season.



Important Reminders

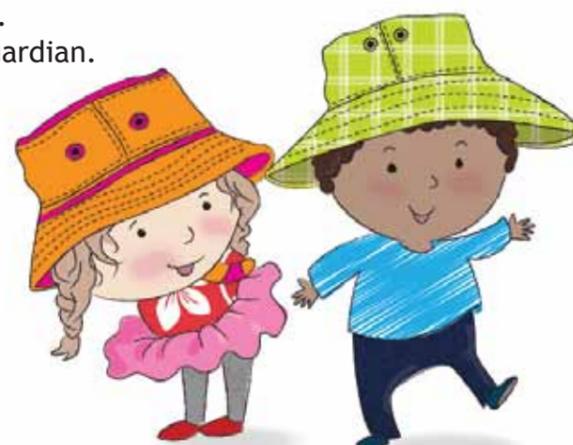
Sun Smart Clothing, Hats and Shoes

It's that time of the year again. From September 1st 2014 until April 30th 2015 our Sun Smart policy has kicked in for yet another summer. Please remember that all children must wear clothing that covers their shoulders i.e. no singlet's or dresses with straps. Children must also wear a hat for outside play. Children are very active at the centre and need comfortable sturdy shoes. Thongs, crocks and high heeled shoes are not appropriate. Sunscreen will be applied at least 20 minutes before going outside.

If your service does NOT supply a hat, one must be supplied by the child/children's parent/guardian. It must remain at the service, be clearly labelled with your child's name and must adhere to the following criteria:

- hat should shade your face, head, ears and neck
- a broad brimmed style hat should have a brim of at least 7.5 cm
- a bucket style hat should have a deep crown, angled brim of at least 6 cm and sit low on the head
- legionnaire style hats should have a flap that covers the neck and overlaps at the sides of the front peak

Please be aware that if your child does not have a hat they will NOT be allowed outside.



Love this super easy Sticky Date Pudding recipe. We have adapted this recipe for childcare by reducing the amount of sugar and eliminating the caramel sauce. For home, the Caramel Sauce is a must!

Super Easy Date Loaf (serves 4)

Ingredients

1 cup SR flour	100g butter
2 eggs	¼ cup brown sugar
1 cup boiling water	½ tsp bicarb
1½ cups chopped pitted dates	
Caramel sauce	
1 cup brown sugar	
300ml cream	
60g butter	
½ tsp vanilla	



Method

Place dates, water and bicarb into bowl of food processor. Allow to stand for 5 minutes.

Add butter and sugar and process until well combined.

Add eggs and flour and process until just combined.

Pour into a greased tin and bake at 180 for 30-40 minutes.

Caramel Sauce

Place all ingredients in saucepan over medium heat. Bring to the boil stirring consistently. Reduce heat and simmer for 2 minutes. Pour over sticky date loaf and ENJOY

Myrtleford Maternal & Child Health

Rebecca Sacco has over 13 years of experience as a practicing nurse and midwife. In 2012 Rebecca completed a Masters in Maternal Child Health to transition into the community health sector and has been working with the Alpine Shire for the last 2 years. Rebecca is passionate about working with people, health and wellbeing, sustainable living and all things related to wool.



Bright Maternal & Child Health

Dee McKerral started her nursing career as a State Enrolled Nurse then travelled to her country of birth to reconnect with family. Once back in Australia, Dee returned to study and completed her Bachelor of Nursing at La Trobe University and then moved to Melbourne to consolidate her university education at Monash

Medical Centre. Dee continued with her nursing studies & completed a Post Graduate Diploma in Midwifery at Monash University, and has practiced as a nurse and midwife in metropolitan, regional and rural settings. Dee decided to continue studying & returned to La Trobe University to complete a Post Graduate Diploma in Maternal & Child Health as her interest was to eventually work with families and their children in the

community. Dee has worked in both the public and private sectors. Having worked in Alpine and other local government areas over the last 10 years, she has recently taken on the role of coordinator of the service.

Other than work, Dee spends many hours running her three children around to sport; she enjoys walking, reading and good food and times with friends.



Mount Beauty Maternal & Child Health

Mandy Lawless' nursing career spans thirty three years so far.

This has included five years in Accident and Emergency Department Nursing, twenty- two years in Maternal and Child Health Nursing in Melbourne and N.E. Victoria and three months as a Volunteer Midwife in Central Pakistan.

After in-hospital training at the Royal Melbourne Hospital and Mercy Hospital for Women, she completed a Graduate Diploma of Applied Science (Child and Family Health Nursing) in 1992 and took up Maternal and Child Health Nursing full-time.

The privilege and challenges of supporting diverse types of families in their early parenting experiences has kept her coming back for more. Offering a service which recognises and supports the cultural backgrounds and needs of families, and the unique role of fathers are particular professional passions.

An Alpine tree change in 2011 with her very supportive partner and great son brought her to the area after years of holidaying in Porepunkah.

Out of hours sees her growing food and flowers, dressmaking, soaking in the Alpine scenery while walking the dogs, and dreaming of Norfolk Island and hammocks (and a good book) by palm fringed lagoons!

