



# Alpine Family Day Care



Summer Parent Newsletter 2014

## Dress up time

What fun we all had getting dressed up in Claudia's collection of scarves, hats and dresses.

We chatted, shared and engaged with each through play.

Claudia had the music playing which encouraged the girls to express themselves individually using movement and music.



## Our Garden

This is our first snow pea!  
All the children have been watching them grow.  
We have nurtured and watered them.

Now we can EAT them.

Thanks Nat for letting us pick and eat these yummy little vegetables.

## We are a Sun Smart Family Day Care service

Make sure your child comes along to care with a good hat that protects your child's head, neck and face. Also, tea-shirts are required to cover the shoulders. Sunscreen will be applied 20 minutes before your child goes outside, and then applied every 2 hours.

However, educators are very conscious of the UV rating, using shady areas for play and the safety & well being of your child at all times.

If you have any queries about sunscreen or any of the above, please feel free to discuss it further with your educator.

They are happy to discuss what is best for your little one at anytime.



## Art and Craft

Many different mediums are used for artistic expression. All the children have the choice in the ways they desire to be creative. The range is vast and the following are some examples:

- Poster and pallet paints
- Coloured glue
- Textas
- Pencils
- Oil pastels
- Chalk

These can be applied by little or large brushes, sponges, little mops and stamps.



## Having picnics with our friends

All year round picnics are requested. I say “yes” a lot of the time because they are such a social time for the children. Often they eat better, and it gives us all a feeling of peace and harmony as we enjoy being part of our natural environment.

This old trolley comes in handy for the children to help load up their lunch and take it out to the pergola. This is the place that always tends to be one of our favourite picnics spots.



## Educational Leader - Kate Kovesy

Under the Regulations, the approved service provider is required to appoint an educational leader to guide other educators in their planning and reflection, and to mentor colleagues in their implementation practices.

Kate, the Family Day Care Team Leader supports the educators in this process. Over time, much more attention is being paid to the curriculum and education of your child. At staff meetings, during home visits and through training we discuss, share and gather new ideas & thoughts about how we can deliver an educational program to achieve the very best learning outcomes for all children.

## Program and Activities

Each educator will plan your children's day. The program and activities will be displayed up on the wall or in the educator's diary.

Each educator is responsible for providing each child in their care with an educational program that is based on the child's developmental needs, interests and experiences. It is designed to enhance the child's development.

Please take the time to look and ask your educator any questions.



## Emergency & Evacuation drills

Over the year, your educator has practised emergency drills with your children to cover a vast array of different reasons to evacuate the home, or even to implement a lockdown.

As we are upon the warmer months, we once again have reviewed our Bushfire Procedure for Alpine Children's Services.

This is a very important matter, so please read the attached printout.

# Recipe

We love being part of your child's birthday celebrations and enjoy sharing the excitement of the birthday cake. If you would like to bring a cake to celebrate your child's birthday, we ask that it does not contain any nut products, products that may contain traces of nuts, or has been packed on equipment that processes nut products. Please check all labels of cake mixes or lollies carefully. As part of the Food Safety requirements, we are required by law to record all food that is bought into the centre.

## Basic Vanilla Cake Recipe

- 2 cups SR flour
- ½ cup sugar
- 1 tsp vanilla essence
- 2 large eggs
- ½ cup vegetable oil
- ½ cup milk

## Method

- Preheat oven to 180c.
- Mix all ingredients, adding the milk last.
- Pour mixture into a greased tin and cook for about 45 minutes



# Maternal Child Health

The Infant and Toddler mental health clinic is a partnership between your maternal child health (MCH) nurse and the North East Child and Adolescent Mental Health Service (NECAMHS). Both services are interested in the early intervention of social and emotional difficulties in children aged 0-5 years of age. So that small children get a good mental health head start in life.

## What is the clinic?

Over the course of a day the Infant Mental Health Coordinator from NECAMHS along with other professionals meets with families and the MCH Nurses. Four families visit over the day and the meetings last for 1 hour. Your child is not separated from you and the meetings all occur in the same room together.

## Who are the professionals you will meet?

The clinic is run by the Infant Mental Health Coordinator from NECAMHS, your MCH Nurse and a child therapist who assists your child through play and to feel comfortable in the room.

## Who attends the clinic?

Mothers, fathers, grandparents or carers are welcome to attend with the child you wish to talk about. We ask that only the main carers of the child attend. Other siblings are also welcome should it be difficult to arrange care for them.

## What will be discussed?

You will have a chance to talk confidentially about your main concerns or questions about your child, as well as participate in some exploration of your child's developmental history.

## What will my child be doing?

The child therapist will engage your child in some play activities in the room, whilst also making some observations of their development.

## What happens at the end of the meeting?

All recommendations are written for you to take home, along with a package of information about children's social and emotional needs.

## Need more information?

Please contact the Alpine MCH Service for details on 0417 147 120.

The Winner for Alpine Family Day Care parent survey is P.West from Bright.

Thank you to all those parents who participated in our survey, both via hard copies and on-line. It is greatly appreciated, as it gives us some tools and ideas on how we can improve our service for you and your children.



## Explanation of Child Care Benefit (CCB)

CCB helps with the cost of childcare. It is important to understand that your CCB percentage reduces the cost of your fees and isn't a straight percentage of the total fee. So even if your CCB is 100%, you will still be required to pay a fee.

This is because government sets what is called an 'approved care rate' that is currently \$4.10 per hour, or \$205.00 per week (50 hours maximum per week). Your CCB percentage is then applied to the 'approved care rate' for each hour of the session your child attends. This amount is then subtracted from the fee charged by our service for your child's session.

We understand that this can be confusing so please chat to either Kate or Catherine if you would like any further information.

## ENROLMENTS FOR 2015

It is a really busy time for us all with the lead up to the end of the year, and of course, Christmas. If you haven't already, please communicate with your educator about your child care needs for next year. This assists them to them in planning their working days and times, and providing the bookings that you require. Don't leave it to the last minute, as you may miss out on what days you want.

Book Now

## Office closure

Our office in Bright (where your enrolment forms, timesheets, etc are processed) is closed from Tuesday 23rd December 2014 and will re-open on 5th January 2015.

All of us at Alpine Family Day Care wish you and your families a very happy, enjoyable and safe Christmas and New Years. We welcome you back in 2015.

