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*“Adults teach children in three important ways: The first is by example, the second is by example, the third is by example”.*

*Barbara Nicholson,  
Attached at the Heart:  
8 Proven Parenting  
Principles for Raising  
Connected and  
Compassionate Children*

Wishing all families a safe and Merry Christmas!



### Vegetarian Spaghetti Bolognese (serves 4)

#### Ingredients

- |                      |              |
|----------------------|--------------|
| 1 brown onion        | 2 broccoli   |
| 2 carrot grated      | 1 capsicum   |
| 2 zucchini grated    | 1 tsp garlic |
| 1 x 700g pasta sauce |              |
| 10 mushrooms         |              |
| 1 tsp vege stock     |              |
| 1 x tomato soup      |              |

#### Method

Fry onions, garlic and capsicum. Add mushrooms, carrot, broccoli and zucchini.

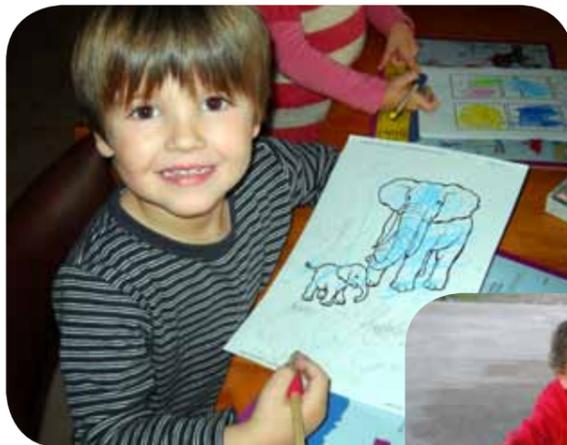
Add pasta sauce and tomato soup. Simmer until cooked. Add extra stock to taste if needed. Add cooked spaghetti and mix through. Serve with parmesan cheese.

## News From Alpine Family Day Care

Thanks to all those families who completed the Alpine Family Day Care Survey for 2013. This information is very valuable for our service. It is a resource to improve our child care service, whilst giving us an overall sense on what you think. Our winner of the Country Target voucher was Romina McEwan from Myrtleford. Congratulations. Happy shopping.



### ENROLMENTS FOR 2014



The forms are out now and some of you have completed them. If you are not sure of your days or times just have a chat to your educator. Thanks for completing these forms (yes, once again!), however your information and circumstances may change and we need to be informed.

### QUERIES & COMPLAINTS.

At any time you have an issue or grievance, please take the time to ring and discuss it in person or over the phone with Kate Kovesy who is the Family Day Care team leader. She is in the office on Tuesday & Thursday. If urgent she is contactable anytime on 0423498170. The office number is 57501367.

Other complaints can be made in writing and directed to the:

*Grievance Office  
Alpine Children's Services  
PO Box 651  
Bright Vic 3741*

### RESPONSIVENESS TO CHILDREN

Educators are responsive to all their children's strengths, abilities and interests. This ensures that children are motivated in their learning. As you view these photos you can understand the amount of time and planning that the educators' take in their decisions and actions that build on the children's existing knowledge. Many times the children have evolving ideas and interests which can change the course of play. Educators make the most of spontaneous 'teachable moments' to scaffold children's learning. When children and educators play together their relationship is strengthened as they share decisions, respect and trust.



### LEARNING ENVIRONMENTS



Learning environments are welcoming spaces that are vibrant and fun. They support learning and are always changing to suit the interests and abilities of the children. They cater for different learning capacities and styles. Take the time out to view and ask your educator about "what the children have done today". Outdoor learning spaces are a feature of Australian learning environment. They offer a vast array of possibilities not available indoors. Play





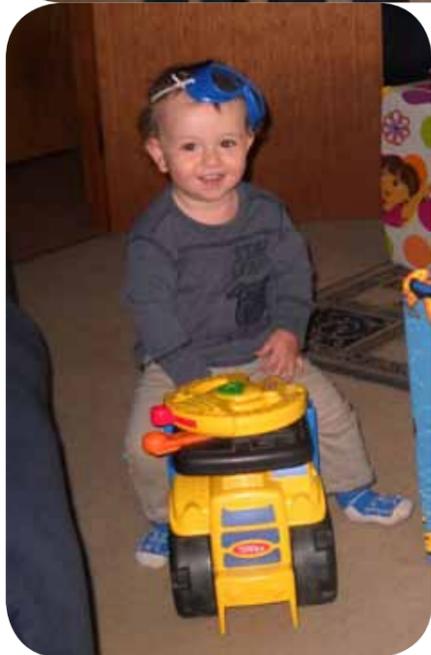
spaces in natural environments include trees, plants, gardens, rocks, mud, water and other elements from nature. These spaces invite open-ended interactions, spontaneity, risk-taking, exploration, discovery and connection to nature.

common childhood illnesses has come under increased scrutiny in recent years. We are now aware of the potential for the masking of important symptoms, if it is administered without a doctor's health assessment. It is now clear that the administration of this medication should only be in accordance with a doctor's prescription. This will be in cases where the child has a clear history of high temperatures and the drug has been prescribed by a doctor, under clear future circumstances, and supplied accordingly, with a plan.

### ADMINISTERING MEDICATION



- Short-term medication must only be administered to a child if:
  - The medication is in the original packaging,
  - The medication is within the use by date,
  - The medication is prescribed for that child,
  - The parent/guardian has properly detailed the medication in the Medication Book (including consenting to staff administering the medication),
  - The medication has been prescribed by either the child's doctor or an Emergency Service at a hospital and includes written instructions including: the name of the drug, form of the drug, strength of the drug, route of administration of the drug, frequency of administration of the drug and duration of administration of the drug.



### REMINDER OF OUR ILLNESS POLICY

This is a reminder of our illness policy. Children or staff who have infectious diseases or who are ill will be excluded from care at the Centre. Exclusion of infectious children significantly reduces the risk of the spread of diseases to other healthy children and Educators. The Centre follows the National Health and Medical Research Council's recommendations for exclusion periods.

Parents need to be aware that when a vaccine preventable disease is present or suspected at our Centre, children for whom the Centre does not have a complete immunization record may be treated as unimmunized. Please forward a copy of any updated immunizations to the office. Remember that a copy of all our policies is available in the foyer. We are also happy to make a copy if you would like to take any policy/procedure home.



### REMINDER OF OUR MEDICATION POLICY

Use of Paracetamol, Ibuprofen or Similar Medication

Fever is when the temperature of the body rises to above 37.5°C (using a forehead thermometer) or an auxiliary (armpit) temperature greater than 37°C. Staff are not expected to diagnose childhood illnesses or to make judgments in relation to the administration of medication. This is the responsibility of the health professional in conjunction with the child's parents. The use of paracetamol, ibuprofen or similar medication for the treatment of

