



Alpine View children's centre



Summer Parent Newsletter 2014

In this Issue:

- Dates for the diary
- News from the rooms
- Educational leaders report
- Maternal Child Health
- Friendly Reminders
- Recipe
- Family and Friends

Dates for the diary:

Christmas closure dates:
Tuesday 23rd December
Last Day Centre is open

Monday 5th January
Centre Reopens



News from the Rooms

Joeys

With four new children commencing in Term 4 it has been really busy. Transition has begun for the older who are moving up to the Wombat Room next year. This will prepare them for the changes and routine of the Wombats.



Sensory activities that have been offered:

- Taste - Jelly and Baked Beans
- Touch - Glitter coloured ice cubes and shaving cream
- Touch - Shaving Cream and paint

Climbing activities:

- A-frame and balancing planks to gain confidence
- Balance Bikes for the older children





Wombats



Children are learning to apply their own sunscreen - Independence skill development

Many of the children have now ceased with their afternoon naps and join in quiet activities

Children are enjoying the company of the older children

We have planted our summer vegetable garden.

Bike Helmets have been introduced to improve the safety of the children riding bikes.

We are enjoying many outdoor activities - obstacle course created with climbing frames, boards and jumping mats, woodwork activities joined with the Emus children, sandpit and water play.



Emus

The children have been exploring the outdoor play space and creating play areas, using a variety of materials which has generated more ideas for experiences, both inside and outside.

The children have recreated the fairy garden and the shed has been converted into a work shed, complete with a carpentry table allowing the children the opportunity to use their imagination and creativity.

We now have a water pump and this has enabled the educators to discuss water use with the children to make our environment more sustainable.

The Emus educators wish all families a safe holiday period and extend best wishes to those leaving the service and look forward to continuing to work with families who will return in 2015 to develop positive outcomes for their children.



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.



Educational leader - Dianne Berton

Alpine View Children's Centre has just been through the National Quality Standard Assessment and Rating process on 25th & 26th November. We will receive our results in approximately four weeks. It was fantastic to receive feedback from the Assessor on how much we have grown professionally in utilising the outdoor space and the shared interactions with the children from all educators across the space to extend their learning.

The Victorian Early Years Learning and Development Framework has eight Practice Principles that we use to guide our practices to focus on assisting all children to make progress in relation to the Learning Outcomes.

The first Practice Principle is Family Centred Practice which educators at Alpine View are always seeking and questioning ways that we can enhance and extend our partnership with families enabling educators and families to work together to support children's learning and development.

Family-centred practice supports continuity in children's lives. Learning opportunities that build on children's prior learning experiences from home and community enhance children's learning and support children to feel safe and confident as learner.

Educators would love to hear what your child has been doing at home, community events they have been involved in, topics they have spoken about and their interests. We would also love to hear what you think is important as this is valuable for us to know and we can follow through on it. The stronger connections educators have with families the more benefit to your child.

Friendly Reminder

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.

Family and Friends

Great Victorian Bike Ride in Bright. On Monday 1st December, around 3,800 riders descended on Bright to camp at the footy oval. AVCC Family & Friends ran a bake sale and we raised nearly \$500 from this fundraiser. Thankyou to all the families who baked delicious goodies for the sale, we were overwhelmed by the effort so many people put in. Unfortunately the stormy, inclement weather kept the riders away and our stall was a wash-out. However the baked goodies did not go to waste and were donated the following day to the staff at Alpine View, Bright P12, Bright Hospital, Hawthorn Lane Village and spread amongst various families. Thanks to everyone involved.

Christmas Hamper. Family & Friends will be organising a Christmas raffle and hamper to be drawn at the Christmas Party on 17th December. We are calling for donations to this hamper, a bottle of wine, some chocolate, a kids game, a voucher or anything else you can think of. Please drop your goodies off at the office and tell Catherine it is for the Family & Friends Christmas Hamper.

2015 Family & Friends Group. We would love to see some new faces next year on the Family & Friends committee. We are always after fresh ideas and enthusiastic helpers. Please come along to our first meeting next year which will be in February, or simply email Lisa below. This really is a fun and rewarding committee to be part of. Please let us know if you are keen to help out with anything at all or have any suggestions for great fundraising ideas.

This will be my last newsletter entry as my youngest, Zoe, is starting school next year, thanks to everyone at Alpine View who has helped to make our time so special, and thanks to the rest of the F & F committee for their energy, enthusiasm, dedication and drive.

Lisa

Family & Friends contact:
Lisa Flew
0412 517 545
lisa@everestsports.com.au

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

