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Lake View's news

Kiewa Kids Room Report

Welcome to all our families, new and returning for 2014. It has been a fantastic start to the year, welcoming new children, while also supporting others in their transition to the Bogong Room.

Already there has been much happening in the Kiewa Kids room. The children have revisited a favourite book - "Where is the Green Sheep?" by Mem Fox. The children enjoy reading the book with educators and join in with words. They are able to remember the words with the help of the flowing rhythm of the text, or to read the pictures to know what the words are. In this way the children are learning literacy skills. We have also engaged with the text in other ways such as art and craft - there is a mural of the Green Sheep up on our wall - and also the Sharing Game. This game involves the children sitting in a circle and passing the Green Sheep toy to one another. As they pass the sheep they say "It's your turn..." and the receiver says "Thank you..." This game allows the children to practise using verbal communication for a purpose and to practise manners and sharing.

Scissors have been very popular with our older toddlers. They have enjoyed using scissors to snip paper and cut play dough. We provide a range of other fine motor experiences to help children with fine motor development, such as duplo, drawing, posing boxes. These experiences ultimately help the children to coordinate the use of scissors

Friday 28th of February was Clean up Australia Day, and the Kiewa Kids and Bogong Children had an Excursion out



of the service to clean up some of the surrounding area. We picked up rubbish and sorted it into rubbish and recycling. We also collected some natural objects to take back to the centre. Children and educators both enjoyed the time in

the sunshine, a few songs out in the nearby rotunda, and a play in the park. It was a great opportunity to play outside and take care of our immediate environment. On Friday 14th March, Sybrena

and Helen participated in the world's greatest shave. They organised a Crazy Hair Day for the educators and children. The



shave took place at the centre with families and children there to watch and support the girls. Thanks again to Sarah Shuttleworth and Kerryn Ludcombe for doing the shaving and also haircuts for the children, with all proceeds going to the Leukaemia Foundation. On the day \$200 dollars was raised, and the between them the girls have raised



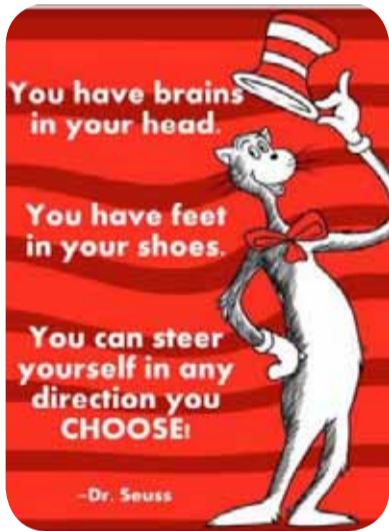
approximately \$2300. A huge thank you to all the families and educators for their wonderful support.

The Kiewa Kids children have also been using the Seedlings Floor books to record some of our experiences. For those that don't know, Alpine Children's Services are involved in a pilot program called Seedlings. This emphasises the importance of Early Years Education for Sustainability (EYEFs). Last week there was an evening session for parents and educators explaining the importance of EYEFs, and particularly the importance of getting back to nature and outdoor play? One aspect of this program is we are learning to use the Floor books as a way of documenting what happens within our program. The children are very much involved in this process through drawing, cutting out photos and conversations which provide most of the 'words' of the document. The conversation with the children about the experience gives educators an indication of what the children have learned, and any further interests that can then be extended on. In this way the children are given a sense of ownership of the program, as well as opportunity to practise early reading and writing skills. Please talk to educators if you would like to see the Floor book, and look out for foyer displays of the children's work.



PARENTS AND GUARDIANS

Just a reminder that our centres encourage involvement from parents and guardians. People can become involved in their centre by sharing information about their weekends or holidays or special events. This information then can be used as part of the daily program or incorporated into the fortnightly plan. Families can also be involved in the centre by special visits over lunchtime, special play visits, show and tell of photos, other family members or pets.



Our Parent evening held in March -Sustainability and Children's Development was a great success with over 30 attendees. Thank you for your important feedback and support.



“Experiences in the early years are the foundation for a child’s lifelong learning. Children gain knowledge that lays the foundation for sustainability awareness and values that build a sustainable society. The behaviours and skills learnt in the early years have a long lasting impact in later life.” (Pramling & Kaga, 2008 cited in Seedlings, 2014).

Bogong Room and 3 Year Old Kindergarten

H and I have enjoyed developing relationships with new children and strengthening relationships with children who used the service last year. Although there were some children finding separation from families a little difficult initially, they are now becoming stronger in their Identity and forming attachments to educators ☐

This term we have wanted for the children to develop a sense of belonging to our service, develop relationships with other children and educators and show some ownership of themselves and their belongings. We have the blue bucket for shoes, the tub for drink bottles, lockers for our hat and bags. The children are reminded where to put their belongings and encouraged to remind each other.

Literacy and music and movement are two areas of the program that the children have embraced. “Wiggerly Woo” (we dance to this at the start of every session) and “There’s a House with a wall” have been very popular. Listening to the children sing “The Rainbow song” gives H and I goose bumps, they really do sound like a choir!



The book “The Very Hungry Caterpillar” has been very popular with many of our art and craft activities being initiated from this story. The creative arts

provide the children with the opportunity to express themselves and make meaning within the world in which they live. Fine motor development, colour recognition,



eye hand coordination and social development are some of the skills used when making our butterflies and caterpillars. (photo 10)

The children have been involved in group discussions about our room, equipment and our friends. Through these discussions and giving the children the opportunity to be heard, we have developed some guidelines. These guidelines can be found in your child’s learning journal. One of interest is “watch out for crocodiles and snakes”.

Construction play provides the opportunity for communication, spatial awareness, turn taking, cognitive skills, listening to others, shape recognition, cause and effect and learning to take place. There are many times through the session that the children are engaged in this play.



4 Year Old Kindergarten

What a fantastic start to the Kindergarten year the 4 year old children have had! We have 32 very happy and settled children attending the rotating model Monday-



Thursday. During the first part of the Term the focus of the group was to settle positively into the Kindergarten environment and establish clear group rules, routines and expectations. It was fabulous that the children were so keen to be actively involved in establishing these group rules through a talking tub and group discussions. The establishment of rules and routines allows for children to have a greater sense of belonging to the group and broadens their understanding of the rights and responsibilities of participation within the Kindergarten community.

During the first six weeks of the Term Helen Zirnstein played an integral role in the smooth running of the Kindergarten whilst Eloise was away on Wednesdays,



we thank her for her enthusiasm and dedication. We hope to see her part of the Kindergarten program throughout the year. Helen conducted two talking tubs with the children, one relating to group rules and the other relating to “The World’s Greatest Shave”.

Another key focus for the group has been to begin or continue developing upon their relationships with educators and each other. It is lovely to see so many of the children happily mixing with educators and one another further developing upon their social skills and interdependence. Many forms of collaborative and cooperative play are being observed during both indoor and outdoor play.

With the provision of food throughout the Kindergarten day we have been working with the children on healthy eating and encouraging them to take greater responsibility for their own well being. Through supporting the establishment of self help skills and the ability to take responsibility for their own belongings a greater sense of self identity is emerging



FOOD, FOOD GLORIOUS FOOD

Our wonderful cooks that feed all those hungry tummy’s each day welcome any new recipes or input into our children’s menu. Stop by for a chat or jot something down and bring it in. Let us know if you would like a copy of any of our recipe’s



Apricot and Banana Bread (serves 4)

Ingredients

- 1 cups SR flour
- 2 mashed banana
- 1 eggs
- ½ cup sugar
- 1/2 cup milk
- 1 tbsp oil
- ½ cup dried apricots chopped

Method

In a large bowl combine flour and apricots. Make a well in the centre of the dry mixture. In a separate bowl beat the egg, milk and oil and fold in bananas. Pour wet mixture into the dry ingredients and mix until just combined.

Pour into a greased tin and bake at 180 for 65-70 minutes.

LOOKING AHEAD/DATES FOR THE DIARY

Thursday 27th March Bike-athon 9.30am (Children are invited to bring in their helmets to be decorated at Kinder week beginning Monday 24th April).

Friday 4th April Last day of Term 1

Tuesday 22nd April First day of Term 2

Saturday 26th April 12.00 Performance at the Mount Beauty Music Festival Term 2 Highlights - Show and Tell, Children's Library (Notices will be handed out in relation to these events closer to the date), No Hats or Sunscreen required

within the children. They are now serving their own meals and are trying a much wider variety of foods. Thank you to Babbette for these wholesome and nourishing meals and for working positively with the educators in establishing healthy eating patterns.

Children have been introduced to literacy and numeracy in a number of ways throughout the Term but the most exciting activity has been children becoming familiar with and beginning to or continuing to write their own names. During structured and unstructured activities children are being exposed to literacy and numeracy in a variety of ways. We have been busily practicing the songs we will be performing at the Mount Beauty Music Festival so please hold the date Saturday 26th of April 12.00pm for the children's performance at the Community Centre (next to the Bakery).

The songs the children have chosen to sing are "Monkey Yoga", "You are my sunshine", "Der Glumph" (with Key Word Sign) "Three little speckled frogs" (with Key Word Sign) and "Puffing Billy".

Throughout the Term children have enjoyed a number of other activities including sea creatures, writing letters and posting them in the Kindergarten post box, Stickman activities, open ended art/craft experiences and outdoor play. Home corner continues to be a popular



area for socio dramatic play and we have now increased the number of children allowed in this area to eight.

Leading up to the end of Term the children will be participating in the annual Bike-athon as well as a number of Easter activities.

Thank you to all those families that attended the Centre's Welcome Breakfast, it was fantastic to see so many children and families enjoying some yummy food and socializing in such a positive manner. Thank you to the FFG and all those involved in the running of this event.

ALPINE SHIRE MATERNAL & CHILD HEALTH (MCH) SERVICE

There are currently three MCH Nurses employed by the Alpine Shire. Dee McKerral works full-time across the Shire, Rebecca Sacco in Myrtleford and Mandy Lawless in Mount Beauty, both are employed part-time.

What is the Maternal and Child Health Service?

The MCH service supports families in the areas of parenting, health and development and can provide referrals to other professionals. The service links families in the local community through parents groups and introducing families to other early year services. The MCH service is free to families with children from birth until they reach school age.

Some additional projects the Alpine Shire MCH Service has been working on:

- The 'All Hazard Plans' - The MCH Service has been working in partnership with the CFA to run some workshops with first time parents on planning for emergencies. The workshop works through 'what the plans might look like, then the plan is taken home for fine tuning, once completed plans are laminated for display on the family's



Thank you also to Nathan Wall for the donation of the children's couches for the home corner.

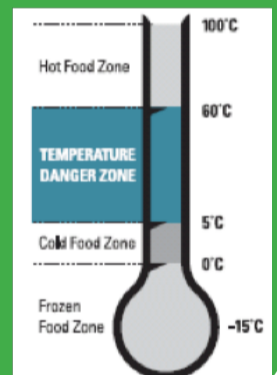


TEN EASY STEPS TO SAFE FOOD...

1. Buy from reputable suppliers with clean premises.
2. Avoid spoiled foods, foods past their use-by dates or foods in damaged containers or packaging.
3. Take chilled, frozen, or hot foods straight home in insulated containers.
4. Keep raw foods and ready-to-eat foods separate.
5. Avoid high-risk foods left in the Temperature Danger Zone for more than 4 hours.
6. Keep high-risk foods out of the Temperature Danger Zone. Keep chilled foods cold at 5°C or colder and hot food hot at 60°C or hotter.
7. Thoroughly wash and dry hands when preparing food.
8. Use separate and clean utensils for raw foods and ready-to-eat foods.
9. Cook minced meats, poultry, fish and sausages thoroughly.
10. When in doubt, throw it out.

Keep your food in the 'right' zone!
A basic rule-of-thumb is to keep 'high-risk' foods in the right temperature zone for as long as possible.

Avoid leaving high-risk foods in the Temperature Danger Zone.



A FRIENDLY AND IMPORTANT REMINDER

It is of utmost importance that doors and gates are closed within the service. Please do not hold open any gates or doors upon entering or departing the service. Please ensure you do not let any children other than your own exit the building unsupervised.

POLICY REVIEW/NEW POLICIES

Thank you to the families that have contributed to the policy review process - it is much appreciated. Please speak to a staff member if you have any questions about any policies. A reminder that a copy of all policies are kept in a folder in the foyer. You can also view all policies that are up for review in 2014 on the Alpine Children's Services website www.alpinechildrensservices.asn.au

fridge. A suitcase with what might be packed & prepared, in case of an emergency, is currently been constructed for a visual example for families to consider.

- **Seedlings Pilot** - as the MCH Service is collocated in Myrtleford, Bright and Mount Beauty with Alpine Children Services, we are part of a sustainability project. The MCH nurses are thinking of innovative ways of linking the first time parents group's sessions to sustainable practice.

Look out for a winter clothes swap in Bright, Myrtleford & Mount Beauty.

- **Pram Walking** - The Alpine Shire MCH Services together with funds from Act Belong Commit have established some pram walking groups in Myrtleford, Bright & Mount Beauty with plans to extend these to Harrietville and Porepunkah. Maps of the walking track & meeting places have been made up for the walkers and are available upon request from your MCH Nurse.

To book an appointment or if you have any questions regarding the Alpine MCH Service please telephone Dee McKerral on 0417 147 120



ACS Expanding your Toolbox Conference

Professional development day for educators - service closure Friday 23rd May.

Lakeview Family & Friends Group

The newly formed Lake View Children's Centre Family & Friends Group have started the year off by hosting our annual welcome breakfast for all families and staff on Wednesday 5th March. We had a great turn out with lots of yummy fruit, yoghurt, pancakes and bacon and egg sangers. A big thankyou to everyone that helped organise the event especially Babette who did an amazing job with the pancakes. We have lots of fun activities planned for the year so look out for our 4 year old kinder children's bike-a-thon, an Easter egg guessing competition, Mother's day and Father's day raffles, T towels with our gorgeous children's handprints and a 3YO Kinder and Kiewa Kids



obstacle course event. We will be ending the year by organising the picture plates, an amazing Christmas party and of course a fantastic Christmas raffle. All monies raised from our events go towards new experiences, toys and equipment for our children. Committee members are Julie Tryhorn, Leanne Hull, Lisa McCluskey, Richard Stratton, Nicole Kilgour, Jo Macklan, Tania Thurkettle, Rachel Fallon, Jane Barter, Alex Gardiner, Isabelle Raw and Eloise Fountain.

Interested in joining? New members are always welcome, please speak with Isabelle Raw or contact Julie Tryhorn on 0418 607 759



If you are a parent - you don't want to miss this!

Expanding Parenting Toolbox!

When: Thursday 22 May 2014
Time: 7.15pm registration 7.30pm start
Where: Education Myrtleford Performing Arts Centre (EMPAC), Prince Street Myrtleford
Cost: \$10pp includes light supper. Tickets available at: Alpine View Children's Centre, Mountain View Children's Centre and Lake View Children's Centre. Concession card holders free. Visit www.alpinechildrensservices.asn.au for further information or call 03 5750 1367.

Trade show, door prizes, networking and light refreshments available afterwards.



Warren Cann,
CEO of the Parenting Research Centre

There are times when raising children can push you to your wits-end, so it pays to have as many practical parenting tools at your disposal as possible. In this talk Psychologist and CEO of the Parenting Research Centre, Warren Cann, will offer 10 research backed ideas for strengthening your relationship with your children, dealing with difficult behaviour and coping with the 24-7 demands of being a parent.



Niki Buchan,
Education Consultant

Niki Buchan is an educational consultant with over 30 years experience internationally. Niki will explore the topic of risk taking outside, what sort of play is acceptable and what is too risky and how parents can best support children's learning and development.

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"Anything that is worth teaching can be presented in many different ways. These multiple ways can make use of our multiple intelligences".

Howard Gardner