



Lake View children's centre



Spring Parent Newsletter 2014

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Dates for the diary:

Monday 6th October
First Day of Term 4

Wednesday 15th October
Ride or Walk Breaky

Thursday 16th October
Photos - 4 year old

Friday 17th and Monday 20th October
Photos - Long Day Care & 3 year old

Thursday 23rd October
Flying Bookworm

Tuesday 28th October
Pete the Plumber

Wednesday 12th November
Responsible Pet Program

Friday 14th November
Obstacle - A-Thon

Monday 24th November
North East Water

Monday 1st December
Centre Christmas Party

Tuesday 9th December
Statewide Orientation

Wednesday 17th December
Last Day of Term 4

Tuesday 23rd December
Last Day Centre is open

News from the Rooms

Kiewa Kids

At this time of glorious sunny spring days we would like to welcome those new families that have started in the Kiewa Kids room. We are also seeing several children transition or begin their transition to the Bogong Room.

Transition between rooms is an important time for families. Educators work with families to make sure this is a positive experience. Children are given opportunities to spend time in the Bogong room and become familiar with the Bogong space and Educators. Transitions are different for each family and can take varying periods of time. Educators respect this and work with families to ensure that this transition happens as smoothly as possible for all involved. It has been a busy winter in the Kiewa Kids Room, with several theme weeks happening. We have spent time planting bulbs and pansies in the yard, which are now starting to flower.

During Dental Health week we focussed on the story of The Very Hungry Caterpillar, healthy food choices, and how to look after our teeth. The children made a display on the wall of the Very Hungry Caterpillar and collages of healthy food choices. The children are about to begin making Bliss Balls for Father's Day gifts, using organic wholefoods from a local distributor. Look out for a display in the foyer with further information about the benefits of using these products, how to access them locally and also the recipe.

We have recently used Enviro Week to focus on risk taking and resilience. During this time we focussed on the outdoors and went on excursions to the library and park, and gave the children the opportunity to play in the Bogong Yard. The children were very excited about spending time in the Bogong Yard and this was a great experience for those who are beginning to transition into this room. They all demonstrated persistence in the challenging physical environment, and confidently explored the bigger and unfamiliar space. We will continue this with a Superhero Day to support Muscular Dystrophy on Wednesday 3rd September. We have visited the Library twice now. The first time was to borrow a book which Donna had ordered, "The Little yellow Digger saves the Whale". This is the sequel to "The Little Yellow Digger" which the children really enjoy, and ask for regularly. We walked the children to the library and provided the opportunity for children to see how the library worked, and to learn about borrowing and taking care of books. The recent excursion to the library saw the children complete the cycle of borrowing books, as we returned those borrowed from the first visit. They were keen to borrow some more books about Dads in preparation for Father's Day.



Bogong & 3 year old Kinder

We have had a very busy three months with the children and our curriculum. We have covered many topics and focused on many National themes over this time.

Some of the Curriculum topics covered:

- Naidoc Week - a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. We had Adam Grochowski and Maya come and play the didgeridoo and drums for us.
- Enviro Week - our focus was Wild Child, to spend time in nature, running around or sitting quietly enjoying the environment around you. Out in the yard we had a lot of natural resources provided for the children. We also went for three excursions to the playground where the children were able to do some 'risk taking'.
- Dental week - looking at dental hygiene and we also had a focus on 'sometime' and 'everyday' foods. We made our own teeth and some children shared their experiences at the dentist.
- Brendan O'Hara - Kinesiology "the study of movement"
- Rocket Ship - the children were involved from start to finish of our Rocket with many discussions occurring during the planning stage.

All in all it has been a very busy three months but Izzy, H and Susan have loved every minute of it as we are sure the children have also.



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.



4 year old Kinder

What a busy few weeks we have had at 4 year old Kindergarten and it's hard to believe we are approaching the end of Term 3.

The children have all been very happy and engaged in the program and we welcomed a new family to the group. Methuka and his family joined the Kindergarten during the Term and we hope you have made them feel welcome. The key area of focus recently has been transition to Primary School.

Together as a group we went on an excursion to both Tawonga and Mount Beauty Primary Schools. Thank you to all those parents that helped on these days and it is pleasing to report that both were a huge success.

When we went to Tawonga Primary School Kellie read 'We're going on a Bear Hunt' to the children and we all completed a work booklet. The children went on a Bear Hunt throughout the school and enjoyed exploring the outdoor play space.

During our visit to Mount Beauty Primary School Kim and Catherine read "Elmer the patchwork Elephant" and the children created their own Elmer pasting and learnt a song about Elmer.



Educational leader - Izzy Raw

Learning environments.

Educators spend much time creating learning environments, both indoors and outdoors for your children. Learning environments are play spaces designed for learning. We aim to make these environments warm, friendly, inviting and stimulating. A mix of natural and processed materials, resources and props are used to provide spaces where children can learn through their play. These spaces are created to reflect the lives of children, to be flexible, to be responsive to interests, and to support children's developmental needs. Learning environments are created to invite conversations between children, educators, families and the broader community. Educators include their own interests, styles and personal touches thus providing a rich diversity between learning environments. Well-designed Learning environments allow opportunity for intentional teaching, scaffolding, collaborative learning, social interactions, independent exploration and sustained thinking.

By arranging environments with duplicates, open ended materials, loose parts and easy access allows children to make choices and develop their sense of agency. It is important to maintain the familiar for children so changes occur gradually and with consolation with children.

Seedlings - Education for Sustainability



Congratulations to Lake View Children's Centre who received 3 Thriving awards for the Seedlings Education for Sustainability Pilot Program. The educators have worked through a detailed and lengthy Milestones system over the last few months, documenting and providing evidence of how Education for Sustainability is embedded in the service provision of Lake View Children's Centre. Helen and Sybrena travelled to Melbourne on Saturday to receive the award on behalf of the centre, and also to present a display about Floorbook documentation for Birth - Three year olds. This was very well received and a lot of interest shown in how we have applied the Floorbooks with this age group, and also an Educator from Ouyen eager to visit the centre. The Summit really indicated how very well Lake View has done and continues to do in the area of Education for Sustainability, and so ends the Seedlings pilot program.

So while we wait to see what the future of Seedlings will be, Lake View will continue with the practices already established and implement some new initiatives. We have a roster in place regarding the care of the worms so that all children across the centre have the opportunity to participate, ENVO Bear has been visiting the homes of 3yr old Kinder families a new centre philosophy continues to be worked on by the educators and we hope to have a final draft to present to the Family and Friends for feedback by the next meeting.

Enviro week began on the 24th August and we planned experiences around the theme of "Wild Child" which is encouraging resilience and risk-taking in children.

We also had a Super Hero Dress up day to raise money for Muscular Dystrophy early in September. Helen is working on a proposal to set up a Sister Centre relationship with a centre in a southern Sydney suburb. This will be a great opportunity to set up communications between educators and children from a different centre, explore similarities and differences between the services, as well as different forms of communication, and exchange ideas.



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!



Family and Friends

The Lake View Children's Centre Family and Friends group have been busy coordinating:

3YO & 4YO Kindergarten T-towels: these should arrive early in Term 4, we still a few spare t-towels so if you would like to order any extras please speak to Nicole Kilgour or Izzy Raw.

Father's Day Raffle: we raised approx. \$320 thanks to all our families and local businesses for donating items. Winners were Angela Stratton, Neve Bonhote and Stella Thurkettle.

Picture Plates and Crazy Camel calanders and cards: we will be organising these early in Term 4 so you will have lots of time to purchase for christmas presents.

Christmas Party: our annual Christmas Party is booked in for Monday 1 December (5pm - 7pm) in the 3 -5 yo outdoor space. Father Christmas, pony rides and pressies will all be there so please mark the date in your diary and look out for our flyer in Term 4.

New to our community, interested in helping or providing input into what's happening at Lake View Children's Centre, why not join our Family and Friends Group. Please speak to Izzy Raw or Julie Tryhorn (0418 607 759).

