



Lake View children's centre



Summer Parent Newsletter 2014

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Dates for the diary:

Wednesday 17th December
Last Day of Term 4

Tuesday 23rd December
Last Day Centre is open

Monday 5th January
Centre Reopens



News from the Rooms

Kiewa Kids

Father's Day

We made delicious healthy treats for a special person in our lives, taking turns in adding ingredients, mixing, rolling, dipping and discussing healthy food choices along the way.



Spring

An appreciation for our natural environment. We went for a walk in our local community to look at the beautiful flowers and blossoms. This inspired us to get creative with Spring artwork inspired by blossom, flowers and butterflies.



Fire Engines

Several of our children have been interested in fire engines. We had several books, puzzles and emergency service themed flash cards to inspire discussion, and we were all very excited when the fire truck came to visit us with sirens sounding and lights flashing. The fire man talked to us about his job and watered our garden with the big hose.



Children's Week

We celebrated by having a Teddy Bear's Picnic every day this week, dining alfresco, and enjoying lots of teddy bear games, songs and stories. Even our youngest members participate enthusiastically with big smiles and relevant hand gestures.



Bogong & 3 Year Old Kinder

Another busy three months with the children and our curriculum, covering a variety of learning experiences.

Story telling

Using different ways to tell a story, puppets and props were used as Izzy told the story of the Three Billy Goats Gruff. Izzy and H also told the story of "Room on the broom" using dress-ups and props. A listening post was also in the program for the children to sit with headphones and listen to a variety of stories.

Police, Ambulance and CFA fire truck visit

(each at separate times) For the children to have an awareness of the different services that are provided in our community, the children had opportunity to ask questions, look at the vehicles and how they operate, listen to the sirens and also learn about when and how to call the emergency services.

Japanese with Keiko Sanderink (Tafe Student).

The children were learning head and shoulders, knees and toes in Japanese. We also had Japanese books, toys and the children's names in Japanese also on display in the room. This learning experience went for two weeks.

Obstacle-athon

The children took part in this outdoor physical experience as a fun way to practice physical skills, persisting at challenges, considering risks and having a great time. The children showed enthusiasm for participating in this physical play. Sharing, taking turns and having fun. (2 photo's)
In the last couple of months we have welcomed new children in to the Bogong room from the Kiewa kids room, and the community and they have been settling in very well, joining in play and forming friendships. It is a very busy time now in the lead up to Christmas and the end of the year. Izzy, H and Susan love every minute of it.



4 Year Old Kinder

It's hard to believe that we only have a few weeks left for the Kindergarten year!!! It has been a very busy Term 4 with many incursions and excursions. Some of the key highlights are as follows;

Transition program

The Kindergarten children have all been involved in a very successful transition program to their prospective schools. The Prep teachers have visited the Kindergarten and the children have not only been on their excursion to the schools but have now visited for a number of Friday transition days. Thank you to parents for completing the transition and learning statements, these together with the Kindergarten Educators section will be delivered to the schools in time for the state-wide orientation day. Please remember the state-wide orientation day is being held on Tuesday the 9th of December and all current Kindergarten children will attend their nominated schools and next year's 4 year old children will visit the Kindergarten.

The children worked hard to prepare themselves for the end of year Christmas concert and celebrations. Together with the 3 year old Kindergarten children we performed three songs at the Centre Christmas party. The children will also hold an end of year concert and graduation for families on their last day of Kinder Wednesday 17th December at 1.30. We hope to see you all there.

We have had a number of Incursions and excursions throughout Term 4 including "The Flying Bookworm," "Pete the Plumber," "The Responsible Pet Program," "North East Water Education", "Dental Students Visit", Visit from the Police, Ambulance and Fire Truck. On Wednesday the 26th of November the children went on an excursion to the township of Mount Beauty. During this excursion the children visited a number of local businesses, mailed letters to Santa, decorated ginger bread houses and had a lovely morning tea courtesy of the Bakery. Thank you to all the businesses and parents who helped in ensuring a smooth and successful excursion.



Seedlings - Education for Sustainability

Lake View continues to provide a sustainable program for the children and families.

Thanks to a generous donation of a very sturdy and large cardboard box with a lid from Duane Attrill, the Kiewa Kids children made and painted a cubby house that we can fold up and store in the shed. The children had a great time painting this large box. Educators cut in windows and doors.

The children in the 3 year old Kinder enjoyed an excursion to the local shops to visit the Bakery, and to buy seedlings from Campbells Hardware store. With 8 parent helpers, the group walked into town, practising road safety, and enjoying getting out in their local community.

4 year old Kinder children have been involved in lunch box education. While they get the opportunity to practice making their own lunch boxes, they are also discussing the importance of healthy snacks and nude food to reduce waste at school.



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.



Family and Friends

As 2014 draws to a close the LVCC Family & Friends Group would like to thank all staff & families for their support in attending & contributing to all of our activities through-out the year. We have had lots of fun hosting & funding activities and have raised approx. \$7k and spent close to \$5k on new equipment & experiences, including:

Events: Welcome Breakfast, Walk / ride to school breakfast & our very wet (but fun) Christmas Party

Spending: Kinder room facelift (repainting & sliding doors onto deck), Bredan O'Hara visit and some fantastic new toys & equipment

Fundraising activities: 4YO kinder Bike-a-thon, Book Club, T-towels, Picture Plates, Crazy Camel & the Easter, Mother's Day, Father's Day & Christmas raffles

Jo Macklan will be taking over as the Family & Friends Group President in 2015 so if you are interest in becoming involved please speak with Jo (M 0401 047 322) or Izzy Raw.

A final reminder that our 2015 Welcome Breakfast will be held on Wednesday 18 February @ 8am... we look forward to see you there.

Merry Christmas & I hope everyone has a lovely Christmas & New Year break.

Julie Tryhorn
2014 President

Educational Leader - Helen Zirnstein

I am very excited to be the Educational Leader at Lake View Children's Centre. I have recently completed my Bachelor of Education, and look forward to working with the team at Lake View to provide inspiring and meaningful learning experiences for the children and families.

As we are approaching the end of another year, I thought now is a good time to reflect on the year. I have encouraged the educators to consider the year that has been, what worked and what didn't, and begin to think about goals for next year. Critical reflection is concerned with critiquing your individual practices, taking responsibility for your practices - it involves closely examining all aspects of events and experiences from different perspectives. Ways that educators are able to do this include keeping a reflective journal, through staff appraisals, having a reflective portfolio for the centre, sharing readings and articles to stimulate discussions at staff meetings.

"Reflective practice is a form of ongoing learning that involves engaging with questions of philosophy, ethics, and practice. Its intention is to gather information and gain insights that support, inform and enrich decision-making about children's learning" (EYLF, p. 14).

The Early Years Learning Framework, the Early Childhood Code of Ethics and the National Quality Standards state that educators should engage in reflective practice to better support the learning and development of young children. As educators we do this in many ways - the daily reflection journal, observations of children, programming and planning, discussions with families, colleagues and other professionals, and intuitive, immediate reactions to circumstances as they occur. We always welcome and respect feedback that families have, so take a little time to reflect on your year at Lake View and feel free to share any of your reflections with the educational team at Lake View.

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 Paula or Izzy if you would like any further information.



All of us at Lake View Childrens Centre
Wish you and your families a very
happy, enjoyable and safe
Christmas and New Years.
We welcome you back in 2015.

