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**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 friendly reminder - copies of all policies are kept in a folder in the foyer. You can also view all policies that are up for review in 2013 on the Alpine Children's Services website [www.alpinechildrensservices.asn.au](http://www.alpinechildrensservices.asn.au) Please note that The Occupational Health and Safety policy has been re-named Workplace Health & Safety.

**"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*

Alpine Children's Services encourages families to ask questions and/or raise issues about our philosophy with staff or management.

**Lake View's news**

**Kiewa Kids Room Report**

Well, it's nearly the end of the year and we can really see how independent the children are all becoming. After a year of consistent routines and encouraging a sense of agency and self help skills, the children are all demonstrating how the use of effective routines helps them to make predicted transitions smoothly, and show increasing independence and competence in personal hygiene, care and safety for themselves and others.

We welcome some more new families and the return of others after the winter. The Kiewa Kids room is enjoying the fact that the age group is very similar. The children are developing close friendships and bonds with peers. The group is really able to share and take turns well. Activities such as the swing and roller coaster outside are times where they are demonstrating that they can help their friends and play cooperatively, and practise inclusive ways of achieving coexistence.



The group have really been enjoying books and stories, and are joining in very well with action songs and singing. At these times now we regularly see most, if not all, children choosing to join in. The children have many opportunities to view and listen to printed text, sing and chant rhymes, jingles and songs and contribute to small group experiences.



Some other activities that the children have enjoyed include posting coloured pasta into bottles. The children practised fine motor skills and hand eye coordination while posting pasta and manipulating lids. They also explored texture and sound.... and taste. Drawing has been a popular activity and children are demonstrating their developing pencil grip and fine motor skills, as well as concentration and creativity in the artwork they produce. These experiences encourage children to



develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.



Huge boxes have been popular for indoor and outdoor play. The children enjoy having a place to hide. Some older children have used them as a 'home' for family role playing. The children confidently explore and engage with social and physical environments through relationships and play.

The Kiewa Kids have enjoyed spending time in the Rainbow Garden, helping to water the plants and exploring the pathways, smells and plants. Also, those that attend in the late afternoon have really enjoyed the Bogong yard. Here they have the opportunity to engage in more challenging physical activities in which they are showing competence and persistence. They are also engaging in play with older peers which is always a great learning opportunity for all the children. The children combine gross and fine motor movement and balance to achieve increasingly complex patterns of activity, show enthusiasm for participating in physical play and negotiate play spaces to ensure the safety and wellbeing of themselves and others.

As the weather is warming we have been enjoying lots of outdoor time and some messy sensory play. Can we please remind families to provide a hat and water bottle, and also a spare change of named clothes. Also, please remember that although we do provide smocks for messy play, some children in this age group do not like to wear them. Old clothes that are messy and play friendly are great!



**Bogong Room**

We have had such a wonderful year in the Bogong room. The children have grown and changed in so many ways. I am very proud to say that the children have learned and managed with the routines of the room. They take charge and responsibility of themselves and their personal wellbeing.

In terms of their wellbeing, the children have become stronger in their social and emotional wellbeing. Educators in the Bogong room promote children's sense of belonging, connectedness and wellbeing. We have challenged and supported children to engage in and persevere at tasks and play, building upon and extending children's ideas and maintaining high expectations of each child's capabilities.



We aim to provide a sense of security and sound wellbeing, giving the children the confidence to experiment and explore and to try out new ideas; thus developing their competence and becoming active and involved participants in their learning as they move forward onto kindergarten and school.

As part of celebrating Children's Week, on the 23rd October the children watched and participated

## HEALTH & SAFETY ISSUES AS THEY RELATE TO CHILDREN AND FAMILIES VISITING THE CENTRE.

Alpine Children's Services staff will ensure the provision of timely and appropriate care in the event of a child's accident, or in an emergency situation. Fire drills and evacuations are practiced with staff and the children on a monthly basis. Development of first aid knowledge, skills and attitudes enhances the performance of staff in their undertaking of Accidents and Emergencies Policy and Procedure. It is a vital investment from which our staff and Alpine Children's Services itself will benefit. Alpine Children's Services therefore provides first aid training (including CPR Refresher and Level Two First Aid courses) for all regular staff at no cost. If you see anything in your child's service that you believe to be a Health and Safety issue please bring it to the attention of the Team Leader or Health and Safety Officer. These officers are Gaby Thomson (Lake View), Julie Newlands (Mountain View) and Kate Kovesy (Alpine View).

in a performance from the Flying Bookworm theatre company. The Flying Bookworm is something that the centre does each year. This involves the children in another way of storytelling. The production promotes literacy, bringing vibrancy and theatricality to children's learning.



The children have been involved with lots of creative open-ended craft experiences, and construction experiences. This is a popular part of their learning, and is something that is available to the children daily and has been ongoing all year. Outdoor play is something that the children are enjoying, after spending so much time indoors over winter.

Music and movement happens on a daily basis. The children are enjoying music from Brendan O'Hara's kinesiology music. Brendan O'Hara is a kinesiology and education consultant that visited us earlier in the year. Kinesiology helps children develop through song and dance using cross-crawl and other brain gym movements. You may hear your child singing about "climbing trees for apples", "cross over song", "spin on your bottom", "rainbow song", "walking song", "a rum sum sum" and other movement songs. These songs and others are requested often.

Within the room and over the year, the children have been learning about social responsibility. Helping children to feel connected with and contribute to their world includes supporting them to develop a sense of social responsibility and an awareness of the impacts of their actions on others. Educators in the room do this by encouraging children to share equipment and foster daily routines around caring for equipment and each other. Talking about why we need to treat equipment with respect so that it is available and ready for us to all use the next day. It is now very close to the end of the year, and I must say that the children demonstrate very good social and respectful behaviours in the care environment. Families should be very proud of their children as we are.

We are now leading up to Christmas and the end of the year. The annual Lakeview Children's Centre Christmas party will be held on the 11th of December from 6.30pm. Santa will be attending, as will be the Beechworth ponies that were popular last year. We will provide sausages for the BBQ, and families are asked to bring a savoury or sweet plate

to be shared, own crockery or cutlery as this is a waste free event and their own chair. B.Y.O alcohol and drinks - see you there!

Educator H Beach



### 3 Year Old Kindergarten

The 3 year old children have enjoyed exploring a variety of activities involving creative art and fine motor skill development. Focus has been on developing resilience and self-identity through stories and through allowing the children to express themselves and their feelings. Children will often come up with their own solutions to challenges. Outdoors we have seen great development in gross motor skills such as riding bikes, ball skills and balancing skills. All children love participating in group activities, especially song and dance and stories. Beautiful new friendships are developing and focus is on social skill development especially through role-play.

2014

Due to a large number of enrolments 4 year old kindergarten will run on Mondays, Tuesdays, Wednesdays and Thursdays from 9am till 2pm where each child attends for 3 sessions out of four (rotating model). Eloise and Gaby will be the Educators.

The 3 year old program will run on Fridays from 9.30am till 12.30pm for all enrolled children and additional sessions are available on Mondays and Wednesdays between 9.30 and 12.30 for those who wish to take up this option. Izzy and Heather ('H') will be the educators for these sessions.

Both kindergarten programs will have a Bachelor trained and a Diploma trained educator teaching. The kindergarten educators across the two programs will work together to ensure there is a consistent approach to routines and programs.

### 4 Year Old Kindergarten

The main program focus in the last two months has been on developing social skills, verbal expression and emotional resilience. It is important that children learn how to deal with challenges that arise and can self-regulate their emotions. We have observed increased socio-dramatic role play which helps children to improve their interaction skills and assists in self-expression and exploration of identity. The group's dynamics have somewhat changed and many new friendships have been formed. Most children have learnt to deal well with changes, e.g. staff changes or routines and have become quite adaptable. Children's independence and self-help skills are constantly encouraged. This is especially





important because these children will attend school next year and we have focussed on school-readiness and transition to school.

Two excursions were held, one included a ride on the bus to Tawonga Primary School and the second one a lovely walk to Mount Beauty Primary School. The children have since attended a number of additional school transition mornings on non-kindergarten days which have been beneficial and fun.



## Events:

- Barry Peters again performed an enjoyable music show titled: "An Owl's Tale"
- Many children rode or walked to kindergarten during the 'Ride or walk week' and joined the centre's breakfast
- The Early Years Development Officer visited and provided valuable advice to parents and staff
- 'The Flying Bookworm' again presented an enthusiastic show
- Coming up is the theatre performance of 'The Muddling Magician' in November for all kindergarten children and those in day-care on the day
- Coming up also is the state- wide transition day on Tuesday, 10th December, where 4 year old kindergarten children attend their school of choice and the kindergarten children for the 4 year old program 2014 join us at Lakeview.



## 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.



## 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 thermomator) 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 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

1. 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.