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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 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.

News from the Rooms at Mountain View

Tiny Teddies Room

It has been a busy couple of months in the Tiny Teddies room; we have lots of new babies! The staff have spent a lot of time getting to know their routines and personalities. I am happy to say our hard work has paid off as everyone has settled in really well.

As you all know we have been staying in the Butterfly room on a Tuesday due to the numbers being low. It is interesting to see how the younger children interact with the older children. The activities are more advanced and the routine in the Butterfly room is different to the Tiny Teddies room. This is a good opportunity for the young children to observe and follow the differences for when they get older and move to the Butterfly room.

We have been learning about sensory skills as the babies need a lot of practice. We had a box full of smell, sight, hear, touch and taste items, a staff member supervised this activity as children used them one at a time. If you notice the floor in the tiny teddies room we also have some textured materials for the children to feel. We have been using the shaving cream mixed with paint. Pasting, painting, drawing and making play



dough was lots of fun as we all enjoy creating our own master pieces.



The sand pit has always been a favourite by the Tiny Teddies, on the days we had some sun shine we enjoyed playing with balls and climbing the A frame.



The children have been encouraged to practise simple hygiene methods such as washing their hands and using face washers at the end of meal times.

As some of you are aware Rangi will be going on maternity leave, her last day at the center will be the 27th of November. Jenny will back and taking over from Rangi. Thank you for all your support and we hope you have a wonderful festive season as some of us will be celebrating their first Christmas and New Year.

Regards

Rangi, Melissa and Nicole

Butterfly Room

What a busy couple of months we have had in the Butterfly room. The children that have transitioned have adapted well in the Starlight room. The children have settled in well, learning to know new carers, new routines and other children.

With the weather becoming warmer the children have enjoyed getting outside at every opportunity. The children are able to explore in the yard and make discoveries within the environment. The children have also been collecting acorns and putting them in buckets this gives the children opportunities to connect to the world around them and what they can discover and use in their play experience.

We have been doing a lot of paintings using different resources for example seedpods from a liquid amber tree, corks, plastic bottles and pine cones. This encourages the children to explore their senses and is a way for the children to express themselves, explore their creativity and explore new and different ideas.

Book times are always a very enjoyable time with the children; a book worm has been added to the room where staff add to when they read a new book.



By reading to the children it enables the children to build on both verbal and non verbal language, interaction with others and explore text from a range of perspectives. Helping children to develop a love of books and reading is one of the best ways to encourage language development.

The sensory table had been very popular in the room. The children are able to rub their hands across the different textures. As

this is a sensory activity this encourages development of fine motor skills due to the irregular textures. Lots of beautiful tunes have been played using the music instruments. The children have enjoyed sitting all together as a group and becoming an orchestra as they make music. Music is enjoyed by everybody including staff and allows the children to participate and develop their verbal skills as they sing along to the beats of the music.

We welcome Shaneen to the room on a Thursday and Friday, she brings lots of enthusiasm and a big smiling face. We would encourage families to take a look at the daily journal at the end of the day; this gives you an overview of what your children are doing throughout the day. As the year is ending we would like to express how much we have enjoyed being with your children. We really do value the time that we spend with your children.

Thank you Leesa and Shaneen



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.



Starlight and Rainbow Rooms

This term we have been busy with lots of activities and people coming to visit. On the 19th September we had a visit from Barry Peters. He told the children a story about the trees in the bush and how we should look after them because there are a lot of different animals that live in the trees. Barry had the children all interacting with him, teaching them new songs and some dance movements. The children were able to take turns in helping Barry and Poss tell a story. The story began with a tree trunk then some children were called up to pull something out of the tree. Barry then explained to the children in a song about the things that they pulled out of the tree trunk. The story was to teach the children about the environment and how we need to look after the trees to save the animals that live in there. Children are learning to show interest in others and being part of a group. They are also learning to develop their listening skills and start to develop turn taking skills.



Walk/ride to centre day this year was a little disappointing with only one child riding and two staff members. We were to have breakfast in the morning but instead we took all the children out the front and had morning tea outside all together. This enables the children to broaden their understanding of the world. Respond in positive ways to people with similarities and differences and respect different ways of being and doing.

We also had the opportunity to take some of the 3-5 year olds to Bright to see Pete the Plumber. We travelled up on the community bus with Julie, Paula and Julie. Pete entertained the children with singing and playing instruments made from plumbing equipment such as PVC pipes and hoses. Pete introduced the children to Droppo and through his songs taught the children about the water cycle. The children are expressing wonder and interest in their environment, are active participants in learning and engage in learning relationships. They are broadening their understanding of the world; respond in positive ways to people with similarities and differences and to listen to others ideas.



Focusing on 'emergency services within the community', we had a visit from the local SES Unit along with Paddy Platypus & Sue the SES Regional Educational Officer. Children were shown around the SES trucks



and explained some of the rescue equipment used during car accidents, floods, & storms. Children got to play with the emergency lights and try the hat on used for chain sawing. Then it was time for some lights and sirens, with some children excited and laughing, while others found the siren too loud. We then went inside all hyped up in anticipation for 'Paddy' to arrive! Before he arrived Sue taught us a song about storms, showed & explained the SES uniform, and then chose children to dress up as SES volunteers. We all closed our eyes and 'SURPRISE' Paddy arrived! Children were over the moon to finally meet him. We sang the storm song with Paddy, then 'high fived' him and got a cuddle before he had to go. He gave us a show bag to take home. Children got to experience firsthand the



importance of SES within the community, broadening their understanding in the world in which they live. Sam our local policeman will be coming to visit the children later this month.

Children have been engaged in "The life cycle of a bird" learning about the stages of development of a bird. The children created their own 'bird life cycle' by painting their hand to create the fully developed bird, pasting shredded paper and coloured shapes to form the nest, cracking egg and baby bird, and blue tacking the googly eyes on. Children have also been using the 'talking mat' to draw out deeper learning and understanding about birds, magpies and nests, using reflective thinking, questioning and discussion to consider why things happen.



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.

Staff are willing to work with families to support children who are:- Experiencing emotionally challenging events, e.g. separation, divorce or death of friend or family member. Please speak with your services team leader or ACS manager Jenny Kromar if you are experiencing any difficulties and would like some support. There is a great service called Child First that offer a wide range of help and support to families. If you are struggling from financial hardship Alpine children's services may also be able to offer special child care benefits to help you over a difficult time.

MOUNTAIN VIEW CHILDREN'S CENTRE

Christmas Party



Join us Wednesday 4th December

6.00pm

Jumping castle, Face Painting and Balloon Creations plus Santa arriving at 7pm!

Please bring chairs and a salad to share.

Sausage sizzle supplied

Please put your names on list on the back of the front entrance door by Friday 27th November if you are attending.

ALL FAMILIES WELCOME!

Look at our new sandpit!

The Blue Skies working team have been busy planning all year for the transformation of a section of the outside space. The area called Dig It. Make it. Splash It is well underway. The Myrtleford P-12 students will be in this month to build the dry creek bed area. LandCare have prepared a planting plan with plants going in March 2014. An Alpine Shire Community grant has been submitted for the development of a deck area - aka "sand kitchen" to divide the sand pit area and dirty digging patch! We will find out the outcome in December. Big thanks to Red Ramia for the donation of quality ply wood to retain the new sandpit and thanks again to members of this working team for their commitment to this project this year.



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).

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 thermometer) 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.

Learning about sustainable practices.

In the Rainbow room children investigated birds further. We even tried to hatch some chicken's eggs. Unfortunately they didn't hatch but children had a great understanding of why this may have occurred. Over the course of a couple of weeks, children shared knowledge, learnt through active hands on investigation, used their creativity to represent their thinking, and contributed their thoughts ideas and points of view to scaffold their learning about birds. A large learning web display's all the information we have learnt. The children in the Rainbow room have also displayed lots of interest in bugs, insects and life cycles. Children went on an excursion to the local library to borrow some books to further extend their knowledge.

The children have been learning about the life cycle of plants through many activities in the room. We have grown some succulent cuttings in recycled containers, we have planted some pumpkin seeds in the veggie garden and have planted some tomatoes and cucumber seeds and watched them sprout in the warmth of the hothouse.

A family kindly gave us some vegetable seedlings they had grown and we will plant these in our new veggie patch. What yummy fresh herbs, vegetables and fruit that we have growing! The children are learning about the independence between plants, people and land as well as scaffolding their learning about the world in which they live and healthy nutrition.

As the end of the year is fast approaching lots of children are having school transition. Marg, Julie.N, Julie and Tamara would like to take this opportunity to wish children and families all the best in the next stage of their development. We look forward to welcoming returning families back next year. Marg, Julie.N, Julie .S and Tamara hope you enjoy reading your children's learning journal and delight in their achievements they have made during the year.