

SUBICARE LINK



September 2016

295 Bagot Road

www.subicare.com.au

admin@subicare.com

FROM THE DIRECTOR



Welcome all our new families in the centre and families with new babies that have started in the centre. I hope that you are settling well and I look forward to getting to know you.

THE IMPORTANCE OF PARENT INPUT...As an early years learning facility, we acknowledge and value parental input. Collaborating and sharing knowledge with your child's educators assists in offering children consistent care. As a parent who utilises child care we welcome your thoughts and knowledge, to assist in developing our service as a whole. Your participation and feedback assist us with supporting evidence for assessment, and generally provides insight into what it is that families truly require from their care environments. Parents are encouraged to participate at whatever level they feel is applicable to them. If you would like to assist with input please take the time to chat with Lindsay, myself or an Educator. *From Julie Smith (Deputy Director)*

We are moving our direct debit service to an external company. Nothing changes except having to fill in a new form and the first Debit with this company will be on Wednesday 19/10/16.

Please feel free to offer any input regarding the new procedures we have in place. This can be done via email to admin@subicare.com.au

Gentle reminders

- Immunisation reminder – please remember to submit your child's current immunisation status with the centre. It is a legal requirement for all centres within Australia to keep up to date records of children attending centres.
- We have a licensing requirement to have all parents sign their children in and out and also sign on days that their children were meant to attend and didn't (with the reason for non-attendance). I ask that all parents please keep to this rule and sign your children in.

Staff training

I am very proud to let you know that the following staff member has successfully completed her Diploma in Children's Service. **Well done Agnes!**

Our goal is to have all staff in our centre Diploma Qualified, this will take time and determination but as a team it is certainly achievable.

Three staff members have recently commenced with their Diploma in Children's Services studies

Alice (Sunshine Room)
Kaylah (Balloon Room)
Carley (Balloon Room)

Good Luck Ladies.

Staffing

You will have noticed some new faces around the centre;

Tina is our new face in the Sunshine Room as an educator. We have employed Tina on a full time basis and she has been working well with the staff.

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David has been employed as an Educator in the service and will predominantly be working in the Rainbow Room. David is currently only with us till the end of the year as annual leave cover for Agnes.

Anaphylaxis and Day Care Centres

Interesting fact: 1 in 20 children suffer from food allergies and 1 in 50 are allergic to peanuts.

What are allergies?

An allergy is when the immune system reacts to substances (allergens) in the environment which is usually harmless (e.g. food proteins, pollen, dust mites)

What is anaphylaxis?

Anaphylaxis is a severe, often rapidly progressive allergic reaction that is potentially life threatening.

How can anaphylaxis be prevented?

The key of prevention of anaphylaxis is:

- Knowledge of children who are at risk
- Awareness of known allergens, and
- Prevention of exposure to known allergens.

Some children wear a medical warning bracelet to indicate allergies.

We will have a staff member on duty at all times in our service that have the following training:

- First Aid
- Emergency asthma management training
- Anaphylaxis management training

Community links

Subicare is an active member in our local community; we participate in the following;

Once a month the Rainbow Room children join some elderly residents at the Tom Dadour centre for an intergenerational playgroup. They all have morning tea and then enjoy different activities together.

Every Thursday Earthwise holds a Community lunch next door for people in need. The Rainbow Room children take it in turns to make the dessert and then take it over for those attending to enjoy.

We visited the local library for book week. And even got to help Wendy with some shopping at Coles and stopped at Brew Ha for a babycino.

Calendar of Events

Thanks so much to all the parents that participated in our **Biggest Morning Tea**.

As a centre we raised \$115 towards the Cancer Council WA. Thank you to Wendy for the yummy morning Tea.

We also had our **Pirate day**.

As a centre we raised \$35 towards Telethon. Thank you to all the Pirates that participated in this great day.

And Superhero week last week!

Upcoming Events:

AGM (Annual General Meeting) -

Monday 24 October 2016 we ask all parents to attend. This gives all parents a chance to hear reports from the current Parent Committee on the achievements and work of the group over the year. Also the new Parent Committee will be elected for the next year.

We'll have Wine and Cheese available for parents and babysitting by staff is available for children. Please let Lindsay know if you are attending so that we can prepare for the evening.

White Balloon Day – Child Protection Awareness 12/09

Wear Red for Daniel Day – educating children and adults about keeping kids safe through child safety and protection initiatives. 28/10

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National nutrition week – Discover new ways to add veg to your day! 16-22/10/16

Halloween 31/10

Cultural Days:

In Subicare we try and celebrate important cultural days from each of the children in our care. Please feel free to email me through days of importance in your culture.

Uzbekistan Independence Day 01/09

Brazilian Independence Day 07/09

Hong Kong National Day 01/10

Diwali – India 11/11

Palestinian Independence Day 15/11

United Arab Emirates (UAE) National Day 02/12

Thailand – The Kings Birthday 05/12

Thank you

Lindsay (Director)



From the Educational Leader –

Julie Ann Smith

WHAT DO WE LEARN, HOW DO WE LEARN...Did you know that: Active learning environments encourage exploration, investigation and collaborative interactions. They encourage and construct meaning and knowledge through practical connection, during social interactions and communicative negotiations with others.

In an active learning environment, educators play a crucial role in encouraging children to explore and discover with deeper interest and meaning. This occurs whilst making connections amongst ideas, between concepts, processes and representations. It is important that educators be engaged with children's emotions and thinking to truly encourage children's learning.

LEARNING JOURNALS...Did you know that: Each child who attends Subicare Child Care Centre has a Learning Journal? This individualised document folder holds a collection of Learning stories, photographic and written developmental evidence, developmental abilities and achievements, observed and relating to each child throughout their enrolment at Subicare. Learning journals also hold a range of documentation relating to each child's creative and self-expressive artwork. Learning Journals commence when your child first begins their Subicare journey in either of the rooms. Your child's Learning Journal is situated in your child's care/kindy environments.

Families have unlimited access to their child's documentation, we welcome and encourage your written comments on the available sheet, and ask you to date and sign as supportive evidence of parent interest. If you would like to take your child's Learning Journal home to share with extended family and friends, please do so.

Each child has their own folder, clearly labelled with their name and their picture.

THE GATHERING TREE... Educators are currently trialling the input of a new method of programming evidence collection. This visual option creatively encourages and supports the accumulation of written and photo evidence which in turn will be utilised to develop and promote ongoing learning programs. The Gathering Tree in your child's care environment will support information and evidence from Educators, families, the child and community. The Gathering Tree is a visually creative method for supporting and acknowledging

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evidence of interests, experiences in situ, challenges and scaffolding options. The Gathering Tree offers a creative/fun, holistic and organic process for collection of the informative components which will support development of upcoming programs and offers supportive evidence for assessment. Please take the opportunity to view and discuss with your child's Senior Educators, if you have any queries.

PARENT/KEY EDUCATOR MEETINGS... Twice yearly Subicare offers parents the opportunity to meet with their child's Key Worker. These Parent/Key Educator meetings take place at the centre and incorporate discussion relating to your child's interests and development. It is an opportunity for parents to engage and share knowledge, understanding and input, relating to their child's current learning strengths, interests and areas of development in a relaxed setting. Your Subicare Educators are keen to communicate and share their knowledge relating to your little one, and for us it is an opportunity to have a chat and get to know you a little better. These meetings take place in May and October each year.

Thank you

Julie Smith (Deputy Director, Educational Leader)



From the Kitchen

Hi from the kitchen! Everything is just cruising along nicely in here. We are still baking with the children each Thursday, which they all love doing and really enjoy

walking over to Earthwise. Here is a really easy Pizza Pinwheel recipe.

Wendy ☺

PIZZA PINWHEELS

Ingredients

Frozen Puff Pastry

Tomato paste

Bacon, finely chopped

Grated cheese

(Any other topping of your choice)

Method

1. Spread tomato paste on a sheet of pastry.
2. Add bacon and grated cheese.
3. Roll up and cut into 1cm slices.
4. Place flat on baking tray and bake at 180C until golden.

Thank you

Wendy (Food Co-ordinator)



Rainbow Room News!

Hi all Rainbow Room families,

Well what a year it's been so far, we have had many changes going on from our routine to Educators. But through these changes we have come together and achieved a lot in this time.

We are busy learning so much in our "classes" with Sheena. We are focusing on name recognition and writing our full name, we are enjoying practicing writing

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our names and the letters in our name each morning as we come in.

We have been enjoying our trips to Tom Dadour and Earthwise so much we have started exploring our community a little more including trips to Coles with Wendy, the Library and the park. We are all enjoying these new experiences at the centre and as we gain confidence we are going to explore more of our beautiful community. If any parents have ideas where we could explore or would like to volunteer for one of our community explorations don't hesitate to speak to an Educator in the Rainbow room we'd love to have family input. We will have a note on the board by our front door of any planned outings on the day we plan to go so you will know where we are going and which Educators are going on the outing.

Looking forward to a fun second half of the year ahead!

Rainbow Room Educators:

Christine, Mel, Sheena & David



FROM THE SUNSHINE ROOM

Hi to all from all of us in the Sunshine Room.

How time flies, we are now over half way through the year and we have come so far. You may have noticed two new faces in the room. We welcome Tina Buckley and Theresa Thomas to the team, and we say farewell for now to Lucy Kim who has taken her Maternity leave... we will miss her. We wish her all the very best in her journey into motherhood, our independence

continues to grow, and by this stage of the year the development of our self-help skills and positive social interaction have improved greatly we now prefer to do day to day tasks by ourselves. We have also enjoyed exploring the new playground in the Balloon Room. We like to go there in the afternoon and explore with our Balloon Room friends.

Toilet training continues and some of our older children now no longer require pull ups at all during the day. We are looking forward to the rest of the year as we fast approach Christmas.

Thank you!

Julie, Liz, Alice, Theresa and Tina.



BALLOON ROOM NEWS!

Wow, August already! 2016 sure is flying by.

We look forward to continuing to share in some fascinating, fun, endearing and sometimes challenging moments with your little ones, through the latter half of the year.

As you all know, there has been a mid-year staff rotation and there is a new face in the Balloon Room. We have happily settled in to the Balloon Room routine with the addition of Deanna in the senior educator role as of June, when Liz moved up to the Sunshine room. The children gave Deanna a warm, friendly welcome, making it a smooth transition as she formed connections with your little ones.

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The children have already grown so much this year and we look forward to watching them continue to grow and develop new skills as 2016 draws to a close. All our 'Balloonies' have settled comfortably and happily into their care routines where they feel safe, secure and supported within their environment. Meal times, play and rest times have continued to be enthusiastically explored. The children are loving their independence and parent encouragement of self-help skills, independence and confidence at home is highly recommended. We also encourage parents to continue walking their child in by the hand, instead of carrying them into the Balloon Room to further promote their independence and resilience.

Potty training continues for our older children, with many of our children progressing to wearing Pull-ups/nappy pants and regularly utilising the potty or toilet. While our younger children have settled well into their own comfortable sleeping and eating patterns/routines.

We have been very busy exploring our wonderful new yard now that the renovation has finished with the children adapting to their new surroundings enthusiastically.

REMINDERS

- Please clearly **LABEL** your child's bottles **before** you place them in the fridge, if there is no name on the bottle we are unable to give your child the bottle they may require.

Thank You!

Julie, Deanna, Carley, Kaylah and Katie.



O H & S

From Wendy (OHS officer)

I would like to send out a few friendly reminders.

- Due to the weather being wet and things being damp, please if you allow your child/children to walk along the garden edging down the path, be very careful as this becomes quite slippery.
- The sunblock station in the front foyer is working well. Parents and children are applying sunscreen before the children enter their rooms. A great job done by all!
- If you happen to let someone in the front door that doesn't have a fob and you don't know who they are, could you please inform a staff member immediately, so we know that person **should** be in the centre or we can make sure that person is being attended to.
-

Thank you for your help in all these matters.

From Lindsay (Director)

How sick is too sick?

The first decision you need to make when child is ill is whether they are too sick to attend child care. Many children with a mild illness, such as a cold, can attend

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child care without causing harm to themselves or others.

It is a fact of life that children group care get sick, they have increased exposure to other children, and play closely with shared toys; in addition, children have lower resistance to germs than adults.

While it is sometimes okay to send your child off to care with a cold there are many occasions when you should keep your little one at home, when making your decision at the beginning of the day ask yourself these questions:

- Will my child be well enough to comfortably and happily participate in the activities of the day?
- Will my child's care provider be able to care for my child without affecting their ability to look after other children?
- Will my child pass their illness to their playmates if I send them in today?

Inappropriate weather or inappropriate clothing?

Mum always told me, "There is no such thing as inappropriate weather, only inappropriate clothing". A warm jacket and a beanie are important to keep out that wind chill and maintain a comfortable body temperature. Dry feet do a lot to maintain a positive mindset. To learn and play in all forms of weather, is also an essential strength to build resilience in your child.

Just a reminder the weather is still cold for now but as spring approaches, we ask that parents please provide **PLENTY OF LABELLED, WEATHER APPROPRIATE** changes of clothes in their bag, as sometimes activities get messy and changes of clothes are required. Mix ups with unlabelled clothing do happen so make sure all clothing is labelled! Both warm and cold weather clothes are suggested



FROM THE ADMIN DESK

We are now three quarters of the way to the end of the year, but only just at the start of the financial year.

An important reminder, especially to our new families, if you have received Customer Reference Numbers (CRN's) from DHS, please let me know so that your record can be updated. Unless I have your CRN's, your attendance details cannot be sent through to DHS and therefore, you cannot claim any CCB or CCR throughout the year. This means you could be paying more each week out of pocket, instead of paying the balance after CCB/CCR is applied. If the details are not advised to us in time, it may mean you will have to claim the CCR/CCB at the end of the financial year when you lodge your tax return.

If your weekly invoice/receipt shows 'Informal' under Enrolment Type (at the bottom), instead of 'Formal', it may mean either I have not received your CRN's or you have not been assessed for CCB/CCR by DHS. If you think your record should be **Formal** and it is not, please contact me to check your details or contact DHS direct to be assessed for CCB/CCR.

I can be contacted in person on Mondays or Wednesdays. Or send me an email at admin@subicare.com.au

Trish – Administration Officer

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Family resources and support

www.familyrelationships.gov.au

Family Relationships Online provides all families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution

www.ngala.com.au

Ngala is a provider of Early Parenting and Early Childhood services with a passion for supporting and guiding families and young children through the journey of parenting. Services are available for families with young children who work or reside in Western Australia and online information is available to everyone.

www.kidspot.com.au

Comprehensive directory for parents in Australia. Helps parents to identify products, services and places of interest as well as giving tips and advice

www.relationships.com.au

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. They aim to support all people in Australia to achieve positive and respectful relationships

Babysitting

We have a few members of staff in the centre that are happy to babysit for existing Subicare families outside of work hours. We have pictures up in the foyer with the staff's phone numbers.

Please note that this is not in any way affiliated to Subicare but is the staff individually wanting to help families. While staff are at Subicare their sole responsibility is to look after the children in our care. Please feel free to contact them after working hours.

USEFUL WEB SITES etc. FOR FAMILIES

humanservices.gov.au/families – Department of Human Services (DHS) - *all matters relating to your child care benefit or rebate, family tax benefits,*

www.mychild.gov.au – *a government information site with information on childcare centres and assistance with costs.*

www.subiaco.wa.gov.au – *guide to news and events in your local area of Subiaco*