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### 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 carers. 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

Please 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.

### Alpine children to be "green" pilot

ACS has been successful in securing a \$250,000 partnership grant from Sustainability Victoria to become the regional pilot for creating a sustainability index for the early childhood sector. The project will take 2-3 years to complete and is in conjunction with partners Knox City Council (suburban partner), City of Port Phillip (city partner) and Alpine Children's Services (regional partner).

## Lyndhurst News

### 0-2 Room

This room has been very busy with numbers building up, and lots of new babies joining our busy, growing and developing room. Portfolios are growing with lots of valuable information for parents to read.

### 2-3 Room

Continuing, to be a very busy room, with lots of activities within in the room. Leah, Kate and Kim have been very busy with very inquisitive children, wanting to learn everything at once. One of the projects that happening within the room is the developing theme of the Very Hungry Caterpillar. The children are becoming very involved in making and creating the scene of this story book around the wall of the room. Kim has also been playing the mandolin with the children, which they are enjoying.

### 3-5 Room

While Helen has been absent, Anne has been in the room with Phallen and she has been a wonderful addition to the 3-5 room. During this time the children have been involved in various activities including making puppets, putting on puppet shows, discussions about fun at the snow at mat times and learning about music through music with Fiona (this was also done in the 2-3 room as well).

On July 15th, a group of 14 children from the 3-5 room went an excursion to the "The Gruffalo's Child" at Wangaratta Performing Arts Centre. It was a great day and the children told us that they enjoyed the bus ride and the picnic lunch that Chris made. Thanks to Susan Anehagen for helping staff to make this happen.



On the 29th of July we had International Mud Day, which was a great success. (I'm not sure who had more fun the children or staff) International Mud Day was developed for children who don't have the opportunity to get down and play with mud. Some of the activities that we incorporated into our program for that day were



- Painting with mud
- Stamping with mud
- Manipulating mud, with different objects to put into the mud
- Face painting with mud
- Playing with mud in a trough

Chris our catering officer made chocolate mousse for the children to afternoon tea. This was enjoyed by both children and staff.

### REMINDERS:

- Please remember that all parents and families are welcome to look, take home portfolios. Also if you have any concerns please talk to staff in your child's room.
- It's almost September, so please start thinking about named hats for your child/ren, PLEASE NO CAPS. Hats need to be wide brimmed and protect your child's face.

### Coming up.....

#### Ride or Walk Week - 17-21 October

ACS's inspired event is on again this year. We challenge you and your family to re-think they way you travel for one week. Get out your bikes, put on your runners and have some fun. More details coming soon.

#### Children's Week - 22-30 October

This year's theme is a sharing world cares. Special activities will be happening throughout this week. In Bright the Flying Bookworm theatre company will be performing and other townships will be doing exciting activities for our children.

## PROFESSIONAL DEVELOPMENT

The staff of ACS has been busy updating and improving their knowledge and skills. A CPR refresher course was attended by all staff in July so we are all on track for another 12 months.

Our Manager Jenny Kromar and Team leaders all attended "Who's afraid of the NQF (National Quality Framework)", where they were taught about the new programming framework in Early Childhood.

They also attended a seminar on regulations of NQF to keep up to date with all the new regulations that will be enforced into the Early Childhood sector over the next 12 months to 2 years. Paula and Catherine attended a CCMS (Child Care Management System) seminar in Shepparton, where they were brought up to date with all the regulations and updates between our services and Family Assistance office. A number of our educators across ACS also attended 2 seminars on Planning and Documentation for Play based learning and programming.

"Children will not remember you for the material things you provided but for the feeling that you cherished them."  
- Richard L. Evans

## COUNCIL IMMUNISATION SESSIONS 2011

### MYRTLEFORD

First Tuesday bi-monthly (even months) at Senior Citizens' Centre, Smith Street Myrtleford - 10am to 11am

4th October 2011  
6th December 2011

### MOUNT BEAUTY

Second Tuesday bi-monthly (even months) at Mount Beauty Community Centre, Mount Beauty - 9.30am to 10.30am.

11th October 2011  
13th December 2011

### BRIGHT

First Wednesday bi-monthly - except January (alternate months) at Senior Citizens' Centre, Cobden Street Bright - 9am to 10am

7th September 2011  
2nd November 2011

## POLICY REVIEW

In the last 6 months a lot of policies have been put out for review. The services would like to thank all the staff, parents and guardians who have thoughtfully filled in and returned these policies. Please remember that our policies are available in the foyer if you wish to read of them. Alternatively, we can provide you with a photocopy if you would like to take any policies home.

## STAFF SUPPORT FOR FAMILIES AND CHILDREN

Just a reminder to parents that staff are willing to work with the families and children who are experiencing emotionally challenging events e.g. separation, divorce or death of a friend or family member. If you wish to talk to a staff member about any situation we can set up a meeting, time away from the children and other staff for privacy and confidentiality. Staff are able to share support service information with you that may also help in these difficult times.

## Tips for positive behaviour guidance:-

The secret to encouraging good behaviour is to give children lots of positive attention when they're behaving well.

### Positive attention includes:

- praise 'Good sharing, Kaitlin'
- encouragement 'Keep trying, Lachlan'
- physical affection, like cuddles

### Some tips

**Bite-sized moments work.** Research shows that tuning in even for a minute or two works if you do so often, rather than occasionally.

**You can do it anywhere.** There are countless opportunities throughout the day to tune in to what your child is doing and saying. Try at the supermarket, when you're eating, doing the dishes or walking to school, and on the bus. Anywhere - whatever you're doing together.

**Look through your child's eyes.** Trying to see the world through your child's eyes helps you to understand his/ her feelings. This can also reduce misunderstandings about behaviour. You might see that what seems like misbehaviour to you is just part of how the world looks to your child!

**The attention trap.** If you pay more attention to difficult behaviour you may fall into the attention trap. Your child may find negative attention such as yelling or scolding powerful. It's immediate, intense and personal.

**The trick is to pay more attention to the behaviour you want, and less to the behaviour**

## Hold my hand and keep me safe

It will take many years for young children to be able to make safe decisions independently when there are cars about - near roads, footpaths, car parks, Drive ways, bicycle tracks, unfenced yards, homes and farms.

The best way to protect children near vehicles is to always hold their hands.

Hold their hands until they are at least 8years old.

Closely and actively supervise children up to at least the age of 10 years.

**ADULTS ARE RESPONSIBLE FOR THE SAFETY OF YOUNG CHILDREN IN AND NEAR TRAFFIC.**

## CHILD PROTECTION INFORMATION FACTS

- FACT Be Vigilant
- FACT Paedophiles Are Likely To Re-Offend
- FACT At Least 1/4 Girls And 1/7 Boys Will Be Sexually Abused In Australia This Year
- FACT Boys And Girls Of All Ages May Be Sexually Abused
- FACT In The Majority Of Cases The Offender Is Someone Known To The Child
- FACT Paedophiles Come From All Walks Of Life And Often Hold Positions Of Authority
- FACT They Will Go To Extreme Lengths To Groom And Molest Children (Extreme Premeditation)
- FACT Child Sexual Abuse Inflicts A Life Sentence On The Victim
- FACT Only 5% Of Paedophiles Are Mentally Handicapped
- FACT 1000'S Of Paedophiles Are Living In Australian Communities

**2/3 Of Sex- Crimes In Australia Are Against Our Children**

**If you are ever concerned that something is wrong it is your duty of care to make that call. After hours Child Protection emergency services Ph 131 278**

## SAFETY

### Hats and Cords

Playground Unit project manager Kate Fraser said the hats present a danger if they become stuck in playground equipment and the children are left hanging by the cord around their neck.

So far incidents in Australia have not been fatal, but one girl suffered serious cuts to her throat and possible damage to her vocal cords.

**"Some schools and daycare centres have already taken the step of changing their hats to a safer option, or simply cutting the cords off the hats they have, but we would definitely encourage more to do so."**

## Here are some handy hints, to encourage healthy eating habits in children:

- To encourage healthy eating habits in children offer small serves of food. Your child can always ask for a second helping.
- Healthy eating can be promoted through offering a variety of foods to children from a very young age.
- Use positive terms to refer to healthy food, for example, "I love eating crunchy green beans".
- Make eating a social occasion. Turn off the television and talk about the day.
- Breakfast is the most important time for healthy eating. Children function better when they begin the day with a nutritious meal. Some examples of healthy breakfast meals are wholegrain cereal with fruit, yoghurt and milk, wholemeal toast with mashed banana and a glass of milk, or a poached egg with wholemeal toast fingers followed by cut up apple pieces.
- Avoid bribing your child with food.

Children may reject a new food the first or second time it is offered, but keep persisting as a new food will soon become a 'usual' food and so become a normal part of a child's healthy diet. Be aware that there may be some foods that your child will never eat.

Involving your child in shopping, meal planning and cooking can help develop healthy eating habits by promoting a positive attitude to a healthy diet. Simple activities for young children such as getting spoons out of the drawer or asking them to stir a bowl can help develop their understanding of a nutritious diet.

- Talk to your children about different fruits and vegetables, such as where they grow and how you prepare or cook them. Knowledge of the foods they are eating, can encourage healthy eating habits for children. Make sure all members of your family are adopting healthy eating habits. If parents and older siblings model healthy eating, younger children are more likely to adopt the behaviour.

