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Alpine Children's Services Committee of Management

A big thank you to everyone who gave their support to their carers and the staff in 2009. Everyone's support and interest is highly valued.



YOUR CHILD'S PORTFOLIO

Every child has an individual file that may include a variety of observations, artwork and photos. Families may view their child's file at any time. If you would like to discuss any information in this file, please speak with you child's carer.

DATE'S FOR THE DIARY

14th June
Public Holiday
Centre Closed

News from the Rooms at Mountain View

On Saturday 13th March one of our parents supported shave for a cure by having her beautiful long red hair completely shaved off. Mountain View has supporting Elsie Young by holding a crazy coloured hair day. The children were really excited having the local newspaper visit our centre while they had their hair sprayed with lots of bright colours.

We now have 2 new (smaller) worm farms that have created a fun interactive learning environment for the children. They really enjoy feeding the worms and playing with them.

Nicole Rounds has now enrolled to do the Diploma of Children's Services.

Look out for our new classified ads coming soon to Alpine Children's Services you will be able to sell all you unwanted treasures.

We recently had a spot check from National Childchild Accreditation Council we did extremely well.

The children are still really enjoying the story and activity time with Debbie Goonan the local Librarian.

Just a reminder to all parents the mornings are getting cooler and children do need a named jumper or jacket.

Save your pennies and save the planet



Imagine a giant fashion store where everything is free...well almost.....

As a fundraiser we will be hosting a fabulous - Shopping Extravaganza! It will be one morning only, with all items between 50c - \$5. Pre-loved clothing and accessories are required, so start sorting your wardrobe! Details regarding clothing drops off and 'hands on deck on the day' will be issued soon....if you can't wait to help out notify a staff member of your keen interest.

OUR ILLNESS POLICY

We have an extensive illness policy that outlines how we minimise the spread of infectious diseases between children, other children and carers. Strategies include:

- exclusion periods for certain diseases such as chicken pox and measles, and
- sending home any child who shows signs of illness such as a temperature of 38 degrees or higher.

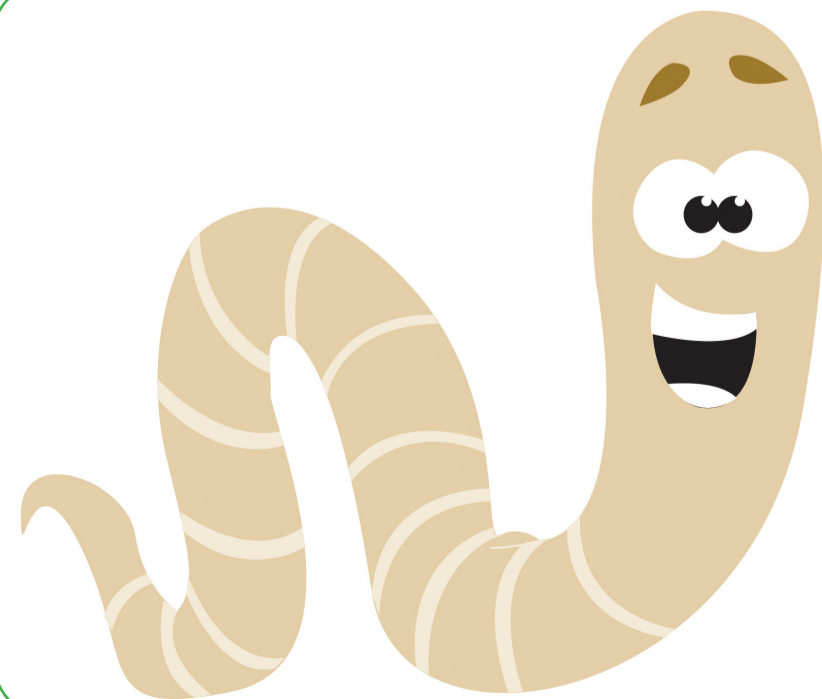
POLICY REVIEW

There are a number of policies being reviewed: Access and Equity, Children Orientation/Transition, Staff Orientation, Dangerous Goods and Hazardous Substances Policy and the Fees Policy. Any changes to these policies will be posted on the policy noticeboard in the foyer and also noted in the next newsletter. Please remember there is a complete list of policies available in the foyer and if you would like a copy of any policy just ask a staff member to help you. Thank you to all those parents that assist in the review process of our policies.



NEW ACS Website will be launched in the month of May.

"While we try to teach our children all about life, Our children teach us what life is all about."
- Angela Schwindt



Sustainability Group

Our enthusiastic ACS Sustainability group continue to meet monthly to share each centres green success. Each centre now has a composting solution, with Lyndhurst Children's Centre recently adopting a worm farm that gobbles away at the 25kg of food waste each week. The children are enjoying learning about composting and the worms! A BIG thanks goes to our staff and our cooks who ensure that this system works. Well done!

Recently three members of our team headed to Melbourne to attend a forum on "Sustainability in Early Childhood. Moving beyond the frustration and making it a reality: The Issues and Opportunities". The forum was run in conjunction with Sustainability Victoria and was an excellent opportunity for ACS to be involved in the pioneering of education in sustainability for pre-schoolers.

We are also about to begin monitoring our energy usage through a carbon tracking system (otherwise known as Schools Environment Tracking System SETS). We now have a parent rep, Heather from Lake View Children's Centre and welcome parent representatives from our other centres. We are a fun group, dedicated to positive making change.



Changing Environment

Changing a child's behaviour - or anyone's behaviour for that matter - requires lots of concentration and energy on your part, and the results are never guaranteed. It's worth the effort when you are helping your children learn a new skill that will help them get along with others better or to get more out of life. However, when it's possible, it's almost always easier, and often more effective, to change the environment so that the behaviour you don't like can't occur or is less likely to occur.

For more details on these strategies and others please go to www.raisingchildren.net.au

Great Toy!



Pengoloo Game

Players must first put an egg in each penguin and mix them up in the center and pass out the pengoloo scoreboards. To start playing the Pengoloo Game, the youngest player rolls the 2 multi-colored die and then has 2 tries to find eggs under the penguins that match one or both colors on the die. If a player finds one matching egg, he or she places the penguin by their iceberg; and if the player finds both matching eggs, he or she places both penguins by their iceberg and plays again. The first player to collect 6 penguins wins the game!

RRP \$39.95 available from BANG

12b Barnard Street, Bright - ph 57501777

REMINDER

In case of an outbreak of an immunisable disease at the centre the following children may be excluded:

1. Children who are not immunised at all, and
2. Children who are not fully immunised.

HOW DO I GET MY CHILD TO EAT VEGETABLES?

(from www.raisingchildren.net.au)

Everyone knows that vegetables are good for you. Many parents earnestly strive to ensure their children eat them every day - sometimes with little success. In light of this all-too-common challenge, parents often ask for tips to get their children to eat more vegetables.

What you need: a good attitude and a little creativity
Perhaps the most important factor to consider is your own attitude and approach toward eating in general.

Avoid forcing your children to eat vegetables - or any other food for that matter. Encourage children to try a spoonful, but don't get upset if they refuse it. Eventually, they will try it, so keep reintroducing various foods from time to time. Even young children can learn why nutrition is important. You can simply say:

'They taste good and make you healthy, big and strong.'



Every parent will face times when their children's behaviour perplexes, stuns, confuses, angers or frustrates them. It is times like these when having a range of options up your sleeve can be invaluable.

A BETTER UNDERSTANDING

Dealing with children's behaviour is one of the most challenging aspects of parenting. Trying to work out the reason for your child's behaviour is the first step in meeting the challenge.

Tools and strategies

Parents, however, can also benefit from having a range of behaviour-guidance tools in their parenting toolkit. These strategies are based on the science of human learning and have been tested over and over again in many practical situations involving children.

Choosing tools that are right for you

Keep in mind that no single strategy will fix everything, and some strategies may work better than others for your family.

More than behaviour management

Finally, strategies in the behaviour toolkit cannot be expected to work in a vacuum. Attempts to guide your child's behaviour will always work best when you are investing significant time and effort in building a positive atmosphere in your home and strengthening your relationship with affection and communication.

Routines

Children thrive on consistency and predictability in their day. Getting into a regular pattern and knowing what's coming up next in the course of a normal day.

Praise

Children love praise even more than grown-ups do. They're building up self-esteem and confidence, so feeling good about themselves is extremely important.

Developing Skills

Sometimes the difficult behaviour of children occurs because they are unable to do things that parents expect of them. If this is the case it is important that children be given the opportunity to learn those skills that are necessary. Children with learning difficulties in particular benefit by additional opportunities to develop new skills.

SOME OTHER TRICKS OF THE TRADE

- Add vegetables to store-bought foods or to those you already prepare.
- Set out a plate of raw vegetables or a salad of cold, cooked vegetables before the meal - the time when your child is hungriest.
- Keep a bowl of cherry tomatoes or baby carrots in the refrigerator for a quick and handy snack. (Of course, you'll want to take into account the fact that these foods can be potential choking hazards for toddlers and preschoolers.)
- Serve raw or lightly steamed vegetables with salad dressing or cheese sauce for dipping.
- Make mashed sweet potatoes instead of white potatoes - sweet potatoes contain lots of vitamin A.
- Let children make their own tacos with shredded lettuce, tomato, ground turkey and a little cheese.
- Try not to overcook vegetables. Light cooking preserves taste, bright appearance, and valuable vitamins.
- Help make your child familiar with vegetables. Serve them everyday.
- Prepare meals together (for example, younger children can wash, and older ones can chop vegetables for stir-fry dishes and salads).
- Let your child help choose fresh vegetables when you're shopping.
- Plant a vegetable garden with your child. Or just put a small cherry tomato plant in a pot in a sunny spot in the yard.

Most important, set a good example. Remember that your actions will speak louder than words. Besides, parents need their vegies, too!



GET ACTIVE!

Encourage your child to walk, ride or scooter to the centre. This is an easy way of keeping your family active.