



Alpine Children's Services Committee of Management - FACT #3

ACS has taken over the licence and management of the Bright and District Kindergarten as of 1 February 2011. We would like to thank all staff and the parent committee for your dedication and support throughout this transition. Bright Kindergarten is now on our website visit www.alpinechildrenservices.asn.au for more information.

SAFETY ISSUES THAT RELATE TO THE CENTRE:

Please ensure that when you enter or leave your centre that the gate is closed behind you.

Also do not let your child/children swing or stand on the gates as this can cause them to not close automatically. These gates are in place to provide safety for your children so they are unable to run out into the busy car parks.

BRIGHT FUN RUN

Sunday 3rd April 2011

Starts 9am

Bright P-12 College are organising a family filled fun run 2km, 5km and 10km trails register online

www.tf.org.au/brightfunrun



YOUR CHILD'S PORTFOLIO

Every child has an individual SPECIAL FOLDER BOOK (PORTFOLIO) that may include a variety of observations, artwork and photos. Families may view their child's file at any time and write in comments. If you would like to discuss any information in this file, or take it home for a night or two please speak with you child's carer. This special portfolio of your child's journey at childcare throughout the year will be his or hers to take home at the end of the year.

News from the Rooms at Mountain View

0-2 Room

Welcome back everybody 2011 is off to a flying start with a lot of new faces. Some of our new children are quite young babies and it is a wonderful journey watching them develop and learn.

The recent beautiful weather has allowed for lots of outdoor play, and the younger ones are having a great time exploring the yard and experiencing the sandpit. The children are getting really good at keeping their hats on and even help to apply sunscreen.

2-3 Room

Welcome back everyone to our newly renamed room. We are now called the Butterfly Room.

What a great start to the New Year. The children have all settled back in and are bursting with energy and new ideas. Welcome to our new children and families.

The children have been showing an interest in our natural environment with lots of acorns falling from our trees. They have been investigating and picking up the acorns from the ground. Enhancing on this interest, the children have had the opportunity with Julie to respect and learn about flowers. They have experienced planting and watering some flowers in our garden.

The children have become more confident with their learning and are developing skills with their problem solving, alphabet letters, name recognition and creativity. Developing their own identity by having fun with role playing.

We have lots of little mothers in our room feeding and caring for the dolls. Outside the children have been enjoying the company of their peers. Running, riding bikes, climbing and playing with the balls. Lots of children are toilet training so our bathroom is becoming a busy little place. Marg, Melissa and staff welcome parents at anytime to visit our room or talk to us about your child's portfolio.

3-5 year Old Room

The holidays are over, a new year has begun and what a change you can see in our children as they enter into their room. Some have gained more confidence. Independence and social skills have also grown in some of the children; however every child has developed in some way or another.

This year we have lots of children going to kinder, so the children and staff are trying to get used to the new routine of when children are coming and going. I'm sure we will have it down pat within a week or two.

With regards to learning, letters of the alphabet and name recognition is one area that a lot of children are showing an interest in. We have played lots of games involving letters and the children have expressed a lot of writing on paper.

For fun we have been hatching dinosaur eggs in water and watching the process of the eggs hatching over a few

days. This has been an experience met with lots of enthusiasm. The children were so excited when the dinosaurs hatched out of the shells. They are watching in anticipation as the dinosaurs grow a little bit bigger every day.

Hospital and home corner has been an area where the children have been able to express themselves in role playing. We have had pretend cooking, and many bandages being applied to our patient's arms and legs.

A particularly creative activity we have been involved in, is painting using different techniques, such as cotton buds, candle wax, sponges and potato printing. Construction using different kinds of blocks, other objects and materials has been another activity allowing for imagination and creativity.

The children have been picking cherry tomatoes and lettuces from our very own veggie patch that the children helped to plant and take care of. Then Trish serves these goodies up for tasting with lunch YUM!!



TIPS FOR NUTRITION AND GOOD EATING HABITS:

What are the top superfoods?

When you pool the findings there are some very definite superfood contenders.

- Fish, especially those high in omega-3 oils.
- Many vegies, particularly those that are strongly coloured, such as dark green or orange vegetables, and those that are aromatic such as garlic.
- Fruit, particularly berries, and those rich in vitamin C, such as acerola and red peppers.
- Nuts and seeds and foods rich in oils, such as almonds, chia seeds, flaxseeds and avocado.
- Herbs are finally beginning to be credited as superfoods, something many cultures have known for a very long time.
- Yoghurt, for healthy bacteria important for immunity.

CHILD PROTECTION:

Child Protection, Family and Early Parenting Services

Victoria has introduced reforms that have created a system designed to intervene early and place the best interests of children at the heart of all decision making. The now nationally acclaimed Child and Family Information Referral and Support Teams (ChildFIRST) initiative provides access to integrated family services has ensured that vulnerable families and children receive early intervention and support services before statutory involvement.

The vision for Victoria's early parenting (VEP) services is for vulnerable parents, from pregnancy to when their children are four years of age, to have access to early parenting services across the state that meet their current and future needs in order to promote their children's best interests. For further information on the VEPS development, please refer to:

Website: www.cyf.vic.gov.au/child-protection-family-services/family-and-early-parenting-support

WAYS TO COMMUNICATE EFFECTIVELY WITH CHILDREN

Talking and discussing is the key to a healthy relation between parents and children. It's very difficult to be a parent and communicating effectively with your children, especially when they are teenagers. It is a real challenge, even more when parents have their own problems. Be available for your child!

- Pay attention to the moments when your child is willing to talk - before dinner, at sleep, in the car- and be available! Open the discussion, because your child will realize that you care about what happens to him;
- Find some free time, at least once a week, to participate to your child's life, involving in his activities;
- Pay attention to your child's interests and search for information, in order to have common discussion topics - his favorite music or activities that please him;
 - Initiate the conversation by sharing him the things you have in mind rather than asking him questions.

2. Show to your child that his opinion matters

- When your child speaks, stop any other activity and listen to him;
- Show your interest regarding his opinion without being intrusive
- Listen to his point of view even if it is very different from yours;

- Let him finish whatever he has to say before expressing your opinion;
 - Repeat what you heard from him to be sure that you understand correctly his point of view.
3. Answer him and be sure he listens to you;
- Your child will stay away from you if you become defensive or angry;
 - Express your opinion without rejecting his point of view, by admitting that it is fine to debate;
 - Avoid the temptation to initiate a dispute, even if you are right. Tell him: 'I know you don't agree with me, but this is what I think'.
 - Focus on your child's feelings, during the conversation, rather than on what you feel.
4. Remember
- Ask your child what are his expectations from the conversation you have- does he want an advice? He wants to be listened? Does he ask for help to understand his feelings or does he wish to solve the problem?
 - Children learn by imitation. Often, he will imitate your way of solving problems or facing emotions;

Talk to your child- don't criticize him, don't tell him things that could hurt him;

Children learn from their own mistakes. As long as the consequences of their acts are not dangerous, there's no need for your intervention. It is possible that your child tell you just a small part of what upsets him. Listen carefully to him, encourage him to talk and maybe he will tell you the whole story.

DATE'S FOR THE DIARY Immunisation Clinics

MYRTLEFORD

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

10am to 11am.

5th April 2011

7th June 2011

2nd August 2011

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.

12 April 2011

14 June 2011

9th August 2011

11th October 2011

13th December 2011

BRIGHT

First Wednesday bi-monthly -
except January (alternate months)
Senior Citizens' Centre,
Cobden Street Bright

9am to 10am

2nd March 2011

4th May 2011

6th July 2011

7th September 2011

2nd November 2011

ILLNESS POLICY REMINDER:

Where there are human beings there will be cross infection. When a child is ill, they need one-to-one care. No Childcare service is able to offer this. For working parents it is important to consider a support network in case your child becomes ill, e.g. Grandparents, Aunts, Uncles, Friends etc. Please DO NOT send your child if he/she has:

A FEVER - A child with a fever of more than 38-C. must be kept at home (or will be sent home). It is advised that the child stay home fever free for at least 24 hours. His/her activity level and appetite should be back to normal as well. Parents should watch for secondary problems such as tonsillitis or ear infection. Seek medical advice, and give child plenty of fluids.

BEEN PRESCRIBED ANTIBIOTICS FOR AN ACUTE ILLNESS - A child who has been prescribed an antibiotic for an acute illness should be kept at home for at least 24 hours.

DIARRHOEA - A child who has watery stools should not return to the Centre until he/she has been free of the diarrhoea for 24 hours. A Doctor's Certificate is required stating that your child is clear of infectious diarrhoea. Diarrhoea causes great concern to staff each year as children can be - hospitalised with a severe attack. Seek medical advice, give child plenty of fluids.

VOMITING - A child who is vomiting should be kept home until 24 hours after the vomiting has stopped. Microorganisms, which cause vomiting and diarrhoea are highly contagious and will spread through the Centre very rapidly.

COLD SORES - (Herpes simplex) are painful sores (vesicles) usually around the mouth. Sometimes there is a fever. The condition requires medical attention if the infection is severe or if the sores become secondarily infected. The child should be excluded until the sores have healed.

THRUSH - We would advise exclusion of the child for at least 48 hours after appropriate medical treatment has commenced.

ANY CONTAGIOUS DISEASE, such as measles, mumps, chicken pox. Exclusion periods are set by the Department of Human Services and must be adhered to.

Exclusion of infectious children significantly reduces the risk of the spread of diseases to other healthy children and carers. Exclusion periods are recommended by the NHMRC, based on the time a child is infectious to others. Contacts of certain infectious diseases may at the discretion of the local Public Health Unit, be excluded for their own safety. There are circumstances where a child is too ill to attend child care and needs to stay home for treatment and recovery.

We encourage families to ask questions and raise issues about our philosophy with staff/management.

HAVE A READ OF OUR PHILOSOPHY BELOW:

This philosophy guides all of our services programs and all other operations. It was developed in consultation with parents and staff. Educators provide a warm, caring and sensitive environment. We understand the importance of early childhood and the value of play. This stimulates your child's growth and development so they can reach their full potential. We operate a service that promotes inclusiveness and embraces diversity.

Our service supports respects and acknowledges the diverse values and cultural beliefs of the children, families, staff and the wider community in which we live. In collaboration with families, we strive to maintain a balance between home and care life promoting the children's sense of security and belonging. Children are treated with respect and as individuals, with appropriate expectations and boundaries. Positive behaviour is consistently reinforced by our Educators.

Educators communicate with children in a respectful manner and engage them in the following experiences:

- Creative
- Intellectual
- Social
- Self-help
- Spontaneous
- Imaginary
- Physical
- Health and well-being
- Sensory
- Cultural Diversity

Social skills, respect and appreciation for others are developed in a supportive atmosphere.

Families and members from the local community are involved in all aspects of the children's day, decision-making, policies, programming, fundraising and Accreditation.

Educators and Management are committed to:

- The National and Victorian Early Years Learning Framework
- The Australian Early Childhood Association Code of Ethics (2006)
- A respect for each child's individuality.
- Confidentiality for children, families and staff
- Program planning that caters for the needs of all children.
- Positive and effective communication
- Professional development to ensure continuous quality improvement of the service.

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 and a reminder that a copy of all policies are kept in a folder in the foyer. New folders with updated and new policies will be available in March 2011.