

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER

ISSUE: February 2022



WELCOME TO 2022

Welcome to our first newsletter for the year.

Happy New Year to you all! We hope you had a great summer and enjoyed the school holidays. We've heard about some lovely experiences the children have had over the break. We are looking forward to another great year of OSHC in 2022!! The children all seem to be settling back into our routine quite nicely.

Kindergarten and New Families: We would like to welcome all our new families to Gowrie OSHC and hope your transition to our Centre is a smooth one. Kindergarten children are walked to their classroom and collected from their classrooms in the first term especially. Later Staff will continue to keep a very close eye on them during this newly found independence to ensure they do not get lost on their way.

We welcome family feedback at Gowrie and it is important to us that you share important information and your preferences for your children. Sign in and sign out time is not the best time for the communication of more complex matters as we are accounting for children and signing them in or out on Story Park Mange kiosk so families received their child care subsidy for the session. Please feel free to email us your feedback on oshc.drummoyne.@gowriensw.com.au. In this way, we can be fully present when communicating with you.

Gowrie NSW Drummoyne & St Marks

Outside School Hours & Vacation Care

7am to 9am & 3.15pm to 6pm
Drummoyne P.S – Tues, Weds & Thurs
St Mark's Catholic – Mon & Fri
Drummoyne P.S – Vacation Care

A Drummoyne Public School
Rawson Avenue, Drummoyne NSW 2047

0436 616 744

M oshc.drummoyne@gowriensw.com.au

E www.gowriensw.com.au

W

FIND OUT MORE

To view our programs, make an online booking, or to find out more, please visit our website or scan the QR code below:

<https://www.gowriensw.com.au/out-of-hours-care/drummoyne-and-stmarks>



Visits to our program are always welcome and can be arranged by calling the Program Manager or emailing the centre.

We would love to hear from our families, if you wish to provide feedback, or if you have questions, comments or concerns, please feel free to contact the centre via email, in person or phone.

VACATION CARE HIGHLIGHTS

Our current team now consists of:

PERMANENT EDUCATORS

Rekha Moda
Program Manager

Lina Propocio
Assistant Program Manager

Vanessa
Educator

Neelam
Educator

Caitlin
Educator

CASUAL EDUCATORS

Jason, Katalina, Lucy, Claudia,
Meral Martina and Chanae,



FUN AT VACATION CARE!!

We run a full day vacation care program from our Drummoyne site each school holidays from 7am to 6pm.

The program also includes breakfast and afternoon tea for children attending on the day. Lunch and morning tea are the two meals that need to be provided by families. Along with that a change of clothes, hats, sunscreen, and a water bottle is essential for children attending on the day.

Our January holiday program was fun packed with children enjoying a variety of activities ! We welcomed our new kindergartens in our Summer vacation care program that helped them in transitioning smoothly as they made friends and familiarized themselves with the big school environment and Gowrie OSHC staff and routines. We have uploaded daily stories with photos of the fun children during the summer holidays at Gowrie on Story Park .

The highlight of our Vacation Care program was our Local super hero day where we focused on real-life superheroes. What better than to be visited by some truly amazing essential workers, who have helped to keep the community going, especially throughout the pandemic. We had our local GP and ST John's Ambulance personnel grace us with their presence and provide some valuable information to children about health and safety along with the Leichhardt Fire service. A Big Thank you to Luke Loseby (Angus's dad) from the Leichhardt Fire Department. Firefighter Luke, and the team of fire fighters, who gave the children a short presentation about fire safety, including the protective clothing needed to be worn to fight fires, the importance of fitting working smoke detectors, as well as fire safety procedures of Stop Drop Roll and Get Down Low and Go Go Go.

We had a very PROUD CHILD That day!

Our upcoming school holiday program will be posted on our website www.gowriensw.com.au by second week of March. We have some amazing excursions and activities planned. Book early to avoid disappointment.

This month's featured educator

Caitlin Mitchell

GOWRIE OSHC IS FUN!!



Reminders and notices

Absences/ Casual Bookings:

If your child will be absent from the Centre, we ask that you send through a text message or call to let us know. If we are not advised of your child/ren's absence before 3:15pm.

If you require any casual bookings, we are more than happy to assist please following the appropriate avenues listed below: On the day BSC/ ASC Booking: Please call/ send a text to our mobile 0436616744.. Within 24-48 Hours Notice: You can send a text More than 48 hours notice: Please send an email to oshc.drummoyne@gowriensw.com.au and we will respond within 48 hours. Please do not assume your child can attend until you have received confirmation from us.

Changes to permanent bookings

Reminder to Permanent families: Two weeks' notice must be given when changing permanent bookings as per Gowrie OSHC Policy.

Lost property :Please check at the Centre for any items you may have lost. We have two tubs of lost property with unnamed water bottles, jackets, hats and lunchboxes.

Medical conditions

If your child is diagnosed with anything from food allergy, disability, anxiety, depression or any other health condition, it is really important that this is communicated to OSHC. As per Gowrie NSW policies, it is parent responsibility to disclose this information to us. The more information we have, the better we can care and plan for your child so we please encourage you to keep line of communication open with Gowrie OSHC.

Program Highlights

What an awesome start to the year here at Gowrie OSHC!

We have welcomed our 2022 Kindergarten children and have assisted with settling them into our OSHC routine.

We would like to congratulate all our Kindy friends on a wonderful, confident start to school. We were amazed at how resilient, strong, and happy they all were to be at OSHC. New friends were made and some reconnections from Day-care and preschool were evident. It was also lovely to see some children feel confident enough to venture into other areas of play. We wish you all the best for a wonderful school year and look forward to having lots of fun with you at OSHC

Throughout the past few weeks, the children have engaged in a large variety of developmental and fun experiences including the use of fine motor, gross motor, cognitive and communicative skills. We have utilised our recycled materials to construct awesome creations and build on our imagination and have explored the use of different tools and materials to make creations .

OOSH Menu and weekly Program: This fortnights menu can be found along with our weekly program on Story park .

We will be completing our Fire Drill practice and our practice lockdown which is a new experience for some of our new children. Please discuss with your children how essential these drills are to practice. We will keep you posted on the dates on Story Park.

COMMUNITY ENGAGEMENT



BREAD TAGS

Aussie Bread Tags for Wheelchairs collects bread tags nationally in Australia. The tags are recycled locally, raising funds to buy wheelchairs for disadvantaged people in South Africa. We collect bread tags at OSHC for the Aussie bread tags collection. Please drop them off any time or send them into OSHC with your children!

SHARING MY WORLD WALL

This term we are starting a Sharing My World wall where we are celebrating and sharing photos from our life. This term the topic is OUR PETS. Please email a photo and name of your pet to oshc.drummoyne@gowriensw.com.au. You may include a fun fact about your pet if you would like to! This wall encourages our children to have a sense of belonging at our OSHC.

Centre Resources you may have at home!

We are reviewing our cultural inclusion space at the moment. If you have any items you would like to donate or any Aboriginal Torres Strait Islander books, games or resources we would love them please.

Gowriensw.com.au

Feedback/ideas/Suggestions

Our Term 1 program focus will be on Sustainability. If there are any parents who are experienced in this field or just simply passionate about recycling and would like to provide ideas and activities, we would love to hear from you.

We have embarked on a paper survey process recently by having children handing out questionnaire templates to families at the time of pick up. This short survey includes questions on a topic each month about our program practices. Our last survey on our Menu received huge responses. Thank you to everyone that participated in the survey. We will include all your suggestions and ideas in our upcoming menus. The survey for March is on what we do well and what we could improve upon. Thus, please keep giving us your feedback to keep us motivated and help us strive harder to achieve better outcomes for your children whilst in our care.

We will also be entering the names of survey participants in a lucky draw to win a \$25 Coles voucher.

Pen Pal Program

We will be starting a Pen pal program with children in other Gowrie OSHC's. If you would like your child to be a part of this Pen Pal Program, please let us know via an email to oshc.drummoyne@

KIDS IN THE KITCHEN



Gruffalo Paw Cookies

Ingredients

- 2 cups sugar
- 1 cup of butter
- 1/2 cup milk
- 4 tablespoons of cocoa
- 1 teaspoon of vanilla extract
- 3 cups of quick oats
- 3/4 cups of chocolate chips

Method

1. Place the sugar, butter, milk, and cocoa in a pot.
2. Bring the mixture to a boil.
3. Cook for 1 extra minute.
4. Add the vanilla, oats and chocolate chips to the mixture.
5. Mix thoroughly.
6. Scoop up spoonfuls and drop it onto wax or parchment paper.
7. Add claw to the top of the cookies before they cool. ENJOY!



How trauma affects children and young people

Sometimes the effects of trauma are immediate and more obvious, but on other occasions the impact may take some time to appear.



Short and long-term impacts

Trauma can have both short-term and long-term impacts on children and young people.

In the short term, experiencing trauma causes individuals to have a stress response. Usually, a child or young person's brain and nervous system work together to help them make sense of incoming information from their senses like sight and sound. When they experience trauma, chemicals (like adrenaline) rush around a child or young person's body, affecting signals between brain and nervous system.

Having a stress response after trauma might make it harder for individuals to:

- process information
- remember things
- concentrate
- manage their feelings.

It may also take children and young people who've experienced trauma a long time to calm down after having a stress response.

Long-term, trauma can affect children and young people in lots of different ways that aren't always obvious.

Sometimes things like sights, sounds, smells and movements that remind children and young people of trauma can trigger stress responses again, even if the actual event happened a long time ago. Repeated trauma reactions can be embedded in the brain architecture, meaning that traumatised children and young people are more likely to experience frequent stress responses, even when there's no threat or danger.

It can be difficult for others, such as educators, to understand what's upsetting to a child or young person when they don't know what the trigger is.

Often, a child or young person doesn't understand what made them react in such a way as the response is an instinctual and involuntary response (like fight, flight or freeze) and isn't within their conscious control. Adults can help children and young people understand and manage their feelings if they work with them over time to try and understand what situations, interactions or stimulus seems to set these responses off.

For example, a child or young person might often get very distressed when alarms go off or if they feel cornered.

- Children can be impacted by trauma at any age
- There's an incorrect, but widespread, belief that young children aren't affected by trauma and don't notice or remember traumatic events.
- This means that when children are traumatised, their feelings may not be acknowledged, as adults assume they're not impacted. Adults may also be reluctant to discuss traumatic events for fear of upsetting children. However, children rely on the support of adults help to make sense of and heal from traumatic events. Learn more about [brain development](#) in children and young people.

Events in a young child's life, particularly the first few years, influence:

- the immune system
- how they express and manage their feelings
- behaviour and stress
- the formation of relationships
- communication skills
- intelligence
- functions like body temperature and hormone production.
- Understanding the possible impact trauma may have on children and young people helps make sense of their behaviours and emotions. It enables you to make links between previous events in their lives, as well as promote positive mental health and wellbeing.