

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER

ISSUE: September 2022



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

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WELCOME TO TERM 4 😊

Welcome to another term, we are very excited to announce that we have a new assistant Program Manager Huon Soul join our wonderful team. Huon will be sharing the role with Amby, who is our second Assistant Program Manager. He was inspired by his personal experiences at OOSH growing up and he entered the industry wanting to give back. Huon has been working in OOSH for the last 2 and a half years and been involved in community youth organizations like Abbotsford Sea Scouts and Abbotsford sailing club. He currently has his Queen Scout Award and is currently working towards completing his Industrial Design degree at UNSW.

Summer 2023 Vacation Care:

We are currently planning our Summer holiday program for December/ January and will be releasing the details soon. We will be running a vacation care program from the 19th of December to 23rd of December and then from 3rd of January to the 30th of January. We are running 2 additional days, 15th and 16th December, for the St Marks School children as these are pupil free days for them. BSC and ASC will still be running our normal for the Drummoyne school children on those days. Just a reminder that our service will be closed from the 23rd December to the 2nd of January.

NEW KINDY ENROLMENTS 2023: Transitioning to Outside School Hours Care (OSHC)

Children enrolled into kindergarten for 2023 are eligible to attend the summer vacation care program. It is a great way for them to make friends and become familiar with the environment in a fun setting, they will get to know the OSHC team also get over any anxiety they may have around big school.

Rekha on annual leave : I will be on annual leave from the 15th of November to 3rd of January. Amby and Huon will be managing the service in my absence. Wishing you all a very happy New year and Merry Christmas in advance and thanks for all your support over the year.

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.

Our current team now consists of:

PERMANENT EDUCATORS

Rekha Moda

Program Manager

Amby Davies

Assistant Program Manager

Huon Saul

Assistant Program Manager

Thinh

Educator

Neelam

Educator

Stephanie

Educator

CASUAL EDUCATORS

Jason, Katalina, Sam, Rosetta and Robert, Claudia

This month's featured educator



Amby Davies

Cultural Background: Australian, Welsh

Qualifications: Diploma in Children's Services (superseded by Early Childhood Education & Care) Certificate III in Children's Services First Aid, CPR, Anaphylaxis & Asthma Certificates

Hobbies: Spending time with my fiancé, and our 2 cats 'Bandit' and 'Tippy'. Gardening, watching movies, camping, playing board games, travelling

What is your favourite part of working at GOWRIE OOSH? It is an opportunity to work with a great group of people who share my passion for working with children and [are committed to] love being able to help them learn about themselves and the world around them.

What is your philosophy in working with children? I find this enormously rewarding. It is a privilege to be able to contribute to children's personal growth by developing fun and educational programs which include engaging and exciting activities.

PROGRAM HIGHLIGHTS



SPRINGING IN SEPTEMBER!

Celebrating our exceeding rating with an end of term party!

On Friday, 23rd of September – the last day of term!! – we hosted a party for the children and families to celebrate our exceeding results. The main event was the jumping castle! It created a high level of excitement and thrills of delight from the children.. We also played party games including 'Piñata', which was made in the shape of a giant avocado by the Year 5 children, Amber, Marie, Lara, and Lola, and the children took turns trying to hit it while blindfolded. We also made party hats on the art and craft table and provided party food all afternoon for the children and their families to enjoy. It was an awesome way to end the term!

SPRING HOLIDAY PROGRAM HIGHLIGHTS

We had a very successful Spring holiday program, packed with a variety of fun and exciting activities, incursions and excursions for the children to enjoy which included excursions to Wizzy World; Holey Moley; the Movies; and a trip to a city farm. We also had some fantastic activities at the centre, such as rolling around in a giant bubble; learning how to make a lamp out of wood; a Carnival Day; and a jumping castle for 3 days! Wizzy World, being an indoor play centre, had a large climbing/play structure with giant slides, an indoor soccer field and a jumping castle.! On our excursion to Holey Moley, each golf course had a different theme, such as a 'kitchen', a 'bedroom', and even a room with a giant cupcake, which some of the younger children, wanted... and tried... to eat! For the 'Rooms' experience, the children were in groups, having to work together to solve puzzles and work through the challenges in the provided time to be able to move to the next room/challenge At the City Farm, the children went exploring all the animals, feeding and petting them! some children engaged in milking cows feeding sheep, and camels. Also, they watched were 3 shows: exploring whips, cattle dogs and sheep shearing. The icing on the cake was a tractor ride around the back paddocks of the farm!

The highlight of our vacation care was our Carnival Day: where we had all activities completely led and planned by senior children Face painting, hair colour, minute to win it games, passing the parcel, treasure hunt and the obstacle course, with gold medals being awarded to the winners.

For our Afterschool care we have been doing gardening, science club, cooking, mindfulness and lots of free play. The latest craze has been gymnastics. Some children have been doing gymnastics daily on the gymnastic red mat. Children decide to run their own gym classes and teach the other children how to do gym moves, which then lead to creating their own obstacle courses. The cooking activities are led by some senior children who look up a recipe online, gather the ingredients and then measure, mix, cook and share the cooked food with the other younger children. The other leadership roles that senior children have taken up are unpacking groceries, helping educators on the sign out desk, ensuring gates around the school are locked by 3.30pm. WELL DONE MAX, AMBER, LARA, ISABELLE AND ELLA.



Reminders and notices

Medical information

If your child suffers from asthma or anaphylaxis under our policy we are required to have an updated ASTHMA action plan and a ANAPHYLAXIS action plan updated every 12 months. We ask that if you have not given our centre an updated action plan to do so promptly

ADDITIONAL EMERGENCY CONTACTS

Any person collecting children from Gowrie OSHC needs to be recorded as an authorised collector/emergency contact on the child's enrolment. Please log into StoryPark Manage: Parent Portal to add an additional emergency contact, providing details of the person's, full name, phone number, relationship to child/ren, home address. This will set them up in the Electronic Sign In/out system and allow them to set up their own individual pin and the phone number. Upon the first collection, the emergency contact will be required to show their ID for security purposes. Parents are kindly asked to send a text or email the centre if an additional emergency contact will be collecting their child that afternoon, so staff know who to expect.

Re enrolment for 2023

Please make sure you have confirmed your days for next year. They do roll over, but if you are not needing your child to attend any days, please let us know as soon as possible. We have a long waitlist of parents desperate for after school care, so we would really appreciate it if you could give up a spot no longer required.

We would like to take this opportunity to wish all the best for the future to the children starting High School next year and their parents. If this includes your child please make sure you cancel their permanent bookings ASAP prior to school term starting.

VACATION CARE INFORMATION:

- Breakfast is served between 7.30 – 8.15am. If your child arrives after these times, please ensure they eat before they arrive.
- Afternoon tea is provided at the service.
- Please pack a hat, morning tea, lunch, and a refillable water bottle. To ensure food does not spoil, please place cool packs in their lunchboxes.
- Please do NOT pack food with NUTS as we are a nut free zone.
- Children will need to wear sensible, closed in, walking shoes, a top that covers their shoulders and bring a hat, sunscreen, raincoat (on wet days) and a suitable backpack.
- MEDICATION – a Medication form must be completed. The medication container must have the child's name clearly labelled on it and handed to staff on the day.
- EPI PENS and Ventolin need to be handed to staff on the day.
- Children often participate in messy activities so please do not wear their best outfits. Please pack swimmers, towel, and a change of clothes for all days in summer as we may have spontaneous water play.
- Children are NOT permitted to bring mobile phones or other electrical devices. In-expensive toys are permitted; however, Gowrie NSW OSHC will take no responsibility for these items.
- Children are allowed to bring their bikes and scooters to vacation care. Helmets are essential. Roller skates or rollerblades are NOT allowed.

SUSTAINIBILTY CORNER



As part of our sustainability initiative, we work as a team to reduce waste. We have an embedded garden program, compost bins, compost our food scraps, and recycled craft activities and we also collect bread tags for [Bread Tags for Wheelchairs](#). We have a recycled materials area for play and leisure – where the children use materials such as boxes to create tracks and box forts in creative play. Additionally, we also propagate plants and pot the seedlings received from Woolworth for children to take home and into our garden. Families have very generously donated plants from home and children enjoyed adding these plants to our garden beds.

We collect our coffee grounds from the coffee shop across the road and add to our compost to create some healthy soil. We use our garden produce for afternoon tea e.g. spinach from the garden is used to make spinach and ricotta triangles. Tomatoes and carrots in our salads, mint is added to our water and we also made some mint tea. Engaging in these activities children become socially responsible and show respect for the environment. We have the same cohort of children weeding, watering and tending to the garden each week with lots of passion and dedication. It is great to see that we can nurture their love towards nature. The other day we heard Felix say that “he had the best garden lesson ever” He now wants to be a garden leader and organize garden activities!! They have been working together as a team and doing a great job

During Vacation Care, we were fortunate to have Bunnings visit our centre and they brought in a beautiful selection of flowering seedlings and colourful pots. Bunnings Ashfield have generously donated lots of plants, seedlings, mulch, gardening tools and bags of soil for our garden. The children were asked to choose a plant and a pot, then they were shown how to repot their new plant. This sparked a real interest in the children, especially those who were gardening for the first time. Bunnings activity coordinator also spent time with the children in our garden, teaching them about caring for plants etc.

During the term, as part of our art and craft programmed activities, the children painted rocks in bright colours which we used to decorate our garden. Some of these rocks had words of gratitude written by children that were then placed in our little peace garden.

Children loved using recycled boxes for craft activities like marble run, haunted house, insect house, cardboard castles and egg cartons were used to make spiders, bumble bees and caterpillars.

DONATIONS: We are always looking for donations from the local community and families to help us with our sustainability initiative. If you have any plants, seedlings, cardboard boxes, egg cartons, knitting wool, old clothes, toys, dolls, games, sports equipment, loose parts etc, to donate please bring it in to us. We also have a day in the upcoming vacation care where children will pull apart old electronic items and reassemble these thus any old electronic items you may have to give will also be most welcomed.

KIDS IN THE KITCHEN

Mexican Chocolate Walnut-Cherry Biscotti



PREP 30 min | COOK 50 min | MAKES 2½ dozen

INGREDIENTS

- 2¾ cups plain flour
- 2 cups sugar
- 1 cup cocoa
- 1½ teaspoons baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon cayenne pepper
- 6 large eggs (room temperature)
- 2 teaspoons vanilla extract
- 1 ½ cups of walnuts, toasted
- 1 cup chocolate chips
- 1 cup maraschino cherries, drained and halved

METHOD:

Preheat oven to 180°C (350°F). Whisk the first 6 ingredients. In another bowl, whisk 5 eggs and vanilla, stir into dry ingredients. Stir in walnuts, chocolate chips and cherries. Transfer to a lightly floured surface, knead until dough forms

Divide dough into 3 portions. Shape each one into an 8x3 inch rectangle on backing paper. Beat remaining egg, brush over tops. Bake until firm to the touch, 30-35 mins. Cool pans on wire racks until firm, 10-15 mins.

Reduce oven to 300 degrees. Cut baked rectangles into slices and place on baking paper, cut side down. Bake until crisp, 10-12 mins on each side. Store in an air- tight container.

Enjoy!

Recipe and Image from 'Taste from Home'

[Mexican Chocolate Walnut-Cherry Biscotti Recipe: How to Make It \(tasteofhome.com\)](https://tasteofhome.com/recipe/mexican-chocolate-walnut-cherry-biscotti)

CHILDREN'S VOICES

I think the menu
is good at Gowrie
- Harper

Deniz - I like
playing with
my friends at
Gowrie

Amelia D – I
enjoy the
outdoor
activities at
Gowrie

Alicia M –
I think everything
at Gowrie makes
me happy

Isabel R – the
educators really
take care of us
at Gowrie

I think Gowrie is
awesome –
Piper M

I like it at
Gowrie –
Evelyn J

I think Gowrie is doing
well at keeping the
kindies happy - Amber

I like to dance and do
gardening at Gowrie
– Anastasia

I think Gowrie is
doing everything
well - Oliver P

I think Gowrie is
doing well at
keeping me alive -
Irelen

FOCUS: Five areas of social and emotional learning

SEL involves developing the ability to understand and manage our emotions, establish positive relationships, develop empathy for others, set and achieve goals and feel good about ourselves.

Be You's approach to SEL is based on the model developed by the [Collaborative for Academic, Social and Emotional Learning](#) (CASEL), an internationally recognised organisation in this area of research.

The model defines five social and emotional skill areas essential for the development of good mental health. Each of these skill areas includes a number of specific elements. Intentional teaching of the competencies is also crucial to implementing effective SEL, as are opportunities for children and young people to practise and generalise them.

Teaching SEL works best when the focus is on helping children and young people learn skills from each domain so that they gradually and progressively build their skills and knowledge throughout early learning and school. It's an ongoing process across all year levels.



Self-awareness

This is the ability to recognise and understand your own emotions, thoughts and values, and understand how they affect your behaviour. It's about understanding and assessing your personal strengths and understanding that abilities and intelligence can be developed and improved. The main skills include:

- identifying emotions
- self-perception
- understanding strengths
- self-confidence
- self-efficacy.

Self-management

This is the ability to manage and [regulate your emotions](#) and behaviour, including managing stress, controlling impulses and keeping yourself motivated. The main skills include:

- impulse control
- stress management
- self-discipline
- self-motivation
- goal-setting
- organisational skills.

Social awareness

This is the ability to understand and empathise with people from a range of diverse backgrounds, and to understand social and ethical norms of behaviour. The main skills include:

- perspective-taking
- empathy
- appreciating diversity
- respect for others.

Relationship skills

These involve the ability to develop and maintain healthy and positive relationships with others. They include the ability to communicate clearly, listen, cooperate, resist peer pressure and negotiate conflict. The main skills include:

- communication
- social engagement
- relationship building
- teamwork.

Responsible decision-making

This is the ability to make informed and responsible decisions about personal behaviour and social interactions with others, based on adherence to ethical standards, safety concerns and social norms. The main skills include:

- identifying problems
- analysing situations
- solving problems
- self-evaluation
- self-reflection
- ethical responsibility.