

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER

ISSUE: February 2023



WELCOME TO 2023!

WELCOME FAMILIES!

On behalf of the team at Gowrie Drummoyne, we are happy to welcome all new and existing families back to OOSH for the 2023 school year! We are looking forward to working alongside the families to ensure that our children can have fun, learn and explore themselves further through activities, interactions and play! At Gowrie we recognize that to be successful in school, our children need support from both home and school. We know a strong relationship with the parents will make a significant difference in your child's learning. We want to help support your children's development and want you to know that we will do our very best to carry out our responsibilities.

Kindergarten Program:

It's that time of year again where we welcome and facilitate the new kindergartens entering our service. As mentioned we welcome all families and had the opportunity to meet you all through the morning tea breakfasts at the start of February and the afternoon pickups. At Gowrie we are providing a separate Kindergarten focused program and utilizing our newly acquired demountable as a Kindy room. This has allowed us to provide a kindergarten space which is used for quiet time, activities and free play. This is integral to our service as we slowly start to engage the children with the rest of Gowrie OOSH, making the transition as smooth as possible. That being said, we are so excited to have almost 20 Kindergartens every afternoon and look forward to continue to build our relationships with the children and the families.

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.

PROGRAM HIGHLIGHTS

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

Kimberly

Educator

CASUAL EDUCATORS

Jason, Katalina, Sam, Rosetta, Robert, James, Caitlin and Claudia



SUMMER SUMMERY

Vacation Care:

Vacation care over 2022/23 was a blast and a huge success this year! Summer vacation care is very important to us in providing a fun holiday experience for all Gowrie children in one of the best times of year. We had an amazing program stretching from waterslides, Movie days, Go Karting, Obstacle courses, Bowling, Arcades, Laser Tag, Woodwork, Virtual Reality and so much more, which catered to the interests of all children and encouraged others to explore new activities alongside their friends. This Vacation Care was bigger and better, we have no plan to stop improving our Vacation Care program with the next one for T1/2 already in the making to be sent out to parents later this term. We look forward to seeing you all at the next Vacation Care program.

Catering to all ages at Gowrie: SENIOR's and JUNIOR's

This year at Gowrie we are working on providing a program that caters to specific age groups, providing activities that are of interest and suggested by the children.

For the 5's and 6's we will be running weekly trips and excursions to local areas around Drummoyne which have been suggested and planned alongside the seniors. Permission forms will be provided to seniors to take home and get signed. For the year 1's to 4's we are running our cooking club, science club (which has been further improved after some experimentation on Vacation Care), Gardening club and Woodwork club which has been introduced due to the success of our own woodworking classes on Vacation Care. Simultaneously we are in the process of securing and revamping the larger demountable for the children.

This month's featured educator

Huon Saul



Cultural Background: Japanese/Australian

Qualifications: Currently studying Industrial Design UNSW

Hobbies: Sailing, Motorbikes, Cars, Racing

What is your favourite part of working at GOWRIE OOSH ?

It has to be the interactions with the children and getting to know them better through conversations and activities, with over 150 children here each day there is plenty to do!

What is your philosophy in working with children?

For Children to be able to have fun and be able to explore new areas that they are interested in. Children should try new things and push themselves a little to be able to find themselves.

GOWRIE OSHC IS FUN!!



REMINDERS AND NOTICES

Extra Circular Activities

Just a reminder to families that we have permission forms that will need to be signed for your children to attend an excursion or go onto South St.

Medical information

If your child suffers from asthma or anaphylaxis under our policy we are required to have an updated ASTHMA action plan and an 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.

KINDERGARTEN FAQ's

Q: Where do I drop-off and pick-up my child? A: We are at St Mark's on Mondays & Fridays, and Drummoyne on Tuesday to Thursday for Before and After School Care.

Q: When can I drop-off/pick-up my child? A: Before school care drop-off is anytime between 7.00am-9.00am and afterschool care pick-up is anytime between 3.30pm-6.00pm.

Q: Does Gowrie OSHC provide breakfast/afternoon tea? A: Yes, breakfast and afternoon tea are provided. Our breakfast and afternoon tea menu can be viewed on Storypark.

Q: What is the transition like? A: Kindy children are picked up by educators from their classrooms at St Mark's Catholic Primary School and Drummoyne Public School.

Q: Do I need to notify Gowrie OSHC if I pick-up my child from school or if my child is absent? A: Yes, parents need to notify Gowrie OSHC staff via SMS on 0436616744 or email OSHC.drummoyne@gowriensw.com.au when children are picked-up from school or are absent.

Q: Is there a separate area and program for kindergartens? A: Yes, we have a separate program, which can be viewed on Storypark, and a dedicated area for Kindy children with an allocated staff member.

Q: Do I need to notify Gowrie OSHC of any allergies and medical conditions? A: Yes, Gowrie OSHC requires children with medical conditions to have an updated Action Plan and medication on-site prior to attending the service.

CLUBS OF OOSH



WOODWORKING CLUB:

After the success of the Woodworking day during Spring and Summer Vacation Care , we have now implemented a Woodworking Club into our program during the school terms and utilizing the new tools, materials and experience gained from running woodwork on a vacation car programs. So far this term we have run 2 woodworking clubs with have been a huge success with children being able to learn physically construction techniques and appreciate how objects around us are made.

Woodwork is a wonderful way for children to express their art and creative design capabilities, it also has the benefit of encompassing many other areas of learning and development. Mathematical thinking is developed, scientific knowledge is gained, technological understanding is developed through working with tools, and children become engineers as they construct. Woodwork is exceptional for developing children's creative and critical thinking skills as children tinker and experiment with the possibilities of wood and tools and then go on to express ideas and resolve their work.

SUSTAINABILITY CORNER:

The sustainability corner has continued to grow over the last few months, managing to survive the extreme hot weather we have had thrown at us. The garden has further developed and has had plants continuously added to it which include flowers and vegetables as well as the garden beds being repaired, cleaned up and brough back from their former state of disrepair. New soil and mulch has also been added by the children which has helped to ensure our garden prospers and can survive the types of weather thrown at it. Bunnings has continued to help with our garden maintenance and has continued to support us in donating plants and helping the children in teaching them how to plant and grow them.

SCIENCE CLUB:

We have been taking the science club to new heights this year, experimenting with new ways and new experiments to keep the children engaged and still wanting more! Over the holidays we had a science day which consisted mainly of exploding coke and Elephant Toothpaste, This was hugely popular and received great feedback from the children and families on how much they enjoyed the activities planned.

KIDS IN THE KITCHEN

BABY FRITTATAS



PREP 15 min | COOK 15 min | Serves 12

INGREDIENTS

1 tablespoon of olive oil

1 small carrot, grated

1 small zucchini, grated

1 cup of pumpkin, cut into small cubes,
roasted

4 eggs

1 cup of child's usual milk

½ cup of grated cheese

METHOD

STEP 1: Heat oil over medium heat and sauté carrots, zucchini and pumpkin.

STEP 2: Beat eggs with milk.

STEP 3: Add vegetables and pour the mixture into muffin tin holes.

STEP 4: Sprinkle with cheese and bake at 160°C for 10-15 minutes or until egg is set. Enjoy!

Recipe and Image from 'Bellamy's Organic'

<https://bellamysorganic.com.au/blog/susie-burrells-baby-frittatas/>

CHILDREN'S VOICES

Favourite
Things at
Gowrie!

Nieva
"Yoghurt
Cups"

Charlie
"Science
Club, Pizza
and
chatting"

Evie "Art,
Lego,
Home
corner and
Cooking"

Thomas
"Playing
with my
friends!"

Olive &
Issie
"Reading
and books"

Hal
"Woodwork
Club!"

Amelie
"Art and
Craft!"

Building confidence in children

Confident children are motivated to engage in more experiences, more able to build positive relationships, and become happier, successful adults.

How does confidence develop?

Babies are born curious

They want to touch, see, hear and taste everything within their reach. Toddlers and preschoolers demonstrate their need to understand the world around them world by asking many 'why' questions. From their repeated experiences of seeing their actions affect their world and the people in it, young children begin to see themselves as capable and having control. This helps them to feel good about themselves and builds their self-confidence.

When they begin school, children typically start out with high expectations.

But when they see how they do things compared to others, their view of their own abilities often changes. They learn that they're good at some things and not so good at others. They also see how other children and educators respond to what they do. These things influence their confidence in their abilities, and how willing they are to have a go in situations where they feel unsure.

References Beaty, J. (2014). Observing development of the young child (8th edn). New Jersey: Pearson Education.

Mann, M., Hosman, C., Schaalma, H., & De Vries, N. (2004). Self-esteem in a broad-spectrum approach for mental health promotion. Health Education Research, 19(4), 357-372.

Ricci, M., & Lee, M. (2016). Mindsets for parents: Strategies to encourage growth mindsets in kids. Texas: Prufrock Press.

What can educators do to help?

Your response

The way adults respond to children as they explore their place in the world is their template for solving many challenging and difficult problems later. When significant adults nurture the natural curiosity of young children, and demonstrate patience and interest, it helps strengthen their sense of self. In primary school, children who are suddenly less sure of themselves may need extra support and encouragement to build a functional sense of confidence they can take with them into adolescence.

Building children's confidence helps them to try new things.

It allows them to develop social and emotional learning skills and tackle new tasks – even when they might be daunting or completely new. There are many ways that you can support children developing confidence and sense of self.

External links

[Raising Children Network – About self-esteem: children 1-8 years / Praise, encouragement and rewards / Confidence in teenagers](#)

[ReachOut – How to build self-confidence](#)