

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER

ISSUE: March 2023



AUTUMN BEGINS!

As we made our way through the term, our educators worked collaboratively with children and families to develop new program ideas and activities to include in our daily program.. As part of this we have developed new routines and spaces for the children to utilize throughout each afternoon, allowing for new experiences. With our endeavor to continuously improve our services based on learning , reflective practices and feedback we would love hearing from our community and appreciate any kind of feedback, comments on the service or suggestions on our service. There are a few different ways for parents and families to do this. We have a suggestions book, a suggestion box that is on our sign in desk, our Story park app, emails and phone calls, and verbal communication.

Thank you to all the families in our service for the great feedback we receive, and we look to continue to improve our service delivery based on it.

VACATION CARE PROGRAM

We run the School Holiday program from 7am to 6pm Monday to Friday (except weekends and Public Holidays) from Drummoyne Public School. The program includes breakfast and afternoon tea for children attending on the day. We have some amazing excursions and activities planned these holidays that are based on children's suggestions

Our Vaction Care Program flyer has now been uploaded on our website: www.gowriensw.com.au. To book into the program please log into our website and fill in the vacation care booking form.

If your child will be attending the incursions and excursions on the day, there is a separate permission form and waiver form that needs to be signed. For children attending the rock climbing and flip out excursion there is also a waiver form that needs to signed prior to the excursion. PLEASE book early to avoid disappointment as we will not be accepting walk in bookings.

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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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 our have questions, comments or concerns, please feel free to contact the centre via email, in person or phone.

COMMUNITY ENGAGEMENT

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

Katalina

Educator

CASUAL EDUCATORS

Jason, Sam, Rosetta, Robert, and
Claudia, Gabriella, Olivia, Quill



Local walking Excursions for years 5 and 6

This term we have been working with our local community and discovering how we can get more involved in the local community that surrounds us. This term whilst we have been running senior excursions for the 5's and 6's we have partnered up with some of the local cafes around the school and have supported them during our senior excursions and taking their waste coffee grounds to use for our compost area's.

Kindy Demountable: Kindy program

The use of the newly acquired demountable has been a great addition to our service, this has allowed us to create a space and program to help the Kindy's of 2023 settle into our service. Thank you to the Mr. Dill(Drummoyne Principal) for providing us the exclusive use of this space and to Ms. Gabby(Kindy class teacher) for suggesting this. Now that the Kindy's have grown confident at school and at Gowrie OSHC we will look to adapt the space into a quiet room for activities, homework and relaxation. A good differentiation to our hall and outdoor spaces.

Donations for our sustainability club :

A big thank you to our families for the abundance of recycled items donated. This has allowed the children to participate in sustainable activities with great ease. In week 5 the children used recycled bottles to create adorable plant holders. The objectives of this activity were for children to continue with the lesson of reusing recycled materials and to teach children the importance of caring for the natural environment that surrounds them.

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., we'd appreciate you donating them to us.

Homework club:

Based on families suggestions and children's need for internet access to facilitate their online homework, we have now provided children an exclusive "homework" Wi-Fi. If your child's homework is not online we ask that your child's homework & readers are sent in their school bag son the days they attend. Please understand we are only able to strongly encourage this.

This month's featured educator



Gabriella Skontos

Cultural Background: Greek

Qualifications: Currently studying Bachelor of Psychology and Bachelor of Business Administration

Hobbies: Soccer, Drawing, Painting, Discovering new dessert places

What is your favourite part of working at GOWRIE OOSH ? Helping the children work with each other and learning new things.

What is your philosophy in working with children? I believe each child should exit their comfort zone and try new things. However, without feeling forced to do things, rather providing them with a choice.



REMINDERS AND NOTICES

PRIVACY, CONFIDENTIALITY AND HANDLING OF COMPLAINTS

Please remember that parents/carers are not permitted to approach other children whilst at the Gowrie OSHC. Any concerns, including behaviour, should be raised directly with the Program Manager or the team allowing any issues to be dealt with in line with the appropriate guidelines. To raise concerns or provide feedback, please discuss with the Responsible Person on Duty (RPD) at the service.

Please Note: Any action taken by parents that compromise the safety and privacy of the children in care at the center could be deemed a breach in Child Protection Regulations and may be reported to the appropriate authorities.

LATE FEE'S and NON-NOTIFIED ABSENCES

At Gowrie OSHC there will be a late fee and non-notification fee charged to parents.

The late fee of \$30 will apply to all families who pick up their children past 6:00pm.

\$5 Non-Notification fee will be charged to families who do not notify us of their child's absence. This is a serious safety concern for children as we are needed to follow up and locate children who have not arrived without notification.

LOST PROPERTY

Just a reminder to families that we have lost property built up from the term and previous vacation care. We sort out the lost property to their respective schools so please take a look.

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. Inexpensive 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.

PROGRAM HIGHLIGHTS



MINDFULNESS AND GARDEN CLUB - By Rosetta on Wednesday

Mindfulness can be a useful tool for decreasing anxiety and promoting happiness. Mindfulness is a simple technique that emphasises paying attention to the present moment in an accepting, nonjudgmental manner. It has emerged as a popular mainstream practice in recent decades, being taught to executives at corporations, athletes in the locker room, and increasingly, to children both at home and in school. Here at Gowrie over the last month our educator Rosetta, who has been instrumental in our mindfulness and gardening programs having combined the 2 activities together. She has been doing a fantastic job of teaching the children about themselves whilst further working on and learning about our garden and the nature that surrounds us. Children have planted seedlings,

WOODWORK CLUB - By Huon on Thursday

Woodwork is a fantastic way for children to express their creativity and imagination. It is not just about setting projects whereby all the children create the same object. The secret to children remaining really engaged in woodwork is that they are following their own interests and solving their own problems to create their work. On that we have catered woodwork at Gowrie OSHC on Thursdays to suit everyone's creative needs, this includes a multi week process of building our wood working project decorating and finishing them properly, so they are ready to take home! To finish off this term we are working on making Jewelry hangers and finishing off our picture frames that we started earlier this term.

SCIENCE CLUB - By Thinh on Tuesday

Thinh has further been escalating his science clubs with some really exciting activities, the last month alone they have created and participated in making ice cream, creating crystals which grow over the course of the week, making and taking part in flying, burning tea bags as well. Not only being able to do and take part in these activities but learning why and how these things happen which is a very important part of STEM learning in children

COOKING CLUB - By Neelam

We run two cooking clubs during the week. One on Mondays for junior children and one on Wednesdays by Senior children. Children take ownership of our cooking club by deciding/ suggesting the recipe, gathering the ingredients and cooking under supervision. This food is then part of their second afternoon tea.

Children have made cookies, milo balls, decorated biscuits with icing, baked cakes etc. Cooking encourages children's thinking, problem-solving, and creativity. It also allows children the opportunity to use the knowledge they have and apply it by counting, measuring, following a sequence, following directions, and cause and effect.

Next term we will be doing lots of cultural cooking and would love it if you could share a traditional family dish!

KIDS IN THE KITCHEN

Pizza Scrolls



Ingredients:

- Puff pastry
- Shredded cheese
- Pizza sauce
- Toppings of your choice: pineapple, ham, salami, capsicum, mushrooms etc

Method:

1. Preheat oven to 180° and prepare a baking tray with baking paper.
2. Defrost puff pastry sheets and lay out flat evenly spaced.
3. Spread pizza sauce over entire puff pastry sheet leaving a 3cm gap on 1 side.
4. Sprinkle shredded cheese and other sliced toppings across each sheet and roll sheets towards the blank edge, using that edge to seal the scrolls
5. Lay the long scroll on a chopping board and chop into 3 cm scrolls. Place onto baking tray, evenly and on the sides so pastry cooks through.
6. Cook for 15-20 mins or until golden brown. Serve warm and enjoy

CHILDREN'S VOICES

I love the
drawing
competitions
- Amelie

Gowrie is
awesome!
- Phoenix
& Angus

I like the
Vacation
Care
activities -
Aodhan

Getting to go
on
excursions -
Ella

I like the
home
corner -
Eleanor

You get to
make more
friends at
Gowrie -
Alexia

I love playing
soccer in the
mornings -
Isaac

I want to
make
more
cupcakes!
- Layla



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.