

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER



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

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WINTER VACATION CARE

Our Winter Vacation Care will be during the June-July holiday period(4th July to 18th July).

We are also running two additional days, 30th of June and 1st of July, for St Marks school children as their school holidays begin on the 30th of June. On these two days, we will be operating from our St Marks site . The Before School Care and Afterschool Care sessions that are normally run at Drummoyne on a Thursday, will be held at the St Marks's hall to avoid too much transitioning between sites.

There are many fun, interactive days with planned excursions :Archie Bros Arcade, Ultimate Play Centre , Our Big Kitchen and Stardust Circus . The excursions are limited to **60 children only**. We have completed a risk assessment for all activities which can be shared upon request. The children going on excursions will be wearing red vests with our service phone number on it for easy identification. The ratio will be **8 children to 1 educator**. We will be travelling on Telford buses with the departure time for all excursions being 9.45am, except the one to the Ultimate Family Entertainment Centre where we will leave at 11am. We will be back from all excursions **by 3pm**. If you are booking for excursions, please do remember to sign the Excursion Permission Form as we **will not** be able to take any child out of the service without authorization.

Assessment and Rating at St Marks OSHC and Spot check at Drummoyne Gowrie OSHC

This month we have been very busy with a Spot check and an Assessment and Rating visit from the Early childhood and Care Directorate. We are very excited to share the news that we performed very well in both these compliance visits. We will share our final results of our assessment and rating visit once we receive them.

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

Thin
Educator

Caitlin
Educator

Neelam
Educator

CASUAL EDUCATORS

Jason, Katalina, Lucy, James, Tamara,



FOCUS ON MINDFULNESS & MEDITATION

At Gowrie Drummoyne & ST Mark's the journey of connection is an evolving one. One never stops connecting aspects of our lived-in environments for children to find their place in it. We all find our own rewards in the process! New staff were welcomed with their expertise in specific areas like Yoga & Meditation (Rosetta) and Science (Thin). We are grateful to see the fusion of knowledge and strengthen our practice as educators.

Sustainable practice is about moving forward and keeping interactions alive. Whether children and/or educators leave or join us, whether covid-19 knocks the wind out of us, it's our commitment to keeping the momentum of innovation & inspiration "real & relevant" to the children at our service. Where we can link areas, children can connect concepts and move forward. It was a very positive next step having a new educator that could move us forward in linking Garden & Yoga activities. This was seen in our recent imaginative walk in the Drummoyne Forest. An opportunity to join (2) Educators and their activities into one harmonious session. All uniting & extending professional practice! Time & new resources allowed for this merge of areas, often not usually placed together. We now have stronger and meaningful links between the following:

- 1) **The Garden:** a place to grow calmness & peace, grow food, grow curiosity & discovery and keep the space child directed.
- 2) **Be You** (mental health program for children from Beyond Blue): Working with our Area consultant, Shona & staff working group to use mental health tools & strategies. Children & staff gain resilience & confidence to navigate all the lemons life can throw at us!
- 3) **Yoga & Meditation:** to give children a fun extension to regulate their emotions and strengthen mind & body for the individual child's pace.
- 4) **Looking through a First Nation's lens** - acknowledgement of country to grow the fostering respect and understanding throughout our programmed activities.

This month's featured educator



Rosetta Cappiello
Cultural Background: Italian

Languages spoken: English, Italian

Qualifications: Diploma in Children's Services, Certified Mindfulness for Children, Yoga For Children and Tao Hands Practitioner certified with the Tao Academy and currently studying Reiki II.

Hobbies: Walking, Creativity through Arts and Craft, Studying Tao Wisdom and Ancient Chinese Philosophy Healing and exploring the purpose of Life, Quantum Healing and practices, Meditation and connecting with Nature., Love for my family and my granddaughter.

GOWRIE OSHC IS FUN!!



Reminders and notices

Food at GOWRIE OSHC

Thank you to all those who completed our Menu survey. We are currently reviewing the menu so if you missed the survey and have any suggestions, please email them to OSHC. We have switched to our Winter Menu which is a balanced, healthy menu that has been designed for warmer conditions. If you would like to view the menu, please go to "Planning" in Storypark.

We serve breakfast, afternoon, and late afternoon tea. Please note we finish serving breakfast at 8:15am. Please let educators know if your child has arrived late and hasn't had the opportunity to eat breakfast at home. We will arrange breakfast for them.

KIOSK SIGN IN/OUT:

We will be moving back to families signing their children in and out from next term. We had temporarily stopped it due to COVID safety measures.

*Please do not let your child use the touch screen/your username and password or sign themselves in/out. This process is considered a legal transaction and in line with Regulations and policies must be completed by an authorised adult only. This information is a legal record required for CCS purposes. All parents need to ensure that you are using the correct login details to sign your child in and out of OSHC.

Mothers and fathers have different login details, and it is important that each parent is using their specific login details. For example, 1999D is the username for a father and 1999M is the username for a mother. An authorised nominee username is a 5-digit code starting with a 2. This is a legal requirement because in the event of an emergency, it is imperative that we have a record of which parent/caregiver has picked up or dropped off the child. If you have forgotten your login details, please do not hesitate to ask our friendly staff to email your login details to you.

Please do not give out your username and password if you need someone else to collect your child.

Health and Wellbeing:

As we move deeper into winter, it is crucial that your child/ren attend Gowrie OSHC with either a jumper or jacket. If they do not have one, their playtime outside will be restricted to ensure their health is not negatively impacted. Children displaying cold and flu-like symptoms are not to attend the centre. If your child/ren appears unwell, they may be denied attendance or be sent home. As always, please ensure that Gowrie is informed of any absences (via email or phone call) before the session begins. Failure to do so, may result in a Non-Notification Fee.

Please Note: Gowrie OSHC must be advised of absences separately to the school.

Lost Property

Our lost property box is placed near the sign in area. Please remember that we take it to the main lost property box next to the school office every Friday afternoon.

Re enrolment for 2023

We are accepting enrolment forms for 2023. To enrol into Gowrie OSHC for 2023 you can go onto our website www.gowriensw.com.au and fill in the expression of interest form. The enrolment team will contact families that have expressed interest to enrol in 2023.

Increase in approved licence spaces

We have received the approval for increasing our licenced spaces from 140 children to 165 children on Tuesdays, Wednesdays and Thursdays (the days we are at Drummoyne Public school). With these additional spaces we will prioritise children on our waitlist first and then open spaces for other families.

SUSTAINABILITY CORNER



Our Gowrie philosophy encapsulates many concepts in contemporary children's approaches to learning. For parents & careers we try to sprinkle philosophy into our Storypark stories through chosen "Tags" (summarized concepts in a palatable way). This term welcomed the addition of "Children's Environmental Kindship Guide" tags to continue exploring our learning. At the heart of Gowrie programming is the "Child at play" and, as educators, we look for the best way cater for the individual child's needs. Being available to stop and reflect is such a beneficial process in itself!

All this reflection/feedback created dialogue amongst staff and supported our Assessment & Rating at ST Mark's.

This is the 3rd year we have intentionally reflected & programmed how we learn "In" and "About" Nature within our urban environment. As we often remind the children, WE are part of Nature, just like the birds and the resident possum in the school tree. We all need CARING, and we ALL need to live together for 3 hours after school! How can we improve our interactions? Dare I say: starting with KINDNESS, we improve on our interactions!

This week I was reminded of an old saying I grew up with from our student teacher, Caitlin, who said to me... WHERE there is a WILL, there is a WAY!

CONGRATS to our team, past & present, for reaching a milestone and finding the WAY! When children ask me... "when are we going into the Garden Auntie Lucy".... we have found the will & the way driven by children. Term 2 added, "When are we doing Yoga Rosetta?"

That's when we know children are growing connections!

For those that were with us before 2022, site changes gave rise to trialing ideas of how spaces can be used to continue growing existing & new child connections. This term, at ST Mark's, we achieved new connections to Gardening without access to Garden beds. Auntie Lucy & the Garden Club were sad when we bid the garden beds goodbye last July! We saw innovation implemented! Many more ideas to maintain the children's engagement with our environment. Continuing "Stewardship" for environment, arms our children for tackling the future with optimism.

Sometimes simplicity guides us to TRY (more elbow grease helps) new things like :

- * A mobile Kitchen bench Caddy to compost our afternoon tea scraps and continue children's composting skills. The Caddy is then taken to our Drummoyne Garden for further composting. The more composting the less waste and the more enriched the soil becomes!

- * Growing Mushrooms in a box means it's small & mobile!! Mushrooms extend our scientific awareness of "living things"; what we choose to eat and all the imaginative stories we hold around mushrooms. As I write, the excitement of a Cook-up last Monday of term, is brewing! Children have discussed simple recipes for the harvested button mushrooms... plenty of garlic and butter ... some cream. Folks, that's what I will say for now....

KIDS IN THE KITCHEN



PIRATE MUESLI BARS

Ingredients

- 55 g extra virgin coconut oil
- 120 g rice malt syrup
- 2 tsp vanilla extract
- 1 pinch celtic sea salt
- 280 g mixed seeds
- 65 g desiccated coconut

Method

- Preheat the oven to 150C (130C fan-forced) and line an 18cm square cake tin with baking paper.
- Melt the coconut oil or butter in a medium saucepan over medium heat.
- Add the rice malt syrup, vanilla and salt, and stir until combined.
- Remove from the heat and stir in the seeds and coconut.
- Spoon the mixture into the prepared cake tin and press down firmly.
- Bake for 10 minutes, then cool on a wire rack. Chill in the fridge then cut into bars.

Notes

You can replace the coconut oil with 60g butter, if preferred.

FEEDBACK FROM CHILDREN

Antonia from kindy –" I love Gowrie because there are so many things to do like drawing, talent show and playing outside"

Olivia G (from kindy)– "I like the food at Gowrie and going outside "

Chanel from Kindy"-I like playing outside , art and craft , and gardening at Gowrie".

"Gowrie is fun ! I like all the food and activities that we have at Gowrie. I get to play with my friends and the staff are very kind"- Charlie

About children's health and nutrition

Learning about healthy lifestyles contributes to children's sense of wellbeing and builds their confidence in themselves. Adults can help children learn about healthy eating, hygiene and how to keep fit and active. As children become more independent, they can take greater responsibility for their own health, safety and wellbeing.

Healthy eating and physical activity

All young children need help to establish patterns of good eating and exercise for their present wellbeing and for a healthy life. Within this broad focus area, obesity and food allergies/intolerances can present particular problems, if not handled appropriately, and can have major impacts on many children and their families. A key part of learning about and adopting healthy lifestyles involves children seeing these modelled positively and enthusiastically by the important people in their lives.

There are guidelines provided by the government and other organisations to help parents make good choices about food and drink for children. Just as important as implementing good habits is that adults have conversations with children and provide opportunities for them to learn about eating nutritious foods and how that contributes to good health. Healthy eating habits begun in childhood can have a lasting effect. Every child also needs opportunities every day to be physically active and practice new physical skills, either indoors or outdoors.

Childhood obesity contributes significantly to the health and wellbeing of young children. A wealth of information about physical activity and healthy eating for young children is available through the [Get Up & Grow program](#) available in English and nine non-English languages. The resources include guidelines, information for families, recipes and posters. Some resources are specifically for Indigenous families and services.

Mental health

Experiences in the early years affect long-term mental health, relationships and learning. This knowledge forms the foundation of our work with educators. Be You Early Childhood is a national initiative focusing on children's mental health and wellbeing in early childhood education and care services (ECECs).

Asthma and asthma management

Asthma is a condition of the airways. People with asthma have sensitive airways in their lungs which react to triggers that set off their asthma. This makes it harder for them to breathe.

Having a young child with asthma can be frightening, and it's important to know as much as you can about the condition and how it affects your child. Asthma Australia offer some pages to help you be informed and assist you in supporting young children with asthma. It is essential that families and staff work together to achieve the best health and learning outcomes for children with asthma. Below is information tips provided by [Asthma Australia](#).

Make a time to talk with the teacher or Career about your child's asthma.

- Provide an up-to-date Asthma Plan from your child's doctor
- Talk about what is normal for your child and their usual triggers, symptoms and medication
- Talk to other key staff

Update the staff regularly

Update your child's Asthma Plan:

- At the start of each year
- When their asthma or treatment changes
- For school camps and excursions

Establish ways to communicate

Find out the best ways to communicate with educators and Carers, whether it is via email, text, phone or communication diaries.

Medication

- Provide your child's reliever medication and a spacer for use in an emergency
- Include a mask for children under 5 years
- Some children will use their reliever before physical activity
- Make sure medications and devices are clearly labelled with your child's name and date of birth and that the medication is valid user date (do not store in a plastic bag).

Ways to help your child

- Explain asthma to your child
- Help them identify their triggers and symptoms
- Help them with a routine for taking their asthma medication
- Regularly check that they are using their asthma medication device properly

A child cannot always communicate their need for assistance. Tell your child what to do if they have an asthma attack and you are not there.