



Peninsula Occasional Care – Newsletter- Term 3 2019

Welcome to Term 3

Our Program (NQF Area1)

National Reconciliation Week

As part of National Reconciliation Week the children decorated hand templates and planted them as a “Sea of Hands” in the Community Centre Garden. “We show respect. We share this land. We walk together hand in hand”

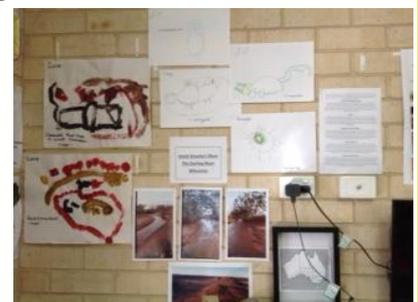
"The first Sea of Hands was held on the 12 October 1997, in front of Parliament House, Canberra. It was created as a powerful, physical representation of the Citizen’s Statement on Native Title - a petition circulated by ANTaR to mobilise non-Indigenous support for native title and reconciliation. The Sea of Hands has since become a symbol of the People’s Movement for Reconciliation. Today, the hands symbolise community support for RECONCILIATION, RIGHTS and RESPECT. Planting a sea of hands is an act of recognition – of identities, cultures and history"

Fundamental Movement Program

Over the past few months the children have been enjoying developing gross motor skills through our Fundamental Movement Program. This program is based on information and resources provided by Central Coast Health as part of their Munch and Move program. We have selected a different skill each month for the children to practice, so far we have learnt how to gallop, throw over-arm and kick a ball. We will continue this program for the remainder of the year with a new focus skill each month.

Uncle Smacka

We have continued to connect with our friend Michael Whyman (Uncle Smacka) from Wilcannia. We have been using videos and images sent to us by Uncle Smacka as provocations for learning. Over the past few months we have been looking at the Darling River in Wilcannia, creating our own river landscape with red dirt Lynne collected on her recent holiday. We have been learning about the animals that live in and around the river and comparing this desert/river environment to our coastal/ urban environment. We even learnt about Bunyips.



Weaving



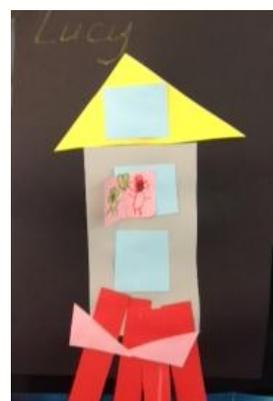
Lynne and Alison were lucky enough to be invited to an Aboriginal Art workshop at Umina Goodstart Child Care Centre where we learnt more about embedding Indigenous education into our program. Jess the workshop presenter introduced us to the Tjanpi Weavers of Central Australia and their amazing artworks created with native grasses, she also provided us with a huge bag of natural fibres. We introduced these artworks to the children and the children have been busy creating their own Tjanpi inspired woven sculptures.

Space

We recently showed the children footage of the first Moon landing as the world celebrated the 50th anniversary of this event. This created a lot of interest in space, rockets and the moon which we have been exploring through arts, games, activities and books. We will be extending this interest during Science week with this year's theme being "Destination Moon."

Appessment

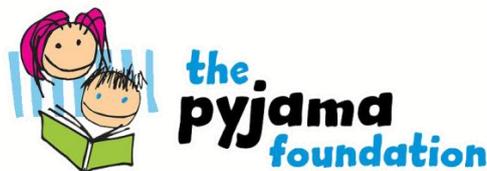
Some of our families have not yet accepted our invitation to join our Appessment program. Please speak to Lynne or Alison if you are not sure how to accept this invitation and they will guide you through this process. Accepting the invitation allows you to receive learning stories about your child's day. We encourage all families to "like" the documentation as they view so that we can see who is using the app. We also love to receive comments and would also encourage families to provide us with ideas to include in our program



Coming Events (NQF Area1, 2, 5 and 6)

Pyjama Week

Send your child to Pre School in their Pyjamas every day of the week 29th July- 2nd August. As we are raising awareness and funds for the Pyjama Foundation, we would be very grateful for any donations we could pass along to this wonderful organisation.



The Pyjama Foundation, provides children in foster care the opportunity to change the direction of their lives with learning, life skills and confidence. Through the Love of Learning program, volunteers called 'Pyjama Angels' are recruited, screened, trained and then matched with a child in care and spend time with them once a week, focusing on learning-based activities.

Dental Visit

On Wednesday 7th August our Centre will be visited by "The School Dentist" who will be conducting dental checks for our children. We have sent home information and a permission sheet for all Wednesday's families. If your child does not attend on Wednesday and you would like them to participate in this scheme extra forms will be available at the sign in table. We will then make a time during that day for your child to see the Dentist.



Move Like a Mariner

Move like a Mariner is a physical activity program developed by Central Coast Local Health District, Central Coast Mariners and Central Coast Early Childhood Services.

Children and Educators will be participating in intentional teaching of fundamental movement skills every day for 6 weeks beginning 6th August 2019. This will include playing games and activities which are fun and engaging.

Children who actively participate for 6 weeks will receive a certificate and gift from the Central Coast Mariners.

Our service will be entered into a draw to win a visit from the Central Coast Mariners at the end of the program. Wish us luck!



Pre School Photos

We will be visited by Sandpit Photographers during the week beginning 12th August 2018. The photographer will be at the Centre on Tuesday 13th August, Wednesday 14th August and Thursday 15th August. This company did a lovely job with last year's photos and we look forward to them visiting us again. If you require another payment envelop please see Lynne.

National Science Week

10th -18th August 2019 is National Science Week with this year's theme being "Destination Moon". We will continue to extend the children's interest in the Moon and Space throughout this week



Book Week

19th- 23rd August we will be celebrating Book Week. This year's theme is "Reading is My Secret Power". We are encouraging all our children to bring in their favourite book to share with their friends during Book Week. They are also very welcome to dress as their favourite characters throughout this week.

Child Protection Week

2nd -6th September is National Child Protection Week. NAPCAN invites all Australians to play their part to promote the safety and wellbeing of children and young people. "Protecting children is everyone's business." We will be focusing on body boundaries what the children can do if they feel unsafe.

National Superhero Week

2nd - 6th September is also Super Hero Week. The children are encouraged to dress as their favourite Super Hero throughout the week. We will be sharing information with families about Muscular Dystrophy Australia



Community Involvement (NQF Area 6)

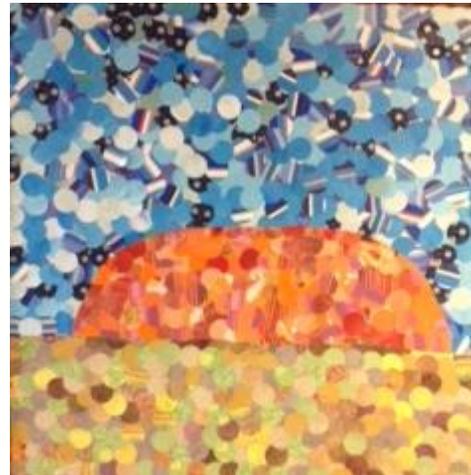
NAIDOC Week Family Day

Our NAIDOC Week Family Day was absolutely fabulous and a huge success. It began with Aunty Colleen Starkey a Mingaletta Elder conducting a beautiful Acknowledgement of Country. David Lorimer and his team then performed a Smoking Ceremony and encouraged all onlookers to participate in the ceremony and experience the cleansing properties of the smoke. Returning in doors our visitors were experienced an inspiring and engaging performance from the The Dungala dancers – Yorta Yorta Mob telling the story of the Willy Wagtail, with the children given the opportunity to join in with the dancing. This was followed by the amazing Ettalong Public School Indigenous dance students also performed with their Indigenous Educator Rheese speaking in his native language when introducing each dance before translating the stories behind the dance. Our visitors and special guests were then invited to partake in a Bush Tucker inspired feast. The children were able to participate in a variety of aboriginal inspired art and play experiences. They also had the opportunity to explore pretend bush tucker food.

In keeping with the NAIDOC Week theme “Voice Treaty Truth!” we displayed a timeline of Australian Aboriginal History and the visitors worked on a collaborative art piece featuring Uluru reflecting the importance of the “Uluru Statement from the Heart”.

This event involved many people from our local community including families, staff, children and volunteers from Coast Community Connections, children and Educators from Peninsula Child Care and Booker Bay Pre School, Ettalong Public Schools, The Men’s Shed Umina and Mingaletta. A great sense of community involvement and engagement was the highlight of this wonderful day.

Thank You to Kylie Cassidy for providing her beautiful artworks which we displayed on the day. Thanks also to the families who joined us on the day

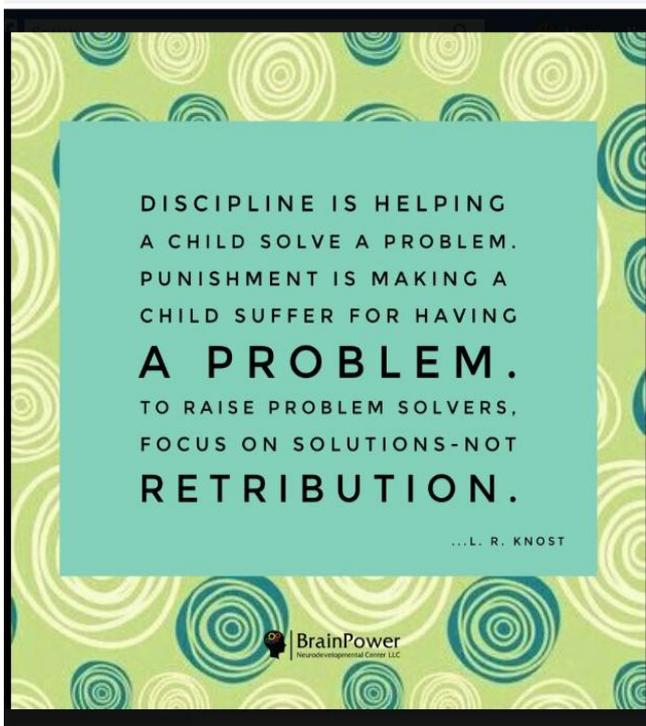


Mars Volunteer Day

On Friday 2nd August we were visited by a group of staff members from the Mars Food Australia- Masterfoods Factory at Berkeley Vale. Each year the factory closes down for a day and the employees are sent out in teams into the community to perform a variety of voluntary tasks. Our group of volunteers worked in our playground creating planter boxes along the fence and a new veggie garden. They also worked with the children making fruity pancakes for morning tea and chicken and salad wraps for lunch. It was an amazing day and we are very grateful for the contribution of this team to our service. The children made a lovely thank you card to present to the team at the end of the morning’s activities.



Reminders (NQF Area 2,4, 6 and 7)



Limited Vacancies

Due to our high numbers we have been placing children who require casual care on a waiting list. Therefore, it is very important that if your child is going to be absent that you contact us as soon as possible so that we can accommodate the needs of other families. You can email the service on Occasionalcare@cccl.com.au or leave a message at 43431001. If you give us more than 24hours notice of an absence fees will not be charged for that day.

Fees

All fees must be paid on the day of attendance or paid in advance. It would be appreciated if fees were paid on arrival, as afternoons can be very busy. Our service has EFTPOS for your convenience. Statements are sent each Friday Afternoon to all families who have fees in arrears.

Sign In and Out of Service

All children must be signed in on our attendance roll at entry to the Centre every time they arrive and must be signed out of the Centre as they leave each day. This is a Department of Education requirement as well as being necessary in the event of an evacuation or lockdown

Spare Cloths

Please ensure you pack spare clothes every day for your child. Even older children sometimes get wet or messy during play. Also please pack for a range of temperatures our days quite often begin very cold then get considerably warmer as the day progresses.

Nappies

No Pull ups please! Please send in regular tab nappies for your children. Pull ups require the removal of pants and shoes at each nappy change. With up to 12 nappies to change at a time this makes our job considerably more difficult.

If your child is toilet training consider sending your child to Pre School in either a regular nappy or undies.



Get active sheet, Lunch box puzzle and fridge magnet.

Attached to this newsletter is several resources from the Munch and Move program. *Munch & Move* is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching TV or DVDs, playing on computers and small hand-held games devices). More information can be found at <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>

Caring for your child's teeth

Tooth decay:

The main cause of tooth decay is an acid attack on the surfaces of the teeth. This acid is produced by bacteria which cling to the surface of the teeth in a film called dental plaque. Sweet, sticky, sugary foods help the plaque to make acid which causes tooth decay and bleeding gums.

Cleaning teeth

Children need to learn how to clean their teeth. Start off by giving your baby a small toothbrush as a toy - bath time is a good time. Start to clean your baby's teeth as soon as they appear. Use a small, soft toothbrush and water. When your child is one year old, start putting small amounts of junior fluoride toothpaste on the brush. Just put a small wipe of toothpaste on the toothbrush. It is best that your child cleans their teeth the last thing before bed.

It is hard for children under ten to clean their teeth properly. You will need to help at least once a day. If the bacteria have been on the teeth for a long time, the gums may bleed when brushed. This gingivitis tells you that the gums are unhealthy. To get them healthy again the gums need to be cleaned more often, even if they bleed when brushed

Dental floss

You may need to clean between your child's teeth with dental floss. Ask your dentist to show you how to use the floss properly.

When to visit the dentist

Take your child to the dentist regularly, starting from about one year of age. Going to the dentist is safe and can save you money in the long run.

All children under 18 and who are eligible for Medicare can access public dental services in NSW. Some children may also be eligible for the Commonwealth's Child Dental Benefits Schedule. This program gives eligible children and teenagers access to up to \$1,000 in benefits for dental services over two calendar years.

For more information visit: <http://www.health.nsw.gov.au/oralhealth/Pages/child-dental-benefits-schedule.aspx>

Tips to prevent dental disease

Here are some tips to prevent decay and sore gums for children:

- ▣ Avoid putting infants and young children to bed with a bottle. Make sure feeding has finished before your child goes to sleep to avoid early infant tooth decay.
- Drink fluoridated tap water every day. If you are not sure if your local water is fluoridated, check with your local council.
- ▣ Avoid eating sugary, sticky foods, especially between meals.
- ▣ Avoid sweet drinks and juices, especially between meals.
- ▣ Give your child foods which make them chew.
- ▣ Brush twice a day - after breakfast and before bed (use a small toothbrush and a small amount of fluoridated, junior toothpaste).
- ▣ If there's no toothbrush, rinse with water or wipe toothpaste on the teeth.
- ▣ Use dental floss daily from about 3-4 years of age.
- ▣ Visit your dentist regularly.
- ▣ Do not put honey or anything else on dummies to get your child to sleep.

Remember:

- ▣ Brush twice a day with a fluoride tooth paste, (low fluoride paste for under six year olds).
- ▣ Drink fluoridated water every day and limit the drinking of soft drinks and fruit juices.
- ▣ Visit your dental health provider regularly.
- ▣ Limit sweet snacks between meals.