



# Newcastle Five Star Family Day Care

family@ncc.nsw.gov.au

March 2011

1 Victoria Street,  
New Lambton 2305  
P: 4904 3477

## REGULATION AMENDMENT

Educators have recently been provided with information relating to amendments of the Children's services regulation and other reminders including:

- Risk Assessments to be conducted by educators prior to any excursion taking place
- The reporting of all Accidents and Injuries
- Use of suitable cots
- Records relating to educators own children
- Soft fall under play equipment

## MARKETING

You may have seen the Five Star ad on TV in February. That is the start to the recent marketing campaign to recruit educators. Word of mouth is a very successful way of spreading good news so, if you know a skilled and enthusiastic person who would like to commence a childcare business, please give them our phone number and we can discuss the process with them.

## Positive outcomes for every child, in every home, every day

### Current News

It always amazes me that March comes around so quickly before we can get first newsletter of the year completed. I guess it is a reflection on how many things happen at once at the beginning of the year!

A total of 135 children have registered with the service in January and February and completing this is no quick task.

Initially the family is referred to an educator; the parent and educator agree on a contract; all the forms are filled out and sent back to the office. Then the data is entered, information followed up - such as CRN's and passing onto the educators all the vital information available about the child. Staff then support educators to settle new children and catch up with existing children; answer queries from new families and ensure that each new child is seen in care as soon as possible.

If we also add organising the Educator professional development calendar; updating procedures and forms to comply with changes to legislation; and maintaining quality control, I guess it is no wonder that the busy team at Family Day Care takes until March to complete the newsletter!

A big warm welcome is extended to all our new families in 2011 and a thank you for the ongoing support to all the "old timers" families & Educators.

Families can contact the coordination unit at any time if they would like to discuss their child in care.

*From Alice Chesney (coordinator)*



# What A Great Idea (WAGI)



Neva made puzzles for each of the children. A picture of the child was taken, blown up to A4 size and printed out on paper. This was then laminated and cut into pieces. The children love having a puzzle of themselves to complete



Christine has used a swimming pool as a sand pit for the children. Not only does it create soft walled sandpit for the children to climb into, it also provides a large enough space for 4 children to sit and play in their own area.

- *Are you interested in starting your own business where you can set the days you work?*
- *Would you like to work at home and be there with your own children?*
- *Would you like to be home of an afternoon when your school age children arrive home from school?*
- *Do you have an interest in caring for children, have training in childcare or desire to train in child care?*

Have you thought about becoming a family day educator?

Newcastle Five Star Family Day Care is currently recruiting educators in the Newcastle local government area call 49043477



# Admin Matters

## Public Holidays

Friday 22nd April  
Monday 25th April  
Tuesday 26th April

## OFFICE CLOSED

Public Holidays  
Call 0400 356 867 if there is an  
emergency



## Show Day holiday

Show holiday is only a holiday if it is listed in your award. Educators are self employed and do not come under an award so show holiday is not a public holiday for them and they are still available for care

## Payment of fees on Public Holidays

Fees will be owing to the educator for absent days due to a Public Holiday if:

- The educator does not take annual leave either directly before or directly after individual public holiday dates.

## Absence

Public holidays will be counted as an absence day for CCB if:

- The child would normally have attended the care on the day if it were not a public holiday, **and**
- Fees are charged in respect of the absent child for the day.

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## When using care remember to:

- Notify the coordination unit of any changes to your address and contact details, work and home, email address and emergency contact details
- Provide updated immunization records
- Complete attendance records accurately sign in and out at the actual times, sign for absences
- Exclude your child if they have an infectious disease are sick or require close monitoring
- Advise your educator of any child care benefit changes when notified by the family assistance office
- Give your educator as much notice as possible that your child will be absent from care eg. in the event of illness or holidays
- Give your educator advance notice of when you wish to terminate contract
- Remember to pay your fees to your educator as requested

Parent updates of details have been sent to your educator to distribute to parents. If you have not received one then ask your educator, this is another way to ensure you have up to date details on file at the coordination unit.

## *FDC Professional Library resource*

### **Tummy Rumble CD**

**What is it?** A Nutrition Education package for parents and carers working with young children

**Have you ever struggled with a fussy eater or struggled to come up with ideas for a healthy lunch box? Do you get confused when it comes to reading food labels?**

This self directed learning CD has all the answers and aims to provide appropriate foods or advice to assist in children meeting their nutritional needs.



This is an easy to use, interactive CD which is fun. The 10 various topics are well written and provide clear information without information overload. There are interactive questions throughout that assist you in what you have learnt. *Reviewer Vicki*

### *Websites*



[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

This is a comprehensive Australian site with loads of information on all topics related to raising children from pregnancy through to teenagers.

## *Free Parent Training Opportunities*

### **Neurological Development in Children—FREE**

Wed 23<sup>rd</sup> March 6.30-8.30pm New Lambton Community Centre  
Presenter : Ruth Moxey Gymparoo

*The above training is presented by Newcastle Five star family day care to book ph 49043477*

### **Parenting a child with Aspergers - FREE**

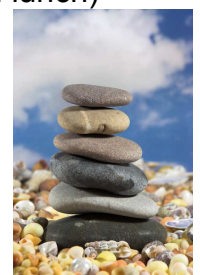
Fri 11th March 10am –12.30 pm (Morning tea included)  
Newcastle Family Support Services' Family Relationship Skills Project  
for parents/carers of children aged 7-16

### **Smooth Sailing for families living with ADD / ADHD (children under 12) - Free**

Tues 29th March 10am –2.00 pm (morning tea included, bring your own lunch)  
Newcastle Family Support Services' Family Relationship Skills Project

### **Creating Calm... for parents/carers of children under 12 FREE**

Thurs 31st March, 10am – 2.00 pm (morning tea included, bring your own lunch)



# Playgroup Prattle



I can't believe we are already into March & half way through Term I.

This term we are welcoming our new comers to playgroup. For some children it can be a big transition from the small group setting of an Educators home to the larger group of up to 30 children. Playgroup gives them a safe and nurturing environment to do just that.

This year we are running playgroup on Monday mornings at 8 Morgan St, Islington, during the school terms only, operating from 10-12noon. The playgroup is open to ALL Newcastle Five Star Family Day Care educators. If you would like to know more please do not hesitate to give me a call (49043474).

As mentioned before we are concentrating on welcoming our new friends. We will be developing routines, social and literacy experiences to develop friendships and looking at gross motor alternatives given the recent height restrictions to children's outdoor play equipment.

As a treat (and to let the children practice their climbing skills in a safe environment), we will be having a visit to Jesmond Park— a risk assessment will be conducted and educators will give you a non-routine permission excursion form to complete before the event

I also want to send out a big thank you to Neva who has made me a beautiful new story time apron and Christine for her kind and generous donation of the colourful Pattern Blocks  
Til next time—*Jane :)*



EYLF 4.4



We enjoyed dying the pasta for our macaroni threading  
EYLF 2.1



Watch out Master Chef. Our Home Corner is a big hit with all ages and genders



EYLF 4.3



Each week we have been adding more interesting things to our "scenetable" to help build up our own little town  
EYLF 3.1

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# **WANTED : WANTED : WANTED**

Wanted for play group—

- **an old microwave that is no longer in use**
- **An old small boat that you no longer require - it doesn't need to be sea worthy!!  
Just child friendly**
- **Old tree trunks**

If you can help us out with any of these items please ring Jane on 49043474

## **Interesting points.....**

CDO visits to educators home: educators are visited on a regular basis by CDO—these visits are unannounced

If your educator is away and you still require care then contact the office and we can refer you to another educator for relief care. Fees for the day would be paid to the relief carer.  
Call the office on 49043477 or after hours call the emergency mobile on 0400356867

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# ***Brighter Futures***

Hi Everyone,

We are now back and settling into term 1, 2011.

Our Supported playgroups have been busy at Hamilton Public School and we have limited spaces.

If you are interested please call **0438-606-870** and we can send you a current timetable and program.

If getting there is a problem please let me know as we might be able to help.  
Thank you to those who have provided some training ideas and feedback.

We are proud to be offering a special parent friendly behaviour management workshop 1-2-3 Magic for 2-12 years olds sometime in term 2. if you are interested we would love to hear from you.

We also have had many questions as to how to encourage children to have positive attitudes to eating and living well.

If this is a concern or another topics interest you please let me know as I am looking forward to doing some home visiting implementing “Parents as Teachers” program to both Parents and Educators.

**You can email me:** [tellem@ncc.nsw.gov.au](mailto:tellem@ncc.nsw.gov.au)

Til next time -

Tracy , Tricia, Heather and Peta 😊



## The Sustainable Home

Your sustainable home will save you money by reducing energy and water use and reduce the amount of waste you produce. Starting at home is an easy place to start. Here are some simple ideas to try.....



### Energy

The greatest reduction in energy consumption comes from solar hot water and insulation. You can also buy energy efficient appliances and switch off when not in use do not leave on standby, try weather strip doors and seal windows

### Water

Installing low flow shower heads and taking short showers, installing water tanks, installing dual flush toilet systems, use water saving washing machines and only wash with a full load, in the garden mulch and divert kitchen and laundry rinse water to garden irrigation (for health reasons do not use on veggie scraps).

### Waste

Try to avoid prepackaged food, reuse packaging and recycle

### Messages to teach your children

1. Turn off the lights
2. Shut the fridge door
3. Recycle
4. Save my leftovers
5. Be nice to the worms
6. Plant a tree
7. Use both sides of the paper
8. Save water—turn off the tap when cleaning teeth, use less water when taking baths
9. Clean up rubbish
10. Take your own bag to the shops



### Newcastle Council showerhead exchange

will take place at Wallsend District Library on Saturday 12 March between 9.30am and 12.30pm.



Contact Peter Dormand 4974 2542

Newcastle Residents can choose from two models of showerheads – a standard model free of charge (RRP \$68), a premium model for \$40 (RRP \$199) as a cash only payment.

### Smart Energy Expo

**Date:** 19th - 20th March

**Time:** 9am to 4pm

**Cost:** Free

Answers and solutions for all those sustainable practices around the home eg solar energy, insulation, smart lighting, composting, native gardening, renewable energy solution for your home

[www.climateaction.org.au](http://www.climateaction.org.au)



# Noticeboard

## Newcastle Council Event page

If you want to know what is on in the local area you can visit Newcastle City Councils web page and access the events callender.

This detailed callender list month by month a variety of events that are scheduled for the Newcastle area

You can even add an event to the callender if you wish

Visit [www.newcastle.nsw.gov.au](http://www.newcastle.nsw.gov.au) and go to the about Newcastle tab - it will drop down to events section

## Hunter Wildlife Festival

Date: 27th March

Time: 9am to 5pm

Cost: Free

Hunter Wetlands centre

## Breakfast with the Birds

Date: 13th March

Time: 7.30am

Cost: adults \$30 child\$15

Hunter Wetlands Centre

Includes tour and hot breakfast



## Local Libraries



Public Libraries have a lot to offer you and your children. It's all free to join and your children will benefit from an exposure to books.

Libraries also run a variety of free and low cost activities for your children.

### 10 minutes a Day Book time

Stories, rhymes and songs for parents and children under 2. This 4 week program runs at most libraries during the year. For location and times go to [www.tenminutesaday.com.au](http://www.tenminutesaday.com.au)

### 10 Minutes a Day Rock & Rhyme Time

A drop in session for under 3's, with stories, songs, music and plenty of action. Runs at the City, New Lambton and Wallsend Library.

### Storytime for preschoolers

Stories, songs, rhymes and craft for 3-5 year olds. Runs monthly at all smaller libraries and fortnightly at City Library and weekly at Wallsend District Library.

### Wacky Wombat storytime

A fun filled storytime with songs, drama, stories and craft. All sessions commence at 10.30am. \$3 charge/child.

For locations and times of all activities at Newcastle Region Library pick up brochure at your local library or visit our events calendar [http://www.newcastle.nsw.gov.au/services/newcastle\\_library](http://www.newcastle.nsw.gov.au/services/newcastle_library)

## What can I do to help my kids be healthy?

Kids should aim to:-

- **Eat 5 serves of vegetables and 2 serves of fruit every day**
- **Choose water as their main drink**
- **Get active every day in as many ways as possible**



### Remember

- Avoid large amounts of time spent in front of the TV or playing video or computer games
- that children need support acceptance and encouragement even children who are overweight and underweight
- Don't make them feel bad because of their weight - they are still the same person after all no matter what their weight
- Focus on changing the whole families activity levels not just your child
- Don't put your child on a diet, as they will still be growing and this may deprive them of essential nutrients. Instead serve them and your family healthy food.
- If you have any concerns about your child's weight range or health contact your doctor.

### Easy spring rolls

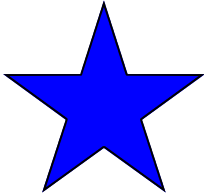
- 2 teaspoon oil
- 1 clove garlic crushed
- 100g mushrooms chopped
- 4 spring onions sliced
- 1 medium carrot grated
- 3 cups of Chinese cabbage shredded
- 1 teaspoon of salt reduced soy sauce
- 1 teaspoon hoi sin sauce
- 1 tablespoon chilli sauce
- 12 spring roll wrappers
- 1 egg white, lightly beaten

#### *Dipping sauce*

- 1/4 cup salt reduce soy sauce
- 2 tablespoons chilli sauce
- 1 spring onion chopped



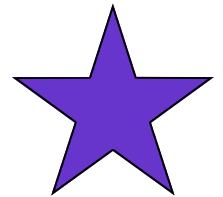
Preheat oven 200°C. Heat oil in pan and stir fry onions and garlic, mushrooms and carrots until lightly cooked. Stir in cabbage and cover until wilted. Remove from heat and drain any liquid. Return vegetables to pan add sauces and toss. Divide mixture between wrappers, fold in sides and roll up. Brush rolls with egg white and place on tray lined with baking paper. Bake for 15 minutes or until golden brown. Combine dipping sauce ingredients.  
Serve spring rolls with sauce. Makes 12



Newcastle Five Star Family Day Care adopts Australia's foremost childcare model, based on small, safe home environments that encourages learning in a friendly, supportive culture—so that every child has an opportunity to shine.

All parents and FDC educators are encouraged to provide feedback or comments to ensure that Newcastle Five Star Family Day Care is maintaining high quality childcare in our community.

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***"The Australian Government provides financial support for this family day care service under the child care services support program"***

