



Newcastle Five Star Family Day Care

family@ncc.nsw.gov.au



October 2011



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New Lambton 2305
P: 4904 3477

FRAMEWORKS

Included in the National Quality Framework, all Educators will provide a program based on the Early Years Learning Framework (EYLF) for children under school age, or My Time My Place framework for school age children.

In order to provide a quality care and learning environment that recognises and values individual achievements and requirements it is essential that Educators:

- Observe each child
- Understand what their interests are
- Know child developmental needs
- Document these observations
- Plan experiences and or activities which meet the child's interest and abilities
- Reflect/ evaluate the outcomes
- Involve the children in some decision making if appropriate
- Talk to parents about their child's progress

The frameworks are not prescriptive and there are a variety of ways to achieve these goals.

All educators and parents are welcome to discuss the framework with the Family Day Care staff.

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

Current News

Currently Childcare services are regulated and licensed by the state government (Community Services) and assessed against Quality Standards by the Federal Government (National Child Care Accreditation Council) meaning that services are accountable to two different bodies assessing similar outcomes.

In 2009 COAG endorsed the process to develop a nationally adopted set of regulations, standards and assessment for centre based care, family day care and out side school hours care. These standards and regulations are known as the National Quality Framework for Early Childhood Education and Care. The details are still in draft but it is anticipated that they will be released in full very soon.

To prepare for this change which begins on 1st January 2012, Newcastle Five Star Family Day Care have collaborated with other local services to review the draft documents and begin to identify any area that require additional policies and training. Also there is the mammoth task to re-develop associated forms to ensure they meet the new regulations.

The new standards, regulations and assessment will be administered by each states regulatory authority under the guidance of the newly formed independent Australian Children's Education & Care Quality Authority (ACECQA).

From Alice Chesney (coordinator)



What a great idea

Why not make some spring flowers to celebrate the start of spring

Coffee filter flowers

1. Give each child a coffee filter piece of paper to draw on with texta
2. Wet the paper with a spray bottle (2 or 3 sprays) and watch the colour spread and bleed together.
3. When dry get a pipe cleaner and attach to centre to make a flower



School readiness

Starting "big school" is an exciting time in a child's life. Ensuring that your child has the best possible start to school is important for every parent. Family Day Care have a school readiness package that can give you some good tips and tell you where to get further information .

Perhaps for some, the question whether my child is "ready for school" is an important one. While ultimately only you can decide that there are some resources that can assist you in making that decision. The school readiness pack has information on this as well.

If you have a child who is starting school in 2012 and haven't received a pack please contact the office and one will be sent out or if you have any questions please don't hesitate in contacting us for further information

For great tips and school readiness information visit the following site

www.myschoolkids.com.au



Admin Matters



What are my responsibilities for receiving Child Care Benefit (CCB)?

When receiving CCB you are responsible for keeping the Australian Government and your educator up-to-date and notifying them when your circumstances change.

Here is a checklist of responsibilities:

- provide your child care service/s with your Customer Reference Numbers, dates of birth and Jobs, Education and Training Child Care fee assistance assessment notice,
- sign or initial attendance records daily to show when your child starts care ('time in') and finishes care ('time out')—**do not sign blank attendance records**
- sign or initial attendance records each time your child is absent from care
- inform each child care service you are using when you have used your initial 42 absence days (only if you receive CCB as a fee reduction) and
- provide your child care service with documents where necessary for:
 - additional absence days your child is absent from care
 - an increase in the number of maximum hours you can get paid CCB
 - Special Child Care Benefit.
- advise the Family Assistance Office when changes happen that may affect your CCB. These include when:
 - your child stops using child care
 - your child starts or leaves school
 - you and your partner's income changes
 - you change partnering arrangements (opposite or same-sex) for example—if you get married, registered, separated or divorced
 - you or your partner's residence status changes
 - your address or bank account details change.

TAKEN FROM THE MY CHILD WEBSITE FACT SHEET NUMBER 8

Other sheets include

Fact Sheet 1 - What assistance does the Australian Government give me for the cost of my child care

Fact Sheet 2 - What is Child Care Benefit (CCB)?

Fact Sheet 3 - What is approved child care?

Fact Sheet 4 - What are the different types of approved child care?

Fact Sheet 5 - What is registered child care?

Fact Sheet 6 - How much Child Care Benefit (CCB) can I get?

Fact Sheet 7 - What is the work, training, study test?

Fact Sheet 8 - What are my responsibilities for receiving Child Care Benefit (CCB)?

Fact Sheet 9 - Absences from child care - Child Care Benefit (CCB) and Child Care Rebate (CCR)

Fact Sheet 10 - What is the Child Care Rebate (CCR)?

Fact Sheet 11 - Is there extra help I can get with my child care cost?

Fact Sheet 12 - What is Jobs, Education and Training (JET) child care fee assistance

Fact Sheet 13 - What child care services are available in rural and remote and Indigenous communities?

Fact Sheet 14 - Is there any extra assistance for my child with additional needs?

Fact Sheet 16 - Will my child be given priority for child care services?

Fact Sheet 17 - Where can I find a child care service that meets my needs?

Fact Sheet 18 - Where do I go for more information on child care?

Fact Sheet 19 - Absences from child care due to a local emergency - Child Care Benefit (CCB) and Child Care Rebate (CCR).

Visit my child website on www.mychild.gov.au

Amber teething necklaces

Kid safe NSW has received a number of calls and emails from parents, carers, children services providers and health professional over recent months concerned about the use of teething necklaces worn by babies and young children. They are reportedly made from amber, although referred to as a stone is in fact fossilized tree resin.



The necklace can propose 2 potential hazards from strangulation and choking. Strangulation may occur if the infant has the amber teething necklace permanently fastened around their neck especially when they are sleeping. A choking hazard may occur if the necklace breaks and releases the small beads.

What you should do

- Supervise the infant when wearing it
- Remove the necklace from the infant if infant is unattended even if it is only for a short period of time
- Remove the necklace from the infant whilst sleeping during day or overnight
- Do not allow the infant to chew on the necklace
- Always seek medical advice if you have any concerns about your child' s health and well being

From recent Kidsafe newsletter

Children and W sitting

“W-sit” is a term to describe a sitting position in which a child sits on the floor with their bottom between bent legs and their legs rotated so they are facing away from their body. Their legs form a “W” shape on the floor.

Many typically developing children do move through this position during play, but all parents should be aware that the excessive use of this position during the growing years can lead to future orthopedic problems. W-sitting is discouraged because of the long-term effect it could have on the muscles and joints of the back, hips, knees and feet.

Children who W-sit may also develop a posture commonly known as sway back and have a tendency to walk and stand with feet turned inwards. This is usually accompanied by tight hamstrings and lower back muscles.

Often W-sitting becomes a habit very quickly and it is important to address it promptly. Encourage other ways of sitting:

- Cross-legged
- Side-sitting with both legs out to one side (make sure they alternate the side)
- Sitting with legs straight out forward as able (hamstrings can be stretched at the same time)
- Sitting on a low stool or a cushion



self protection skills.

How to help your child

- * make time to talk and listen
- * acknowledge feelings - believe in and respect your child
- * remind them that you are always there if they need you
- * teach self protection skills
- * celebrate your child and let them know you love them

Talk to them about

Feelings

Help children to understand and recognise different feelings and how to talk about these feelings with someone they trust.

Bodies

Talk to children about the names and functions of both public and private body parts. It is important that they feel good about their body and know that their body belongs to them.

Types of touch

Children need to know about the many different types of touch in their lives and recognise whether a touch is loving, friendly, helping or a NO touch. This can help them to know when they need to tell someone they trust about confusing touch.

Rules about touch

Teach children the rules about NO touching. Knowing the rules helps children to be aware of their rights and responsibilities.

Warning signs

Teach children to know when their body tells them something is wrong. Help them to know how their body reacts at times of stress including scary, confusing and sad situations. When the body does this it gives warning signs such as the heart beating fast, sweating, crying and shaking.

What to do

Practice "NO GO TELL" with children. Teach them to be clear, loud and assertive when saying "NO". Encourage them to "GO" to a safe place. Sometimes children are unable to say no or go to a safe place. Remind them that they can always "TELL" someone if something has happened.

Who to tell

Make a list of the people they can talk to and how they can contact them. Encourage them to keep telling until they feel safe.

WHAT YOUR CHILD CAN DO - *the rules for younger children*

I KNOW my name, address, telephone number, and my parents' names.

I always **CHECK FIRST** with my parents or the person in charge. I tell them before I go anywhere or get into a car, even with someone I know.

I always **CHECK FIRST** with my parents or a trusted adult before I accept anything from anyone, even from someone I know.

I always **TAKE A FRIEND** with me when I go places or play outside.

I SAY NO if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.

It's **OK** to **SAY NO**, and **I KNOW** that there will always be someone who can help me.

I KNOW that I can **TELL** my parents or a trusted adult if I feel scared, uncomfortable, or confused.

I am **STRONG, SMART**, and have the right to be **SAFE**.

Playgroup Prattle

Can you believe we are into our last term already? I'll have to start Christmas Party plans before we know it!

We have had a fabulous Term III which was kick started by our musical visit. 2 Sessions were run catering for our over and under 2's. The children loved it and participated in the sessions—playing instruments, singing songs and movement activities. I think their favourite was the parachute games which we continued this term. A big thank you to Vanessa from KinderMusik for her donation of our prize.



After attending a conference on the importance of spatial awareness in young children, I have been challenging the children with moving their bodies in space through the obstacle courses they help set up each morning. We have been looking at under, through, over, in etc and it has been interesting to watch the different ways the children negotiate the equipment



Cody using the ladder in a different way



Great work Logan



1st August was Naidoc Day—we did aboriginal dot paintings on the Perspex screen and I told a dream-time stone story about the Rainbow Serpent. Each Educator also took home a dot painting puzzle & a copy of the story to commemorate the day. The Perspex screen was used a bit this term with the children noting each other on the other side. This led to them painting their friend on the other side.



Bubbles are always a great way to end the term and we had special friends, Jacob, Caleb and Shania join us. We loved chasing the bubbles as the breeze gently carried them away but the best part was catching them!



Playgroup is open to ALL Newcastle Five Star Family Day Care educators. The Educators requested we change our times to meet the needs of the children currently attending so we now begin at 9.30am and finish around 11.30am.

If you would like to know more please do not hesitate to give me a call (49043474).

PS Big thank you to Ann (ride ons), Vicki (obstacle course) and Neva (paint sponges) for their donations this term. The children really appreciate it

Til next time—*Jane :)*

Did you know...

Speech Moves Speech Pathology is a local speech pathology service offering:

- Speech therapy in the comfort of your own home
- Ipad/computer based intervention
- Functional, hands-on activities so children are not even aware they are doing therapy.

Speech Moves Speech Pathology offers a range of community resources to families: including information regarding funding opportunities available to children.

All this information can be found at www.speechmoves.com.au as well as links to educational activities and health information.

Please feel free to post any questions or queries regarding your child's speech and/or communication skills (under the contacts tab on the website).

Tricia Linstrom

Certified Practising Speech Pathologist

Speech Moves... Speech Pathology!

ph:0423 902 114

www.speechmoves.com.au



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Brighter Futures Family Playgroup



Ghee, yes its end the of term 3, 2011. Wow, it's just vanished, flying by with a blink of an eye.

Well it's been a great term as we have been extremely busy and creative. Projects this term included discovering our inner creative selves; From making nappy cakes, icing and making cup cakes, using the cool cup cake maker like below.

Turning marshmallows into cute characters, decorating foam covered mirrors with motifs for our bubs.

I know that we all had fun even if it was just getting out of the house, having a laugh with others and being able to allow our little ones a great space they can freely and safely explore.

The children especially have enjoyed exploring new musical activities with different percussion instruments and expanding our resources of music from around the world. We also discovered the wonder of bubbles. It is fantastic to see how they show natural curiosity and thrive for learning from such a young age.



We ended the term with a beautiful morning spent at Gregson Park soaking up the sunshine, playing on the equipment, singing and dancing with the parachute and having a yummy morning tea.

In term 4 we are hoping to do some journaling and scrap booking, and many more fun things.

It will hopefully capture many stories and journeys we have made throughout the year.

If you are interested in coming to a relaxed and fun group where you also have support from professionals too, please give us a call or to get the latest program.

Sessions on Wednesday and Fridays.



Phone: 02 4014-9304 (Kim Gleeson)

Mobile: 0447-190- 100

Email: kgleeson@samaritans.org.au

Take Care, til next time the BF team Term 4, commences 10th October and ends on 13th December 2011.

Noticeboard

Newcastle Museum

Newcastle Museum is now open from Tuesday to Sunday.

General admission is free. Some special exhibitions and events will have an admission fee. The museum is closed on Mondays.

Address: Workshop way, Honeysuckle

Contact: 4974 1400



Newcastle Regional Art Gallery Artcart

Every Saturday and Sunday the art gallery has Art cart - a weekly workshop that engages children with art through discussion and hands on activity. Working with an art tutor children get creative and make their own works of art in response to the gallery current exhibition. Parents are encouraged to get involved too.

Address: Newcastle regional art gallery Laman St Newcastle

Time 10.30 to 12.30

Cost: Free

Contact 49745100 or go to www.nga.org.au



National Nutrition Week 2011 (16-22 October)

Healthy Food; Healthy Planet – Helping Families to a Healthy Future

Visit there website for some interesting recipes or information on topics such as

- Fussy eaters
- Waste less food
- Eating a meal as a family
- Saving dollars when you shop
- Lunchboxes for the whole family
- Growing herbs inside
- Veggie gardens, growing citrus trees



<http://www.nutritionaustralia.org/national/2011-healthy-food-healthy-planet-kit>

1-2-3 Magic

Newcastle family Day care will be conducting a training session for families on 1-2-3 magic and emotion coaching. This is essential information for parents who want to improve relationships with their children

Date: The full course runs for 3 sessions and are on the **1st, 8th and 15th Nov**

Time: 6.30pm to 9.00pm

Cost: \$15

Venue: St Matthews Anglican church hall
7 Wentworth St Georgetown

RSVP: Tracey 49043477 or email family@ncc.nsw.gov.au

First Aid

Kids first aid run a first aid program specifically for parents and carers of children aged 0 to 16 years. The course runs for 3 hours and they can come to you (minimum of 10 participants)

Cost \$65 per person

Contact them: 1300138133 www.kidsfirstaid.com.au

Junior master chefs in the Kitchen

Real Rice Bubble Bars (with limited additives)

Ingredients

200g marshmallows
80g block butter
4 cups rice bubbles

What to do

Line a lamington tray with baking paper.

Measure rice bubbles and place them in a large bowl. Set aside.

Melt marshmallows and butter in microwave on a low heat for 30 second bursts. Stir between each go, so it doesn't burn.

The mix should appear smooth and creamy. (The butter may appear separated from the marshmallows, but will combine once added to rice bubbles).

Pour the marshmallows and butter mix onto the rice bubbles. Mix well until the rice bubbles are coated.

Tip into lined tray and press down with the back of a metal spoon, smooth over so it is flat.

Cool in the fridge for 1hour or until set then remove from the fridge, and lift out of tray. Remove paper.

Cut into approx 24 bars or smaller for a more bite size piece.

Note – Choose Pascal Mega Marshmallows as they have no colour, though do have a flavour added. Brown puffed rice found in the supermarket health food section is a great choice for this recipe.

National additive free day is coming on the 4th November

Visit their website for further information on www.additivefreeday.com

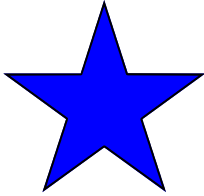


- *Are you interested in starting your own business where you can set the days you work?*
- *Would you like to work at home and be there with your own children?*
- *Would you like to be home of an afternoon when your school age children arrive home from school?*
- *Do you have an interest in caring for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

Have you thought about becoming a family day educator?

Positions available now contact the office on 49043477

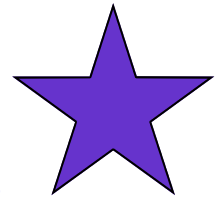




Newcastle Five Star Family Day Care adopts Australia's foremost childcare model, based on small, safe home environments that encourages learning in a friendly, supportive culture—so that every child has an opportunity to shine.

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”

