

FAMILY NEWSLETTER

MARCH 2019



Elizabeth, Heidi and Layla at Molong Playgroup

FROM THE NOMINATED SUPERVISOR

Welcome to Cabonne/Blayney Family Day Care for 2019!

It is hard to believe we only have a few weeks left for Term One, and our service is getting organised for Easter and ANZAC celebrations with the children next month.

The start of this year has already been a busy beginning, as educators have attended cardiopulmonary resuscitation training, playgroups are back up and running in Canowindra and Molong, and our service was fortunate to be invited to conduct a research from NSW Office of Preventive Health. This was to observe healthy eating and physical activity practices that takes place in our service. I would like to thank Shirley Edwards from Parkes and Kellie Ward from Orange who participated in this research and allowed a research agency to enter their homes and observe their practices with the children.

This year we welcome Laura Howarth and Samantha Boatwood to Cabonne/Blayney Family Day Care. We wish them both the best of luck for their new future as Educators.

Last week, we celebrated Harmony Week (we celebrated one week early) in Molong with the aged care residents at Prunus Lodge. It was a beautiful celebration that was shared with the young and old, and with different culture backgrounds. I would like to thank Anni Gallagher who is the Migrant Support Officer from Orange who assisted in organising this special event. We were fortunate in promoting our celebration on WIN News on Thursday evening. The segment has been shared on our Facebook page for those who wish to see it.

We've also had a visit in Molong from the 'Early Learning Centre Waste Minimisation Program' who offered presentations to the children and educators of the concepts of recycling by using props and games to help identify rubbish and items that can be recycled.

The educators then attended a professional development training to assist them in sustainability and waste minimisation. Thank you NetWaste for providing this free program to our service. It is highly appreciated.

During the month of March, each educator will be re-assessed on their environments to ensure they are complying with all the requirements and legislations, to be re-registered as educators with our service. We wish them luck through this process.

We are looking forward to see what other adventures our service will endeavour during 2019!

EDUCATOR OF THE MONTH



Mary-Lou Gosper

February 2019

Mary-Lou Gosper is an Orange educator and has been with us for over 7 years. Mary-Lou received this award for her dedication to improving her Family Day Care environment. Staff are extremely proud of Mary-Lou's achievements and are always excited to visit her, to see what wonderful things she has been up to with her children in care. Keep up the great work, Mary-Lou!

EDUCATOR REGISTRATIONS

During the month of March, all educators will have an Educator Workplace Safety Audit of their home conducted by a staff member, to ensure they are complying with the National Law, National Regulation and the National Quality Framework. This is an annual process and will result in an educator's registration being renewed with our Service for another year.

ANNUAL ENROLMENT INVOICES

Our newly introduced annual enrolment invoices were due at the end of February. Reminder invoices have been sent to families who have not yet paid the enrolment fee. We had some issues with Cabonne Council's online payment system and we are unfortunately unable to use that anymore. Families are able to transfer the fee to Cabonne Council's bank account. The details are as follows:

Account Name: Cabonne Council

BSB: 062-573

Account Number: 0000 0242

Reference: Your Name FDC (E.g. Jane Smith FDC)

STREET STALL

On Friday, 29 March 2019, we will be holding a street stall in Molong to raise funds for placing signs in front of educator's home that shows they are a Family Day Care with our service, and to improve the Molong Playgroup outdoor area. Any contributions to the street stall will be greatly appreciated!

CONGRATULATIONS!

Oh Baby

Congratulations to our beautiful Orange Educator, **Kellie Ward** and her family, on the news of her pregnancy with baby number 2. We wish Kellie, Jacob and Elsie all the best during the next few months!

Congratulations to our wonderful Molong Educator, **Kira Whiteman** and her family, on the announcement of Kira's pregnancy. Best wishes for Kira, Nathan, Lillian and Ollie in the coming months!

A big congratulations to Kira and Anthony Leonard, of Parkes, on the safe arrival of their newest addition, Alfred George Leonard and to Ted for becoming a big brother. We wish the Leonard family all the best!

Congratulations to Kiah and Corey Baker, of Molong, on the safe arrival of their son, Huxley Isaac Baker and to Ashton on becoming a big brother! We wish the Baker family all the happiness for their future adventures.

Congratulation to Bec and Daniel Bowman on the arrival of their daughter, Willow Grace Bowman. Willow joins her 3 older siblings, Jamie, Aria and Makk. We wish this growing family all the best in the future.

Congratulations

BEESWAX WRAPS FUNDRAISER



Place an order with your Educator, or by emailing fdc@cabonne.nsw.gov.au

For every \$25 pack ordered, the Service receives \$11 from that order!

These wraps are made with GOTS certified cotton, Australian organic beeswax, dammar resin, jojoba oil and organic virgin coconut oil.

They are breathable, washable, re-usable and compostable!

NEW WEBSITE

<https://www.cabonneblaynefamilydaycare.com/>

We released a new website earlier this year to better reflect our values as a Service. It's brighter, more engaging and easier to navigate. Check it out!

LAURA HOWARTH

In February, we welcomed a new Orange Educator, Laura. Laura holds her Certificate III in Children's Services, Senior First Aid Certificate and Child Protection Certificate. She has had a fantastic start with our Service and we look forward to watching Laura develop as an Educator and believe she can bring a lot to our wonderful Service. Laura currently has vacancies on a Tuesday and Friday. Welcome aboard, Laura!



CPR RENEWAL COURSE

On Saturday, 9 February 2019, Educator's and staff underwent our resuscitation renewal course. Resuscitation certificates need to be renewed every year, to ensure we have the skills needed to perform CPR, if the circumstances ever occurred. Our training course, was followed by a meeting and a group lunch.



NATURE PLAY AT TRACY'S



Orange Educator, Tracy Munday, organised a Nature Play experience for her children in care. Tracy expressed how lovely it is when families donate items for the themed weeks. Rachael Brooking spent a day gathering all the pictured goodies for the children to play with during Nature Week! Thank you Rachael!



Pictured (left to right): Rachael Brooking, Thomas Perry and Frankie Morgan

CHINESE NEW YEAR AT WENDY'S

Isabelle Friend and Thomas Waters, showing off the lanterns they made for Chinese New Year, whilst in care with Canowindra Educator, Wendy Smith.



CHINESE NEW YEAR AT JACKIE'S

Jackie Watson, and her children in care, also celebrated the Chinese New Year by making some pink pigs (2019 is the Year of the Pig) and cooking yummy fried rice!



(Left): Zoe, Scarlet and Scout cooking fried rice.



(Right): Zoe and Scout showing their pink pigs

HEALTH & HYGIENE

Information provided from Munch and Move

SELECT HEALTHIER SNACKS FOR YOUR LITTLE ONES



Choose snacks based on:

- Fruit
- Vegetables
- Milk, cheese, custard and yogurt
- High fibre or whole grain breads, crackers and cereals

Tips to make healthy snacks easy:

- Keep plenty of healthy snacks in the fridge and pantry
- Put healthy snacks in your child's lunchbox
- Have fresh fruit in a bowl on the kitchen bench
- Have meals and snacks at the same time each day to help establish a good routine

Easy and healthy snacks include:

- Fresh, frozen, canned or dried fruit
- Plain of fruit yogurt
- Rice paper rolls
- Hummus with pita bread or breadsticks
- Small fruit muffin
- Cooked noodles with tofu and vegetables
- Custard
- Corn or rice cakes with avocado or peanut butter
- Sushi
- Vegetable sticks with dip
- Wholegrain cracker with cheese
- Fruit smoothie

