



CABONNE/BLAYNEY FAMILY DAY CARE

FAMILY NEWSLETTER

ISSUE 2 – 2019



PJ Day at Molong Playgroup

6 June 2019



EDUCATOR OF THE MONTH

Tracy Munday

March 2019

Tracy Munday is an educator in Orange and has been with us for 10 years. Tracy received this award for her efforts to comply with the Educator Workplace Safety Audit and her fantastic commitment in providing natural resources for play, incorporating families in her service and improving her outdoor environment. Congratulations Tracy!

Lauren Poole

April 2019

Lauren Poole has only recently started with our service. Lauren received this award for her stunning family day care environment and her ability to consistently comply with the National Quality Framework. The service would feel very confident presenting Lauren's environment to assessors from the Department of Education. Keep up the good work Lauren!



Leanne Kinsella

May 2019

Leanne is an educator in Molong. Leanne received this award for her commitment in keeping up to date with end of financial year paperwork and her dedication to improve her program and programming skills. Congratulations Leanne!

PROSPECTIVE EDUCATORS

We have 4 educators preparing to join our team in the coming months:

Blayney – 2

Forbes – 1

Orange – 1

We look forward to introducing these educators to you once they have started!

VACANCIES

Our service currently has vacancies in the following towns:

→ Canowindra – Monday to Friday

→ Parkes – Monday to Friday

→ Manildra – Tuesday to Thursday

→ Narromine – Monday to Friday

VACANCY

FROM THE NOMINATED SUPERVISOR

Welcome,

It is hard to believe we only have 1.5 weeks left in Term 2. Where has the first half of 2019 gone!

Since our last newsletter, Cabonne/Blayney Family Day Care has been very busy accomplishing goals from our Quality Improvement Plan (QIP), and attending professional development workshops.

PROFESSIONAL DEVELOPMENT

Jacinta and I attended a Munch and Move; Healthy Eating and Active Play Conference in Dubbo in March. You may notice changes to our playgroups, as we embed healthy eating into our morning tea. Each child either brings a piece of fruit or vegetable, and is then cut up into slices and placed onto trays. The children choose individually what fruit or vegetable they would like to eat and taste.

Providing these 'Everyday Foods' allows the children to taste the different flavours and textures as they build friendships and relationships with the other children. Our service embeds Munch and Move into our everyday practices, as this is a fun opportunity for the children to discuss and learn why healthy eating is important for our bodies.

Our service follows the healthy eating policy, so we ask parents to provide 'Everyday Foods' and adequate, nutritious meals for your children to eat while in care (I have attached a 'Healthy Lunchbox' factsheet with this newsletter).

SUSTAINABILITY PRACTICES

Our educators are implementing more sustainable practices in their learning environments for the children. Our educators embed the following practices with the children, such as: loose parts play, growing their own vegetable gardens, recycled materials, reusing materials, collect food scraps for the chooks and worm farms (these are only a few activities). If you would like to provide your ideas or suggestions please discuss this further with your educator or to the service.

We were fortunate as a service to participate in a waste minimisation program held here at the Molong Office with ten of our educators and their children. This program was to engage the children and educators in sustainability through waste minimisation and the concept of recycling materials. This is to support our children to become environmentally responsible and to care for our environment.

COLLABORATIVE PARTNERSHIPS WITH THE COMMUNITY

Our service has been busy building relationships and participating in community events. We participated in the ANZAC March in Molong and we organised Harmony Day at Prunus Lodge with the residents and Anni Gallagher from Orange City Council. Our Harmony Day celebration also made it on WIN News. We have recently celebrated Asthma Awareness PJ Day, biggest morning tea and provide playgroups both in Molong and Canowindra.

QUALITY IMPROVEMENT PLANS

I have provided you in this newsletter, our service accomplishments that we have completed from our QIP. We are now in the process of reviewing this document, as we do every year. Rachael has shared with you a survey that we would like you to complete, on Facebook and via email. This allows you to participate in our QIP as we value your feedback in what we need to improve, and what our strengths are in our service.

PHILOSOPHY

Our service has reviewed our philosophy recently, your feedback is appreciated and valued. A statement of philosophy guides our service operations and our practices, as we deliver these valued aspects to our customers and most importantly the children.

This year we have included five domains that we highly value to our children, families and the community. I have provided our five domains in this newsletter.

SIGNING TIMESHEETS CORRECTLY

A friendly reminder that all parents need to sign in and out each day while your child is in care. Parents also need to sign off on their child's absence. The Family Assistance Law states that session reports must be accurate, and need to be provided for each child each week. Parents need to sign at the end of each week, as it is compulsory. **For parent still signing paper timesheets, please ensure you note the exact time of sign in (e.g. do not round up 8:58am to 9:00am, write 8:58am)**

PAYMENTS

I have been informed from my educators, that parents are not paying their gap fee on time. A friendly reminder, you need to pay your educator, either weekly or fortnightly, or organise a payment plan. **No Payment, No Care!** If you do not pay your educator and you have had a number of notices, we will cease your child's enrolment until the educator is paid in full.

We have also had parents turning up earlier than contracted, or pick their children up later than contracted, and not giving their educator notice. Educators need to comply with the regulations and the law. They have a ratio of 1:4 or 1:7. If your educator goes over the ratio, she will be fined and the Department of Education will make a visit. If you are either running late or running early, you need to contact your educator, as they may be over their ratio.

EXCITING NEWS

I would like to share with you all, some exciting news I received late last week. I am one of ten students selected to attend a Business and Management Outbound Mobility Program in China. I have recently completed my Diploma in Leadership and Management, and I thought this would be a fantastic opportunity to further my knowledge and continuity of learning as a leader. My goal is to deliver a service that is successful, and to a high standard, that promotes positive organisational culture to our customers.

QUALITY IMPROVEMENT PLAN PROGRESS

QUALITY AREAS	GOAL WE ACHIEVED	PROGRESS NOTES
QA2- Children's Health and Safety	Finalised the Supervision Strategy	A supervision strategy document has been created for educators and families to sign. It is displayed in the educator's home environment.
QA3- Physical Environment	Implement more activities with natural resources	Discussions and ideas are shared through photos, meetings, and theorists on natural resources. Update on the philosophy and policies.
	Increase activities sustainability practices	A program was organised for the educators from NetWaste on 'Waste Minimisation Program'.

	Educators implementing and promoting healthy eating	Staff members have attended professional development workshops with 'Munch and Move'.
QA4- Staffing Arrangements	Educators and staff need more understanding of the Code of Ethics	Nominated Supervisor attended professional development workshop on the 'Code of Ethics' in Dubbo
	Educators own children in care are checked	Educator's own children have been added to educator's Harmony profile and are displayed on Children in Care Report.
QA5- Relationships with Children	Manage children's behaviour consistently and to respect the child when they are having difficulty managing their behaviour.	Educators attended a workshop delivered by SEED Paediatric Services' Occupational Therapist.
QA6- Collaborative partnerships with families and communities	Acknowledge culture from Non-English backgrounds and Aboriginal families into the service.	Nominated Supervisor has joined a Yarning Circle located in Orange, and joined the Aboriginal Education Consultative Group Inc. in Molong.
QA7- Governance and Leadership	Update all policies and procedures	Completed in August 2018
	Changes to the family assistance law of the new child care subsidy	Transition to the new CCS, information shared to all families, attending webinars and reading about the new changes.

Sharnie Duncan

Nominated Supervisor

DIARY DATES

26th June – Canowindra Playgroup

4th July – Molong Playgroup

8th July – School Holidays Start

8th July to 14th July – NAIDOC Week

18th July – Molong Playgroup

19th July – School Holidays End

Save the date

NESSY'S NURSEY

Vanessa Edwards and her children in care had some fun with paint and potato mashers!



MEGAN GOULD'S FAMILY DAY CARE

Megan and her children created their own versions of 'Field of Poppies' for ANZAC Day.



MARY-LOU GOSPER'S FAMILY DAY CARE

Mary-Lou and her children in care made poppies for ANZAC Day.



JASMIN WHITING'S FAMILY DAY CARE

Jasmin and her children in care enjoyed picking and washing the vegetables in Jasmin's garden. What a great way to promote healthy eating and sustainability!



WASTE TO ART PROJECTS

We have asked our educators to create a 'Waste to Art' project with their children in care. This will show children the value of recycling and the importance of a sustainable future. Some educators may be asking for recyclable materials that are used in every household, so make sure to save them!



GETTING TO KNOW OUR EDUCATORS...

Bonnie-Sue Mawbey

Yeoval

Bonnie-Sue is working towards her Diploma in Early Childhood Education & Care.

How long have you worked in the Early Childhood Industry?

I started in June 2018 and I have worked as a Teacher's Aid in the past for 3 years.

Describe yourself in 3 words:

Caring, crafty, bubbly.

Describe your service in 3 words:

Bizy as beez!

What is your favourite activity to do with your children in care?

Craft & learning about our environment from a child's eyes.

Why do you enjoy doing Family Day Care?

I love spending time with little kids and watching them grow & learn!

Why did you decide to work in the Early Childhood Industry?

As Yeoval didn't have any early childhood services there was a need for it. I love working with little children & my own children are nearly grown up, this job fills a hole.

What is your favourite quote?

Live, Love, Laugh



Jackie Watson

Canowindra

Jackie has her Diploma in Children's Services.

How long have you worked in the Early Childhood Industry?

Since 2000, Family Day Care since 2007

Describe yourself in 3 words:

Honest, reliable & caring.

Describe your service in 3 words:

Warm, inviting & fun.

What is your favourite activity to do with your children in care?

Cooking & craft, mud & water.

Why do you enjoy doing Family Day Care?

I love watching children grow, reaching their milestones & form friendships with peers & myself.





MUNCH & MOVE

Did you know?

WATER



Toddlers require around 1L of fluid per day and preschool aged children require around 1.2L per day. Drinking water is a habit that should be developed from a young age.

Did you know?

WATER

Drinking water throughout the day not only keeps your children hydrated but keeps them regular! It is important to encourage them to drink more water when they exercise and during hot weather to maintain hydration.

Did you know?

MILK

Milk is a great source of protein and calcium for growing children.




Did you know?

MILK

For children over the age of 2 years, reduced fat (lite) milk is recommended, as they are now eating a wider range of foods that meet their energy and fat requirements.




Did you know?

HEALTHY EATING

A child aged 2-8 years requires **4 serves** of grain foods a day.

One serve of grain looks like:

- ½ cup cooked pasta
- 1 slice of bread
- ½ cup cooked rice
- ⅔ cup wheat cereal flakes
- 1 crumpet/English muffin

Try and opt for wholegrain too as it helps children feel fuller for longer!




Did you know?

HEALTHY EATING

A child aged 2-8 years requires **1½-2 serves** of dairy a day.

One serve of dairy looks like:

- 1 cup (250ml) milk
- 2 slices (40 grams) of cheese
- 200g yoghurt
- 120g ricotta cheese
- 1 cup (250ml) calcium fortified soy milk

Choose reduced fat products for children over 2 years.






Did you know?

HEALTHY EATING

A child aged 2-3 years requires **1 serve** of fruit a day and a child aged 4-8 years requires **1½ serves** a day.

One serve of fruit looks like:

- 1 medium apple/banana/orange
- 2 small apricots/plums/kiwi fruit
- 1 cup of diced fruit
- 30 grams dried fruit (eg 2 dried apricots)



Did you know?

HEALTHY EATING

A child aged 2-3 years requires **1 serve** of meat or meat alternatives a day and a child aged 4-8 years requires **1½ serves** a day.

One serve of meat looks like:

- 65 grams (palm sized) cooked lean meat (beef/lamb/pork/kangaroo/veal)
- 80 grams (hand sized) cooked lean chicken/turkey
- 1 small can of fish
- 2 eggs
- 170g tofu
- 1 cup legumes/beans

Did you know?

INFANT FEEDING

Sugar, salt or fat should not be added to baby food. An infant should learn natural food flavours first.




Did you know?

INFANT FEEDING



Offering a variety of foods to an infant in their first 12 months of eating solids sets good habits and increases their likelihood of accepting new foods later in life.




Did you know?

INFANT FEEDING

An infant may be ready for solids if they are biting, showing interest in food, still hungry after a feed, or are able to hold up their head and sit up on their own.

Did you know?

BREAST FEEDING

Breastfed infants have a reduced risk of overweight and obesity later in life.




Beef Curry Recipe

Prep time: 30mins

Cook time: 60mins

Serves: 6-8

Ingredients:

2 tbs Olive oil
1 Onion, finely diced
3 tbs Curry powder
1 tsp Cumin seeds, ground
1 tsp Sweet paprika
500g Diced beef
400g can Diced tomatoes
3 Potatoes cubed
300g Pumpkin, cubed
250mL Beef stock
2 Zucchini, diced
1 cup Basmati rice, uncooked

Reduced fat, plain greek yogurt, for serving

Steps:

1. In a large pot on medium heat, place the oil and onion. Cook until the onion becomes translucent. Add curry powder, cumin and paprika and cook with the onion until fragrant
2. Add beef to the pot with the onion and spices and cook, stirring constantly, until browned
3. Once beef has browned, add tomatoes, potatoes, pumpkin and stock. Stir constantly to remove any of the beef or spices that may have stuck to bottom of pan
4. Cover with a lid and cook on low heat for 30 minutes, stirring occasionally. After 30 minutes, add zucchini to the pot. Stir through, and then cover and cook for a further 30 minutes or until the meat is tender. Remember to stir occasionally to ensure the curry is not sticking to the pan.
5. 10-15 minutes before curry is finished cooking, cook rice following packet instructions
6. Serve with a dollop of yogurt and ½ cup cooked basmati rice