



Family Newsletter

Issue 3, 2019



**Prunus Lodge Aged Care Residents visiting Molong Playgroup
Thursday, 12th September 2019**



From the Nominated Supervisor..

Welcome to the beginning of the beautiful season of Spring.

It was lovely to listen to the raindrops pitter-patter on our roof, and see the puddles of water laying in our paddocks. The effects of the drought are widespread and has had a very devastating effect on our environments, and our society. We can only hope this is the start for more rain to come!

It is hard to believe we are coming to the end of Term 3, and it has been a busy term for our service.

NAIDOC Week

Our service was honoured to attend a special ceremony held at Molong Central School. The ceremony was organised by the school, and the Aboriginal Education Consultative Group Inc. We were welcomed with a traditional smoke ceremony, before we were welcomed with an Acknowledgement of Country, presented by Aunty Joyce (the Senior Wiradjuri woman from the Wellington Valley). The Aboriginal and Torres Strait Islander students presented their school, and visitors, with a dreamtime story, and a traditional Aboriginal dancing ceremony. Thank you to Molong Central School for allowing us to join in!

Playgroups

Our service values the importance of building relationships with our communities and engaging with the local members. Mixing the old and young generations gives an opportunity to come together to play, learn and build connections. We recently invited the residents from the Prunus Lodge aged care facility to attend our playgroup. It benefits the children as they make sense of their community, and elder figures, for those who do not have regular contact with grandparents. For the residents of the facility, it decreases their feeling of loneliness, increases smiles and happiness, benefits their physical and gross motor skills, social inclusion and creates friendships along the way. We value collaboration with families, children and the community that is respectful, rich and meaningful.

We have planned our next intergenerational playgroup, with Prunus Loge and Molong Hospital residents, at the Molong Rec Ground on Thursday, 10th October 2019. You are more than welcome to join us. Please bring your hat, water, sunscreen and morning tea.

On Thursday, 5th September, we were very blessed to visit the Molong Early Learning Centre. The children were very busy exploring, investigating and problem solving in the new environment. The chook pen was popular, as the children helped feed the chickens. The mud kitchen was a busy area of cooking yummy food and enhancing our numeracy and communication skills. This was a lovely opportunity to strengthen relationships between our services. Thank you to Molong Early Learning Centre for having us!

Warmer Weather

Please remember to pack a broad brimmed hat and appropriate clothing for your child, as the weather is quickly warming up. I have attached our Sun Smart Policy, please take the time to read.

Welcome and Farewell

I would like to welcome Kassandra (Blayney) and Sarah (Forbes) to our service! They registered with us in July 2019 and have both been excelling in their roles!

We sadly wished farewell to Megan Gould (Parkes), as she embarked on a new career pathway. Best of luck Megan!

Sharnie Duncan
Nominated Supervisor

Educator of the Month

June 2019

Laura Howarth—Orange

For her fantastic start to family day care. Laura is outstanding with her paperwork and Harmony Software. She provides a great environment and the service is lucky to have her as part of our team. Congratulations, Laura!

July 2019

Amanda Lockwood—Orange

For her fantastic natural environment and the experiences she provides within her environment. Amanda excels in sustainable practices and providing exciting adventures for her children. Keep up the great work, Amanda!

August 2019

Bonnie-Sue Mawbey—Yeoval

For her organisational skills and commitment to keep her paperwork up to date. This is a very difficult task as everyone knows the amount of paperwork required is very high. Great work, Bonnie-Sue!

August 2019

Shirley Edwards—Parkes

For her organisational skills and commitment to respond to requests from the Coordination Unit. Congratulations, Shirley!



Audit of Family Files

Our Administration Officer is currently working through each family's file to ensure we have all the information that is required and have it up to date. Your educator will receive some forms that will need to be completed, if the service requires them.

Please note, the service understands the large amount of paperwork involved in enrolling a child and we continuously work to reduce the number of forms. However, some things we are legally required to have by the Department of Education & Training and these are the forms we will be requesting during the audit.

We appreciate your understanding!

Our Deepest Condolences..

It's with heavy hearts we wish the Webb family of Molong our deepest sympathies for the passing of their dad, uncle & husband, Anthony.

We also wish the Hanrahan family of Molong our thoughts and prayers for the passing of Sienna's father, Ian, earlier in the year.

Sadly, we also received news of the passing of Ted Miller who was residing in Prunus Lodge. Ted was one of the lovely residents who visited us during our playgroup session with Prunus Lodge.



Our service is available for support for families with young children who experience the loss of a loved one. We encourage families to contact us and have a chat.

There are some beautiful books available to help young children cope with a loss of a loved one, some examples include:

“Where Do They Go” by Julia Alvarez

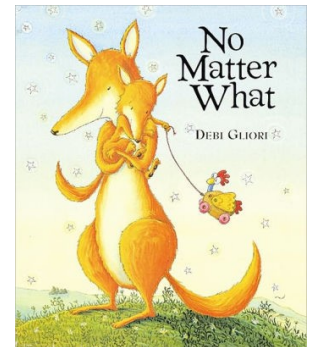
“The Goodbye Book” by Todd Parr

“Ida, Always” by Caron Levis

“No Matter What” by Debi Gliori

“My Many Coloured Days” by Dr. Seuss

“Wherever You Are: My Love Will Find You” by Nancy Tillman



Support for Parents

In light of R U OK Day, recently held on Thursday, 12th September, our service would like to highlight the importance of the local and online support services for parents and adults. It's okay not to be okay and help is always available.

Lifeline

Crisis Support Hotline: 13 11 14

<https://www.lifeline.org.au/>



Parent Line NSW

1300 1300 52 (not available 24/7)

<http://www.parentline.org.au/>



Beyond Blue: Healthy Families

1300 22 4636

<https://healthyfamilies.beyondblue.org.au/>



Enjoy these snaps from recent Molong Playgroups



We are a Be You learning community

Beyond Blue was appointed to lead Be You by the Australian Government in June 2017.

The National Mental Health Commission Review of Mental Health Programmes and Services Report of 2014 found that there were multiple initiatives promoting social and emotional health and wellbeing for children and young people across education settings. These Australian Government funded programs included:

- Response Ability
- KidsMatter Early Childhood
- KidsMatter Primary
- MindMatters
- **headspace** School Support

All of these initiatives were designed and delivered with the best possible intent, but had the potential to be so much more if they were integrated into one single, national end-to-end education-based program.

This led to the Australian Government's National Support for Child and Youth Mental Health Program, which has the vision to support infants, children and young people to achieve their possible mental health.

This program has two components: the Mental Health in Education Program, focused on the education and training of early learning, primary, secondary and pre-service educators; and the National Workforce Support Program, focused on providing education and training to clinicians and non-clinicians working with children between the ages of 0-12 outside of the education space.

In June 2017, the Australian Government announced that Beyond Blue was successful in receiving the Mental Health in Education grant for the National Initiative - Be You to June 2021.

Our service is here to help. We are able to refer you and your family to support services and, most of all, listen to you.



Upcoming events

Sunday, 22 September:	Molong Show (check out our display!)
Thursday, 26 September:	Molong Playgroup, with MELC Visiting
Friday, 27—Saturday 28 September:	Canowindra Show (check out our display!)
Monday, 7 October:	Public Holiday
Thursday, 10 October:	Molong Intergenerational Playgroup
Friday, 11 October:	Office Closed for Council Picnic Day
Wednesday, 16 October:	Canowindra Playgroup
Thursday, 24 October:	Molong Playgroup

Waste to Art Projects



Vanessa Edwards - Parkes



Shirley Edwards - Parkes



Vanessa Edwards - Parkes

**Don't forget to ask your
educator what their Waste
to Art Projects are!**

Sharnie is going to China!

Sharnie was completing her Diploma in Leadership & Management, through TAFE Western, when she was selected to join other students on a trip to China.

Sharnie will be on leave from Friday, 25th October until Tuesday, 12th November 2019.

While she is away, Jacinta McMullen will be Acting Nominated Supervisor.

I'm sure Sharnie will be sharing photos from her trip in our next newsletter!

Babies, babies, babies!

Congratulations to Molong educator, **Kira Whiteman** and her family, on the arrival of her beautiful daughter, Charlotte Stubberfield in July.

Our family continues to grow:

We want to wish Orange educator **Kellie Ward**, who is due any day now, the best of luck with her new daughter when she arrives.

Parkes educator, **Shirley Edwards**, is expecting bub number 3 in February 2020. Best of luck Shirley, we can't wait to meet your newest addition.

Our In-Home Care educator from Orange, **Lannah Johansen** is also expecting a little baby in April 2020, with her partner Cody. Enjoy every minute of the next few months, we can't wait for cuddle!



Charlotte Stubberfield

Our Administration Officer, Rachael, is completing work placement for her Diploma in October. She will only be contactable on Mondays and Tuesdays for the month. If you're having an issue with Harmony, the Child Care Subsidy etc., please call on these days.

If urgent, Sharnie or Jacinta will be available to take your call.

CONTACT DETAILS

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