

Cabonne/Blayney Family Day Care

ISSUE 5 | MARCH 2020



FAMILY NEWSLETTER



Excursion to Molong Police Station

6 February 2020

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



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RATED

MEETING

NATIONAL QUALITY STANDARD



Coronavirus Update

Firstly, I would like to thank you all for the patience you have showed during this serious event. This is an unquestionably confusing and worrying time. We all need to work together and support one another throughout this pandemic virus, known as the Coronavirus (COVID-19).

The information the service receives is evolving rapidly and can change within a matter of hours. We are trying not to over provide families with ever-changing information. We will continue to do updates like this once a week, or when important information needs to be shared. We ask you to keep checking your emails as this will be our main contact point.

Here is an update as of 1pm, 24 March 2020:

WORK TEAMS SPLIT UP - Cabonne Council has implemented changes to each work team, meaning they have moved one person from each team to another building (e.g. one team member moved from Molong to Cudal office). Cabonne/Blayney Family Day Care is included in this change. The change has been implemented in case one office has been effected by the virus, and essential council services will still able to be operate in another office. Our main phone number will not change.

NO VISITS - Council has informed our service that we cannot proceed with monthly spot visits with our educators, unless necessary, or in the event of an emergency. We will continue to monitor educators via phone calls and emails.

DROPPING OFF/COLLECTING - As you would agree, the less people coming into contact, the less chance of the virus spreading. I do strongly encourage families to drop off and pick up their children at the educator's main entrance only and not to enter the educator's house. For parents that are using devices to sign in and out, the educator must be cleaning the device with an alcohol-based wipe immediately after each use. Educators have taken extra steps in infection control procedures, like cleaning their premises regularly to ensure their environment remains hygienically clean and regular hand washing with the children. Please REMEMBER no child or children will be allowed in care if they show any signs or symptoms of the COVID-19 virus or flu like symptoms.

COVID-19 INFO COURSE - Our educators are all currently completing the below online course on preventing the spread of infectious disease – COVID-19 edition. Here is the link if you wish to complete this free course as well:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

*Please note, the website is experiencing a large volume of users trying to access it and may not be available, however we encourage you to pop on when you can as it has some great information.

CLOSURE OF NON-ESSENTIAL BUSINESSES, RESULTING IN PARENTS OUT OF WORK -

The announcement made early this week to close down a number of non-essential businesses has effected a lot of families. A number of jobs were lost unexpectedly, therefore, the service is aware some families may need to remove their children from care due to their financial position. Here are your two options:

- Parents need to give 14 days' notice if terminating their care. Please be aware if children are marked absent for these 14 days, you will then need to pay full fee for each absence day. We highly recommend your child to arrive on their last day of care for even just half an hour, and then your absences will be eligible for CCS. This is defined from the Family Assistance Law.
- Your educator may terminate your Complying Written Arrangement immediately. This is a business decision and is totally up to your educator.

VOLUNTARILY REMOVING CHILDREN FROM CARE – If you choose to voluntarily remove your child from care as a precautionary measure, you will still be required to pay your educator as per normal. Your child will be marked as absent. You are entitled to 42 initial absences days per financial year, without the need to provide documentation. Once a child's 42 absences days have been used, Child Care Subsidy can be paid for additional absences for a reason defined in the family Assistance Law, including illness. Your doctor may approve your reason and approve evidence to claim the additional absences. Please remember if your children are using another service, absences are counted together not separately for each service.

SCHOOL AGED CHILDREN - If a family has made the decision to place their school aged child into care, instead of sending them to school, they are able to claim Child Care Subsidy, given they follow the Child Care Ministers Rules 2017:

Legislation reference:

Section 8(f) of the Child Care Subsidy Minister's Rules 2017 establishes that where, during any part of the session, the child is attending school, or engaged in a formal schooling program (including a home schooling or distance education program) there is no eligibility for Child Care Subsidy.

For example, if a child finishes school at 3.15 pm, their parent would not be eligible for Child Care Subsidy for a session that starts at 3.00 pm. This means that if a child is physically attending a service during school hours, they will only receive CCS at the school age rate.

EDUCATOR'S CHILDREN AT HOME – Educators are able to keep their own children at home from school due to their own precautionary measures; their children will be included in their ratio 1:7 (unless they are over 13 years). Educators cannot provide care if a member of their household is ill.

MENTAL HEALTH – It is extremely important that everyone takes care of their mental wellbeing during this time. Taking a walk in fresh air, meditation and listening to music are a great way to relax and de-stress. Please ensure you talk to someone if you are not coping, or feeling anxious.

Beyond Blue – 1300 22 4636

Lifeline – 13 11 14

INFORMATION SOURCES - Please be careful what information you take in. Unless it comes from verified sources, such as, Department of Education, Department of Health or Family Day Care Australia, it may not be correct or verified.

MINISTER OF EDUCATION ANNOUNCEMENT - If our service is forced to temporarily shut down due to the virus based on public health advice, but not if the service closes voluntarily, these are the amendments:

- Increased number of days that a family can continue to claim the Child Care Subsidy in cases where a child is absent from child care for more than the currently allowable 42 days
- Family access to additional absences, without the need for evidence, in relation to COVID-19; and
- Waive the current obligation of child care services to require a family to pay gap fees if the service is forced to close

WHAT HAPPENS IF WE HAVE TO CLOSE – If our service Cabonne/Blayney Family Day Care was authorised to lockdown, we will immediately alert families via email and our Facebook page. Once we have informed all families/guardians, we will continue to provide you information of the outcome.

If you have any concerns or questions, please do not hesitate to contact our friendly staff on 02 6392 3219. We are making ourselves available to help in any way we can. Please abide by social distancing measures, wash your hands regularly and stay away from large crowds. Stay safe and support your local businesses through this tough time.

Sharnie Duncan

NOMINATED SUPERVISOR

HEALTH AND HYGIENE



**WASH HANDS
WITH SOAP AND
WATER.**



**COVER COUGHS AND
SNEEZES WITH A
TISSUE OR THE INSIDE
OF YOUR ELBOW.**



**KEEP A DISTANCE OF
1.5 METRES BETWEEN
YOURSELF AND OTHERS.**



**AVOID TOUCHING
YOUR EYES, NOSE
AND MOUTH.**



**IF YOU HAVE A FEVER,
COUGH AND/OR
DIFFICULTY BREATHING,
SEEK MEDICAL CARE
EARLY.**



**IF YOU OR YOUR CHILD
ARE UNWELL, AVOID
CLOSE CONTACT WITH
OTHERS AND STAY HOME
UNTIL YOUR SYMPTOMS
HAVE RESOLVED.**

Educator of the Month

February 2020

Kassandra Davis - Blayney

For her commitment to giving her children in care the best possible early childhood education experience. Kassandra excels in sustainable practices. She maintains a veggie garden, with help from her children in care. Recently, she and her children, picked some vegetables and made a delicious, healthy lunch. Amazing work, Kass!

March 2020

All Educators

Our service is giving this award to all educators this month. We believe our educators have showed great resilience, compassion and strength during this pandemic. We are proud of their behaviour and the way they have conducted themselves, in regards to hygiene practices and the empathy they have shown to their families and fellow educators. We will get through this difficult event as a team. Stay strong and stay safe!



*You're
Amazing*

Coordination Unit



Jacinta McMullen
Support Coordinator
& Educational Leader

Sharnie Duncan
Nominated
Supervisor

Rachael Geddes
Administration
Officer

Our Coordination Unit is responsible for the everyday running and administration of Cabonne/Blayney Family Day Care. We monitor and highly support educators to ensure they provide their families with a high quality education and care service. We conduct monthly spot visits to ensure educators remain compliant against the National Law and Regulations. We also handle all enrolments, time sheets, paperwork and reporting.

Admin Levy Waived on Christmas Day

Our service will not be charging the Administration Levy on Christmas Day, commencing this year.

For those families whose educators charge them on Christmas Day, the fee will be reduced due to no Admin Levy. This is our way to thank families for their support each year, as without families, we wouldn't be the service we are today!

Charging ~~on~~ Public Holidays

Educators are only able to charge families on public holidays, if the educator is available to work that day. This means the educator is home, not consuming alcohol and able to maintain ratios.

Educators cannot charge families on public holidays if they will not be home and available to work. They also cannot charge if they did not work their last working day before the public holiday.

Families are reminded that if they need to use care on a public holiday, they will be charged the increased public holiday rate, per hour.

If you have any questions about being charged on a public holiday, please contact the service on 02 6392 3219.

Immunisations and Child Care Subsidy

The Family Assistance Law states that Child Care Subsidy will not be paid out if a child is 63+ days overdue on receiving their latest immunisation. Please ensure you vaccinate your children on time and forward the service an updated immunisation history statement.

NSW Immunisation Schedule

updated March 2020

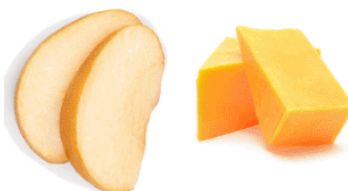


AGE	DISEASE	VACCINE
CHILDHOOD VACCINES		
Birth	Hepatitis B	H-B-VAX II OR ENGERIX B
6 weeks	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA
	Pneumococcal	PREVENAR 13
	Rotavirus	ROTARIX
4 months	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA
	Pneumococcal	PREVENAR 13
	Rotavirus	ROTARIX
6 months ¹	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA
12 months	Meningococcal ACWY	NIMENRIX
	Pneumococcal	PREVENAR 13
	Measles, mumps, rubella	MMR II OR PRIORIX
18 months	Diphtheria, tetanus, pertussis	INFANRIX OR TRIPACEL
	Measles, mumps, rubella, varicella	PRIORIX TETRA OR PROQUAD
	<i>Haemophilus influenzae</i> type b	ACT-HIB
4 years ²	Diphtheria, tetanus, pertussis, polio	INFANRIX-IPV OR QUADRACEL
ADOLESCENT VACCINES - SCHOOL VACCINATION PROGRAM		
Year 7	Diphtheria, tetanus, pertussis	BOOSTRIX
	Human papillomavirus (2 doses)	GARDASIL 9
Year 10	Meningococcal ACWY	NIMENRIX
ADULT VACCINES		
Pregnant women	Influenza (Annually-any trimester)	INFLUENZA
	Pertussis (ideally between 20-32 weeks)	BOOSTRIX OR ADACEL
65 years and over	Influenza (Annually)	FLUAD QUAD
	Pneumococcal (One dose, unless medical risk factors ^{1,3}) ³	PNEUMOVAX 23
70 years (Catch-up for 71-79 years until 31 October 2021)	Zoster	ZOSTAVAX

10 Snacks to Fuel Active Kids



Celery + Peanut Butter



Pear Slices + Cheese



Mango + Greek Yogurt



Frozen Berries +
Milk = Smoothies



½ Banana + Walnuts



Apple Slices + Almonds



Peaches + Cottage Cheese



Carrots + Hummus



Cucumber + Turkey
+ Crackers



Snap Peas + Yogurt Ranch

Kids In The Kitchen

Children love helping, especially in the kitchen! It makes them feel helpful and it gives them great excitement to see the finished product that they contributed to!

Here's some ways to get your kids involved in cooking and baking along with some kid-friendly recipes:

- Invite your kids to participate in planning the meal and getting together the necessary ingredients and tools needed.
- Give them small jobs such as setting the table, washing vegetables or stirring with supervision.
- Make the jobs you give them age-related.

Recipes

Honey Soy Vegetable Skewers

<https://www.healthykids.nsw.gov.au/recipes/honey-soy-vegetable-skewers.aspx>

Cheesy Corn Bites

<https://www.healthykids.nsw.gov.au/recipes/cheesy-corn-bites.aspx>

Sweet Potato Wedges

<https://www.healthykids.nsw.gov.au/recipes/herb-and-garlic-sweet-potato-wedges-with-yoghurt-dip.aspx>

Pasta Twists

<https://www.healthykids.nsw.gov.au/recipes/lentil-napoletana-pasta-twists.aspx>

Vege Quesadillas

<https://www.healthykids.nsw.gov.au/recipes/vegie-quesadillas.aspx>



Active Games



There are loads of fun games and activities that you can get your children involved in right from the comfort of your own home! Munch & Move provides lots of ideas to get your kids involved in physical activity from home.

Here are a few videos to demonstrate some games for your children to play, you can adjust them depending on your own home and comfort levels.

- **Lily Pad Jumping:** <https://www.youtube.com/watch?v=K0w4EYvpi1k&feature=youtu.be>
- **Animal Hop:** <https://www.youtube.com/watch?v=AuXwVOfkPsE&feature=youtu.be>
- **Leap Hurdles:** <https://www.youtube.com/watch?v=kMAVWAtoOEs&feature=youtu.be>
- **Soccer Skittles:** <https://www.youtube.com/watch?v=YKLxF7HGHNI&feature=youtu.be>
- **Dribble Basketball:** https://www.youtube.com/watch?v=59Cf_bJlcsc&feature=youtu.be
- **Horse Gallop:** <https://www.youtube.com/watch?v=GBSTMxQMx0M&feature=youtu.be>

Did you know?
**PHYSICAL
ACTIVITY**

Children are more likely to be physically active if their parents or carers are. Playing with your children increases their enjoyment of physical activity which can carry through into their older years.

Playgroup Photos



Reading To Your Child

Reading to your child is extremely beneficial for their vocabulary, imagination and brain development, reading is beneficial for children of any age. Try making a routine to read one book with your child at least once a day, this can be in any time of the day but some suggestions would be before bed, in the afternoon after school or before a nap.

Here are some ways to make reading time with your child a success:

- Make sure you're in a space with no distractions such as phones, TVs and radios, find a spot where it's quiet so your child can hear your voice clearly.
- Place your child in a spot where they can see both your face and the story you're reading, holding your child close to you or on your knee are two suggestions.
- Involve your child in the story by talking about the pictures in the book or by repeating fun rhymes, words and phrases to them.
- When your child is old enough, let them choose the books they want to read.
- Read books that relate to your child's development eg. a book about using the potty or how other children faced what's under the bed
- Try picking out 3-4 books and letting your child pick one out of them, praise the selection as this gives them a feeling of independence.

