

Cabonne/Blayney Family Day Care

ISSUE 6 | MAY 2020



FAMILY NEWSLETTER



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<https://www.cabonneblayneyfamilydaycare.com>



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RATED
MEETING
NATIONAL QUALITY STANDARD



FROM THE PRINCIPLE OFFICE

As restrictions are slowly easing, we are seeing more and more families deciding to return to their family day care service. Some families may be feeling anxious about returning to care and we encourage these families to talk to their educator.

Our educators thoroughly clean their premises throughout the day and children are washing their hands more regularly. These hygiene practices will remain in place indefinitely.

It was heartwarming to see all our educators and children honouring ANZAC Day by creating wreaths, candles and poppies while learning about Australian history.

We have started to participate in weekly dance sessions via Zoom with educators and families. We are learning how to do the Nutbush dance and we are all having so much fun, while getting some physical exercise.

Staff will be returning to the office over the month of May as we are lucky enough to be able to social distance ourselves in the office.

Lastly, the Principle Office would again like to commend our educators on their professionalism and dedication to their jobs during this pandemic. We are extremely proud of the way they have conducted themselves and how they have adapted to continue to provide care to your family. Don't forget to thank them for their wonderful efforts next time you see them!

We look forward to seeing all your smiling faces when safe to do so!

FLU SHOTS

Flu shots are not a mandatory vaccination and your children are still able to attend care if they do not receive one. However, our service strongly encourages all children, and families, to have the flu vaccination this flu season to protect themselves, other children in care and your educators.

Flu shots can be delivered by your local GP and selected Pharmacists.

REFUSING CARE TO FAMILIES

In order for Cabonne/Blayney Family Day Care to be eligible for the Early Childhood Education and Care Relief Package (your educator's source of income while all child care is free to families), our service must prioritise care to:

- children of essential workers
- vulnerable and disadvantaged children
- pre-existing enrolments (children who regularly attended service before the pandemic started, and/or children who have current Complying Written Arrangement)

If you feel your educator has the capacity to provide care to your family but is refusing to, and you fall under one of the above categories, we kindly ask you to please contact the Principle Office immediately on 6392 3219.

Families can also report concerns about services adhering to the above conditions of the ECEC Relief Package to 1800 664 231 or tipoffline@dese.gov.au.

As always, if your child, or any household members, are experiencing any flu-like symptoms, we kindly ask you to stay home and do not bring your child to care. This will protect our educators, their family and other children in care. Your educator can refuse care to your child if they are showing any flu-like symptoms.

Families can call a national toll free helpline on 1800 291 041 for advice on any child care services in their area.

Educator of the Month

APRIL 2020

Sarah Auld - Forbes

Sarah has shown amazing team work skills during a difficult time, sharing her knowledge with other educators and offering assistance whenever it is needed. Sarah has shown her high level of compassion and willingness to help others. These are precious qualities to have as an early childhood educator. Keep up the fantastic work, Sarah!

Mandy Cusack - Parkes

Mandy has shown exceptional professionalism this month. She has gone above and beyond with taking extra enrolments through a time of financial hardship. Her commitment to her family day care families is very heartwarming. Keep up your beautiful nature Mandy!

Congrats

IMMUNISATIONS

The Public Health Act 2010 (Section 87) states that a current immunisation history statement must be on file for every enrolled child in child care services. There are heavy penalties if services fail to comply with this act. It is extremely important that families forward their child's immunisation statement when their child receives a scheduled vaccination. Statements can be easily forwarded from your MyGov account.

Once the service is back on the Child Care Subsidy payment system, the service will be strictly following immunisation requirements. This means if we do not have a current immunisation statement for your child, three months after they were due, your child will not be able to attend our service until this statement is received.

Please see the NSW Immunisation Schedule (next page) for when your children should be receiving vaccinations. Families will still have to honour their Complying Written Arrangements (including paying child care fees to their educator) and the child will be marked as absent.

NSW Immunisation Schedule

updated March 2020



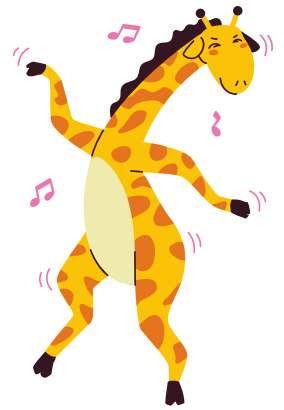
AGE	DISEASE	VACCINE
CHILDHOOD VACCINES		
Birth	Hepatitis B	H-B-VAX II OR ENGERIX B
6 weeks	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</i> type b, hepatitis B, polio	INFANRIX HEXA
	Pneumococcal	PREVENAR 13
	Rotavirus	ROTARIX
4 months	Diphtheria, tetanus, pertussis, <i>Haemophilus influenzae</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
AT RISK GROUPS		
All children 6 months to < 5 years ⁴		
Aboriginal people 6 months and over	Influenza (annual)	INFLUENZA
6 months and over with medical risk conditions ⁴		
Aboriginal people 15-49 years with medical risk factors	Pneumococcal ³	PNEUMOVAX 23
Aboriginal people 50 years and over		

¹ At risk children require an additional dose of pneumococcal (Prevenar 13). ² At risk children require an additional dose of pneumococcal (Pneumovax 23). ³ Refer to the current edition of The Australian Immunisation Handbook for timing of doses.

⁴ Refer to the current online edition of The Australian Immunisation Handbook for all medical risk factors and conditions.

NUTBUSH DANCE SESSIONS

Our Educational Leader, Jacinta, came up with the brilliant idea that our service should meet weekly on Zoom to stay connected to one another. We decided to learn a dance for when we are allowed to see our friends again, we chose the Nutbush City Limits dance as this song encourages movement in time with rhythm which is great for sensory development. It also promotes physical activity and boosts confidence. Our educators, children and staff join a Zoom call each week so we can practice. We send the meeting link out each week for those families at home who would like to join us. So please, join us each week for a dance session, I'm sure the parents will enjoy it just as much as the children do!



MENTAL HEALTH SERVICES

Difficult times like current times can affect anyone's mental wellbeing. Our service is dedicated to support the mental health and wellbeing of all our stakeholders.

With one in six Australians currently experience anxiety or depression, it is likely that you know someone who is struggling. There are so many services available to provide help to you, a family member, your child, a friend or workmate.

Here are some of the many services available to you:

Beyond Blue: <https://www.beyondblue.org.au/>

Headspace: <https://headspace.org.au/>

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

Kids Helpline: <https://kidshelpline.com.au/>

NSW Mental Health Line:

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

ReachOut: <https://au.reachout.com/>

Your Local GP

More services can be found here:

<https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx>



MOTHER'S DAY CRAFTS

We wish all the mothers and grandmothers within the service, a very Happy Mother's Day for Sunday! Getting kids involved in some fun Mother's Day crafts is a great way to stimulate their creativity and imagination as well as receiving a heartfelt gift from your child.

Here are some ideas of some easy crafts that your kids can do from home:

PAINTED PLASTIC CUP WITH HAND PRINT FLOWERS



PAINTED MASON JAR CANDLE WITH PERSONALISED MESSAGE TAG

HAND PRINT SUN WITH PERSONAL MESSAGE



NATIONAL FAMILIES WEEK

National Families Week is held between the 15-21 of May and it celebrates the vital role that families play in Australian Society. This week should be celebrated with your family, by making contact with your extended family and making the most of family life. Families support, teach, nurture and help children as they grow to become the adult Australians of tomorrow.

"Families are the most important building block of communities, societies and nations. I believe strongly that we need to think more about the value of families and do more to support our and other families, whatever form they take. What does your family mean to you?"
- Dr Brian Babington, 2019

The National Families Week website has activities that your family can participate in from the comfort of your own home. These include colouring in sheets for your children, templates for getting your child to draw their own family and sheets to get children to think about family activities that they have been involved in and write these down for future reference when they're older, all printable.

Website Link: <https://nfw.org.au/get-involved/activities/>



National Families Week
@HOME

STRONGER
FAMILIES
STRONGER
COMMUNITIES

15-21 MAY 2020
WWW.NFW.ORG.AU



HEALTHY KIDS AT HOME

Healthiness covers a child's physical, nutritional and mental health which are all equally important in the development of your children. Due to the current pandemic, it may be harder to keep your child healthy in each of these categories, especially while being at home all the time.

Here's some ways to keep your children mentally, physically and nutritionally healthy during quarantine:

Physical:

- Practice yoga techniques and poses, this builds strength and flexibility as well as helping to relax.
- Create a scavenger hunt for your kids using small toys or other fun objects in your home and/or backyard.
- Set up *Just Dance* Youtube videos on your TV for your kids to dance along to.

Nutritional:

- Start the day with a healthy breakfast, try making breakfast items such as whole grain muffins or pancakes, fittatas or egg and cheese muffin cups that can easily be reheated another day.
- Try making edible art with your kids, there are plenty of fruit art recipes online which act as both craft and snack!
- Make a game out of snacks, make a smoothie and add a different fruit or vegetable to the mix each time and have your kids guess the mystery ingredient.

Mental:

- Learn basic mindfulness with your children, share a 3-breath hug or move and stretch while noticing body sensations.
- Write a letter to your child, even 8 simple words can be enough, share these to them regularly so they know they're loved.
- *Cosmic Kids Yoga* is a Youtube channel with yoga, mindfulness and relaxation techniques for kids.



HOW WE HONOURED ANZAC DAY



DO IT FOR DOLLY DAY

At the beginning of 2018, the nation was stunned by the untimely death of 14 year old Dolly Everett, a victim of relentless bullying.

Dolly's parents established Dolly's Dream to act as a voice for those who cannot speak for themselves and work to prevent the precious lives of other children and young people being lost.

At the core of everything the foundation does is kindness. They believe that through kindness we can create a sense of togetherness and community.

On Friday, May 8 2020, our educators, children and staff wore blue to spread the Dolly's Dream message.

"Blue was Dolly's favourite colour and creating a sea of blue on Do it for Dolly Day reminds people to be kind to those around them," says Kate Everett, Dolly's mum.

Together, we made May 8 a day of kindness:



Be a mate. Be kind on May 8

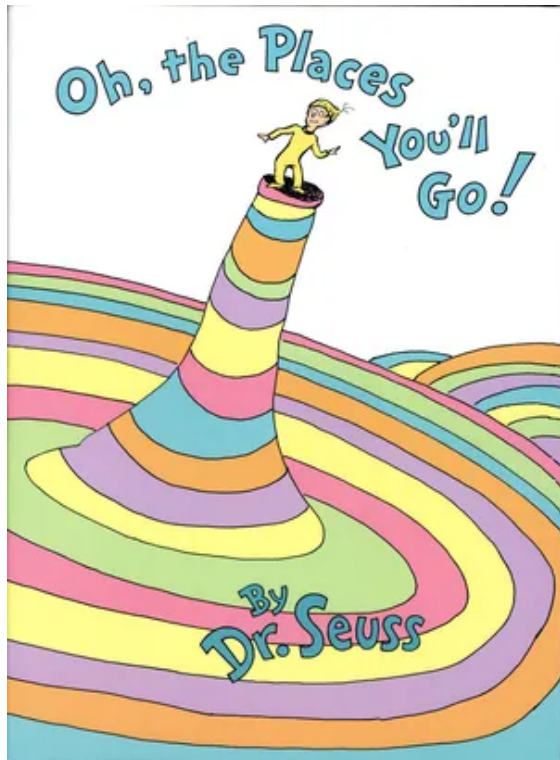
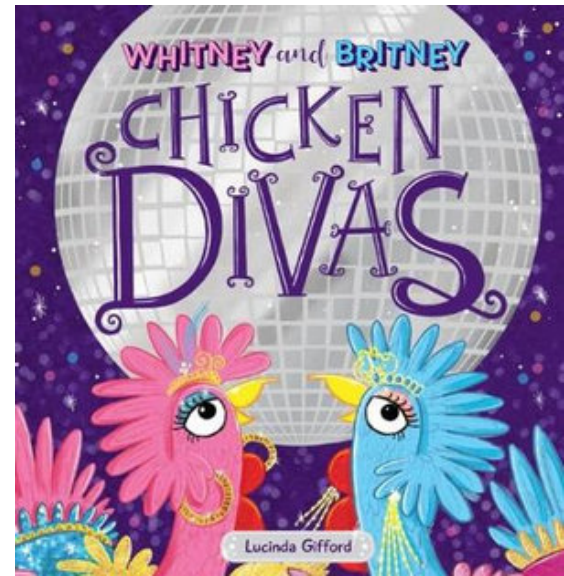
BOOK CORNER

Whitney and Britney Chicken Divas

By Lucinda Gifford

This book was chosen for Simultaneous Story Time 2020.

Whitney and Britney are two gorgeous chooks, Fluffy and Silky with stunning good looks. Dora is perplexed about where her chooks go each night. Little does she know, they are Whitney and Britney, Chicken Divas!



Oh, the Places You'll Go

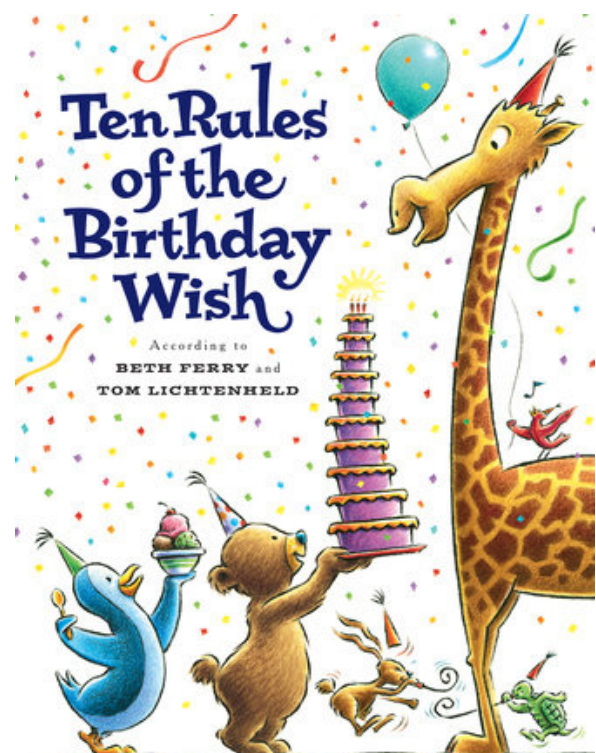
By Dr. Seuss

Dr. Seuss addresses many of life's certain ups and downs in this popular children's book. This is a great way to introduce your children to the roller coaster life takes them on, especially during this time in our lives.

Ten Rules of the Birthday Wish

By Beth Ferry

Birthdays are important days to celebrate. But before you do, you should make sure you're following the ten important rules of your big day. Rule #1? Make sure it actually is your birthday.



From the illustrator of Goodnight, Goodnight, Construction Site