

From the office

We have had a busy time over the last couple of weeks!

The Kindergarten children went on an excursion to the **Bundoora Farm**. We had beautiful weather and the children thoroughly enjoyed their special day. Thank you to our parent helpers on the day! The children went on a ride through the sanctuary seeing the kangaroos and emus, fed the animals, had a pony ride and experienced the farm environment up close. Thank you to Jen who made the children their healthy lunch for the day. Great place for families to visit!

On Wednesday Pre Kinder 3 and Kinder 2 had **Reptile Encounters** visit their room. The children were excited to see the Python snakes - 'Tiny' and 'Caramello', Charlie the Crocodile, 'Freddo' the frog and some other special friends!

Congratulations to Barbara on attaining her Diploma in Children's Services and Rachael who has her Certificate 3 in Children's Services! As part of our staff professional development, we encourage and assist staff to up skill their qualifications. We are currently arranging professional development for all staff in the coming weeks, covering a variety of areas. If staff would like to attend courses throughout the year these are also supported.

Car Park Safety

There are several issues we have observed in the car park recently that have caused concern to both staff and parents. Please ensure that at no time children are being left unattended in vehicles. If you need assistance with bringing your child into the centre, please phone us from your vehicle and a staff member will assist you.



The other important issue is to ensure that your child is not able to run into the path of other vehicles.

All children are required by Law to be in an approved child restraint.

SunSmart Time

Children will need a SunSmart hat from September 1st for outdoor play. Hats are available at the centre in five different colours for \$15 (profit goes towards the children's end of year party).



Until next time,
Raylene, Colleen & Staff



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Website of the Month



www.sunsmart.com.au

Important sun safety
information.

Maternal Health Outreach Program



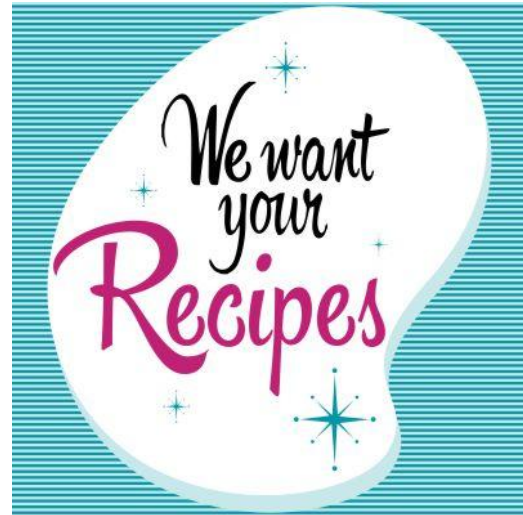
We have had a wonderful response to offering the Maternal Health program within the centre each Thursday.

Jaclyn attends from 9.30 a.m. each week and is able to see your child.

If you would like to utilise this service, please complete the permission form which is available from the office.

One of our staff will accompany your child and Jaclyn will send home a report on the day with your child.

This is currently a trial program to assist families who have found it difficult to attend their normal Maternal Health centre due to work commitments.



We urgently need your recipes for our Wallaby Childcare Epping Cookbook

The children have been very busy doing the pictures and all we need now are your recipes!

Please drop these into the office or email to epping@wallabychildcare.com.au

Before September 12th

IMPORTANT INFORMATION

To ensure the safety and wellbeing of our children who have allergies, our centre is a **NUT FREE** centre. We do have children with Anaphylaxis and allergies in our centre. Anaphylaxis is a severe allergic reaction to certain allergens.

Medications (Antibiotics, Pain Relief, etc)

If your child requires medication to be administered during the day, please hand this to staff on arrival and complete an Administration of Medication Form (please do not leave medications in your child's bag). This form will need to be signed when collecting your child and the medication will be handed back to you.

Our Current Vacancies

x Indicates availability on that day

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery					
Junior Toddler					
Toddler	x				
Senior Toddler	x	x			
Pre Kinder 1					
Pre Kinder 2	x				
Pre Kinder 3					
Kindergarten 1					
Kindergarten 2	x	x	x	x	



September

1st – 7th

relating to this topic

Child Protection Week – parents will be provided with information

5th

Friday

3.00 p.m. Dads, Grandfathers and special friends are welcome to

come and join us for a **Father's Day afternoon tea**. * please note this change

We will also be celebrating **Footy Day** on this day with Face Painting & Footy activities! Come dressed in your favourite footy colours (AFL, NRL, Soccer, Rugby, etc!)

6th – 8th

this festival

Chinese Mid Autumn Festival - Chinese cultural activities to celebrate

Is there anything you would like us to include on next year's Events Calendar?

Let us know!





Admission Costs

Age Group	Cost
Adults	\$9.50
Child	\$6.00
Concession	\$6.30
Family	\$25.00 (2 adults + 2 children)

Bundoora Park
 1069 Plenty Road,
 Bundoora
 VIC 3083

Location	Hours
Coopers Settlement	10.00am - 4.30pm
Closed	Christmas Day, Boxing Day, New Years Day

- " **Feeding and handling the farmyard animals** - Come and visit the main barn at 11.30am and 3.30pm and you will have the chance to bottle feed our very excited baby animals.
- " **Pony Rides** - Friendly ponies provide children with enjoyable rides on a daily basis.
- " * Please Note: Pony Rides DO NOT operate in temperatures of 35 degrees Celsius and above or in wet and windy conditions.
- " **Gift Certificates** - Family Day Pass Gift Certificates are valid for 6 months from date of purchase. Entry is permitted into Cooper's Settlement for one day (including Farm and Heritage Village).





Achievement Program

We've signed up to the Healthy Together Achievement Program!

Wallaby Childcare Epping is committed to promoting the health and wellbeing of our children, educators, staff and families. Because we know that healthy children learn better we're taking part in the Healthy Together Achievement Program, a Victorian Government initiative that aims to improve child learning and development outcomes by supporting their health and wellbeing.

This program will support us to role model healthy behaviours, link in with community partners and provide active play opportunities for children to explore, extend and test their limits. The Healthy Together Achievement Program allows us to recognise what we are already doing well in promoting health, as well as identify new opportunities for families to get involved.

To find out how you can get involved in supporting this work interested families can contact us.

Participation can range from simply submitting a healthy snack idea to being a member of the health and wellbeing committee.

Website - healthy.whittlesea.vic.gov.au - more information about the program

Healthy children learn better

Early childhood education and care services can access support to create healthy environments and promote children's health and wellbeing.

The Achievement Program for early childhood services has been developed in partnership by the Department of Education and Early Childhood Development and Department of Health to closely align with the National Quality Standards and Victorian Early Years Learning and Development Framework.

Fantastic opportunity to support the health and wellbeing of your child at Wallaby Childcare Epping.

We're putting a call out for parents to join our newly established Health and Wellbeing Team. This team will focus on improving the health and wellbeing of children, educators and families and lead the creation of a positive culture around health and wellbeing. Anyone can get involved - you don't have to be a health expert just enthusiastic and committed to ensuring that we become a health promoting service.

Our Wellbeing Team members so far are -

Jennifer

Raylene

Colleen

Kim

Bernadine

Neetu



Policy Review



Our policies are reviewed and updated annually.

We welcome parent input into our policies. A copy of all our policies are available for parents in the foyer for you to read at any time.

This month our SunSmart Policy is included in this newsletter.



Potato and Leek Soup

1 kg Potatoes

1 leek stalk

1/2 bunch parsley

3 tablespoons vegetable stock

Water



Method

In a large pot add all the ingredients cover with water, bring to the boil turn down and simmer for 15 mins Purée and serve with fresh crusty bread

"Bon Appetite"

Jennifer

Ps.....don't forget to email us your favourite recipe!



CHS05 Sun Protection Policy

1. RATIONALE

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above.

Whenever ultraviolet (UV) radiation levels reach 3 (moderate) and above, sun protection is required. At that level UV radiation can damage your skin and eyes and lead to skin cancer. From May until August, sun protection is not used unless the UV Index level reaches 3 and above.

Children, Educators and visitors to the centre need to be protected from the risk of sun exposure and Educators need to be dedicated to ensuring this by using a combination of sun protection methods.

2. CENTRE PRACTICES

All children and educators use a combination of sun protection measures whenever UV Index levels reach 3 and above and from the beginning of September to the end of April. During these months, particular care is taken between 10 am and 2pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.

From September to April, direct sun exposure is minimised where possible particularly during the peak UV periods of 10am – 2pm or 11am – 3pm daylight saving time. We understand that it is not realistic nor practical to keep children indoors during the entire middle part of the day and just ask that educators are mindful of peak UV times and vary outdoor schedules and ensure a variety of sun protection measures are used, experiences are set-up in the shade etc. Management makes sure there is a sufficient number of shelters and trees providing shade in the centre grounds.

The availability of shade is considered when planning excursions and outdoor activities. Children are encouraged to use available areas of shade when outside.

- All children are required to bring a named, broad rimmed, legionnaire or bucket hat that shades the head, face, neck and ears (baseball caps do not provide enough protection). This is to be left at the centre and used on a daily basis when playing outdoors. Hats are stored individually. A "No Hat Play in the shade" policy will be

enforced when children do not have appropriate sun protective hats or clothing. The use of wraparound sunglasses that comply with the Australian Standard 1067 (Sunglasses Category 2, 3 or 4) is also encouraged.

- Children are encouraged to wear clothing that will protect the skin from UV exposure (not just sunburn that damages the skin – the skin can be damaged by UV even when it is not obvious / you can't see it.). eg. Long sleeved shirts. Singlet tops and strappy dresses do not provide appropriate sun protection.
- Sun-safe habits are continuously reinforced through the program.
- Broad spectrum sunscreen (SPF 30+) is supplied by the centre and must be applied 20 minutes before exposure as well as 2 hourly during exposure.
- Records of application of sunscreen are kept on the "Hat and Sunscreen checklist" by Educators a minimum of 3 times daily.
- Educators will apply sunscreen to children under the age of three. Children who are over three years will be assisted to apply their own sunscreen which will be checked by an adult to ensure complete coverage. Sunscreen is applied by using individual cotton balls to each child and by wearing gloves.
- Parents are reminded to apply sunscreen, at home, in the morning if they will be dropping off their children at times when the other children are engaged in outdoor groups. This will enable their child to join in the outdoor activities without having to wait 20 minutes before being exposed to the sun.
- Educators will be role models by applying sunscreen and wearing hats when outside.
- Babies under the age of 12 months will not be exposed to direct sun exposure whilst at the service.
- Educators are encouraged to set up activities in shaded areas and as much as possible children are encouraged to use areas of shade when outside.
- Activities relating to skin and sun protection are included in the weekly program for children.
- Visitors to the centre are required to abide by the centre's sun safety policy.
- Consideration will be made from May to August, when the UV index level is less than 3. This will be checked at www.bom.gov.au/announcements/uv during this time by the centre manager and information passed to educators as to whether sun protection needs to be used.

3. REFERENCES

The Cancer Council of Australia Website www.cancer.org.au April 2014

The Sun Smart website www.sunsmart.com.au April 2014

Education and Care Service National Regulations:

- Part 4.1, Regulation 73 - Educational Program
- Part 4.2, Regulation 77 - Health, hygiene and safe food practices
- Part 4.3, Division 2, Regulation 114 - Outdoor space - shade
- Part 4.7, Division 2 - Policies and procedures

Education and Care Services National Law Act 2010;

- Part 6, Section 167 - Offence relating to protection of children from harm and hazards

National Quality Standard Quality Areas;

- **2.1.1** - Each child's health needs are supported
- **2.3.2** - Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury
- **3.1.1** - Outdoor and indoor spaces, buildings, equipment, facilities and resources are suitable for their purpose
- **6.2.2** - Current information is available to families about community services and resources to support parenting and family wellbeing
- **7.3.5** - Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly