
Waite Campus Childrens Centre Parent Newsletter

March 2009

Please read this newsletter to find out more about:

- ◆ Parent Evening
- ◆ Draft Goals 2009-2010
- ◆ Harmony Day—everyone belongs. Wear orange for harmony on Friday March 20
- ◆ This issue includes the new WCCC 'Green Page'

Parent and Program Evening

Building your child's emotional resilience

Our first parent evening for 2009 will be on Wednesday 1 April 7-9pm.

Our special speaker for the evening is Mark Le Messurier.

Mark is a teacher, an author and a national conference presenter.

His background spans twenty years in the classroom which includes special education, adult education, child-centred education and community education projects.

Twelve years ago, shortly after receiving the prestigious [National Excellence in Teaching Award](#), he set up a private practice at FULLARTON HOUSE in Adelaide, South Australia to mentor children and teens that experience learning, social or behavioural problems.

So what is emotional resilience?

Emotional resilience means being able to manage your emotions and control your behaviour. Being able to calm down and feel better when you get overly upset and bounce back from adversity. The foundations to building emotional resilience are confidence, persistence, organisation and getting along with others. We all need emotional resilience, so join us for this evening of learning.

Goals 2009-2010

The responses from the 2008 program and service review are being used to develop goals for 2009-2010.

The current draft has the following Key goals:

Goal 1. Celebrate each child's individuality through the Centre's programs, experiences and routines.

Goal 2. Support children to respect, explore and take care of the natural environment and contribute responsibly to sustainable futures.

Goal 3. Establish collaborative partnerships with families through regular communication between staff and families and through sharing and exchanging ideas, experiences and expectations

Goal 4. Facilitate the employment and retention of a highly motivated and professional staff team with a range of qualifications and experience.

Goal 5. Provide staff with regular non-contact time to plan, evaluate and systematically reflect on teaching, learning and care giving practices.

Goal 6. Encourage an exchange between the campus community and the Centre with the aim of promoting awareness of the value of early childhood development

Goal 6. Involve the Centre in the wider community and invite others to share in our program

The extension of these including the objectives, strategies, responsibilities and time frame for achievement is displayed on the parent notice board. This provides more detail of what we hope to achieve.

Please read and provide any feedback via the available feedback slips or email to: childcare.waite@adelaide.edu.au.

We can also email you a copy of the complete draft if you would like to read this at home.

Welcome

We have several new children who have commenced at the Centre in 2009.

We welcome the following children and their families

Jeremy and Mick to Room 2

Lilah and Tom to Room 3.

Harmony Day

Harmony Day 2009 is Saturday 21st March.

The key message of Harmony Day is
Everyone Belongs.

It's about community participation, inclusiveness, respect and a sense of belonging for everyone.

Waite Campus Childrens Centre is celebrating Harmony Day on Friday 20 March with music, food, stories and fun.

**Wear orange for harmony
on Friday March 20**

Board and PAG Matters 2009

Adelaide University Childcare Services Inc

(AUCS) Board meets on the last Monday of the month.

The next meeting will be Monday 30

March. Meetings for the first half of 2009 are being held from 6-8pm at the Centres. The March meeting will be at ACCC and the April meeting on Monday 27th at WCCC.

The **Parent Advisory Group (PAG) meets on the third Friday** of the month. The next PAG meeting will be Friday 20 March. The agenda will include discussion and review of the 2009-2010 draft goals and the philosophy.

Philosophy review

The AUCS philosophy is currently being reviewed. As this is the philosophy for the overall organisation the review process includes both WCCC and ACCC. A current draft is displayed on the Parent notice Board for you to read and your comments and suggestions for improvement will be greatly appreciated.

Accreditation

The story board display in the hallway now shows the 7 quality areas and 33 principles that guide the accreditation and quality improvement process. In coming weeks we will add photos showing examples of how we think we meet these principles. We are very interested in your comments and feedback.

Illness and medication in early childhood

The recent weeks of extra warm weather seem to have brought with them an increase in spots and rashes. While rashes often appear after an illness, such as with Roseola or post viral, it is important that we receive medical advice about this. While children are often past the contagious period when a rash appears, there may be other children for whom a particular illness presents additional health issues. It is imperative that all families inform us of any potentially contagious illness their child contracts. The incubation period for some illnesses can be up to 3 weeks and the child may have been attending on the days they were contagious.

It is important to remember several things if you are visiting the doctor with your child when they are unwell:

- ◆ If your child is due to attend childcare let the doctor know this so they can consider the potential risk to other children.
- ◆ Ask the doctor to schedule medication outside childcare hours when ever possible.
- ◆ Ensure that a medication plan is completed and signed by the doctor if medication needs to be administered at the Centre. This must also be signed by the parent.
- ◆ Remember that paracetamol is not kept at the Centre and is only given to children if this is prescribed by a medical practitioner and a medication plan completed.
- ◆ Try to find a doctor that has a background and interest in infant and child health.

Laminated copies (now pink) of WCCC Guidelines to Illness and Medication in Childcare are available. Keep on your fridge for quick reference. If you would like a copy please speak to staff in your child's room. This guide has not been changed since 2008 so if you have a yellow 2008 copy these are still current. **Please remember that these guidelines are also available on the web, together with a medication plan if you need this on the weekend or after hours: www.adelaide.edu.au/childcare/waite**

Green Page

Sustainable Futures

The Sustainable Futures for Children Committee (SFCC) has several projects underway.

Community Water Grant

On Wednesday March 4 we switched to harvested rain water for toilets, laundry and hand washing. All the tanks connected to the buildings have extensive filter systems including a first flush system.

This means that if it hasn't rained for a while any dust and dirt that has collected on the roof will be washed away and not go into the tanks.

The system will automatically switch back to mains water when the water level in the tanks is low.

Outdoor classroom and butterfly garden

The clearing of old vegetation in the nature area west of the Centre is almost complete and planning for our outdoor classroom is progressing. We were successful in winning a \$1,000 grant from the Grow a Great School project which will supply us with some plants for our proposed butterfly garden. Parents staff and the children are also growing plants for the garden with seeds sourced from Trees for Life. We hope to have a design for the garden in the next few weeks.

Solar Power

Our sustainable futures fund is growing. In April we anticipate the installation of solar panels and a real-time display in the hallway showing our power consumption and production. This project is supported by a Federal Government rebate of \$12,870 and will cost the sustainable future fund approximately \$12,000.

Nature Deficit Disorder

In 2006 Richard Louv identified a phenomenon that many people were becoming aware of but not able to articulate: nature-deficit disorder. His book *Last Child in the Woods* began a conversation about the disconnection between children and nature. His work shows that 'children need nature as much as nature needs children'. In Australia we are very fortunate to have a wonderful climate that allows us to spend more time enjoying the outdoors than our neighbours and friends in the northern hemisphere. However we also need to consider how much we really connect with nature.

Do you limit about how much time children spend watching TV or using other electronic media?

Do you spend time outdoors and talk to children about the environment, weather changes, the garden, the native birds and vegetation?

Why not try cloud spotting? Or camping in the backyard? Set up a bird bath?

Visit a National Park and go for a bush walk? Plant a garden? Or maybe make 'green hour' a family tradition by spending at least an hour a week (or a day) in unstructured play in the natural world.

Remember to turn off your lights and save energy on

Earth hour Saturday March 21.

For more information and registration go to:
www.earthhourau.org

Ideas news or information to share?

Is there something you would like to share with others.

Events that support the environment and sustainable living? green tips that will help us all lighten our footprints?

Please email to:

childcare.waite@adelaide.edu.au for inclusion on our [Green Page](#)

Car Free Day

The Bicycle Institute of SA is currently seeking signatures to petition the State Government to hold Adelaide's first "Car Free day" before the end of 2009. Car free days have been held frequently in recent times, particularly in European cities to demonstrate that the city streets can have additional purposes than as carriageways for cars and other motorized transport. They are a way of experiencing a different atmosphere in the cities and to encourage increased pedestrian and human powered transportation, particularly bicycles. If you would like to sign a petition there is one on our reception desk. For further information please go to:
<http://www.bisa.asn.au>

Thank you to Adrian Loschiavo.. father of Oliver (R2) for providing us with the information for this story.