



Did you know there is a parent library in reception?

Here you can borrow books on a range of topics; books about child rearing, books about sustainable living, books about healthy eating and books about being happy.

You can borrow for as long as you like, just fill in the information in the borrowing folder, and let us know when you have returned it.

**DID YOU
KNOW?**

Michael Grose is a parenting educator who runs a parenting website and is one of Australia's leading parenting and educational writers/speaker. He has written 9 parenting books and speaks in schools in Australia and internationally to help parents build strong family partnerships.

New to our parent library is *Thriving. Raising Exceptional Kids with Confidence, Character and Resilience*, a book about how to be a confident family leader with strategies to help our children develop the skills to flourish and for future success in a changing world. This book is aimed at parents of children aged three to twelve years so is relevant to all families of children at WCCC.

We all want to raise children who thrive rather than survive, we all want the best for our children, and this puts a lot of pressure on our children. If we are anxious about our children, then our children could be anxious too.

Not all children are naturally resilient—but the skill sets we want in a resilient child are independence, problem solving, optimism, and social connection. So how do we develop these skills in our children?

This book starts with setting the foundations and building your own resilience as a parent, then building a strong resilient family. Following this are chapters focussing on family communication, managing the curveballs, developing a strong food culture, staying on the same page as your partner, encouraging risk taking, as well as managing anxiety and disruptive behaviours, and much more.

Please borrow this book for a good read!



A message from Sara Blake, AUCS Board Parent Representative and PAG member

I am writing to convey the gratitude of the AUCS Board for the compassion and support received from WCCC parents during this current difficult, ever-changing and sometimes frightening time.

WCCC families have not only had to contend with Catastrophic Fire Rated Days and Centre closures at short notice throughout summer for the first time, but then also the protracted, and unfinished, challenges of COVID19. The Board appreciates these are trying times for families. The Board wishes to acknowledge families and the support, kindness and encouragement they offer Eleanor, Cathy, Gracie and the Educators at the Centre despite these trying times we are all going through. We are deeply grateful to have such wonderful families and children in our Centre. Thank you.

With sincere best regards,

Sara Blake

PAG member and AUCS Board Parent Representative

A note on worms.....

Information from Staying Healthy 5th edition (our reference book for all things related to illness in children), and SA Health

Worms that cause infection in people are parasites that live in the bowel, with the most common in children being the Threadworm or *Enterobius vermicularis*. A threadworm is small, white and threadlike, about 2 to 13mm long. They are common in children, but can affect anyone of any age. You will not catch worms from your pet and they do not reflect the hygiene of your home.

You can be infected with worms by swallowing worm eggs. These eggs hatch and live in the intestines. When a female worm is ready to lay her eggs, she will come out through the bottom at night time and lay her eggs on the skin around the opening. This is what causes itching.

How do they spread?

Worms are picked up and transferred to the mouth when the infected person scratches their bottom and then touches their mouth, or if they do not *effectively* wash their hands after going to the toilet. They can also be transferred to clothes, bedding or blown in the air, where they settle on surfaces where you can pick them up. Eggs can survive on surfaces for up to two weeks.

Signs and Symptoms

Symptoms may include itchy bottom, irritability and changes in behaviour, however there can also be no symptoms.

Treatment

A person is infectious as long as worms are present and treatment is with a single dose of worm treatment from a pharmacy.

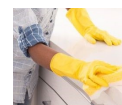
Prevention

Most importantly! Encourage effective hand hygiene

Keep fingernails short



Clean surfaces, toilet seats and potties regularly



Wash bedding and clothes in hot water



Staff happenings

15 members of the team got together at the end of July to refresh our knowledge of Cardio Pulmonary Resuscitation. It was a good opportunity to practice our skills in the understanding and knowledge of CPR on adults, children and babies. It is now legislated that CPR knowledge is refreshed every 12 months.

During August we will come together as a team to update our Food Safety skills with Grace. This is particularly pertinent at this time when the hygiene standards around food serving are important. We have received information from Mitcham Council food safety team to ensure our practices are up to date with requirements.

Our newest team member is Saru. You may remember her from her time as a student at the Centre. She has returned to work casually in all three rooms with children of all ages.

Staff leave:

Nancy (R3) returns to WCCC next week from 3rd August

Emilie (R3) returns from her leave Monday 3rd August

Parent Involvement at WCCC

The **Parent Advisory Group (PAG)** meets on Wednesdays for this semester, from 4.30pm to 5.30pm. This is flexible to meet COVID distancing needs. Our May meeting was held by Zoom, and our July meeting went ahead face to face. We discussed attendances, food safety and requirements about travel across borders.

To see the educator reports to PAG please scroll to the last pages!

The **Adelaide University Childcare Services Inc. Board (AUCS)** July meeting was Monday 27th July. The parent representative to the Board is Sara Blake. Current meeting topics continue to involve the Enterprise Bargaining process, and of course, management of the two AUCS Centres during COVID-19.

Room One Educator Report to families

July has been a busy one in Room One as our daily bookings are steadily on the increase. We welcome new children in Room One (Youguang, Henry, Sam and Jakob) with more children due to commence with us in the next few weeks. As we support these children's transition to being in a new place away from their usual home environment we acknowledge the challenges for both the child and parents in this process, forming new secure attachments takes time, patience, energy and understanding. Educators work with the families to build a clear picture of the child's routine and preferences, whilst tuning into each child's non verbal cues or "language". As the educational framework of Reggio Emilia recognises that there are more than a "hundred languages" involved as young children find ways to communicate their unique qualities, needs and capabilities to attentive adults/educators. We look forward to getting to know the children's individual personalities, preferences and emerging interests, from observations of play and care routines along with the families valued input. We have supported the successful transitions into Room Two for Finn and Jace. It is encouraging to see them both embracing the challenges of going into new territory and beginning the process of connecting with educators and their peers, and discovering new learning opportunities in Room Two.

Learning opportunities for children in recent weeks have been celebrated with time spent in the Butterfly Garden (Pilyabilyangga); enjoying social cooperative play with peers; being "helpers" (by feeding other babies or dolls; and cleaning tasks). Visits to the Butterfly Garden (Pilyabilyangga) for Room One facilitate unique learning opportunities as the children discover the wonder and joys in being immersed in the natural world, even if only for short periods of time - feeling the rocks, bricks and gravel, walking over the small bridge, walking and crawling over uneven surfaces (ideal for promoting growing brains and physical coordination skills), exploring in the shrubs and vegetation, or looking up to the trees for birds and koalas. Nature really is the best classroom!

The children have engaged with singing and music with Eunice from R3 with increased enthusiasm each week. Dancing & musical instruments have also been popular experiences.

Many children have shown interest in animals and so the animal posters have been displayed in the room for promoting conversation, songs and stories. Animal puppets were placed in the tree to provoke interest and communication.

Lingling and Chao continue to share songs, stories and key words/phrases in Mandarin with the children.

We have welcomed back students on their block placement - Georgia and Sarah back into the room over the past few weeks. Both quickly warmed to the needs and interests of the children very positively as they have warmly reconnected with rapidly growing children after four months away

We have also welcomed back Saru, a past student in Room One, who has also rejoined us as a casual relief educator. Birthdays have been celebrated with Kiara, Anabiya and Dia with much excitement from all the children with the singing of "Happy Birthday" and watching as candles are blown out. Songs and music continue to be a central focus of the daily program for numerous benefits for forming secure attachments, providing rhythm, shared sense of happiness and calm, and the foundations for language expression.

Warm regards,

Room One team

Room Two Educator Report to Families

Room Two along with Dani went for a walk down to the community vegetable garden and then onto the rose garden. The children enjoyed trying some of the vegetables growing, such as spinach, and kale. They also enjoyed finding and exploring different natural materials, insects, smells and textures in the rose garden. There is also plenty of room to run and move.

We have been focussing on using the adventure playground once to twice a week. The children have been extending their climbing skills, and more and more are now confident to climb to the top of the large climbing structure and make it across. The children also enjoy using the large musical instruments, and make tunes that can be heard right across the centre.

Puzzles have been a great interest in Room Two. The children are extending themselves and are attempting more challenging puzzles.

Room Three Educator Report to Families

We have again had a busy month in the room. We have celebrated International Mud Day at the end of June with some fun squishy mud play in the trough and we also celebrated World Chocolate Day on the 7th of July by cooking chocolate pancakes in the room and enjoying the chocolate and coconut biscuits that Grace made for us. Our special celebration was a pyjama day to celebrate Baobao's last day of child care. The children and educators enjoyed wearing their comfy pyjamas to child care and wished Baobao a fun and happy transition to school.

The weather continues to provide us with lots of learning opportunities. We have observed the rain and played in the puddles after the rain has stopped, watched the jonquil bulbs grow and flower, seen the last autumn leaves fall off the trees and watched the broad beans and snow peas grow. We have also had the opportunity to eat some of the crunchy snow peas which were delicious.

We have reflected on the current practices in the room and changed some of the ways we undertake our routines. Due to the large number of children who no longer need to sleep or rest, these children are now able to play outside in the sandpit or the verandah. This has made rest time (or restless time as it was called for a short time) calmer and quieter enabling the other children to get the rest or sleep they need. We have also enjoyed some lunch times outside in the glorious sun. Due to the large number of children this has again made the routine of lunch time calmer and quieter as there is more space for children to spread out.

Pilyabilyangga is now on a Friday and we will continue to actively involve the children in the creation of the menu of food that will be cooked on the fire.