

# HOPE EVERYONE ENJOYED THE EASTER BREAK



Colleen Gale has received notice for our upcoming Assessment and Rating. The process for this involves submitting our Quality Improvement Plan then receiving confirmation of a date for our visit which will be somewhere in May/June.

This will involve an assessor coming to the centre to observe our practices, interactions, sight policies/documentation and discuss with staff how we are meeting the requirements set out within the Early Child Care Regulations and National Quality Standards.

## IMMUNISATION

It is our service policy that children must be immunised as per the schedule to be enrolled in the centre. The current NSW immunisation schedule is available from [NSW Health](#). As you may have seen in the news there has been a case of measles within the Hunter Valley. NSW Health provides [information](#) on measles, the symptoms, how it is spread, who is at risk, how it is prevented, diagnosed, treated and the requirement for public health response, including childcare centres notifying of any cases.

## SEASONAL INFLUENZA VACCINATION:

Government-funded influenza vaccines will start to become available from mid-April 2019. Annual seasonal influenza vaccination is recommended for any person aged 6 months and over who wishes to reduce the likelihood of becoming ill with influenza.

### FREE SEASONAL INFLUENZA VACCINE IS FUNDED FOR THE FOLLOWING GROUPS

- All Aboriginal and Torres Strait Islander people aged 6 months and over
- All children aged 6 months to less than 5 years of age (including Aboriginal and medically at risk)
- All individuals aged 5 years and over with medical risk conditions,

### SPECIFIC RECOMMENDATIONS

- Children aged 6-35 months should receive FluQuadri™ Junior or Fluarix Tetra®.
  - Children aged 3 years to less than 5 years should receive Fluarix Tetra® or FluQuadri™.
  - Children aged 5 years and older may receive Fluarix Tetra® or FluQuadri™ or Afluria Quad®
- Two doses of influenza vaccine at least one month apart are recommended for children aged less than 9 years who are receiving influenza vaccine for the first time.

For further information visit [Immunisation of young children against influenza - evidence review](#).





## Growing in the Nursery Room - CGCC

Our precious young babies have shown a lot of interest in extending their language and communication skills through labelling pictures, objects and singing songs. To further assist their development we invite parents to bring in and share with us their favourite story book from home.

At meal times the children have shown their eagerness to help through feeding themselves. This can get a little messy, but is well worth it as the children are developing fine motor skills, hand eye co-ordination, table manners and knowledge of healthy eating.

## New in the Preschool Room - CGCC

The children are curiously researching about worms and have learnt some amazing facts. We purchased a Worm Café and each day the children have been putting each layer together to prepare the café for its new inhabitants of 1,000 worms.

This will provide ongoing learning opportunities for the children in regards to recycling food scraps, caring for animals, looking after the garden by collecting the worm tea to use as a fertiliser, how plants grow and much more. If you have any further input into this area of the children's learning please speak to the Educators, share your ideas, knowledge or even talents.



## Adventures in the Junior Room - CGCC

Our curious learners in the Junior Room are warming to their role playing of doing each other's hair with some props received from our wonderful Hairdressing Mothers. Sharing anything about your home interests, work life or culture is very helpful for developing the children's connection to and knowledge of our community.

Do you have any ideas on how to share your work, culture or interests with the children? Perhaps some of our army parents can help us run an obstacle course challenge?

What could you share? Speak to our Educators about ideas you have today.





## OOSH Update

Vacation care reminder - Monday 29 April is a pupil free day for most schools. (Please check with your school). We will be offering vacation care on this day. If you require care please book using the app. We will only operate if we receive 15 or more bookings.

## VACATION CARE

Monday 29 April

*Enrol now*



## Mobile Preschool Update

Explorations around Easter and ANZAC Day have been very popular of late. At both venues, the children have been reading books about Easter and ANZAC Day and these have sparked further discussions from the children on what these two events are.

After reading the book ANZAC Biscuits, we baked ANZAC Biscuits with the children. This process engaged the children in mathematical and scientific discussions as we explored amounts and cause and effect when mixing the ingredients together, with a delicious final reward.

After reading "We're Going on an Egg Hunt" we added Easter themed pictures at our creativity tables and many of the children have been inspired to create artworks around Easter. On the last day of Term 1, we had an Easter Afternoon Tea to celebrate with the children and their families. During this celebration, we had an Easter sensory tub for the children to explore, we made salt dough decorations and Easter Bunny masks with our families. To conclude the day, we had an Easter Egg Hunt.

We are now on our two week break between Term 1 and 2. Singleton Mobile Preschool will return the week beginning 29th April 2019.



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# Recipes from your childcare kitchen

## RISsoles AND VEGETABLES

### Ingredients:

- 1 kg Mince
- 1 chopped onion
- $\frac{1}{4}$  cup tomato paste
- 1 Tsp Oregano chopped
- 1 tsp crushed garlic  $\frac{1}{2}$  cup bread crumbs

### Method:

- Combine all ingredients
- Roll in to balls
- Cook in the oven, pan fry or in a loaf tin as a meat loaf

Serve with gravy and vegetables of your choice.

## 3 SIMPLE PARENTING IDEAS TO MAKE EACH MOMENT SPECIAL AND HELP OUR CHILDREN FEEL LOVED.

### 1. CHILDREN NEED A MINIMUM OF 8 TOUCHES DURING A DAY TO FEEL CONNECTED TO A PARENT.

- If they are going through a particularly challenging time, it's a minimum of 12 a day. It could be as simple as straightening a collar, a pat on the shoulder or a simple hug

### 2. EACH DAY, CHILDREN NEED 1 MEANINGFUL EYE-TO EYE CONVERSATION WITH A PARENT

- It is especially important for babies to have that eye contact, but children of all ages need us to slow down and look them in the eyes

### 3. THERE ARE 9 MINUTES DURING THE DAY THAT HAVE THE GREATEST IMPACT ON A CHILD

- The first 3 minutes right after they wake up
- The 3 minutes after they come home from school
- The last 3 minutes of the day before they go to bed

