

EXPORT PARK EARLY LEARNING CENTRE

GENERAL NEWS FROM TRACEY

Dear parents,

August has been a busy month; Book Week was a success, the children loved dressing up as their favourite character. We set a target of 200 books to read over the centre for the week, we only reached 130, but had lots of fun trying. Thank you to all the parents and grandparents who came in to the centre to read to the children.

Leading on from that; if you would like to come in to the centre and read to the children at any time of the year it would be fantastic. The children get use to our voices reading to them all the time and love it when someone new can bring life to the stories.

We invited David Pascoe, one of our parents and a photographer to the centre during August. He took some amazing photos of the children at play; we were all very impressed by the quality of his work.

I am sure you will agree that it would be great to invite him back again next year.

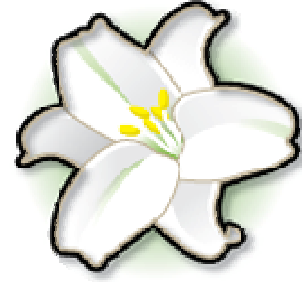
We will be holding a Family Fun Day at the centre on Saturday 19th November 2011, this is very early notice I know, but we want everyone to put it in their diaries. We are going to have a market, where our parents can hold stalls and sell any outgrown baby clothes, toys or equipment to each other. There will be all sorts of activities including bouncy castle, barbecue, arts and face paints. I will try to organise a children's dietician to be here and speak to parents who are interested. In short, it will be a FULL ON day. So please let your friends and family know now to put it in their diary too.

Tracey Thornhill
Centre Manager

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CENTRE AVAILABILITY

At present we have no places available across the centre. However we do have a waiting list in operation. Please see Tracey if you are interested in any additional or casual days.



Room/ Days	Mon	Tues	Wed	Thurs	Fri
Babies					
Toddler					
Pre-Kinder					
Kindy					

STAFFING UPDATE

BABIES: Sheridan is now back in the Baby Room after being in the Kindy Room whilst her back was sore.

TODDLERS: Shannon will be on holiday from 12th September until 28th September.

PRE KINDY: The team is now settled and include Barbara, Harrison, Marie and Bek.

KINDY: Linda is now working quite a few hours in the Toddler Room, but still works in Kindy two days a week.

Suzi and Shaun, our lunch cover staff have now finished at the centre and we are in the process of recruiting. Hopefully I will be able to find the perfect member of staff to help at this busy period of time.

PHILOSOPHY, BROAD GOALS AND REVIEWS

We are currently reviewing the food and nutrition policies, if you have any suggestions or feedback regarding these policies, please see Tracey.

REMINDERS TO PARENTS

We have had a lot of cases of hand, foot and mouth in the baby and toddler rooms. To aid parents in what symptoms to look for I have attached a fact sheets at the end of this newsletter. Would parents please not send their children to the centre when they display any symptoms.

Please don't forget to let us know before 8am if your child is not attending the centre. We have parents who are desperate to pick up casual days.

Thanks for your understanding ☺



BABIES ROOM NEWS

It going to be a busy next couple of months getting ready for summer and Christmas!!! We will be offering lots of water play activities, so don't forget to bring spare clothes and also a hat and sunscreen if you don't like to use the centre's sunscreen. You may have noticed that I (Sheridan) haven't been around over the last few weeks. I hurt my back about 4 weeks ago and have had some time off to recover and then worked in Kindy and Pre-kindy for a week. I'm now back in the Babies room, and am very glad to be back at work.

It's been a very stressful last couple of weeks with the extra cleaning the girls have been doing due to the extremely contagious Hand, Foot and Mouth. Many Babies have caught it and we would like to thank the parents that have understood about this. The hardest thing about Hand, Foot and Mouth is that the contagious before there are any symptoms to show that the child has it and they are still contagious when they do have the symptoms.

Aki will be away for a few weeks from the 28th of September as she will be in Japan for her holidays to see her family. Her shift will be mainly be replaced by Toni.

Thank you.



Sheridan, Michelle, Aki and Kate

TODDLER ROOM NEWS

Firstly, a big Thank You to all our parents and Grandparents who came into our Toddler Room to read books with us during Book Week! With your help we read a total of 31 books as a group! Everyone looked great who dressed up too. Photos will be up soon!

Winter is finally over ☺ but we still need you to make sure you bring in plenty of spare clothes ready for water play! We are also coming into a “messy” time...lots of Christmas fun and craft to be had so we may also need spare clothes for that too.

As most of you have seen, we have a new edition to our already fantastic Toddler yard...a BIG slide, given to us by Adelaide Airport. The children have had so much fun on it and we are so proud of how confident your children are.

A general reminder to NAME all clothing especially jumpers and jackets. We do our best to ensure your child's belongings don't get mixed up with others, also trying to name them if they are not named. Please check our coat hooks daily or the Lost Property for unnamed items.

During September, Shannon will be on holidays from the 12th to the 27th September. Mahbooba is also currently away and will be returning from holidays during September.

Thank you.

Shannon, Silvana, Suneeta, Lauren and Nicole

PRE KINDY NEWS

At last the sunshine is here and we can run and play outside and use up all the energy that we have!

We have put some interactive boards up on the walls outside and the children are having a great time with this new experience.

As you may know we have suspended ‘Show & Tell’ for a while, changing our routines and re-introducing more Japanese so that the children are ready for Aki's lessons in kindy.

If your child will not leave the house without a certain toy that's ok, just put it in the show and tell box anyway and collect it at the end of the day.

With this greater weather comes the need for sunscreen, please supply a named bottle of the one required for your child's needs. Hats, at this stage are all still kept in their bags. We are trying to find a solution to lost hats? But we don't have any spare hats anymore. So, no hat = no outside play. Marie has been



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doing sign language with the group and its amazing how quickly others are all picking this up. We had book week and read lots of stories. Thankyou Kylie, (Jake's mum), for spending time with our group and reading to them. A visit from the library was also enjoyed by everyone.

We hope that all the dads and special grandpas had a lovely father's day and that everyone who went to the show ate lots, went on lots of fun rides, saw the animals and got some show bags.

We continue with our 'Good Morning song', 'Letterland' and also our phonics alphabet. We have also been using some of the more complex kindy puzzles and will soon have the computer available at most times.

Our favourite songs are "Doctor Kickerbocker" and "Sleeping Bunnies" and our favourite story is "Witch on the broom"

Thank you,

Barbara, Harrison and Leah

KINDY ROOM NEWS

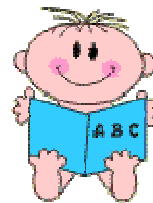
We have been really busy in the past month in Kindy, we have been celebrating book week, Genes for Jeans Day, Rakhi Day the Indian brother and sister appreciation day, looking after our garden and getting ready for Fathers Day, all of this has been while we have been trying to make the best of the weather as soon as it is nice we have been having morning fruit, lunch and afternoon tea outside in the Kindy yard.

Our Kindy garden is growing well, with the children watering it every chance they get. We have also had lots of fun watching our Fathers Day grass heads grow, making sure to water them and put them out in the sun to grow.

We have also been busy planning our zoo trip which is happening on Tuesday the 25th October, thank you to all the parents that have volunteered and made this trip possible for us.

In the Kindy room we are always busy being creative and changing our room we have finish our solar system that is hanging from the ceiling, we have made Elmer the patchwork elephant for our home corner to go with our new chairs and table from the airport. We have also made a fish pond with fabric fish as a letter activity, as part of our letter of the week curriculum.

The Kindy children really enjoyed the library visit for the West Torrens library for book week joining in story time. Thank you to the parents that helped us to celebrate book week by coming in and reading stories, this was a great help in us trying to reach our target of 200 books. Unfortunately across the centre we did not reach our target and only read 130 books, but it was a fair



effort by all.

Book Tally:

Kindy: 74
Pre-Kindy: 15
Toddlers: 31
Babies: 20

Total: 130

Upcoming Events:

25th Oct – Zoo Visit
Living eggs – so that we can have chickens

Thank you,

Bec, Daniel and Corina

FROM THE KITCHEN:

A quick reminder from Sue to all families with children on special diets: would you please inform the centre if your child is absent before 8am. Thank you.

Here is a great recipe that the children all love:

Spanish Beef with Beans and Cheese

Serves 60

2kg brown rice (raw)
3.5kg minced beef
1 large tin Red Kidney beans
1kg cheese
¾ Bag of onions
4 tins tomato soup
3 teaspoons mustard
Pepper to taste

1. Cook rice following packet directions and put aside
2. Fry mince in pan. Add onions and cook well
3. Stir in mustard and pepper. Add soup and some water if necessary
4. Stir in kidney beans and cheese
5. Serve with rice

Eat & enjoy!

**IMPORTANT EVENTS
COMING UP!**

12th October – Old
McDonalds Farm at the
centre

20th October – Evolve
Photography, for those
who missed the
photographer in August.

19th November – Family
Fun Day

7th December – Baby &
Toddler Rooms
Christmas party

8th December – Pre-
Kindy & Kindy Rooms
Christmas party

RESOURCES

Please see all the recourses on the foyer desk or family notice board:

SERVICES AVAILABLE TO FAMILIES IN THE LOCALCOMMUNITY

IMMUNISATION CLINICS

Australian Childhood Immunisation Register
Ph: 1800 653 809

Immunization Clinic General Practise- Women's and children's hospital
PH: 81616206]

DENTISTS

Dental surgery Fulham
Ph: 8355 4394

Adelaide Dental Hospital
Ph: 8222 8222

DOCTORS

Garden Clinic Lockleys
Ph: 84436266

Barlow Douglas J.DR, Cowandilla
Ph: 8443 5777

PLAYGROUP

Playgroup SA INC –to access local playgroup
PH: 8344 2722

Cowandilla Children's Centre Nunga Miminar – A weekly group for Aboriginal mums, soon to be mums and those babysitting or caring for little ones. On Wednesdays 9.30am-12pm. For more info on activities please see our family notice board.

FACTSHEET HAND, FOOT AND MOUTH DISEASE

WHAT IS HAND, FOOT AND MOUTH DISEASE?

Hand, foot and mouth disease is generally a mild illness caused by viruses called coxsackievirus or enterovirus. It is not a serious illness and has nothing to do with the animal disease called foot and mouth disease. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

HOW CAN IT AFFECT YOU?

Coxsackievirus or enterovirus infection may cause no symptoms at all or only very mild symptoms. When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days. Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may not eat for a day or two. Very rarely, the coxsackieviruses can cause other illnesses that affect the heart, brain, or lining of the brain (meningitis), lungs, or eyes.

HOW COMMON IS IT?

Hand, foot and mouth disease is a common disease and outbreaks may occur among groups of children; for example, in child care centres.

HOW IS THE INFECTION SPREAD?

Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid in blisters.

It usually takes between three and five days after contact with an infected person before blisters appear. As long as there is fluid in the blisters, they remain infectious. The virus can remain in faeces for several weeks.

HOW IS IT TREATED?

Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin. If the headache is severe, or if fever persists, consult a doctor.

HOW CAN IT BE PREVENTED?

- Good hygiene is the best protection: wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks).
- Thoroughly wash any soiled clothing.
- Ensure the mouth and nose are covered when coughing and sneezing. Wipe the nose and mouth with tissues, dispose of used tissues and then wash your hands.

HOW CAN SPREAD OF THE DISEASE BE CONTROLLED?

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.

The illness should be reported to the director of the childcare centre or school principal.

For more information contact your local public health unit, community health centre, or doctor.