



Tiggers Childcare Centre & Kindergarten  
895 Toorak Road, CAMBERWELL 3124

# Tiggers Childcare Centre & Kindergarten

## CENTRE MANAGER NEWS

We had our Mother's Day Afternoon Tea at the start of May which was enjoyed by all. We had quite a few mums and grandmother's come along to join us for a lovely afternoon tea. Chris made some scones which we were enjoyed and the older rooms all also made a special treat to share with our visitors. Thank you to all of those who were able to join us. We know that it can very difficult to find the time to join us for morning or afternoon tea due to work commitments and thank you for taking the time to join us. We hope that all of our Mum's had a lovely Mother's Day.

Sara from the Gumnut room has gone on her holiday. Sara will be away for approximately 6 weeks, it may be longer. Sara is travelling around Europe. Gemma communicated with Sara this week and Sara is really enjoying herself. While Sara is away Liz will be in the Gumnut Room. For those of you that have not met Liz yet she covers the staff breaks & lunches during the day. The children in the gumnut room already know Liz as she spends time in the room while Sara or Gemma are on their breaks. This has made for a very smooth transition for the children and from what I can see the children love having Liz in the room and Liz is enjoying herself.

Della!

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## Centre Availability

We have a few permanent positions left at the centre. Please let Della know if you want to pick up an extra day for your child. On occasions we also have casual days available so please check with the office if you need an extra day on a casual basis.

Room	Mon	Tues	Wed	Thurs	Fri
<b>Baby Bilbies</b>	*				*
<b>Wombats</b>					
<b>Turtles</b>	*				
<b>Gumnuts</b>	*				*
<b>Early Learning Centre</b>	*	*	*	*	*

\* Indicates availability on that day  
Please Note: These vacancies may change daily.



**CENTRE POLICY**

This month we will be focusing on our Programming Policies.

Our programming policies can be found in the alcove near the parent pockets. Please feel free to read the policies and offer feedback regarding these.



**REMINDERS TO PARENTS**

**SERIOUS ALLERGIES**

We have children at our centre with Anaphylactic Allergies. This means that their allergies are life threatening if they come into contact with the food they are allergic to. We have quite a few children with anaphylactic allergy to nuts, for this reason we are a NUT FREE centre. Please do not bring any nuts or nut based products into the centre. This includes peanut butter and Nutella.

Do not bring these food items in with your children then tell them to quickly eat them. They may have the nuts left on their fingers that can then spread to children, tables, chairs & taps.

Please consider how you would feel if this was your child and someone else brought something into the centre that may threaten their life.

**SICK CHILDREN**

Please remember that if your child has suffered with vomiting, high temperature or diarrhoea that they cannot come to childcare until 24 hours after the last instance. This helps to reduce the spread of infection in the centre.

If your child has conjunctivitis they cannot return to care until the discharge has ceased from the eye. This is to reduce the risk of infection to other children.

**CHILDCARE SUBSIDIES**

Most families are eligible for some subsidies from the government to help with your childcare cost. The CCB is calculated on your income but the CCTR is not means tested. There are some criteria's that you need to meet to receive this subsidy, but generally if both parents in the household are working or studying and are Australian or new Zealand residents you are entitled to this benefit. You will need to contact the family Assistance Office on 136 150 to ensure that you and your child are registered for child care benefit. You should not need to provide our provider number, but if requested it is: 407 320 778X.

If you have any more questions please feel free to have a chat with Della.

**Important upcoming events**



**Monday 8<sup>th</sup> June – Centre closed for Queen's Birthday Public Holiday**



**Wednesday 10<sup>th</sup> June – Crazy Hair Day.** Send your child to Tiggers with a crazy hair do. We will also be using colour hairspray on the older children's hair (please let us know if you do not want this on your child).



**Monday 22<sup>nd</sup> June – Dress-up Day.** Everyone is encouraged to come to Tiggers dressed-up today.

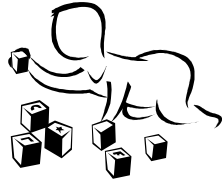
**BILIBIES ROOM NEWS**

It has been another busy month in our room. Everyone has completed a hand print cloud – our display is now complete! Even the staff got their hands dirty doing one as well. During May we said a big Happy Birthday to Tom C and in the next few weeks we will be celebrating the 1<sup>st</sup> Birthdays of Riley, Luke, Matilda and Chloe! Some of the children have reached some very important milestones – Connor & Harry are now confident walkers, Matilda has taken a few steps and is on her way to walking, Tom T is now sitting on his own and very proudly and happily sits and watches the world around him.

Finally as some of you already know Ashton has decided to have Friday's off to spend some more time with her 2 year old son Riley. Emma & Annie will still be here to ensure the room runs as smoothly as usual.

As always if you have any questions, comments or ideas, please feel free to ask.

Until next month -  
Babies Room Staff, Emma, Ashton and Annie



**WOMBAT ROOM NEWS**

The Toddlers have been very busy this month. We had great fun at our Mother's Day Afternoon Tea and the children all enjoyed making their special hand prints. Now we are concentrating on our self help skills by being encouraged to undress ourselves at rest time and feeding ourselves at meal times. Our physical skills are always being nurtured with lots of outdoor play and we are in the process of learning about different healthy foods by making dinner plate collages and fruit paintings. This also encourages cognitive skills as we are using different colours and mediums to create these lovely pieces of artwork. This is also a sensory experience that we really enjoy. We also have some dress-ups in the room as well as construction materials to foster imaginative play. We are going to do some cooking in the coming month which we are all very excited about. Our favourite song at the moment is 'A ram sam Sam'. The children really enjoy this song as the lyrics and actions are repetitive so it is much easier for them to learn the song. If you would like to sing it with your child at home the lyrics are:

A RAM SAM

A Ram Sam Sam  
A Ram Sam Sam  
Gooly, Gooly, Gooly, Gooly, Gooly  
Ram Sam Sam  
A Ravi, A Ravi  
Gooly, Gooly, Gooly, Gooly, Gooly  
Ram Sam Sam



Alex, Laura & Steph

**STAFF PROFILE**

**Name:** Liz Pichut

**Position at the centre:**  
Assistant

**Favourite Food:**  
Spaghetti bolognese & chicken parmigiana

**Last book you read:**  
How many elephants!

**What do you do in your free time:**  
Go out with friends or relax

**Favourite Colour:** Green

**What music are you listening to:**  
A little bit of everything

**A special skill that you are good at:** Being a good friend!



**CONGRATULATIONS**

To Alex & Michael who became engaged whilst on Holidays!



## TURTLES ROOM NEWS

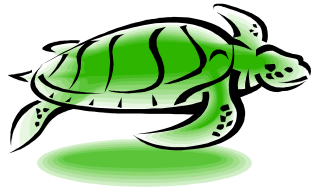
It has been another busy month in the Turtle room. We finished our special mother's day presents & cards and held a Mother's Day afternoon tea where the children made rum balls (without the rum!). They were very proud of their efforts and really enjoyed eating them.

We are now focusing on the next event we have at Tiggers which is the Animal Farm. We have had an imaginative play corner that has been set up as a farm. We have been singing 'Old Macdonald had a farm' in getting prepared for this exciting event. You may have noticed that Eileen has been away for the past week, she will hopefully be returning on June 4<sup>th</sup>. Eileen broke her toe and has her leg in plaster so she is unable to work at the moment. She has to get around on crutches which she is having troubles trying to master.

We have learnt a new song in our room which the children are really enjoying and know the actions to, it's called the Peanut song:

A peanut sat on a railway track  
His heart was all a flutter  
Around the bend cam number 10  
Oh Oh peanut butter

This is a great hit with the children and gets lots of giggles.



Claire, Eileen & Maggie

## GUMNUT ROOM NEWS

Now that we have finished with 'space' in the Gumnut Room, it's all about the farm! Extending on the visit from the animal farm on the 27<sup>th</sup> May, the children have been discussing farm animals, the role of a farmer, and are learning about some different types of farming. The children have enjoyed creating paddock pastings which are currently on display in the room. Complementing this learning focus the children have been introduced to a rhyming song about farm animals. We have been discussing further rhyming words to extend upon this. The children continue to enjoy the letterland program. Having covered the 'm' sound last week, we meet Noisy Nick this week. Over the past fortnight the children have been creating self portraits with black markers. These will go towards their end of year folio's and be used as a developmental comparison when the same exercise is completed later in the year.

We are missing Sara very much but are thoroughly enjoying having Liz with us.

Gemma, Sara & Liz



## STAFF NEWS

We are sadly saying goodbye to a beloved member of the ELC team. Unfortunately, due to personal circumstances, Katrina has resigned from her position of Kinder teacher. She will be travelling back home and overseas to spend some time with her family. Katrina's last day at Tiggers will be Wednesday 10<sup>th</sup> June. We would like to wish Katrina all the best with her future endeavours and thank her for the time she has spent at our centre. She will be sadly missed by all and has done a fantastic job here at Tiggers.



## NEED A COFFEE BREAK

BELLA Sisters is a great café located on Toorak road just near the pedestrian lights at Bowen street. and near Camberwell South Primary School. They have great food and coffee. They have a beautiful relaxing courtyard as well as indoor seats.



## KANGAROO ROOM

Time has flown by so fast and we are already halfway through the second term! The children continue to grow in their curiosity for different topics and are becoming more and more confident in their individual skills and relationships with others.

Among the highlights for May was the Mother's Day Afternoon tea. We thank all the mums who came to decorate cookies, bead jewellery, make handprints and do other fun activities with their children. We hope that it was as memorable for you as it surely was fun for the children.

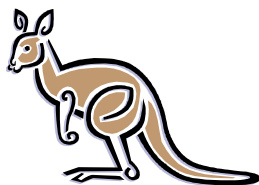
You may have read from our weekly email journals that we have been very busy talking about various cultures, such as Japan, China and now Vietnam. We also continue to extend on what the children have been learning about prehistoric life, farm animals, magnets, pollution, force and resistance and other topics that they randomly show interest in. We are excited to have the animal farm come to Tiggers this month.

We thank our parents and family members who have supported our program by volunteering their time for kinder duty this last month of May. Ivy Anderson's mum – Sarah came to make Mother's Day crafts with the children. Angus McCleery's mum Lizzie came to read books, make clown masks and play a game with metronome. Mia Edhouse's Nanna Carol cooked green eggs and ham, just like in the Dr Seuss book that she read for the children.

As we wrap up the second term in a few weeks, we are sadly saying goodbye to a beloved member of the ELC team. Unfortunately, due to personal circumstances, Katrina has resigned from her position of Kinder teacher. She will be travelling back home and overseas to spend some time with her family. Katrina's last day at Tiggers will be Wednesday 10<sup>th</sup> June. We would like to wish Katrina all the best with her future endeavours and thank her for the time she has spent at our centre. She will be sadly missed by all and has done a fantastic job here at Tiggers.

Parent-Teacher interviews for the ELC room have been moved earlier to the 9<sup>th</sup> & 10<sup>th</sup> of June to give time for parents to dialogue with Katrina about the progress of your children in the last half of the year. An appointment sheet will be available in the sign-in/sign-out book in the ELC. Please feel free to put your name down if you would like to arrange for an interview.

Katrina, Jono & Charlotte.



*Please remember when entering and exiting the car park that you use the correct entrance & exit.*



### LATE FEES

Please note that our centre closes at 6.30pm. If you arrive after closing time to collect your child you will be charged a late fee. Late fees are charge at \$1 per minute with a minimum charge of \$20.



### **Recognising tiredness By Raising Children Network**

**Young children get overtired easily, and when they do they find it harder to get to sleep. Once you can spot those telltale signs of tiredness, you will be able to settle your child to sleep before she gets too grumpy.**

It's not pretty. Your child is suddenly irritable, overactive or demanding. Chances are she's overtired.

Children show they are tired through changes in behaviour. Look for your

**Accreditation**

At every staff meeting we will be looking at an accreditation principles. We continually do this to evaluate our performance and to look at ways that we can improve our performance at the centre.

At our June meeting we will be focusing on Principle 1.3 – Staff initiate & maintain respectful communication with each child. In looking at this principle we need to ask our selves the following questions:

1. How do staff communicate with children who are non-verbal
2. How do staff ensure that they communicate with each child?
3. How do staff initiate and/or extend children’s communications?
4. How to staff encourage children to show respect for others and to avoid stereotyping?

We would welcome any input from parents so that we can use this in our next staff meeting.



**FROM THE KITCHEN:**

Our new Winter menu has now started. You will see all 4 weeks of the menu displayed in the children’s rooms and kitchen notice board soon. We currently have Week 1 completed and up.

We have looked closely at what children with allergies are being offered as alternative meals. We found that afternoon tea was lacking sometimes. So we are now preparing cakes and muffins that our children with allergies can also enjoy.

**SULTANA & SOY MILK MUFFINS**

- ½ cup sugar
- 1 tablespoon dairy free spread
- 2 tablespoons vegetable oil
- ½ cup water
- 1 cup sultanas
- 4 cups SR flour
- 1 cup Soy Milk

Place all ingredients except flour & milk in a saucepan and bring to boil, stirring, simmer for 2 minutes. Remove & cool.

Gradually fold in flour & milk alternatively until batter is thick & heavy.

Spoon into muffin patty pans and bake in a Moderate Oven for about 15 minutes until brown on top

child’s “tired cues” and you can reduce stimulation and start settling her before overtiredness sets in.

**Newborns**

- A newborn baby will probably get overtired if she has been awake for more than 1½ hours.
- At 3-6 months your baby will be overtired after 1½- 2½ hours awake.

If your newborn is tired, she may:

- pull at her ears (this can also be a sign of sore ears)
- close her fists
- flutter her eyelids
- have jerky arm and leg movements
- yawn
- have a worried look on her face
- arch backwards
- have difficulty focusing (she may even go cross-eyed)
- suck on her fingers (this could be a good sign and mean that your baby is trying to find ways to settle herself to sleep).

**Babies and toddlers**

- At 6-12 months your baby will be overtired after 2-3 hours awake.
- At 12-18 months your baby will be overtired if she misses out on her morning or afternoon sleep.

If your baby or toddler is tired, she may be:

- clumsy
- clingy
- grizzly
- prone to

## H1N1 Influenza 09 (Human Swine Influenza)

**Last updated:** 15 May 2009

### What is swine influenza (swine flu)?

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza. Swine flu viruses do not normally infect humans, however, human infections with swine flu do occur, and cases of human-to-human spread of a swine flu virus have been recently confirmed.

### What is the current situation?

Human cases of a new form of influenza virus have been identified in a number of countries. The virus is a type of influenza A virus (H1N1) that is usually seen in pigs ("swine influenza").

The World Health Organization has declared the swine influenza situation to be a public health emergency of international concern and have raised the pandemic alert level.

This event is of concern because:

- Swine influenza is derived from an animal influenza virus, which means that humans will likely have little or no immunity
- There has been rapid spread to multiple communities overseas
- Swine influenza is affecting unusual age groups (healthy, young adults).

The Swine Influenza A virus is thought to be sensitive to the new antiviral drugs oseltamivir (Tamiflu®) and zanamivir (Relenza®), but resistant to both amantadine and rimantadine.

The situation is evolving rapidly and it is important to regularly visit [NSW Health website](#) to ensure you have the most current information.

### Who is at risk?

If you are returning from an affected country you may be at risk. To access the latest affected country list, please see the [NSW Health website](#).

People who have been in close contact with those who are known to have the disease may also be at increased risk.

### What are the symptoms?

The symptoms of human swine influenza are similar to normal influenza (fever, cough, tiredness, muscle aches, sore throat, chills, shortness of breath, runny nose, headache). Some cases of human swine influenza have also complained of vomiting and diarrhoea. In some cases, human swine influenza can result in a severe pneumonia. Symptoms generally appear between two to four days after exposure.

### How is it prevented?

As the new swine influenza strain has only been identified recently, a vaccine for human swine influenza is not yet available. Existing vaccines for normal human influenza will probably not provide protection against human swine influenza. Scientists worldwide are working to develop a suitable vaccine against H1N1 Influenza 09 (Human Swine Influenza), however a vaccine is not expected to become available in the near future.

Until a vaccine becomes available, the best method of prevention will be to ensure that everyone washes their hands regularly and thoroughly, steps away from others when they cough or sneeze, coughs or sneezes into tissues and stays away from people who are sick.

For more information, please see our factsheets on handwashing:

[www.health.nsw.gov.au/resources/publichealth/swine\\_flu\\_hand\\_wash\\_community\\_pdf.asp](http://www.health.nsw.gov.au/resources/publichealth/swine_flu_hand_wash_community_pdf.asp) and cough etiquette:

[www.health.nsw.gov.au/resources/publichealth/swine\\_flu\\_cough\\_etiquette\\_pdf.asp](http://www.health.nsw.gov.au/resources/publichealth/swine_flu_cough_etiquette_pdf.asp)

### What should I do if I develop symptoms?

People who develop influenza-like symptoms should stay at home until they are completely better. People who have recently returned from affected areas and who develop influenza-like symptoms or breathing difficulties should contact their local public health unit or emergency department and tell them that they have recently returned from overseas. Further public health advice can be obtained from your local public health unit (see below for contact details).

crying

- demanding constant attention
- sick of her toys
- fussy with food.

[Grizzling](#) and crying can mean your child is absolutely exhausted, but it's often hard to tell the difference between tired grizzling and hungry grizzling.

If your child is showing signs of tiredness you can reduce stimulation by:

- taking her to her sleeping place
- putting toys away
- talking quietly and soothingly
- closing curtains and blinds
- turning overhead lights off – use lamps if you need to
- playing music quietly – this will help cut down on background noise.

### **Quiet time is important**

- Give your child some quiet time in the place where she will sleep.
- Calm her with a gentle cuddle or by reading her a story or singing a quiet song.

Your child may only need a few minutes of quiet time before she is relaxed and ready to be put in bed. If your household is noisy and active, she may need some extra quiet time before she is ready for sleep.

Swine influenza virus infection can be diagnosed using swabs from the nose and throat. Testing is done at a specialised laboratory.

How is it treated?

Specific anti-influenza drugs are likely to be effective against swine influenza.

For more information, please see our factsheet on flu medication:  
([www.health.nsw.gov.au/factsheets/infectious/swine\\_flu\\_medic.html](http://www.health.nsw.gov.au/factsheets/infectious/swine_flu_medic.html))

What is the public health response?

There is enhanced surveillance for people infected with swine influenza, especially in people who have returned from affected areas within the last 7 days.

Should suspected human cases occur in NSW, the local public health unit will work with the patient, the treating doctors, and the laboratory to confirm the diagnosis. Suspected cases will be asked to isolate themselves from others to prevent further infection.

Travel advice

The situation is changing rapidly. For updated information on affected areas, see the Australian Government travel advice website: ([www.smartraveller.gov.au](http://www.smartraveller.gov.au)). Always wash your hands thoroughly after coming into contact with sick people, after coughing, sneezing or going to the toilet, or before eating.

For more information

Australian Government Department of Health and Ageing swine influenza information hotline **1802007**

**IRONING & HOUSEWORK**

Eva is available on an hourly basis to do housework, cook, laundry & ironing.

She is willing to pick up & deliver clothes for ironing from your home.

0450 070 227  
9512 3636

# **RESOURCES**

Please take time to look around the Centre foyer as we have a large range of resources available for you to look at.



- Family Resource Library
- Craft recipes
- Fact sheets
- Brochures
- Copies of the current newsletter
- Parent Handbooks
- Centre Menu
- Centre Events
- Centre Information
- Staff Information

