

Rose Park Community Childcare

Newsletter Term 3 2024

Congratulations to Us!

Earlier this year, Kylie and Em, who head up our Sustainability Committee, submitted a nomination to the City of Burnside for their Environment Awards.

We were emailed to inform us that we had been short listed. On a Saturday morning in June, Kylie, Em and Sarah R went along to the Burnside Council for the award ceremony, and to their disbelief, the Service were one of the runners up, and we



received a \$500 grant to put towards our sustainable practices. This will be used towards the purchase of a rainwater tank! First prize went to Rose Park Primary School. Kylie is now looking at ways we can work in conjunction with them to see what they do and build relationships and connections with likeminded people in our local neighbourhood.

We thank Em and Kylie for all their hard work in researching and educating the children in caring for our planet.

Christmas Closure Dates 2024-2025

The Board have set our Christmas closure dates for this year.

We will be open on Monday 23rd December, usual times (7:30am-6:15pm). On Tuesday 24th December we will only be open for the morning session 7:30am-1pm. All children need to be collected by 1pm on this day. Educators will have 2 days of setting up, team meetings and in-house professional development on Thursday 2nd and Friday 3rd January 2025.

We will re-open for families on Monday 6th January 2025.



AGM 2024



The Service's AGM date has been set for Tuesday 17th September.

Please add the date to your diary. It is really important for members to come along to hear how the 2023-2024 year has gone and the plans for the future. As we are an association, we also need to have a quorum to make the meeting valid. If you are unable to make the meeting, you may be asked whether you are willing to sign a proxy vote, for someone on the Board to vote on your behalf. The meeting usually goes for less than 1 hour.

Welcome Back

This term we will welcome back Vic, an educator in the Wallabies Room. Vic has been on maternity leave with her 2nd baby Lucas.

Vic returns to us in August on Mondays and Tuesdays, then increasing to 3 days next year.

Bookings for this year

Looking at the last half of the year, we have a few sessions/days available throughout the week. If you are needing a permanent change in your care requirements, please get in touch with Sarah or Lisa. As you can imagine, numbers are a constant juggle. If you have recently had a baby or are pregnant and will require care this year (or next year) for additional children, please get in contact with us soon so that we can do our best to accommodate your requirements. We want to make sure that we are doing everything possible to assist our current families before we offer spaces to new families. Please don't leave it too late as you may miss out.

If your child is due to start kindy or school at the beginning of 2025, please start thinking about what this will look like in regard to your child care requirements.

Educational Leader

Wow, what another productive term we have had at RPCC as I reflect on our involvement with many celebrations and events, throughout the term.

Thinking back to the highlights, what comes to mind is the increased recognition that we are receiving as a community service that not only strives to educate and inspire children, but also others in the wider community and education sector. This includes being active participants in creating awareness and working towards positive change.

Across the Service educators continue to embed sustainability alongside the children. In particular, the children have shown so much interest in the worm farm, which has now extended to benefit the community with the donation system for worm tea (for use in gardens obviously). Both the under two and over two environments have worm farms set up now as we educate children, ways in which worms help with soil quality and composting. The interest in the worm farms was implemented into acknowledging World Environment Day, with addition of continuing the planting of bush tucker and flora that will continue to bring insect life into the yard. Not only does this care for country, but children are able to investigate and experiment with mathematical concepts during the planting sessions. Gardening is also a great tool for teaching respect, as to let something grow it needs care and patience, so therefore needs to be looked after gently and respected.

The Service was a runner up at the city of Burnside Environmental awards, in which we received a sponsorship from the council, in which we will purchase a water tank. Moving forward once installed, we plan to use rain water for the garden in summer months, conserving the amount of water we use. From the awards, MP Jack Batty came to visit and yarn with us around the fire. He told us that our Service feels like home and that the children are so happy playing outside together. This has always been our aim at RPCC, to create a home away from home for the children that come here. It was nice to hear that our vision is represented and felt by others that are unfamiliar to RPCC.

Being winter we have had an influx of viruses of all varieties, it has been said before that childcare can feel like you are paying for a virus. However, when we have an increase of illness, I go a bit mad and research how we can better our practice in Quality Area 2 Children's Health and Safety. You may have viewed the song Em and I created "be fab and do the dab" which is still on

our Facebook site if you want to entertain yourself haha. The children, who think we are a bit crazy, really enjoyed the performance and it is a handy little song that helps with cough and sneeze hygiene.

On the topic of social media, the content on our Facebook page has changed as we strive to protect the children at all costs. We no longer use images that can detect your child's identity instead find other creative ways to portray learning, service vision and philosophy. Through the content on our page, we have made connections with others in the early years childhood sector. As a result, we have gained a lot of attention for the work that we do for and with the children, the community and for global awareness and change. This includes being recognised by Aboriginal consultancy companies, which I consider an achievement as we continue to embed Aboriginal and Torres Strait Islander perspectives into every day practice. Sarah (director) and myself created a private account for you to communicate with others in the RPCC community too. Should you wish to reach out and connect with others it is called RPCC & community and is a safe space for all. RPCC is now recognised as an "Inclusive Aware" Service. This is achieved through the Inclusion aware program with The Gowrie, and we met all 5 areas of inclusion (more on this on the Rose Park Community Childcare fb page). This is something that we are all so proud of. To be included and to feel like you belong, is the most important aspect of learning. Without belonging it is hard to form trusting, secure relationships, this may impact learning and at times development. The whole team works really hard to support everybody every day at RPCC.

I could keep writing about all the things that we continue to achieve at RPCC and actually, in the recent meeting based on exceeding practices, the team discussed what makes a good working team. Collectively, we all agreed that to be a successful team, we all need to have passion in what we do. Let me tell you, that behind closed doors, everybody in our team, be it governance, educators, kitchen managers etc are so invested in striving for excellence for all, that it makes me so proud to be a part of the RPCC community. All for the betterment of the children, families and society.

Kylie Wielechowski
Educational and Leader in Quality
Improvement

Illness

With winter comes all of the viruses. In recent years we have not had as many illnesses spread around the community. Even though Covid is still around, we are generally spending more time with family and friends and just going out in public than we were only a couple of years ago. Due to this, common illnesses have become more prevalent.

If your child becomes unwell during the day, we will call you to collect them as soon as possible. Any child with a temperature over 38C will be asked to be collected.

We send children home if they are unwell to try to keep other children safe, as well as our Educators. We thank you for your understanding.

We have an Illness Policy – if you would like a copy, please let Sarah or Lisa know and we can email it to you. This outlines many childhood illnesses and the time children need to be excluded from childcare. We reference a document called 'Staying Healthy in Childcare (5th Edition)'. Please see this link if you would like more information – (please note this is a large document).

<https://www.nhmrc.gov.au/sites/default/files/documents/reports/clinical%20guidelines/ch5-5-staying-healthy.pdf>

Soccer Clinics



RUN EVERY SCHOOL TERM **FOR KIDS AGED 2-10**

PlayStart SOCCER

5 METRO LOCATIONS on SAT/SUN MORNINGS (8 week program):
WINDSOR GARDENS - GRANGE - MAWSON LAKES - STONYFELL - UNLEY PARK

TERM 3 - 2024
JULY 27/28

SPORTS VOUCHERS 0401 410 465

FUN soccer classes for KIDS aged 2-10. All skill levels welcome.
FREE trial sessions available...just give us a call to book or enrol for the term at WWW.PLAYSTART.COM.AU

Reminders

- Please remember to check your child's bag each day to ensure it has enough spare clothes (more clothes in the winter months please), nappies and/or underwear.
- Please remember to sign your child in and out of the Service through our electronic sign in system. The educators will show you how the devices work, if you are unsure.
- Please make sure any food and medication are not left in your child's bag. We have children with serious and life-threatening allergies at the Service and we do not want an emergency situation to occur.
- When your child has any immunisation updates, please forward their updated Immunisation History Statement as soon as possible. Failure to do this can affect your Child Care Subsidy.
- Keep us up to date with any changes to your child's emergency contacts, allergies, address changes or anything else that may affect the well-being of your child.

Community Library



As most of you already know, we have a Community Library set up in between the two entrance gates of the Service, (Close Street side). We encourage the use of this to expose the children to more literacy. The idea of the Community Library is to 'Take a Book' and 'Give a Book', or alternatively,

'Borrow a Book' and 'Return a Book'. Please respect the books and return in a usable fashion. If you have any books at home that your child no longer reads with you as they get older, we welcome any donations of well looked after books.

Sustainable Practices

Did you know we undertake many sustainable practices at RPCC? Our Sustainability



Committee consists of Kylie and Em. They research, teach and implement many of our ways to help the environment now and in the future.

Some of the ways we help the environment are; a bottle and can recycle bin through Direct Collect – bring in your used drink cans and bottles that have the 10c refundable symbol on them, then money we raise goes to the Sammy D Foundation. Coffee Pod recycling - bring in any used coffee pods, no need to clean them out, as the coffee is used for compost and these get recycled through Nespresso. Our chickens love left over fruit and veg, and as you can imagine they are well fed here. We encourage all families, new and old to buy a reusable "Wet Bag". This saves us using multiple plastic bags for your child's wet and soiled clothing. We have wet bags available for sale, more information below.

Wet Bags

As previously mentioned, you can order wet bags through us via email. New children enrolled are highly encouraged to purchase one when they begin care. They are \$20 each. We bill this to your account as we do not accept cash. They come in Bees, Rainbows or an Indigenous design (we have examples in the office if you would like to see them). Patterns are subject to availability. Each bag is 30cm X 40cm, cotton outer, waterproof liner, clip band to attach to backpack and zipper closure. These are handmade by local supplier.



Water Bottles and Nappies

Please take your child's bottle home each evening to wash and refill. Don't forget to return it with your child the next day they are in and please make sure their name is clearly marked on it.



Just a reminder, we do not supply nappies for the children who require them. Please make sure there are at least 4-5 nappies in your child's bag each day they attend. You can always bring in a bag of nappies for us to store here and use for your child to save you bringing them in each day.

We are happy for families to use either disposable or cloth nappies. If using cloth nappies, we ask you bring in more to last the day and that a wet bag is provided. If you need to purchase one, just let us know, as we can provide you one for a cost of \$20.

Social & Fundraising Committee

We raised over \$550 with our Mother's Day Raffle, thanks for the wonderful donations from our families for the prizes.

Things have been on hold, as we are waiting for progression in our Renovations.

Hoping that we can kick things off again soon.

We did plan a Teddy Bears Picnic week for children to come in their Pyjamas and bring their teddies. Parents were able to donate to The Pyjama Foundation if they wanted to help children in foster care.

We participated in a blanket drive to donate to the City of Adelaide Lions Club, who will then distribute them to those in need.

If you would like to join the Service's Social & Fundraising committee, who plan family events or have new and exciting ideas for fundraising, please email or speak to Sarah or Lisa.

Your committee currently consists of Sarah R, Jess, Maddy, Jacinta, Georgia and 2 parents, Katya and Georgie.

Immunisation

Thanks to all that continue to forward us your child's updated Immunisation History Statement, which can be accessed through your MyGov account.

We are required by law to have up to date records of each child's immunisation status. You can

If you fail to do this, you will automatically receive an email from our booking and billing system saying that you have not supplied this to us. Once you have forwarded it to us, we can enter in the updates and you will stop receiving reminder emails.

We keep our own records of who is due when, so we may also email you individually. If they are not received within a couple of months of when the immunisation is due, your Child Care Subsidy may be suspended until the statement is provided and is entered into our computer system. Children who are not immunised are **not able** to attend any childcare service, unless they have a legal/medical exemption.

See SA Health website for more details.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/immunisation/immunisation+programs/childhood+immunisation+program/childhood+immunisation+program>

Adult immunisation recommendations include the following:

- Yearly Influenza vaccinations
- A COVID booster.
- When around babies and children, it is also recommended for updates of Pertussis (Whooping Cough, Diphtheria/Tetanus), MMR (Measles, Mumps, Rubella), Varicella (if you haven't had Chicken Pox) and Hepatitis A. Check your MyGov for your own Immunisation History Statement or speak to your Doctor/Health Professional regarding what you may need to stay healthy.



Worm Tea

Each room at the Service has a compost bin and the Kangaroos is actually a Worm Farm. The children in the under two environment

has also just set a worm farm up. The Kangaroo children with the help of educators have



produced 'Worm Tea' which is an excellent all-natural fertiliser for your garden. This needs to be watered down 1-10.

If you would like a 2-litre bottle for your home garden, all we ask for is a small donation. Ask the educators for more information and you can grab a bottle from the area in between the gates on Close Street.



Name:

Georgie

Role at RPCC and how long have you worked here:

Educator in the Under 2's for just over 2 years.

Who lives at your house?

My fiancé Dylan, our dog Pickles, our housemate Adrain and his dog Peppa.

Favourite TV show/movies:

Bridgerton, Game of Thrones (expect the last season) and Schindlers List.

Current favourite Music:

Chappel Roan, Taylor Swift, Noah Kahan and Hozier..

Likes:

Reading, my dog and food!

Dislikes:

Most veggies and unkind people.

Favourite part of my job:

Watching the children learn and grow, and getting to be part of this process.

If I won a million Dollars:

Buy my mum a house, then myself a house and then try to invest the rest lol. Maybe go on a holiday too.



Name:

Alice

Role at RPCC and how long have you worked here:

Educator across all rooms for over 7 years.

Likes:

Chocolate, going on holidays overseas, colour pink (if I could have a pink car I would), reading, sleeping, camping holidays with family.

Dislikes:

Dishonest and selfish people, zucchini, onion, capsicum, heights, going upside down in the air or water. Wearing red or white clothes. I would never own a red or black car if I can help it!

Favourite part of my job:

Seeing smiles and laughter, hearing conversations amongst the older children, getting hugs from the Under 2's.

If I won a million Dollars:

Go travelling around the world and buy a house.

**Name:**

Tracey

Role at RPCC and how long have you worked here:

Full time Diploma Qualified Educator in Wallabies for 7 years.

Who lives at your house?

My partner Paul and myself, a canary called Soli and a stray cat, Tigger.

Favourite TV Show/Movie:

Better Homes and Gardens, My Kitchen Rules and Dream Homes.

Current favourite Artist:

Pink and any 80's music.

Likes:

Gardening, cooking, relaxing at home and painting.

Dislikes:

Hot and spicy foods and animal cruelty.

Favourite part of my job:

All the cuddles and conversations with the kids and watching them grow into confident young people.

If I won a million Dollars:

Retire and travel around Australia. And buy a house.

**Name:**

Yu-Ting

Role at RPCC and how long have you worked here:

Part time Educator for 3 years.

Who lives at your house?

My husband and two sons, Damon and Philip. And our guinea pig who lives in the garage.

Favourite TV shows/movies:

Journey to the West, it is a novel from China, and it is a different versions, movie and cartoon. You can find them in English and Chinese.

Current favourite Music:

Flowers by Miley Cyrus.

Likes:

I like to grow plants and flowers.

Dislikes:

I do not like having the same thing everyday, eg eating rice Monday to Friday.

Favourite part of my job:

I love to see smiles on children's faces when I play with them.

If I won a million Dollars:

I will give half to my parents.

From your Kitchen Manager.....

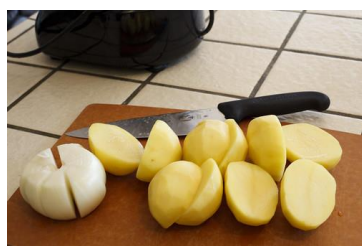
Kim, our wonderful and talented Kitchen Manager has kindly shared 2 recipes for you to try at home.

If you ever have any questions about what your child eats here, allergy concerns or another recipe, feel free to pop to the kitchen to see Kim. She is here every day 7:45-1:30pm.

More recipes are also featured on our website. We upload each newsletter to the website, so there are other recipes that you can access there.

Beef and Vegetable Bake

30 gram marg + 20 gram extra
750 gram thinly sliced potato
2 thinly sliced onions
1 red capsicum sliced
1 tablespoon oil
750 gram beef mince
1 cup tomato puree
1/3 cup cream
Salt and pepper
Shredded cheese
Mushrooms/celery thinly sliced



Pre Heat oven to 180C

Melt marg in large pan and add potatoes.

Cover over medium heat

turning occasionally until tender. Remove from pan and add vegetables, and add extra marg, cook until soft.

Remove from pan, heat oil, add mince and cook until browned and liquid has evaporated. Add tomato puree and cream, season to taste.

Transfer to oven proof dish. Top with cooked vegetables then sliced potatoes. Sprinkle with cheese.

Bake for 30 minutes until potato and cheese browned.

Apple Jaffles

1 green apple peeled and grated
125 gram ricotta cheese
1 tablespoon sunflower seeds
2 tablespoons currants
¼ teaspoon cinnamon
8 slices fruit bread
Spray oil

Place grated apple, ricotta cheese, sunflower seeds, currants and cinnamon in a bowl, stir well.



Spray surface of toasted sandwich maker with spray oil.

Place one slice of bread, top with apple mixture and

cover with another slice. Repeat.

Toast for 2-3 minutes until golden brown.

Serve warm.

Cook Book

If you haven't purchased one already, please let us know if you would like a copy of the Rose Park Community Cook Book. Great value for **\$15**. It includes many of Kim's, our Kitchen Manger, recipes that the children love, as well as family and educator's home recipes. Please email the office if you would like a copy and we will add the amount to your account.

