

# Rose Park Community Childcare Newsletter Term 4 2023

## From the Board

Our AGM was held on the 20<sup>th</sup> September. Thank you to all the families who attended in person, through Zoom or signed a proxy form so we could reach our quorum. Without a quorum of 15 members (only one allowed per family) we would not meet the requirements under our Constitution.

The Board for 2023-2024 is as follows:

|                     |                        |
|---------------------|------------------------|
| <b>Chairperson</b>  | Rachael Snedden        |
| <b>Deputy Chair</b> | Shannon Broughton      |
| <b>Secretary</b>    | Angela Marsh           |
| <b>Treasurer</b>    | Michelangelo Bolognese |
| <b>Member</b>       | Katya Hill             |
| <b>Member</b>       | Agustina Gancia        |
| <b>Director</b>     | Sarah Rogers           |

We thank these members of our community for donating their time to govern our Service for the next 12 months.

We are currently finalising our internal renovations plans to send to licensing for approval and will inform families of how the building works will occur while still operating in the near future.

Keep a watch on messages through the Spike App for up to date information.

## Christmas closure

*Our closure dates for later in the year.*

**We will close at 1pm on Friday 22<sup>nd</sup> December and then re-open 7:30am on Wednesday 3<sup>rd</sup> January 2024.** Tuesday 2<sup>nd</sup> January will be an Educator Team Day comprising of Team Meetings, Professional Development and setting up the rooms to welcome children back on the following day.

**Please Note:** Fees will not be charged for the afternoon of 22<sup>nd</sup> December through to the 2<sup>nd</sup> January inclusive.

## Reminders

- Please remember to check your child's bag each day for enough spare clothes, nappies 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.



- Remember to supply your child with a hat everyday as per our Sun Smart Policy.
- As the warmer weather starts, please remember to dress your child in t-shirts or dresses that cover their shoulders.
- We reapply sunscreen during the day, but please apply sunscreen to your child before they arrive.

## A recount of Kylie's time at the Early Childhood Australia Conference



The ECA conference was a “bucket list” career opportunity for me, having wanted to go for years. I was very excited to be able to attend alongside Sarah.

We started the conference with a moving welcome to country by Aunty Suzanne Russell, encouraging all in the room to close their eyes and connect to self, to country, to the moment. We were coined as the “champions” of the education world, as educators, we have the ability to influence reconciliation, walking and learning together. With each session my main purpose was to take at least one thing away from each guest presenter. As educators, we too are lifelong learners and so I feel it was our duty to commit and learn from others, even if it was as simple as a new quote.

In saying this, one of my favourite quotes that has stuck with me was “does your face light up?” -Toni Morrison. This simple quote has allowed me to think about how children perceive belonging. My interpretation of this is the way in which we meet a child, influences the relationship and therefore belonging. A child responds to facial expression and body language. For example, if we are so busy worrying about a messy environment or what the child is doing (in a negative tone), this “wrong doing” can be reflective on our faces. Children have the ability to read your expression, isn't it better if what they see is an authentic “I am happy to see you”. I think being aware of how we convey messages using body language is so important for socio-emotional development, which is why this term sticks with me. We are so busy doing and often have heightened expectations, that we can forget to show pure joy and happiness to our littlest citizens, especially during transition times. Alongside this is another term “let your face speak what is in your heart”. Powerful!

I attended sessions that reinforce our commitment to Reconciliation and the importance of working and walking together, without ego and listening to the Aboriginal and Torres Strait Islander community. This has further inspired the drive for my practice and I am determined to seek further consultation through our local Aboriginal communities on Kaurna Yerta. I recognise that intergenerational trauma and racism is rife even with reconciliation, and understand that in order to create change, we need to begin with a transactional relationship, which will then flourish into a respectful authentic relationship. I feel that we demand so much from the Aboriginal community, all with good intentions, but perhaps recognising the time it takes to develop an authentic relationship is of most importance. This is reconciliation to me.

Recently the children in the Tarnta room, at Rose Park Community childcare (RPCC), said to me when I arrived at work “this is not where you work KyKy”. This comment reinforced the presentation given by Dr Jools Page on “Professional love”. To the children, the educators at care are an extension of their family, perhaps to them we aren't at work, we are home. Developing a professional love is the reliability of a secure relationship, which has a direct link to wellbeing. In this space the child experiences safe love through a safe person. Educators at RPCC develop relationships much like a child's extended family, we love them like our own. The comment of “this is not work”, tells me that children aren't viewing our service as an institution, rather a place of safe relationships and belonging. Our service truly is an extension of home and the educators here are family. Children have the opportunity to choose who their “person” is by firstly attaching to one or two educators whilst developing security and trust, then over time, extending their circle of trust. Educators give themselves whole heartedly to the children in our care. This is a place of “professional love”.

The conference provided so many diverse lenses to think about and bring back to the Service to implement. It is hard not to get too excited and bombard everybody with new

knowledge. Over time what I have learnt and strengthening what we continue to embed, will be implemented into service practice. Paying particular attention to the development of authentic relationships with Aboriginal and Torres Strait Islander communities. Gender bias and gender expansive practices including an audit of gender stereotypes in resources and how we can further support identity and family structures. Continued practice of Dadirri, the art of deep listening (Dr Miriam Rose Ungunmerr-Baumann). Looking deeper into inquiry play and art for development and therapy. Developing junior committees so that children's voices and advocacy are captured throughout practice. Continuing our walks to the local parks, however embedding this as a service pedagogy, as we look deeper into ecological identity, through guidance of Richard Louv's work.....

"connection to nature is essential for children's and adult's development, children have a human right to that". This may also include piloting a nature club, developing a guide to local parks in our area and why nature play is crucial in today's society.

The "take aways" from the conference are vast and plentiful. I could write all day on the nitty gritty of learning that I was able to receive, however for now I will carefully construct a plan moving forward to benefit all service members experience at Rose Park Community Childcare.

Kylie Wielechowski  
Educational and Quality Improvement leader

### Up and Coming Road Closures

Please be aware of road closures around the outskirts of the Eastern side of the city from the 23<sup>rd</sup>-26<sup>th</sup> November due to the Adelaide 500 car racing event. Roads will start to be closed off a few days before and will continue to be for a few days after.



Please give yourselves extra time in the morning and evenings for dropping off and collecting your children.

### Bookings for 2024

Please let us know as soon as possible if you require any changes to your current bookings for next year. Sarah and Lisa are constantly juggling the numbers, especially at this time of the year. 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 to late as you may miss out.

### Sustainable Practices

Did you know we partake in 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 and these get recycled through Nespresso. Our Chickens love left over fruit and veg that may have got a bit old in your fridge, feel free to bring in any and you may be lucky enough to get some eggs in return! 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 advertised, 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 try to avoid taking cash as much as possible. 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.

## 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.



## 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

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.

We have recently asked families what your child's favourite park or playground is, as we are trying to organise our next family get together.

We had a great attendance for our recent Paint and Mingle night, and more events will be scheduled soon.

Your committee currently consists of Sarah R, Jess, Maddy, Alice, Jacinta and a parent, Sarah S.

## Immunisation

Thanks to all that continue to forward us your child's Immunisation History Statement, after they have had an update of their scheduled immunisations.

We are required by law to have up to date records of each child's immunisation status, which can only be in the form of their Immunisation History Statement. You can access this through your MyGov account.

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.

Scheduled immunisations are due at 2, 4, 6, 12 and 18 months of age, then again between 3 and a half years and 4 and a half years of age.

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.

**Name:**

Sarah

**Role at RPCC and how long have you worked here:**

Director, 7 years.

**Who lives at your house?**

My husband Daryle and son Joshua (20)

**Favourite TV show/movies:**

Gilmore Girls. Fallen movies and Die Hard movies.

**Current favourite Music:**

Many different Christian Artists.

**Likes:**

All things Disney  
Musicals – Wicked is my favourite.  
Spending time with my family  
Going to the movies.

**Dislikes:**

Spicy food and horror movies.

**Favourite part of my job:**

Children's humour.  
Relationships with the children.

**If I won a million Dollars:**

'Retire' and travel.  
Volunteer at a charity.  
Buy a house for my son.

**Name:**

Lisa

**Role at RPCC and how long have you worked here:**

Assistant Director, and I have been here for just over 26 years.

**Who lives at your house?**

Husband Mark, Sons; Lucas (15 years) and Hamish (11 years), both boys attended the Service as babies until they started school. And our dog, Lilly.

**Favourite TV show / movie:**

Nothing in particular at the moment. We like to go see the 'Marvel' movies as a family on the big screen – always a cliffhanger about what will happen next. One way to keep us together, especially with the boys getting older and starting to have their own life!

**Current favourite Artist/Music:**

Australian artists of the 80's, 90's and 2000's. And am lucky enough to be going to the Paul McCartney concert and the Robbie Williams concert (in Melbourne) in the last part of this year.

**Likes:**

Spending time with family and friends, nothing like firing up the BBQ and having friends over for a catch up especially in the warmer months. Openness, trust and loyalty with fellow educators – makes our job easier!

**Dislikes:**

Road rage, especially when driving to work.

**Favourite part of my job:**

The culture of the educators, to see how we have all grown to become the team we are today. As you can imagine, I have seen a lot of change in the industry over my time here and am very proud of where we are today and look forward to what the future holds.

**If I won a million Dollars:**

Pay off house, pay up future school fees to lessen our debts.



**Name:**

Masuma

**Role at RPCC and how long have you worked here:**

Educator in the Under 2's for 3 years.

**Who lives at your house?**

Myself, my husband and my daughter. And 2 cats Twinki and Yuki.

**Favourite TV Show:**

Master Chef Australia, comedy shows and Discovery

**Current favourite Artist:**

Taylor Swift and Rabindranath Tagor

**Likes:**

Cooking special dishes, camping, visiting new places

**Dislikes:**

Pineapple and Jack fruit

**Favourite part of my job:**

Building relationships with children

**If I won a million Dollars:**

Help orphan children.



**Name:**

Tahira

**Role at RPCC and how long have you worked here:**

Educator in all rooms for 2 years

**Who lives at your house?**

Me, my husband and our 3 beautiful daughters.

**Favourite TV shows/movies:**

Limited series TV show, Real life story movies.

**Current favourite Music:**

I like all kinds of songs, nothing in particular.

**Likes:**

Food and going to new places

**Dislikes:**

Nothing in particular

**Favourite part of my job:**

Spending quality time with children and having wonderful colleagues.

**If I won a million Dollars:**

I will straight away buy a house with a bit of a back yard for my children.

## 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.

### **Berry Yogurt Crumble Slice**

1 cup SR flour  
1 cup rolled oats  
½ teaspoon baking powder  
200 grams butter  
680 grams Greek berry yoghurt  
¼ cornflour  
2 cups mixed berries  
½ cup sugar

Heat oven to 180C

Grease base of lamington pan and line with baking paper

Combine flour, oats, sugar and baking powder.

Rub in butter until resembles fine bread crumbs

Reserve ½ of crumbs - pressing remaining evenly over base of pan.

Whisk yoghurt and cornflour until smooth.

Pour mixture into lamington pan and smooth the surface.

Top with berries and add the reserve crumble to top.

Bake until golden approx 40 minutes

Cool in fridge until chilled and cut into squares to serve.



### **Bacon Spinach and Cheese Tarts**

1 onion – diced  
1 teaspoon crushed garlic  
250gram shredded cheese  
6 eggs  
500 grams bacon chopped  
300 grams spinach – finely shredded  
½ cup plain yoghurt  
Diced capsicum (optional)  
Salt and pepper to taste

Fry onions, garlic, add bacon until cooked.

Add spinach – stir until wilted

Add Capsicum and seasoning

Beat eggs, yoghurt and cheese together.

Combine all and fill greased muffin trays.

Cook at 180C, until golden brown.



## 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.

