Rose Park Community Childcare Newsletter Term 2 2025

Upcoming Renovations

After a couple of years of planning, designing, consulting and working with builders, architects, Education and Standards Board, the local council and banks, we are finally at a stage that we can say that the internal renovations will begin in the coming months. As previously discussed, this will be done in 3 stages, each stage taking between 4-6 weeks to complete, starting in the Wallabies Room. Each area of the Service apart from the Staff Room will be having some renovations done to them, including new joinery, children's bathrooms/nappy change areas, laundry, kitchen, moving the admin/office areas and the Educators favourite part – having 2 adult toilets! During this time, we will be open as usual, rooms will be joined for some of the time and sections of the yard will be blocked off for the builders to have safe and secure access. The new outdoor blinds will be a huge asset, so children and educators can be outside without being in the weather elements that we may encounter. We also plan on taking more outings with the children to Victoria Park.

We will give you regular updates and share photos along the way.

Sarah recently sent out a survey regarding the renovations and what families would like to know about during this time, if you haven't replied to it, please check your emails.

We will also be making displays of progress in the information board located between the 2 gates on the Close Ave side.

If you have any queries about this, do not hesitate in contacting us.

Contacting the Service

Please remember we are available to talk to you about your child. It may be your child's well-being, development, their bookings and any account enquires you may have, etc.

Most administrative queries can be directed to centre@roseparkcc.org.au and each room has their own email address, toddlers@roseparkcc.org.au for the Under 2's group, wallabies@rosepark.org.au , or kangaroos@rosepark.org.au

You can email the educators directly regarding anything your child, except the things that require an urgent response for. Educators try to check the emails daily, but if they are really busy or if your email requires a longer response, they may not have the chance to respond straight away. If there is anything important and needs attending to straight away, just CC the main Service email address. That way Sarah or Lisa can check if the email has been replied to. We really value face to face conversations, so would love that to be your first avenue of communication. We also welcome phone calls if you don't get a chance to speak to the educators directly. If a longer phone call is needed, we may need to schedule a time that suits both parties.

Easter Fundraising Efforts

Over the Easter period, we had two fundraisers. Thank you for your contributions. We raised $286 for the Easter Raffle and $144 for the Kytons Hot Cross Bun and Lamington Drive.

Social & Fundraising Committee

If you would like to join the Service's Social & Fundraising Committee, please email or speak to Sarah or Lisa. The committee plan family events, implement new and exciting ideas for fundraising, among other things. We have started sharing book reviews, by our educators, on Facebook. We will also be looking at holding parent information sessions on a range of topics throughout the year. We would love to know what you would like to learn about. We look forward to hearing your ideas.

Bookings for this year

Currently we have limited spaces available most days, this will change again in Term 3 when more children start school and kindy. If you are needing additional or change of days, please contact the office as soon as possible. If you haven't let us know that you need changes for the second half of the year, please do so soon, to avoid missing out.
Word of mouth is the best form of referral, so if you know of someone who is looking for care, get them to give us a call or send through an email.
We do ask for 2 weeks' notice to decrease or cancel your permanent bookings, but if you know earlier than that it helps us to fill the spaces more quickly.
If you have recently had a baby or are pregnant and will require care for an additional child throughout the year, 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.

Worm Tea

Each room at the Service has a compost bin and the Under 2's and Kangaroos bin is actually a worm farm. The Kangaroo children, with the help of educators have, produced 'Worm Tea'. This is an excellent all-natural fertiliser for your garden. The worm tea should be diluted with water 1:10.

If you would like a 2-litre bottle for your home garden, all we ask for is a small donation. This will go towards buying more plants for the environment.
If you ever want to bring in kitchen scraps to feed our worms, please speak to the educators in your child's room about what food scraps are appropriate.
Corina in the Kangaroos Room is the best person to speak to about the Worm Tea.

Reminders

- Please remember to check your child's bag each day to ensure it has enough spare clothes, 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 or medications 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 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.

- Our Sun Smart policy states that we do not have to apply sunscreen or wear hats from the end of April until the beginning of August – although we will continue to check the daily UV level to make sure everyone is safe in the sun on any particular day. If you would prefer your child to continue to have sunscreen

applied and wear their hat throughout the winter months, please speak to the educators in your child's room.

Illness

Please remember that we have strict policies and procedures regarding illness throughout the Service. We have these in place to protect the children in our care, who may have compromised immune systems and for educators and families who may have extended family members who are immune-compromised.
If you would like a copy of our detailed Illness policy, 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 care.
Recently a revised version of "Staying Healthy in Childcare" has been published and this covers everything required regarding health and hygiene within childcare settings.
The 'Staying Healthy in Childcare 6th Edition' link is below.

https://www.nhmrc.gov.au/sites/default/files/documents/reports/clinical%20guidelines/ch55-staying-healthy.pdf

Please take note if reading the document, one area is slightly different in our policy. We require children to be excluded from childcare for 48 hours with vomiting and diarrhea. This policy was developed in consultation with a previous Board Member who is a Doctor in Emergency at the Women's and Children's Hospital. It was her professional opinion that a 24 hours exclusion period was not enough to be totally clear of this virus and to not pass it on to others.

If your child becomes unwell during the day (**this includes a child with a temperature over 38C**), we will call you to collect them as soon as possible. We send children home to try to keep other children safe, as well as our educators. We thank you for your understanding.

New Concussion Protocols

We have recently reviewed our head bump procedures in consultation from a parent at the Service who is a GP. The parent ran an information session for our team at our April Educator Meeting. Previously if a child had any head bump, we would call you to let you know and say if there were any changes we would call you back. This is still the case, but we will also be conducting 30 minute checks on the child, and noting any changes. If there is anything that we note that is needing further medical assessment, we will be calling you to collect your child. We will send you home with some concussion information. If your child ever has a head injury at home, please let us know as if they incur another one within a 21 day period, this could end up being quite serious. If you would like to see any of the new protocols, please speak to the educators or send the Service an email and we can forward you a copy.

Water Bottles and Nappies

Please take your child's bottle home each evening to wash. Don't forget to return it filled with fresh water 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 a wet bag, just let us know, as we can provide you one for a cost of $20.

Educator workplace anniversaries

We have number of workplace anniversaries coming up in term 2. Em has been with us for 14 years, in a variety of roles, with the most recent as co-team leader in the Under 2's environment.
Payel, who works across all rooms has worked with us for 6 years in May.
Karilyn, who mainly works in the Kangaroos and occasionally in the Wallaby room, started with us 7 years ago. She previously worked with us a while before that as well.

Alice has been with us for 8 years also in May and was here before that too for a number of years, then worked at other sites, before returning.
Deb has been with us for 7 years in June working across all rooms.
Maddy started with us 6 years ago in June, and work in the Under 2's and is close to finishing her Diploma studies.
Tahira began with us as a student and then begun working with us casually 4 years ago and is now part time.
Lisa, the Assistant Director, started at the Service in July 1997, so this year will celebrate 28 years at the Service.
August will see Mariama's 12th Anniversary with us.
We thank all of these educators for their dedication to Rose Park Community childcare over the years.
One question that many parents ask when they come for a tour is regarding staff retention, and we are delighted to tell them about all of the years of service amongst our Educators.

Sustainable Practices

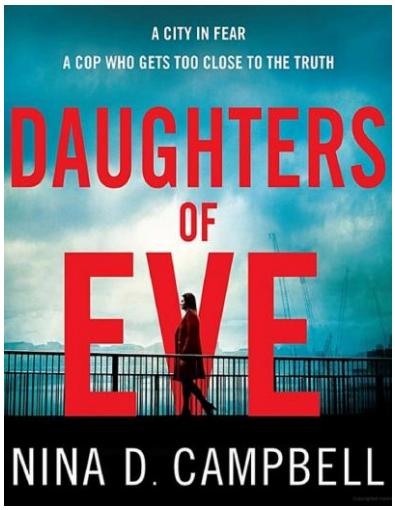
Did you know we undertake many sustainable practices at RPCC? Our Sustainability Committee consists of Kylie and Em. They research, teach and implement many of our ways to help the environment now and in the future.
Some of the ways we help the environment are; a bottle and can recycle bin through Direct Collect – please bring in your used drink cans, cartons and bottles that have the 10c refundable symbol on them. The money we raise goes to the Sammy D Foundation.
Coffee Pod recycling – feel free to 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.
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.
We are currently collecting used chip packets. These will go to making blankets for those that don't have a home to sleep in, especially during the winter. They are similar to the silver blankets found in first aid boxes.

Please cut them open, so they lay flat and clean them. We will then take them to place that will assemble them.

Book Review

We have lots of educators at our Service that like to read, so the Social and Fundraising Committee thought they could share some of the educator's joy with you. As well as the newsletter you can also find them on our RPCC & Community Facebook page. If you have recently read a book that you would like to share a review of with our community (for adults or children), please email Sarah or Lisa.
This newsletter, Jess reviewed **Daughters of Eve by Nina D. Campbell.**

'Daughters of Eve' sees Detective Emilia Heart investigate a string of murders, all men, all shot in a similar pattern. When fear a serial killer is terrorising the city, a manifesto is posted online by the Daughters of Eve. All the victims were perpetrators but never convicted for crimes against women or children. Is this a crazed vigilante or a justifiable alternate justice?



Fantastic debut novel by a local author, (Nina lives down South). The mystery draws you in and keeps you guessing. It is well written with laugh out loud lines and great characters. I couldn't put it down. I highly recommend this book.

Educational Leader

The year is flying by, its hard to believe we are in May! The first term is a time in which we meet new families, develop and strengthen relationships and support each other during transitional periods.

This requires educators to converse with you all about what works for your child and determine ways in which we can adjust this to suit their new (or existing) childcare environment.

Transitions are hard. It takes a lot of emotional energy to have success. It may seem like it is taking forever, however if we change our mindset as to why this may be, we are able to develop an understanding and in turn patience, about the process.

To a young person, you are their world. With you, they know what to expect, have comfort in their surroundings and feel safe and secure as a result. This leads to a regulated baby/child. This response to feeling secure is no different to how we feel when we feel safe.

Fast forward to the time in which you have to return to work/study or are seeking time to just be you. A young child has to learn resilience without their primary caregiver. For many of us adults, we find it hard to regulate at times too, even though we have the skillset to do this. Often, children have not developed resilience and so it takes time to adjust as they learn about themselves and emotional limitations. Change in routine or life is hard for everyone. Yesterday I was reflecting on my own experience as a mum, to now teenagers, and described it as though I am wearing my heart on the outside. With all three off navigating the community and their own emotional wellbeing. You internalise and want them to be safe, you wonder if they will cope without you, will they eat? feel like they belong? and these are all valid, real feelings. it doesn't necessarily get easier; however, they will be ok.

It may seem like it is taking forever and the parental guilt will always be there. I can absolutely assure you, that with time and patience it does get better. In the meantime, we are always here for a chat, a cry (very normal for us parent's ha ha), for advice and support. Communication is the best strategy for developing secure attachments and therefore relationships. We encourage you to approach your room educators or someone you feel you are connected to, to make transitions a positive experience.

Some helpful links you may wish to view:

Building resilience in children 3-8 years | Raising Children

Relationships & child development | Raising Children Network

As well as transitions from home to care, we also have been navigating transition's for children between rooms. Educators are in a continuous cycle of discussion about individual children and their needs during this time. We determine what will best suit their emotional wellbeing and take each day to really look at how the child is coping with the process. Educators are open and honest with you about room to room transitions. If you notice any changes in your child during this time, once again, please don't hesitate to talk to us about it.

I have been on another side quest in Quality Area 2 of the National Quality Standards. This time in relation to how the Service collectively manages head injuries. You were sent an email regarding this and at our most recent educator meeting, we had Dr Caitlin come and present to the team about concussion. This was really informative and an important factor to the health and safety of children, it also ensured that we were all on the same page of concussion management.

The Tarnta Room have embedded place-based pedagogy into their curriculum design with Pakapakanthi (Paka-Pug-un-di) becoming an extension of their room. I have loved hearing all the deep learning that is occurring as it transfers from the park to our care environment and vice versa. The embedment of this space for children's learning, was a vision that has now become a reality and I'm so excited for the children to experience this regularly.

Recently, I met with team leaders to determine what it is that they are focusing on in curriculum design. It provides an opportunity to reflect and ask questions, sound boarding off each other. I mentioned to Jacinta that in order to be place-based pedagogy we need to acknowledge and respect the Aboriginal community in these areas. One of the ways that we do this is to show respect by singing their version of care for country song upon meeting in this space.

Lastly, as I'm probably running out of column space (standard), I wanted to make you aware that we have a private FB group that is mediated by myself and Sarah (Director). It is called RPCC & Community and can be used as a communication tool to connect with others that attend the Service. Type it into the search engine on FB, read and agree to the rules, and please note that only members of RPCC are permitted to join for privacy.

Ky.

Kylie Wielechowski

Educational and Leader in Quality Improvement

Name:
Mariama – known as Ama to the children

Role at RPCC and how long have you worked here:
Educator in the Under 2's, providing care, education and support to children and I have worked here for 10 years.

Who lives at your house?
Me, my husband and five of my own children.

Current Favourite TV show/movie:
All American, Sweet Magnolias, Virgin River and Bridgerton.

Favourite Music:
R'n'B and all African music.

What do you like doing in your spare time:
Cooking new recipes.

What is your family culture and what do you celebrate with your family:
I am African and we celebrate Eid and Ramadan.

If I won a million Dollars:
Make a differnence in young children and give them the best care and love, see them grow!

Name:
Kim

Role at RPCC and how long have you worked here:
Kitchen Manager since 2005.

Who lives at your house?
2 dogs and my husband.

Favourite TV show/movie:
Masterchef, My Kitchen Rules and MAFS (Don't judge me!!!).

Favourite Music:
Anything from the 1980's

What do you like doing in your spare time:
Walking, caravan trips and hanging with friends and family.

What is your family culture:
South African.

Favourite part of my job:
The autonomy I'm given to try new things in the kitchen and interactions with the children.

If I won a million Dollars:
Open an animal sanctuary (after I've paid of bills and helped family).

Name:
Jess

Role at RPCC and how long have you worked here:
Educator in Wadlha Room, at the Service 13 years.

Who lives at your house?
My partner Gabe and my dog Mia. Part time my step daughters Annabelle, 15 and Lilly 13.

Current Favourite TV show/movie:
One Tree Hill, High Potential, Wicked, and any Melissa McCarthy movie.

Favourite Music:
Missy Higgins, Delta Goodrum, Paul Demsey and Killing Heidi.

What do you like doing in your spare time:
Read, arts and crafts and go out for High Tea.

What is your family culture and what do you celebrate with your family:
My family are from England originally. We celebrate all the traditional holidays, Christmas, Easter etc.

Favourite part of my job:
Chatting with the children – delighting in the wonderful and random things they say and getting to know the families.

If I won a million Dollars:
Buy a house, travel, help my family and donate to various charities.

Name:
Ning

Role at RPCC and how long have you worked here:
I am currently student and a casual Educator. I started my studies at RPCC in July last year.

Who lives at your house?
My husband Daniel and I live together at our house.

Current Favourite TV show/movie:
Game of Thrones, How I Met Your Mother, Modern Family, This is Us and Young Sheldon. Movies – Eight Below, Hachi – a Dog's Tale, A Street Cat Named Bob and Home Alone.

Favourite Music:
I don't have a particular favourite genre, but I enjoy relaxing and cheerful music.

What do you like doing in your spare time:
I love relaxing through meditation, enjoying a good book or movie, taking peaceful walks and being with my family and pets.

What is your family culture and what do you celebrate with your family:
I come from a Chinese background, but we celebrate both Australian and Chinese festivals. It's wonderful way to embrace both cultures. We usually get together as a family and enjoy traditional food related to the celebration.

Favourite part of my job:
Seeing the joy and trust children have. Their smiles. Playful energy and those sincere hugs.

If I won a million Dollars:
Pay off my mortgage. Go on my dream vacation. Treat my family and give back to my parents. I'd donate to RSPCA, helping animals find safe and loving homes.

From our 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.

Bolognaise Rice Slice

¾ cup cooked rice
1 and 1/3 cup shredded cheese
Crushed garlic
400gram canned tomatoes
½ cup vegetable stock
4 eggs
1 chopped onion
Splash or two of olive oil
500 gram beef mince
2 tablespoon tomato paste
1 cup frozen vegetables or shredded carrot and zuchini

Method

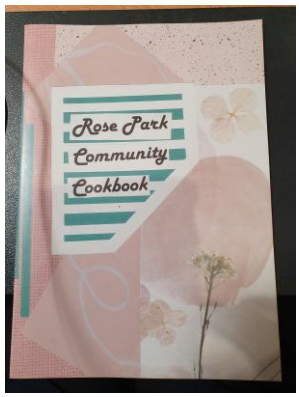
Cook onions and garlic until soft with heated oil, add vegetables and fry. Add mince until browned. Stir in tomatoes, paste and stock. Simmer uncovered for 15 minutes or until sauce is thick.
Combine meat filling, cheese and eggs in large bowl. Pour into prepared slice pan and sprinkle with cheese.
Bake for 1 hour until firm. Cool slightly before slicing into squares

Cauliflower, cheese and corn muffins

200 grams cauliflower – steamed and then chopped finely.
100 grams shredded cheese
2 eggs
½ teaspoon Baking powder
1 cup corn kernels
1 cup flour
Mixed herbs
½ teaspoon chicken stock powder

Method

Combine all ingredients and ¾ fill prepared muffin tins.
Bake 180C until golden, allow to cool before serving.

Cook book for sale

A couple of years ago, Jess created a cook book for the Service. She worked with Kim, staff members and families in sharing favourite recipes. We still have some copies available for purchasing. Some of the recipes included are our lunch and afternoon tea time favourites.
If you would like to purchase a copy, please email us and we can put one aside for you, then add $15 to your account.