

GOWRIE NSW DRUMMOYNE & ST MARK'S NEWSLETTER

ISSUE: April 2023



FANTASTIC EASTER!

We hope everyone had a great Easter and had some down time to connect and spend time with Family & Friends. Having now finished Term 1 this year and come to the end of our Autumn Vacation care program, we would like to congratulate all the new Kindy's who have triumphantly made their way through the first term at Primary School!

CCS ADJUSTMENTS FOR THE END OF FINANCIAL YEAR

- At the end of each financial year, Services Australia reconciles family payments, including CCS. This is to ensure families receive the correct amount of assistance for the year.
- The Australian Government have advised that families will need to confirm their income for the 2021/22 AND 2020/21 financial year, or potentially have the childcare subsidy stopped.
- Please note that Gowrie NSW is only passing this advice onto families and the families will need to contact Centrelink on 136 150 should they have any further questions.
- The advice from the Australian Government is: Families must confirm their income by Friday 30 June 2023 by: lodging their tax return or telling Services Australia they don't need to lodge a tax return. Families who have not confirmed the income for the 2021/22 and 2020/21 Financial Year will have their CCS paused in July 2023, which means families will be charged full fees for any sessions of care booked. If families confirm their income after 30th June 2023, their CCS can start again from the date they confirm their income, but the childcare subsidy will not be back paid. If families have already confirmed their income for the 2021/22 and 2020/21 Financial Year, then there is no action required from you (if families are unsure whether they have done this process previously, they are best to check with Centrelink by calling 136 150).
- If there are any questions regarding this or if families require assistance, please contact Centrelink on 136 150 (Monday to Friday 8:00am to 8:00pm).

Gowrie NSW Drummoyne & St Marks

Outside School Hours & Vacation Care

7am to 9am & 3.15pm to 6pm
Drummoyne P.S – Tues, Weds & Thurs
St Mark's Catholic – Mon & Fri
Drummoyne P.S – Vacation Care

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FIND OUT MORE

To view our programs, make an online booking, or to find out more, please visit our website or scan the QR code below:

<https://www.gowriensw.com.au/out-of-hours-care/drummoyne-and-stmarks>



Visits to our program are always welcome and can be arranged by calling the Program Manager or emailing the centre.

We would love to hear from our families, if you wish to provide feedback, or if you have questions, comments or concerns, please feel free to contact the centre via email, in person or phone.

PROGRAM HIGHLIGHTS

Our current team now consists of:

PERMANENT EDUCATORS

Rekha Moda

Program Manager

Huon Saul

Assistant Program Manager

Rosetta

Educator

Thinh

Educator

Neelam

Educator

Katalina

Educator

CASUAL EDUCATORS

Jason, Sam, Claudia, Gabriella, Olivia, Quill, Kimberly



AUTUMN VACATION CARE

Incursions

From Archery to Disco's, Nerf Wars, 9D Cinema's and Game Shows! We packed all of it as incursions for the children to enjoy in this years 2023 Autumn Vacation Care Program. This proved to be a great hit with all the children who attended. It was great to see everyone try out new activities, work with one another and make new friends over vacation care.

Excursions

We had some fun excursions this Vacation Care, like Ten Pin Bowling, Flip Out, Rock Climbing, the Powerhouse Museum and the Arcade! There was a lot of positive feedback from the children and parents about the new excursions and age catered excursions/activities that suited all children attending. I must say that all the excursion were so much fun but the biggest highlight for me was the Rock Climbing. It was daunting at first for some of the children but by the end of the session everyone had a blast! There were different difficulties to suit everyone's climbing abilities, high ropes, low ropes, padded climbing areas and caves for everyone to explore!

In-House Day's

In between all the Incursions and Excursions, we have our planned In-House program with action packed activities over the school holiday's. For the Autumn holidays we had maximum number of children attending these inhouse days. There was an Arty Party/Gardening Day, Slime Making, 3D Animals, Master chef Cooking and Gowrie gala day!

Children take ownership in running the activities on these days. Our easter egg treasure hunt, passing the parcel were some activities that children could not get enough off. We had parents waiting to pick their children up on these days and children were refusing to go as THEY WERE HAVING WAY TOO MUCH FUN!!!

This month's featured educator



Neelum

Cultural Background: Indian

Qualifications: Certificate III in childcare

Hobbies: Art & Craft, cooking

What is your favourite part of working at GOWRIE OOSH ?

Working with children and learning many things from them

What is your philosophy in working with children?

Be professional and have fun

Gowrie NSW Family Code of Conduct

At Gowrie NSW, we are committed to providing a safe and nurturing environment for all children, families, educators, and other adults who attend our services. We strive to maintain a positive inclusive and respectful space for everyone.

Scope: The Code of Conduct is part of Gowrie NSW organisational policy and applies to parents, guardians, carers, and authorised nominees of children being educated and cared for in a Gowrie NSW service. The code of conduct is intended to guide interactions from families in relation to one another, with staff, and with children in a safe, respectful and ethical manner.

At Gowrie NSW, we are committed to providing a safe and nurturing environment for all children, families, educators, and other adults who attend our services. We strive to maintain a positive inclusive and respectful space for everyone.

Gowrie NSW Vision: Gowrie NSW is committed to excellence and strives to make a lasting impact on children's lives. It is our vision that children are active participants in society, their voices are heard, and they are empowered to make a positive contribution in their community and make a difference in the world.

We ask that all families adhere to the following code of conduct:

I. Treat all Gowrie NSW educators, staff and other families with respect and courtesy. We value diversity and appreciate all cultural backgrounds, abilities, and beliefs.

II. Engage in open and honest communication with educators and staff, including providing feedback or raising concerns in a respectful manner.

III. Work in partnership with educators and staff to create a positive and engaging experience for your child. We value your involvement and contribution to our community.

IV. Comply with Gowrie NSW policies and procedures, including those related to the enrolment agreement and conditions, child illness, medical conditions, and guiding children's behaviour.

V. Acknowledge and support Gowrie NSW's requirement to provide a child safe environment. In accordance with the Child Protection Act and Reportable Conduct Scheme, educators and staff are mandatory reporters and may need to make reports regarding any risk of harm to children or reportable allegation.

V1. Gowrie NSW children's services are alcohol and drug-free environments. Please refrain from bringing alcohol, tobacco, or drugs onto the premises or attending while under the influence.

VII. The early education center or program is a space where adults act as positive role models to children. Therefore, it is necessary adults' model positive and respectful behaviour towards others, including children, staff, and other families.

Breaching the Family Code of Conduct at a Gowrie NSW service can have consequences for a family including:

1. Notification of Breach: Gowrie NSW may discuss or provide a written letter to the family about the breach of the code of conduct. The discussion or letter will typically outline the Organisational Policy March 2023 behaviour that is not acceptable and the consequences that may follow if the behaviour is repeated.

2. Stop-care or termination of enrolment: Depending on the severity of the breach, Gowrie NSW may implement a stop-care or termination of enrolment from a centre or program. In some cases, Gowrie NSW may terminate the family's enrolment agreement.

3. Legal action: In extreme cases, Gowrie NSW may take legal action against a family if there is aggressive, violent behaviour or malicious conduct against the service or Gowrie NSW.

It's important to note that the consequences for breaching the code of conduct will vary depending on specific circumstances and relevant factors. Gowrie NSW believes that by working together in partnership with families, we can create a welcoming and supportive environment for all children, staff educators and families who use Gowrie NSW services.

Thank you for your commitment to providing a safe and nurturing environment

CLUB HIGHLIGHTS



Gardening/Mindfulness /Sustainability Club:

During Vacation care we had a dedicated Gardening and Arts day, on this day the garden got a big makeover, being cleaned, pruned and prettied up with all sorts of colourful flowers and children made nature themed canvas painting. They also got involved in paper making activity and learnt how recycled paper is made. The children got involved in sowing new seeds and learning how to identify weeds and how to remove the invasive plants from our garden bed

We are always looking for donations from the local community and families to help us with our sustainability initiative. If you have any plants, seedlings, cardboard boxes, egg cartons, knitting wool, old clothes, toys, dolls, games, sports equipment, loose parts etc., we'd appreciate you donating them to us.

Cooking Club:

Towards the end of Term 1 and Vacation care we did many cooking activities. Senior children love baking in the afternoons making cookies and decorating biscuits to share with all children as a late afternoon tea. During Vacation care we built upon these culinary interests by having a Master Chef day. On the Master Chef day children started off making some Jelly to set for the afternoon, Creating Sushi for our afternoon tea and making Milo ball for dessert, they also were very creative making wafer trucks with wafer biscuits! Cooking at Gowrie OSHC is always a popular choice and it's great to see the children so engaged and wanting to learn new cooking recipes so they can take it home to show everyone else.

Science Club:

This month we had a blast conducting science experiments and trying out new activities, towards the end of the term we conducted a water density experiment which showed us how different temperatures of water mix and behave with one another and see tea bags fly when lighted!. A perfect wet weather activity for the children to participate in and have fun! It was great to see our educator Thinh explaining to the children how this effect works and why it happens. During the holidays this interest was extended by a visit to the powerhouse museum. The children got to see, touch and try various science inventions, figuring out how each item works and why it happens.

KIDS IN THE KITCHEN

Deville Egg Chicks



Ingredients:

12 large eggs
1/2 cup mayonnaise
1/4 cup parmesan cheese (finely grated)
2 tsp Dijon mustard
3 slice carrot
24 capers (blotted dry)
fresh dill (to garnish)

Method:

1. Fully submerge the eggs in water. Bring the water to a boil, cover with the lid and remove from the heat.
2. Leave the eggs to cook in the saucepan for 12 minutes. Cool, then peel.
3. Slice a bit off the bottom of the egg so that it can stand upright on its own. Cut off the top third of the egg, reserving the "lid" you've just removed. Gently remove the yolks and place in a medium-sized bowl.
4. Add the mayonnaise, Parmesan and mustard to the egg yolk and mix together until smooth. Transfer the yolk mixture to a zip-lock bag.
5. Snip a small hole in the corner of the bag and pipe the mixture back into the hollowed-out eggs. Fill the egg, as well as in extra inch above the rim.
6. Cut carrot (or you could use capsicum) into very small triangles. Place capers in the place of eyes and carrot as a beak. Top the yolk face with the egg white "lid" we removed earlier.
7. Refrigerate for at least an hour or up to one day. To serve, line platter with dill. Arrange chicks carefully on top.

GOOGLE REVIEWS FROM FAMILIES

We thank all the families who have taken the time to give us positive feedback and some great ratings/reviews on Google. We are passionate about facilitating a fun and engaging program for all children who attend our care, thus we love receiving feedback from the families and children as that's one of the best ways for us to tweak, change and improve our services. Please continue to motivate and encourage us with your kind words.

DINA DAHHAN

"My kids attend before and after school care here. They always have the best time with so many different activities to participate in if they choose to. If they prefer running around, kicking a ball, scootering, playing basketball- they also get to do that with lots of other kids whilst being supervised.

The team at Drummoyne are brilliant! They care about the kids and like to get to know them all. It's a great fun, and safe environment for the kids!"

MARIEKE BRUINSTROOP

"Great before & after school care and always an amazing vacation care program. My kids never want to leave, and the team is awesome in finding ways to engage my kids' different interests. Definitely recommend!!"

BRONWEN KERR

"My son has been attending the service for over 3 years. During that time, we've experienced great care and attention from the fantastic staff and exciting activities during holiday care. It gives me great peace of mind knowing my son is being well cared for while I'm at work!"

NANCY LIU

"Kids are making friends there, always different little interesting things to keep kids busy!"

MINDFULNESS

MINDFULNESS IS A PROVEN TECHNIQUE USED TO REDUCE STRESS, IMPROVE MENTAL HEALTH AND HELP PEOPLE COPE WITH TOUGH TIMES.

WHAT IS MINDFULNESS?

Mindfulness involves training our attention and attitude. Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

WHY SHOULD EDUCATORS' PRACTICE MINDFULNESS?

Educators who adopt a mindfulness practice bring a present-moment awareness into the classroom. The modern world is full of distraction and disconnection for children and young people through the overuse and misuse of technology and social media. Mindfulness, on the other hand, naturally translates to supporting children and young people's wellbeing and increasing connection.

Gently redirecting children and young people to the present moment and self-awareness benefits them by:

- improving resilience (building skills to cope better with stress)
- increasing their ability to self-regulate emotions through breathing and other grounding techniques, especially difficult emotions such as fear and anger
- improving empathy (their ability to understand how another person is feeling, which helps them to build positive relationships) and prosocial behaviors

WHAT ARE THE BENEFITS?

Mindfulness is a proven technique to support your mental health and wellbeing. Research has found that mindfulness can help you feel calmer, bring clarity and enhance your creativity and awareness. Other benefits, include:

- reduced stress, including occupational stress, anxiety and depression
- improved focus and working memory (being able to recall and use relevant information)
- increased self-awareness, social awareness and self-confidence
- greater emotional intelligence, compassion (to self and others) and prosocial behaviors
- better and more flexible problem-solving abilities
- stimulating new connections and cell growth in the brain
- better resilience and coping with pain and life challenges.

MINDFULNESS IS VERY SIMPLE

It's a practical way to notice thoughts, physical sensations, sights, sounds, smells, or anything that you might not normally notice. The moment we reengage attention with the present moment, we switch off default mode. It gets us back on task, helps the body to relax, and helps us to respond to the moment. Despite this simplicity, mindfulness doesn't come easily to us. You've probably noticed that children and young people are much better at being mindful – it's natural to them. While we might be hurrying them to get to school on time, they'll stop to look at butterflies, flowers or bugs and be immersed in that moment, with no worries about the past or future.