

# SACRED HEART CHILD CARE SERVICES

Issue 3 : May 2017

*"Play is the answer to how anything new comes about." Jean Piaget*



Please be kind to  
the environment



Think before you  
print this out.

## Sacred Heart Primary School Child Care Centre

ID Number 1-5DJC03  
CECWA Provider Number  
PR-00007613  
Service ID Number  
SE-00013082

### CONTACT US

Phone: 9251 3014  
Email:  
elc@shthorn.wa.edu.au  
Mob: 0477 385 104

### SERVICE HOURS (Mon-Fri)

6.30am-6.30pm

### SESSIONS

Morning Session  
6.30am—12.30pm  
Afternoon Session  
12.30pm-6.30pm

### STAFF

#### Director/Nominated Supervisor

Amanda McCorkill

#### Assistant Directors

Megan Rowland

#### Certified Supervisor

Lauren Goodhew  
Brianna Jones  
Amee Coles  
Margaret Ahmed  
Christine O'Neill

#### Educational Leader

Amanda McCorkill

#### Early Childhood Teacher

Sheena Shroff

#### Educators

Jennifer Elvines  
Paige Weyell

## DIRECTOR'S NOTE

### ELC

Welcome to all of the new families who have joined us this Term and welcome back to everyone who has returned from the Easter and school holiday break.

A couple of reminders for families heading into the new term;

- Please discourage your children from bringing in toys from home. It causes unnecessary distress if they get misplaced. If your child has something special they would like to bring in to show their friends, please leave it with an educator and we will bring it out at an appropriate time and ensure it is looked after until your child goes home.
- We are also encouraging families to pack a healthy lunch box for children. We will be talking with the children at meal times about healthy foods and sometimes foods. Please remember we have a WATER ONLY policy for the children's drink bottles (please do not send your child with juice, cordial etc). We also discourage packaged chips, chocolate and biscuits. Please see over the page for some great lunch box ideas!

### Mothers' Day Stall

A stall will be set up in the ELC each day next week for your child to purchase a gift if they wish. Please do not send your child with any more than \$5. Unfortunately we are unable to cater for siblings and multiple gifts.

Amanda McCorkill

### OSHC

We trust all of you had a great Easter break. I would like to inform families that I have resigned from my position as Centre Director. Chloe Bennett will remain as Nominated Supervisor and a thorough hand over process will take place once a suitable applicant has been appointed. If you have any questions or queries, please do not hesitate to speak with Mrs Swann.

A reminder to families that we are only able to accommodate casual bookings when we have places available. Due to high demand for permanent places at the moment, casual places are very limited. If you require an ongoing permanent place, please see Chloe in the OSHC service.

Sandhya Dinesh

### PUBLIC HOLIDAY

Monday 5 June 2017

## Sacred Heart Primary School OSHC

ASC:1-6PX-2096  
BSC:1-6PX-2097  
VAC:1-6PX-2098  
CECWA Provider Number  
PR-00007613  
Service ID Number  
SE-00013082

### CONTACT US

Phone: 9251 3015

Email:

oshc@shthorn.wa.  
edu.au

Mob: 0417 091 296

### SERVICE HOURS (Mon-Fri)

Before School  
6.30am—8.30am  
After School  
2.30pm-6.30pm  
Vacation Care and  
Pupil Free days  
6.30am - 6.30pm

### STAFF

#### Director

Sandhya Dinesh

#### Nominated

#### Supervisor

Chloe Bennett

#### Educational Leader

Chloe Bennett

#### Certified Supervisors

Sandhya Dinesh

Chloe Bennet

Nikki Silvestri

#### Educators

Jamie— Lee Beynon

### CHANGE OF DETAILS

If you have changed any relevant details, such as address, phone numbers or contact details could you please remember to inform one of our educators.

### Education and Care Regulatory Unit

Level 1, 111 Wellington Street

EAST PERTH WA 6004

Telephone: (08) 6551 8333 Free call 1800 199 383.

Fax: (08) 6552 1555

Email: [ecru@dlgc.wa.gov.au](mailto:ecru@dlgc.wa.gov.au)

Web: [www.communities.wa.gov.au](http://www.communities.wa.gov.au)

### IMPORTANT REMINDER

Please remember to  
contact the Dept. of  
Human Services  
whenever your  
circumstances change.

Phone: 13 61 50  
or  
13 12 02 for languages  
other than English

## POLICY REVIEWS

There are no policy reviews this month.

Are you aware of all of the ways you can provide feedback into the services? We welcome all constructive and positive feedback through;

- General verbal and written feedback
- Program input and StoryPark
- Quality Improvement Plan
- Policies and Procedures

## HEALTH AND SAFETY

### **What To Put In the Lunch Box**



#### **A good helping of fruit and vegetables**

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

#### **Starchy food**

These foods are bread, rice, potatoes and pasta. Have a variety to choose from such as wholegrain, wholemeal or high fibre breads such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

#### **Lean protein**

These include tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken.

#### **Reduced fat dairy food**

These include reduced fat yoghurt, reduced fat cheese or reduced fat milk (remember to pack with a bottle of ice).

#### **A bottle of water**

This will keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

#### **Healthy choices**

Look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

#### **Nutritious snacks**

Such as a small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

## SUSTAINABILITY NEWS

On Friday 21 April the children and Educators at the Early Learning Centre celebrated Earth Day. The children were given the opportunity to participate in some gardening as well as planting some new indoor and outdoor plants for our centre. The children really enjoyed this hands-on gardening experience and were particularly excited when a flock of baby birds came to visit, chirping and singing as they circled the yard. It was almost as if they too had come to celebrate Earth Day with us!



## STAFFING NEWS

### **ELC**

As most families are aware, I will be going on maternity leave soon. My last day at the centre will be 2 June 2017. Over the next few weeks there will be a handover process to ensure a smooth transition. We will keep families updated as to who will be filling in while I am away. Please do not hesitate to contact me should you have any questions or concerns.

Sadly, Lauren Goodhew has resigned from the service to concentrate on full time study. We wish her all the best in her future endeavours.

Lastly, Congratulations to Jennifer Elvines on successfully completing her Diploma of Early Childhood Education and Care.

Welcome back families and friends to Term Two of 2017!!

As we are getting closer and closer to the middle of the year I know many families are beginning to wonder what requirements your child will need to achieve in order to be kindly ready and to give them the best start at school. At our centre we work with your child to assist them in developing their personality while building their confidence in themselves and not to mention overall social skills. These developmental areas are vital in building the foundation of schooling. The following are suggestions which you can work on with your child at home;

- Talk about their feelings with them. Encourage your child to talk about how they are feeling before and after a family outing, a day at school, going to the shops, etc.
- Ensure your child is getting a good night sleep so the connections in your child's brain can form and they are rested and ready for their next busy day
- Read books and sing songs to your child so as to familiarise them with books, words, rhymes, songs and playing with different words
- Encourage your child to spend time with other children which will give them the opportunity to explore turn taking, sharing, cooperation, building friendships and negotiating their way through basic tasks and play
- Give your child enough time to express their thoughts and feelings or complete the set task. Even if it means waiting for 5 minutes for the whole sentence to come out or 15 minutes for their shoes to be put on by themselves
- Encourage your child to dress themselves or undress themselves. Again, wait for them and give them enough time to be able to complete the task on their own, (this also builds their confidence in themselves)
- Healthy lunches, dinners and snacks are vital in keeping their energy levels at a steady pace not to mention the nutrients they are getting out of them!!
- Encourage your child to toilet themselves without assistance.

We are also encouraging families to bring in a photo of your child's with their family (a copy would probably suit better) to display in our centre to promote a sense of belonging. We already have a few pictures up on our wall and it always fosters conversations between our children about who are in their families and what they do. It will also boost our children's feelings of belonging and their sense of pride in who they are and where they come from.

We remind families that Mrs Mercer will continue to conduct yoga sessions for the children on alternate Thursday mornings from 11.30-12.00pm. Children are able to choose to join as they wish.

Miss Sheena Shroff

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## ***PARENT AND TEACHER SHARING CAFÉ***

This term we will continue to hold regular parent and teacher sharing opportunities with a focus on reading. We trust these will be beneficial for all parents.

These will be held in the meeting room in the **Brennan Hall from 8.45am – 9.45am.**

### **Week 5: Wednesday 24 May 2017**

#### THE IMPORTANCE OF COMPREHENSION:

Comprehension is the ability to understand the language that has been read and spoken. Understanding language is critical for success in all curriculum areas. The ability to answer questions and to be able to ask questions to clarify understanding.

### **Week 8: Wednesday 14 June 2017**

#### THE READING JIGSAW—PUTTING ALL THE PIECES TOGETHER

During this chat session we will look at the whole of reading.

#### **Please register your expression of interest at the office.**

Should you have any questions regarding these sharing cafes or any topics you would like to suggest please email or contact Mrs Annie Gerhardy.

**[annie.gerhardy@cewa.edu.au](mailto:annie.gerhardy@cewa.edu.au)**

# OSHC NEWS

## PURPOSEFUL LEARNING THROUGH PLAY

*"Play is the highest form of research." Albert Einstein*

KIDS  
HELPLINE

1800 551 800

### HEALTH AND SAFETY

As winter is right around the corner we would like to remind families of our Illness policy;

Our OSHC services aims to provide a safe and healthy environment for all children.

Please be aware that if your child becomes unwell whilst in our care you and/or your emergency contact will be contacted to collect your child. Your child will be made comfortable until someone arrives to collect them.

Thank you in advance for your understanding.

### COMMUNITY NEWS

#### **MOTHERS' DAY CARD MAKING;**

**When:** Thursday 11 May, 6.30pm - 7.30pm

Looking for that personal Mothers' Day gift? Then learn a new craft and take part in this hands-on session.

Add a personal touch to that special occasion, by designing and creating a beautiful Mothers' Day card

#### **Safety Around the home;**

**When:** Thursday 25 May, 9.30am - 11.30am

Free basic first aid and CPR workshop for parents and carers of children under 5 years.

This two hour workshop covers CPR and first aid for common childhood injuries including safety around water, choking, cuts and burns.

This is a free event, bookings are essential and refreshments will be provided. Limited crèche is available



### OUR WORLD - OUR RESPONSIBILITY

We are implementing a new recycling system at OSHC in line with the school. We have four new bins and the children will take responsibility in monitoring and emptying them.

We will be educating the children in using our new bins by using them in an educational experience to foster the children's knowledge in our new recycling system.



### May Birthdays

*Shanice, Cohen, Andre, Luke, Kyrell*

"The more you read the more things you will know .... The more that you learn the more places you go"

- Dr Seuss

We had an amazing holiday program.....  
Our children thoroughly enjoyed our excursions and incursions.....



Cricket game ready!!

Our Magic show



Look at our balloon swords from our magic show



Kite making



Bibra Lake Regional Park fun



Playing a traditional Indonesian game



Block and box construction

