



Dear Family of YMCA Darling Heights OSHC,  
Welcome to our October 2018 Service Newsletter

## **FAMILY INPUT – Your Input is Valued**

Family input is greatly appreciated at YMCA Darling Heights OSHC, we are asking that families take a few minutes to chat with their children and give us some feedback on what they would like to do while in attendance at our service, also include what you would like them to do while they are with us at our service. If you could email us both yours and your children's suggestions and interests that would be very much appreciated.

At Darling Heights all educators reflect on their own and the services practises and routines on a daily basis, we use our observations to help guide these reflections. Children are asked on a weekly basis for their input for both the program and for afternoon tea, include what they would like to do while they are with us at the service but we are missing family input, your input will help us to support our children's needs while at our service.

## **IMPORTANT REMINDERS**

### **Bookings and Cancellations**

Please see below paragraph from the Family Handbook which should have been received with your yearly Enrolment Pack. Booking and cancellation information can also be found on our Fee Schedule.

“At YMCA OSHC we attempt to cater to all families with regard to days needed for care. Bookings can either be on a permanent or casual basis. It helps in our planning for staff and activities if families book children in on regular days according to need. We understand that some families will be unable to predict days needed and we will try to accommodate; however due to licensing requirements there may be some days we will have to refuse care to casual bookings. Parents/Guardians must notify staff of cancellations to a session booking by 6pm of the previous Friday to avoid charge.”

\*If you would like a copy of the Current Family Handbook or Fee Schedule please contact our Office on 0455 088 401 or [adh@ymcabrisbane.org](mailto:adh@ymcabrisbane.org) where Helen or the Responsible Person in Charge will be able to assist you.

**Please remember our service is licenced by Department of Early Childhood Education and Care for only 60 children per session.**

### **Absent Days - Please contact us:**

If your child/ren will be absent on any given day or session during the week, we require you to let us know in writing via email, it is not the schools responsibility to let us know if your child/ren is not at school or have been collected early, PLEASE NOTE: The school does not inform us. CHILD SAEFTY informing us and it makes a huge difference and minimises the risk to the safety of your child/ren, will also minimise the impact of the running of our daily program.

Please add our phone numbers to your contact lists on your personal phones and give us a call or as soon as you become aware that your child/ren will not be attending a booked session.

### **Family use of Toilets:**

At YMCA Darling Heights OSHC we are happy for our families to use our toilets if in need. Due to our child safety policies, it would be much appreciated if you could let the 'Responsible Person in Charge' (Helen or Jess) know so that we can ensure the safety of all people here at YMCA. The Responsible Person in Charge will check the toilets are child free before an adult enters. Your understanding in this matter is greatly appreciated.

## Family and Community Support:

### Family & Child Connect – Toowoomba

This is a service that has recently reached out to YMCA and has hosted information sessions for YMCA OSHC centres to bring awareness of what they can assist families with in the community. Below is some information regarding the company and the services they can provide.

Family and Child Connect helps vulnerable families connect with services they need to safely care for their children at home. The service helps families access the help they need before problems escalate and require statutory intervention.

### family and child connect

Connecting families  
to the right services  
at the right time

#### What support is provided?

Parents can seek support through the service to:

- Develop parenting skills and managing child behaviour
- Build better relationships between family members, including help with any violence at home
- Improve budgeting and managing money
- Manage alcohol, drug or gambling problems
- Access housing, healthcare or other community or government services.

If you wish to contact Family & Child Connect, see below:

- Family and Child Connect Toowoomba is located at Mercy Community Services, 104 South Street, Toowoomba
- Opening hours for both sites is Monday, Wednesday to Friday, 8.30 am to 5.30 pm, Tuesday 8.30 am to 7.30 pm.
- To contact your closest Family and Community Connect service call 13FAMILY or 13 32 64.
- <http://familychildconnect.org.au/>

## Making your life easier:

### Online Booking Service

**Booking Now Made Easy with our Online Booking Service Now AVAILABLE at YMCA Darling Heights OSHC**

We also encourage families to use our easy and convenient online booking service through your smart phone app “My Family Lounge”.

If you would like to know more or you are unable to source your logon details please contact us as soon as possible so that we can assist you.

I am able to get our online My Family Lounge provider to send you logon details to your email address.

It's as easy as down loading the app to your smart phone, logging on, popping in your logon password and you are all set to go.



## Educators News:



**Helen Mann** has been kept very busy over the last 13 weeks assisting with the opening of four new YMCA OSHC services. She has been Transition Coordinator for Varsity College on the Gold Coast and for Currimundi on the Sunshine Coast and also supported the opening of YMCA OSHC services at Sandgate and Marden. Helen has also taken up the role as Area Coordinator for four weeks while Zone two Area Coordinator Ben Saussey step up as YMCA OSHC Manager. Helen will be return to Darling Heights on Monday the 15<sup>th</sup> of October.



**Jess Pomare** is leaving our service to take a position at a childcare centre in the Lockyer Valley. This was a decision that would allow Jess to be a lot closer to work and not have to complete an hour drive each way on a daily basis. Her decision was also based around changes in her family's situations. We thank Jess immensely for her love and support to all the children, families and YMCA, we wish Jess all the best at her new position of employment. We will miss her!

## Activities and Projects:

During the month of September, our children participated in many exciting experiences here at YMCA OSHC.

### Term Time:

Week 8: This week at before and after school care we focused solely on significant events with our educational discussions, we focused on National Asthma Week, Social September, International Day of Charity, National Health and Physical Education Day and National Threatened Species Day. The children thoroughly enjoyed these conversations and seem to take a fair bit of information away from them. We also engaged in activities based around these days which included an asthma facts poster and allergy poster for National Asthma Week, engaging in an obstacle course and giant board games outside together for Social September, colouring ins and a pay it forward quilt for International Day of Charity, another obstacle course and free play out on the school oval for International Health and Physical Education Day and also Tasmanian tiger activities for National Threatened Species Day. This week was very busy and well enjoyed.

Week 9: This week we focused our educational discussion mostly on our country of the month, Japan, but we also engaged in discussions about National Skate Park Day and R U OK? Day. The children have enjoyed learning all about Japan and its people, we have discussed some general did you know facts, all about haiku poetry and about nio guardians. For National Skate Park Day the children designed their own skateboard, for R U OK? Day the children made a poster which consisted of the lyrics to the "R U OK Song" and also drew a portrait of someone who is important to them. For our Japanese learning days we engaged in activities like collaging the Japanese flag, writing a haiku about YMCA, writing a haiku about someone important to us, designing a kimono and doing a salt painting of a koi fish. It was definitely a fun filled week.

Week 10: This week we again focused on significant events happening in the week which consisted of Australian Citizenship Day where the children made 3D animal puppets and paper plate cockatoos, Meat-Free Week where the children making an alphabet food chart where they wrote as many non-meat foods they could for each letter of the alphabet and completing poem worksheets, Talk like a Pirate Day which found us making pirate ships and treasure maps, World Alzheimer's Day which led us to make our own memory game cards and decorate/collage purple ribbons and lastly Bright Pink Lipstick Day which we celebrated by designing our own pink lipstick and packaging for it and coloured in a poster advertising the day.

### Holiday Club:

Let's Get Loud: Roll with me, this is our day. We started off with a discussion about what the different music notes are, what their names are and what sound they make. We then moved on to activities such as; lots of games in the hall and inside, a musical notes collage, making our own finger puppets, making microphones and other musical equipment out of recycled materials, making a "Let's Get Loud!" sign and lots of karaoke and dancing to music throughout the day. We definitely got loud! ☺

A Team Tennis Lessons: Okay so to start off with we discussed famous Australian tennis players and the important rules for when we got into the hall to start our tennis lesson. The children engaged in their tennis lesson where they learnt ball skills and also played a game of modified handball using their new skills. They also engaged in lots of activities which were things like designing their own tennis uniform, learning to draw a 3D tennis racket, playing balloon tennis, tissue paper tennis ball collage, paper plate animal craft, colouring in (our favourite thing to do lately), painting with tennis balls and building our own tennis set out of building toys among many other fun things we did.

Children's Choice: Well our day started off in typical fashion with our discussion being about how lollies are made. The children then engaged in lots of fun games and activities all chosen by them as usual. We did things such as

free craft using recycled materials, origami, drawing portraits of our friends, making paper planes and flying them outside, some aboriginal art and lots and lots of games.

**Sustainable Craft:** We kicked off the day with a discussion led by an educator about how many different sustainable practices we could name between us all. The children surprisingly knew more than we thought they would. We also engaged in lots of activities such as games in the hall, a lego building competition, a colouring competition, some Torres Strait Islander themed craft activities, building box forts, leaf collages, making animals using recycled water bottles and of course lots more group games. The day was well enjoyed.

**Brilliant Birdhouses Incursion:** Okay so the day took flight with a discussion where an educator shared some did you know facts about magpies. A lot of the children didn't know the fun facts we shared about magpies so I am happy to report that I think everyone walked away having learnt something from the discussion. The children then spent the day playing games (as always) as well as some activities like designing a bird house, assembling and painting their own birdhouses to take home and hang in the tree, a bird collage, a bird drawing competition, creating a bird out of different shapes, a paper plate bald eagle, craft trolley free activity to make a bird or something to do with a bird, paper plate birds, egg carton bird feeders, and origami birds.



A group of our children engaging in our sustainable practices and some recycled material craft.



We really enjoyed our tennis lessons with Adolfo Garcia from A Team Tennis. We learnt a lot from him.



Practicing our paper folding and listening skills with some origami making.

## Safe Guarding Children and Young People:

### Child Protection is Everyone's Business.

Please see below for some supportive links full of information and contacts.

- **Amego App information available at:** <http://www.earlylearningreview.com.au/morcombes-launch-amego-app-for-child-safety/>
- **Daniel Morcombe Foundation** – To find out more information on Child Safety go to the below website. <http://www.danielmorcombe.com.au/>
- **Child protection** - [www.communities.qld.gov.au/](http://www.communities.qld.gov.au/) , [www.qld.gov.au/community/getting-support-health-social-issue/reporting-child-abuse/index.html](http://www.qld.gov.au/community/getting-support-health-social-issue/reporting-child-abuse/index.html) , (National Association for Prevention of Child Abuse and Neglect - NAPCAN) – [www.napcan.org.au/resource-hub/](http://www.napcan.org.au/resource-hub/)
- **Community events** - [www.mycommunityconnect.com.au](http://www.mycommunityconnect.com.au)
- **Child Care Benefit** - [www.humanservices.gov.au/customer/services/centrelink/child-care-rebate](http://www.humanservices.gov.au/customer/services/centrelink/child-care-rebate)
- **Domestic Violence** - <http://www.dvconnect.org/about-us/> (Hotline **1800 811 811** 24/7)
- **Immunisation** - [http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/5403D77C07E1973ACA257D49001E3775/\\$File/NIP-schedule2016.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/5403D77C07E1973ACA257D49001E3775/$File/NIP-schedule2016.pdf)
- **Inclusion Support** - [www.ku.com.au/resources/documents/FSF%20Information%20for%20Families%20Brochure.pdf](http://www.ku.com.au/resources/documents/FSF%20Information%20for%20Families%20Brochure.pdf)
- **Mental Health** - [www.kidsmatter.edu.au/families/about-mental-health/mental-health-basics/when-life-hurts](http://www.kidsmatter.edu.au/families/about-mental-health/mental-health-basics/when-life-hurts)
- **Nutrition** - [www.naqlid.org/services/healthy-at-home/](http://www.naqlid.org/services/healthy-at-home/)
- **Physical Activity** - [www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines\\_A5\\_5-12yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_5-12yrs.PDF)
- **Raising Children Network** – (General and contemporary topics e.g. nutrition, physical activity, play, computers and technology, effective hygiene practices, immunisation, infection control) [www.raisingchildren.net.au/school\\_age/school\\_age.html](http://www.raisingchildren.net.au/school_age/school_age.html)
- **Relationships Australia Queensland** - [www.raq.org.au/](http://www.raq.org.au/)
- **Sun Safety** - [www.qld.gov.au/health/staying-healthy/environmental/sun/index.html](http://www.qld.gov.au/health/staying-healthy/environmental/sun/index.html)
- **Support for Aboriginal and Torres Strait Islander families-** [www.communities.qld.gov.au/gateway/reform-and-renewal/child-and-family/working-better-with-aboriginal-and-torres-strait-islander-families](http://www.communities.qld.gov.au/gateway/reform-and-renewal/child-and-family/working-better-with-aboriginal-and-torres-strait-islander-families)
- **Triple P Parenting** - [www.triplep-parenting.net.au/qld-uken/about-triple-p/positive-parenting-program](http://www.triplep-parenting.net.au/qld-uken/about-triple-p/positive-parenting-program)  
Phone Parentline on 1300 30 1300
- **Family and Child Connect** - <http://www.familychildconnect.org.au/index.asp>

## Facebook Information

Like us on Facebook to view our exciting posts and see what your children are really up to while there with us. Every week we post pictures and information about what our children engage in whilst at YMCA Darling Heights OSHC.

<https://www.facebook.com/YMCA-Brisbane-Outside-School-Hours-Care-740250386008243/timeline/>

## **Policy of the Month for October has been:**

### **Policy 22: Food and Nutrition**

- ❖ Development and review of food and nutrition policy
- ❖ Recommended foods
- ❖ Provision of healthy and varied food choices
- ❖ The eating environment
- ❖ Staffing expectations
- ❖ Serving of food
- ❖ Involving children
- ❖ Drinking water
- ❖ Diverse cultural experiences
- ❖ Communication with families
- ❖ Professional development
- ❖ Food experiences
- ❖ Food act compliance

**If there are any areas of interest or other items you would like added to our newsletter please let us know by forwarding an email to [adh@ymca.org.au](mailto:adh@ymca.org.au) or write your area of interest in our family communication book found on the family information table.**

Warm Regards  
Helen Mann and the Darling Heights Team