



## Welcome back for 2012 ...

The new year is now well under way with most of our existing families back at the centre after an enjoyable holiday. It was lovely to receive postcards from some of our well seasoned preschool travelers!

We are looking forward to welcoming siblings, as well as many new families, into Nought to Five over the coming weeks and know that all our families will help these new families to settle into our community.

We also welcome some new staff to our wonderful team at Nought to Five ....

- Suzanne has returned from maternity leave and will again be working with our preschoolers this year.
- Helen M (Diploma) has joined our preschool team and will be working full time this year.
- Denise (EC Teacher) has joined our toddler team to job share with Kathy and will be working 3 days/week this year.
- Jay (Diploma) has joined our replacements team and will be working 3 days/week this year

Please introduce yourselves to our new team members and make them feel welcome at Nought to Five.



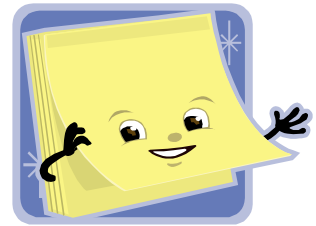
Our beginning of the year **Welcome BBQ** will again be held in March for all our families and staff... we hope to see lots of our old families as well as our new families enjoy this evening.

Put the date in your diary now...

**Thursday 8th March 5.30—7.30pm**

More information to come closer to the date

## Dates for your DIARY



### **Thursday 26th January**

Australia Day  
Centre Closed

### **Tuesday 14th February**

Committee Meeting  
7.30-8.30pm

### **Sunday 4th March**

Working Bee  
8.00am—12.00pm

### **Thursday 8th March**

Welcome BBQ 2012  
5.30—7.30pm

## **New regulations for Children's Services ...**

As of January 1st 2012, we now operate under the **EDUCATION & CARE SERVICES NATIONAL REGULATIONS**. and the **NATIONAL QUALITY STANDARDS**. Information from the government regarding the changes has been placed in each families account holder. Please take time to read this and speak to Lee or Kathy if you have any questions.

## Preschool Room News

Welcome to 2012 in the Preschool Room. Your teachers are Suzanne, Maissa, Helen M and Archana. We have had a rather relaxing start to the year. We have welcomed toddlers, new families and have had some of our Schoolies return for a few weeks before they start Kindergarten. We would like to wish all of the Schoolies and their families the very best for their adventures at Big School. We look forward to seeing you all and hearing your stories at the Schoolies Morning Tea in April.

For our Preschoolers in 2012, we would like to extend our greetings to all families. Each of the Preschool staff are available full time so you are most welcome to discuss your family and child's needs any time.

As part of our duty of care we do provide Rest Time for all Preschoolers. During this time children will be resting on beds but quiet activities such as reading books and puzzles will be provided as part of the rest time. Please discuss with the staff any specific requirements you may have with sleeping and resting, such as a reduced sleep period.

Our Daily Journal is an important piece of information for families, it is located on the right hand side as you walk into the Preschool Room. We are trialing a system in which no children's names are recorded into the daily entry but you will still get a sense of some of the experiences and activities in the room. We will be using the room display boards as an extension of our documentation process. Please look at the displays with your child on a regular basis.

We have started to look at the Celebrations of Chinese New Year and Australia Day with the children. If you have any resources, stories or photographs you would like to share for news times, just bring them in. We would love to see how families celebrate various festivals and important dates. Feel free to look around the room for our Celebration displays.



### **Have you seen our thriving vegetable patch lately?**

**In Spring 2011 we started our very own Vegetable Patch, with some help from some green thumbs!!!**

**Thanks to some tender loving care from the preschoolers and plenty of rain we have successfully produced zucchinis, eggplant, cucumbers, tomatoes, basil and mint. If you need some mint or basil for your cooking, please see a staff member and they'll pick you a bunch fresh from our garden.**



## News from the Toddler Room

Welcome back to a new year in the Toddler Room. We are pleased to introduce our new Staff Team for 2012:

**Michelle**- {Full Time} So happy to be in the Toddler Room, the age group I am most passionate about. I especially enjoy cooking, music & movement with the Toddlers.

**Christine**- {Fulltime} My first year in the Toddler Room. I am just really enjoying interacting with the Toddlers, getting to know new faces and having fun!

**Deborah**- {M, T} Last year I loved getting to know the toddlers so this year will be a great time to learn and play!

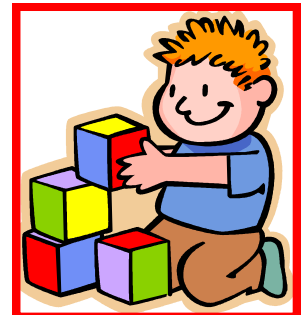
**Amanda**- {W, Th, F} I enjoy the toddler age group, watching and helping them learn new things. I can't wait to meet our new toddlers and working with their parents.

**Kathy**- {W, Th, F} The toddler years are a delightful time. I'm looking forward to all the discoveries that we'll make together this year.

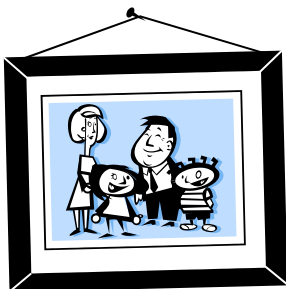
**Denise**- {M, T} I am new to Nought to Five this year. I enjoy working with the Toddler age group and am very excited to be here. I look forward to meeting you all.

Each Educator in the Toddler Room will play an important role in your child's learning experiences, developmental records and partnership with families and each are available to you for discussion throughout the day. Please don't hesitate to approach any Toddler Staff member for assistance, questions, feedback or just a friendly chat.

These first few weeks are a busy time for the Toddler Room as we have a number of our Older Toddler transitioning to the Pre-School Room as well as our new Toddlers transitioning up from the Baby Room. Our goal is for Toddlers to develop a sense of security in the Toddler Room through the building of positive relationships between children, parents and educators. We do this by focusing on the learning of names; for example singing 'I wonder what your name is" at Group Times and becoming familiar with the daily routines of the Toddler Room. You can always read more about our daily program in the Daily Journal or don't hesitate to ask about our program.



## Toddler Family Photos

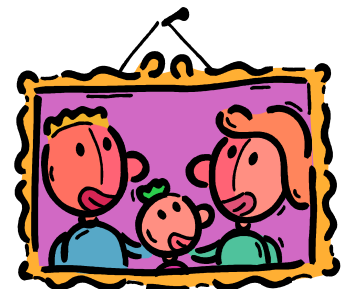


Please bring in a Family Photo  
for our display.

Toddlers like to visit and share  
their own photo

as well as those of their classmates,

instilling a sense of who they are and where they belong.



## News from the Baby Room

Welcome to the New Year and to the Baby Room. We hope you are looking forward as much as we are, to some fun and excitement; we have lots planned for all the babies this year!

We have started the year quietly this year with mostly just the older children returning onto the Kangaroo side. We are slowly beginning to welcome some new children onto the Joey's side and have been busy completing their orientations this week.

All the children are settling so well and we are really proud of the way they have all adapted to the staff and routine in the Baby Room.

This week the children have been focusing on farm animals. We have setup a large area on the Kangaroo side filled with farm animals, mega blocks to build fences with, trees, farmhouses and tractors.

It has been very interesting watching the children interact in this area as they have all been playing in different ways. Some have been using the blocks to build fences around the animals, others building towers with the blocks. Some have been matching and pairing the animals together, whilst others have been hiding them in the farmhouses.

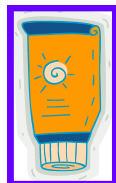
Language, however, has been the main skill that they have been practicing and using in this area making the different sounds of all the animals and labelling them all. We will continue this focus over the coming weeks extending and altering the play area in various ways.

Baby Room Girls- Nicole, Amanda, Helen, Haylee and Mizue



## Reminders.....

- We have lots of children in the centre and cannot always remember who belongs to what! If you would like your items returned please ensure you label EVERYTHING that your child brings with them. Eg: shoes, hats, drink bottles, jumpers etc.
- Your child is required to wear a hat (that fits well!) everyday during outdoor play, please ensure they always have one that is labelled.
- Sunscreen needs to be applied every morning on arrival. Please give your child a stamp on their hand so staff know it has been applied. Staff will then apply it again in the afternoon.
- Please provide a labelled drink bottle for your child every day. Water is given as a drink frequently throughout the day.
- Children's SHEETS should be clearly labelled and must be placed in a drawstring bag or pillowcase. PLASTIC BAGS are not appropriate for use as a sheet bag



## **STARTING CHILDCARE**

Starting child care is an exciting, new adventure for you and your child, but it can also be an overwhelming experience for both of you. Although the experience of starting child care will differ for each child, there are some general strategies and information that most parents will find helpful to ease the settling process.

### **Saying goodbye**

The hardest part of starting your child in care (after you have secured a place that is) will usually be saying goodbye and leaving your child for the first time. To make those first few separations easier, develop a 'goodbye routine'. Talk with the educators at your service, preferably before your child starts care, to plan strategies to assist you and your child to manage the separation. Some useful tactics for establishing a positive goodbye routine include:

- Put your child's bag in their designated space and nappies and drinks where they belong. Older children may like to take responsibility for these tasks with your assistance.
- Spend some unhurried time with your child at the centre, and help them to get involved in an activity of their choosing. Many children like to start the day with a story read by Mum or Dad in the book corner.
- Talk with the educators about any special toys or comfort items that may soothe your child and help them to settle at rest time.
- When the time comes to leave, tell your child that you are going and say goodbye calmly and confidently, reassuring them that you (or someone else) will collect them from care later. Try to leave when you say you are going to leave. Continuing to stay for 'one more minute' is likely to increase your and your child's anxiety.
- Make sure that you always say goodbye to your child. Even though it may be tempting to leave quietly while your child is happily engaged in play, this can make them feel anxious and distrustful, and may make future separations more difficult.

The early separations are often very stressful for parents who are using child care for the first time, and many parents feel guilty about leaving their child. However, children often settle very quickly after the most traumatic of separations. It can be helpful to call the centre 10 or 15 minutes after you have left to ask about how your child has settled. We also encourage parents to phone throughout the day to check on their child's progress, rather than worrying at work and not being able to concentrate.

Most children will experience some anxiety about separating from their parents or caregivers when they start care. This is normal, and may take a little time to resolve depending upon your child's age and temperament. It is also important to note that some children who initially settle quite happily, may develop separation difficulties two or three weeks later.

### **Exchanging information with educators**

Our centre uses a variety of communication strategies to suit families' needs. It is important that you and the educators take regular opportunities to discuss your child's experiences, interests and requirements. This may be done by:

- Having conversations with the educators when you drop off or collect your child.  
Having formal meetings with the educators who work with your child. Parent/Teacher nights are held twice a year, but other meetings can be arranged as needed.
- Writing information in the communication book. This method is used by educators exchanging information about the child's routines and experiences at home and in care.
- Using telephone conversations or email exchanges to share information about your child.
- Educators writing information for families on a communication board and/or filling in daily charts about children's eating, sleeping and nappy changing/toileting during the day.

Even though starting child care can be a challenging and often emotional time for you and your child, establishing practical routines early on will help to set you both up for rewarding and positive child care experiences in the future.