

"The Elder Street Herald"

August/September Edition 2007

In this edition we will be talking about:

***WELCOMES!! *GOODBYE WINTER - HELLO SUNSCREEN!!! *KIDS AND PASSIVE SMOKING *2008 ENROLMENT REQUIREMENTS *XMAS CLOSE DOWN *UPCOMING EVENTS *JUST FOR LITTLE ONES.. *ACCREDITATION SPOT CHECK RESULTS * STAFF UPDATE *BIRTHDAYS * LATEST EDITIONS**

WELCOME!!

We would like to welcome Xanthe and Abraham to Elder Street. Xanthe started a few weeks ago and has settled in beautifully, we absolutely love having her each week. Abraham has been a visitor since he was a newborn when he would come to drop off big brother Solomon each week. Now Abe is having a great time and making lots of new friends too. Welcome to them both and their families too!



GOODBYE WINTER....HELLO SUNSCREEN...!!!

It is so lovely that the weather is starting to warm up and we are making the most of the sunshine at Elder Street, getting outside, playing with water, making mud pies, watering the veggie garden.... We ask that parents take the time to have a look through the day care bag and maybe add in a few extra t-shirts and shorts.



Very importantly, the warmer weather marks the need to start applying sunscreen each morning on arrival at Elder Street also. We have big pump pack sunscreens available to use in the baby change room, in the Preschool room and in the playground. We will continue to apply sunscreen before outside play each afternoon. We have just received a new batch of Elder Street hats. If your child's centre hat is a little worse for wear, we will replace it with a new one. The \$10.00 charge will be added to your account.

KIDS AND PASSIVE SMOKING

The following information was taken from a children and youth health website. We thought it would be interesting for anyone who smokes and was not aware of the effects it has on children to have a read.



If you are a smoker, it is suggested you decide to...

* Only ever smoke outside

* Never smoke around children.

If this is not possible, then...

- * Never smoke in the car when children are with you. From June 1 2007, it became illegal in South Australia to smoke in a car with children present.
- * Limit your smoking at home to one room, where your children don't go
- * If you smoke outside when they are around, avoid smoke drifting in their direction.

Every step you take to protect children from passive smoke will help improve their health

What passive smoking does;

As well as irritating the eyes and airways, passive smoking increases the risk of illnesses in children such as:

* pneumonia * bronchitis * coughing and wheezing * middle ear infections * more serious asthma attacks (and it increases the number of children with asthma).

According to the World Health Organisation, children's passive smoking increases their risk of developing heart disease and cancer as an adult. In some children, it may also be a contributing factor in learning and language difficulties, and behavioural problems.

It has been shown that young children exposed to passive smoking have more dental decay than other children. Recent research has also shown that passive smokers are more likely to develop diabetes than people who are not exposed to smoking.

ENROLMENT REQUIREMENTS FOR 2008

Every family will have received a 2008 Enrolments form in their family communication pockets. This information helps us plan for next year. We continue to be very fortunate to remain at full capacity within the centre, but due to this, we have very little movement within the centre throughout the year. This year we do not have very many children leaving to go to primary school. Therefore there will only be a few places each day across the week come 2008 in the preschool room for the younger children to move down into. This carries on throughout the centre and then finally to the waiting list.

As you can see it is very, very important for us to be able to plan in advance with the hope to be able to accommodate as many children and families as possible. This is why it is vital that parents complete these forms with careful consideration. Once you have submitted your form, we will be imposing a cut off date to be able to change this information. For any families who are considering increasing days in 2008, please ensure you are certain of this, as you will be required to take these days come January 2008 and as per our policy give 2 weeks notice before being able to reduce down any days. The cut off for any changes to enrolment details for next year will be **31 October, 2007**. After this date I will issue a Confirmation of Enrolment for 2008 form to all families, with any fee changes or bond payments detailed.

XMAS CLOSE DOWN

The centre's last day of operation for 2007 will be **Friday, 21 December 2007**

We will re-open on **Monday, 7 January 2008**

UPCOMING EVENTS

We have a few dates for your diary for next term:

MONDAY 29 OCTOBER: *School Photos - Little Images Photography*

We have a brochure on the Communication board in the foyer and have requested the \$35.00 pack. More details will be outlined in a separate note. We do know that the photographer will only be attending the centre on the one day and we will have times allocated for each age

group if parents wish to bring children in for photos. More information to come.

TUESDAY 30 OCTOBER:

Wallabies and Joeys Excursion to Lambton Library and Park

We will also be sending home separate notes on this event, but briefly the two groups will be attending together, but accessing the library and park in staggered times. The two groups will meet together for a lovely picnic lunch. We will of course need some parent help with this fun morning.

JUST FOR THE LITTLE ONES...

Here is some information for our parents of little ones and also those who have recently added another member to their family or are about to do so. It is interesting to read new information that comes to hand from all the research in early childhood studies on child health and development. The two topics we have included in this newsletter are “Introducing solids and the importance of lumpy food for babies” and “A different kind of battle with the bottle” talking about moving on from bottles after 12 months. Hope you enjoy the information.

BABIES AND SOLIDS

It is interesting to see how important it is to make sure that solids move from being soft to lumpy and why we should keep a check on this important change.

Texture Transition guide: It is important that infants get the right sort of food textures at the appropriate times so that their oral muscles are exercised appropriately, and that they get plenty of practice so that they can move on to the next type of texture.



Munch machines - Olivia,
Xanthe & Oscar

Children who have difficulty in progressing to new textures often stay either on a pureed or soft diet or skip some of the transitions. There are a number of possible causes for children not progressing with their transition of solids. This can be caused by the child who has had previous difficulty with lumpy or chewy foods and may be reluctant to try again, or children who have difficulty using their tongue to move the lumps in their mouths.

Children who are unable to progress through the textures will probably experience limited food choices and therefore may limit their consumption of essential nutrients. For some children there may also be a link between difficulty progressing through food textures, and delays in their speech and language development. It is recommended to introduce mashed over pureed foods around 8-9 months, and then at 9 months pieces of cooked (soft) vegetables and finger food.

For further information on infant feeding you can visit www.health.nsw.gov.au.

A DIFFERENT KIND OF BATTLE WITH THE BOTTLE....

A new public health campaign to convince parents that bottle feeding has a use-by date is culminating in a three year child nutrition project run by the University of Sydney's Centre for Family Health. "Giving up the Bottle" is getting out the message that children who drink from bottles after the age of 12 months are open to problems including iron deficiency, tooth decay and middle ear infections. Feeding bottles are implicated because children who drink milk from bottles rather than cups after the age of 12 months tend to drink more milk than they need, which can displace other foods in their diet. Cow's milk has great nutritional benefits and is recommended as an important food for children but it contains little iron. Iron deficiency in young children is not obvious – affected children may appear perfectly healthy. Middle ear

infections in young children have also been associated with drinking from bottles while lying down. The findings of this study have revealed that three out of four children between one and two years old are still using feeding bottles. A good guide for the use of bottles is suggested below:

- 6 mths:** Baby has breastmilk or infant formula and begins to eat foods from a spoon, drink cooled boiled water and starts to learn to drink from a cup;
 - 6-12 mths:** Baby still has breastmilk or infant formula, drinks from a cup and eats family foods;
 - 12-18 mths:** No more bottle at all, drinking only from a cup (straw or sipper, as long as not fitted with a teat), and by 18 months is eating independently. Breastfeeding may continue past 18 months if it suits mother and child.
- Source: www.uts.edu.au/new/releases



ACCREDITATION SPOT CHECK

On Monday 13 August, we had our first ever unannounced accreditation "spot check" visit from NCAC (National Childcare Accreditation Council). After our successful major validation visit last November we are ever so proud to advise our centre community that even with 2 staff away sick on the day we were given the highest praise by the validator and perfect results in all areas. The validator stayed at the centre for 2 hours checking our procedures, compliance areas, paperwork, occupational health and safety systems and practices, child interactions and Continuing Improvement Plan. Well done to us - great work girls!!!!

STAFF UPDATE

We have some news regarding staffing at the centre. Andrea who has been on her teaching internship for almost 3 months has advised us that she has been offered teaching work and therefore unfortunately will not be returning to work with us. We always knew that Andrea would do very well in teaching and we wish her all the best. On the upside, we are absolutely thrilled to have Donna remain working with Karen in the Possum room until the end of the year - they make a fantastic team.

The next couple of weeks will see many of our staff go off on well deserved holidays. Melissa will be covering the holidays in the different age groups and Nikki our casual will be working with April and Kate in the Joeys on Tues, Wed and Thurs as Melissa has been doing since July. Dates for holidays are as follows:

- Sheree: 17-28 September
- Kim: 2-10 October (university practicum)
- Karen: 15-19 October
- Shelly: 22-26 October
- Kim: 5-7 November
- Kate: 12-19 November
- April: 30 Nov - 7 December

Staffing for 2008 will be advised in our last newsletter of the year.

HAPPY BIRTHDAYS FOR AUGUST!



August

- * Oscar turned 1
- * Kelsey turned 2
- * Benjamin turned 2
- * Austin turned 2
- * Katelyn turned 3
- * Danica turned 3

* Darcy turned 4

September



* Chloe turns 2

* Nicholas turns 3

* Egan turns 4

* Bianca turns 4

* Zoe turns 4

* Mia turns 5

* Alexander turns 5

Happy Birthday to everyone!!!

DRINK BOTTLES
Please label your child's
drink bottle and
remember to take home
each night and refill
each morning
Thank you



Latest Editions...

More beautiful babies, how exciting...

Welcome to *Taj*, a very loved little brother to Samara (Possums). Well done and congratulations to Peta and Bob.

A very special welcome to *Jakob Matthew Baker*. A beautiful big boy and first child for Georgia and her husband Matt. Jakob was born on 15 August weighing 9lb 1 and 56 cm long. All reports are that the whole Baker family are a little tired but are doing really well.

Melissa and Shane also welcomed their first son and brother *Jude*. Eboni and Lillian (both used to attend the centre until recently) are very excited to have a little brother



*Georgia's little boy
Jakob Matthew Baker*

Please remember to return your Enrolment Requirements for 2008 form to the centre by 21 September 2008!

See you next month.... Team Elder Street....