



Special points of interest:

- **Staff changes.**
- **Closing over the Christmas period.**
- **Physical activities for children.**
- **Accreditation**



Emma

Staff Changes;

It was much sadness that we farewell Nicole from the Octopus room. Needless to say there were a few tears and lot's of hugs. She will be missed and has promised to drop in to visit from time to time. We wish Nicole the very best in her new job.

We have been very fortunate in recruiting Emma to Imaginations. We welcome Emma to the Octopus room, Emma has come to us from a Lady

Gowrie centre in Sydney, and has over eight years experience in early childhood education.

Emma will be working full time in the Octopus room, please make her feel welcome. We are very excited to have her join our team.

Julie will be going on maternity leave from Friday the 24th of October. We will be having a baby shower/ afternoon tea for Julie

on Friday the 17th of October at 2:30 p.m. so please come along and join us .

Paige will be working Julies shifts, while Tara will be covering Paige's shifts and Hannah will be working full time in the room from November.

If you have any questions regarding these staff changes please let us know, we have done our best to try and minimize the impact of these staff changes on the children.

Dates for the Diary:

* **Children's week** from Monday the 20th of October to Friday the 24th of October. A week full of fun activities and visitors.

* **Fathers Golf Day**, Sunday the 26th October. Tee-Off 9:30 a.m, picnic lunch starts at 12:00 p.m. Come along for a great family day. (Please see Gary for details)

* **Open week** from Monday the 20th October to Friday 24th of October. This is a chance for family and friends to come and look at the centre.



Physical Activities for Your Children

Next Tuesday the 21st of October, the staff will be attending a workshop called creating a culture of Daily Physical Activities and Experiences for Children. The workshop is aimed at giving staff additional ideas to enhance children's physical abilities. Families are also welcome to attend.

Here are some tips for keeping your child active at home:

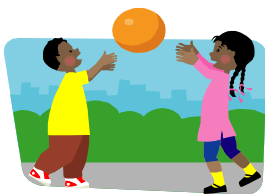
Actives for children 0-2 years:

Babies (0-12 months) need plenty of opportunities for unrestricted movement. Choose or create a safe environment that encourages exploring and development of skills such as reaching, rolling, sitting up, crawling, pulling up and cruising.

A large blanket on the floor can be safe, clean and welcoming place for your baby to do all the above activities and develop strong muscles during 'tummy time'. If you put a toy just out of reach, you'll encourage your babies efforts to reach the toy.

Playing lot's of games is also rewarding. Even only slightly physical games such as peek-a-boo, can do a lot to help your baby's learning and movement skills.

Once your child is walking, there will be no stopping that physical activity. You can support this physical activity by allowing them to be



This Month's Quote:

'Opportunity'

Opportunity is missed by most people because it is dressed in overalls and looks like work.

Thomas A. Edison



Please note we will be closed for two weeks over the Christmas period, from Friday the 19th of December and will re-open on Monday the 5th of January. Parents will not be charged for this Christmas period.

Physical Activities for Your Children - Continued:

active rather than keeping them confined. Provide toys and activities that encourage movement. Playing outdoor with them encouraging them to run, hop, dance and throw. Go to the local playground, use the slide and encourage balancing skills.

Activities for children 2 to 5 years:

Toddlers and pre-schoolers need plenty of time to run around and play. Playgrounds, parks and indoor activity centers are all great places for children to get that physical activity they need.

Here are some ideas for you to keep physical activities fun;

- Use large, soft balls to start teaching the basics of throwing and catching a ball.
- Chase bubbles.
- Play different kinds of music to encourage creative dancing and movement.
- Invent some silly walks and runs with your child, such as hopping like a bunny or flapping like a bird.

- Encourage riding of scooters and tricycles, and play with push toys such as trucks, doll strollers and toy lawn mowers.
- Play games that involve rolling, skipping, hopping and chasing.
- Put the stroller away and walk to the library, park or shops.

So now with daylight saving upon us, get out there and get active!

References;

Raising Children's Network raising-children.net.au/articles. Gunner et al. (2005). Health promotion strategies to encourage physical activity in toddlers and preschoolers. Journal of Paediatric health Care, 19, 253-258

National Childcare Accreditation Council Visit:

Thanks to all those parents who filled in a parent survey in preparation for our NCAC validation inspection.

Our assessors name is Robin Hurst, and she will be visiting for 2 days sometime during the next six weeks from Wednesday the 15th of October to Thursday the 27th of November.

If you have any questions regarding the validation visit please ask Meredith.



We have started our summer routine which means we are outside in the morning.

Please apply sun cream to your child before attending the centre or upon arrival at the centre.

It is also important to dress your child appropriately to

protect your child from the sun.

This means that their arms and shoulders should be covered. Strappy dresses and shirts are not appropriate,

Bucket hats that are provided must be worn outside. Caps are also not appropriate as they do not offer full sun protection.

If you have any questions regarding sun protection

please talk to Meredith

We are proud to now be an accredited sun smart centre.



