

Fairfield Waters NEWS

ISSUE 13: JANUARY/FEBRUARY 2019

From the Service Manager

Dear Families

Welcome to another addition of Fairfield News the first one for 2019. What a start to the year that we have had. Welcome to all our new families.

We are delighted that we have started visits from the residents of Fairfield Grange. A group of residents will be visiting the Centre every fortnight on a Tuesday to do some reading, art and craft and enjoy morning tea with the children. If you would like to join us we will be starting at 9.30am.

Please see below an email received from Northpoint Photos – thank you Jacqui and Team for your generous offer.

Dear Directors,

I was so sorry to hear about Townsville's recent floods and shocked at the extent of the damage caused. I hope that most people would have had enough time to save their most precious items, but I realise that won't have been the case for everyone. Over the years, our lab has maintained an extensive archive of children's photos. I'd like to offer free replacements to any of the families at your centre who've lost photos in the flood. (Even if North Point is no longer your photo day provider). If your centre was affected and you or your educators need replacement class or staff photos, we can send you those as well. I've attached a PDF for families to fill in to request new photos.

Best wishes for what must be an incredibly trying time from all of us at North Point Photos.



Our Educators

Kindergarten-

Hayley Cooper – Teacher
Scott Pope - Lead Educator
Rhi Haupt – Educator

Senior Kindy –

Lynda Goulding – Teacher
Josephine Schafer – Educator
Jerry Bates – Educator
Josephine Schafer

Junior Kindy -

Ayla Hadley– Lead Educator
Steph Magor – Lead Educator
Natalie Ley – Lead Educator
Shaleise Becker - Educator

Toddlers –

Stephanie Marsh – Lead
Educator
Noeleen Cockburn - Educator
Chloe Holden – Educator
Alice Khong - Educator

Nursery 1 –

Leah Smith – Lead Educator
Emily Hunter – Educator
Pama Senduran- Educator

Nursery 2 –

Danielle Elliott – Lead
Educator
Georgie Pearson – Educator
Sally Foster- Educator

Cook–Emma Appelby

Cleaner/Kitchen Hand –

Katelyn Bush/Chloe Conway

Relief Staff

Sharnah Christian- Educator
Renee Crawley – Educator
Maria Auditore – Lead
Educator
Chloe Champion - Educator
Nicole Coburn – Lead Educator
Gemmai Cloudy - Educator
Michelle Blatchford - Educator





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Reminders

For children in the Toddler Rooms and up, you are required to send in a cot sheet for each day of attendance. If your child does not have a sheet, we will use a Centre sheet but will be sending this home for washing and return the next day. Please ensure that you return any Centre sheets.

Please remember that accounts are required to be paid in full each week. As Debit Success is an automatic payment system it does not have the facility to calculate increases or decreases to amounts. This needs to be done manually by myself. Please check your emailed account regularly and advise the office if you need to increase or decrease your Debit Success payments. If you are not receiving emailed accounts and other updates, please check with the Office that we have your correct email address on file.

With the start of the New Year, please let the Office know if you have any changes to your personal details such as contact numbers, addresses, expired/lost credit cards (Debit Success), increases or decreases of days etc...

Staffing:

We are very excited to announce that we have secured two additional Teachers for this year. The Kindergarten Teacher is Hayley Cooper and the Senior Kindy Teacher is Lynda Goulding. Both rooms will be running the Kindergarten Program.

Get to Know Our Staff:

This year, we have some fantastic new staff joining our team.

Each month we will feature one of our staff. Introducing - Chloe Holden. Chloe is one of our new Educators in the Toddler room.



Hi, my name is Chloe and I am 21 years old.

I am new to Townsville after making the big move from Newcastle NSW.

In my spare time I enjoy spending time with my family, finding new places to swim and explore. I love taking afternoon walks along the Strand.

I have completed my Certificate III in Children Services in 2015, while finishing my Year 12 education. I love working with children and look forward to learning all I can about each child and their families here at Fairfield Waters Early Learning.





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Kindergarten for 2019 – If your child is in Kindergarten this year please advise the office if you have a current Health Care Card and provide a copy as soon as possible.

Parent Library – We have decided to start a parent library. The book shelf out the front contains books for borrowing, please feel free to borrow anything you might be interested in and return when you are finished. We are also accepting donations of quality reading books.

Driving in and out of the Service: Whilst we understand that the driveway in and out of the Service is a bit unusual. We ask that you observe the road rules and do not make a right-hand turn into the Service or a right hand turn out. Queensland Police will regularly patrol Lakeside Drive and you will be fined if you are caught. But above all else it is a safety risk. Just a reminder that the speed limit out the front is 60kph all the way along Lakeside Drive

Recyclable Materials: – the Centre is always on the lookout for recyclable materials. These includes items like: electrical items, pots and pans, microwaves, books, toys, pretty much anything that children can use in dramatic play, sand pits etc.

NURSERY 1 NEWS

We hope you all had a great Christmas and New Year's. We would like to welcome those families returning and welcome to all the new families that have joined us this year. We have said goodbye to some of our friends as they have moved up to Nursery 2 but have welcomed some new friends who have joined. This month, we have been focusing on our senses. We have explored taste by trying some lemons and limes. We weren't too sure to begin with but after a few tries even though we still made funny faces because of the sour taste, we didn't mind it. We really enjoyed the oranges. We have also begun to explore our touch sense. Miss Leah has set up some sensory bags for us to explore. We have explored food colouring and oil which we were fascinated with as the oil with the food colouring made small dots and would not mix together. We have also explored a sensory bag with bubble wrap and two different coloured paints, some of us used our hands to explore the texture of it between our fingers while some of the older children who are walking decided to see what it would feel like if they were to walk on it and feel the texture between their toes. Over the coming weeks, we will be continuing to explore our senses. Some reminders: Could you please make sure your child's bottles, dummies, clothes, hat and any comforters are named. Every morning, please fill out a morning slip that is located in the kitchen area. Please make sure your child has their own insect spray, nappy cream, teething gel, Panadol or Nurofen if they use it with a chemist label.

If you have not returned your child's "all about me," could you please return it as soon as possible.

If you have not brought in your child's family photo yet, could you please bring it in as soon as possible so we can add it to our family wall.

Once again, we would like to welcome you all to the Nursery 1 room.





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Nursery 1 staff,
Miss Leah, Miss Pama & Miss Emily

NURSERY 2 NEWS

Firstly, we would like to welcome everyone back from Christmas holidays. We hope everyone had a great time. We would also like to welcome our new friends that have joined us in Nursery 2. Throughout the month of January, we have spent lots of time getting to know our new friends and building trusting relationships with them. Everyone has started showing lots of interests in being outside. We have started doing lots of exploring outside in the yard and have loved being able to splash in the water tubs as well as the children watching the cars through our car window and love waving to the trains as they go past. Over the next month, we will continue to build more relationships with the children and focus on their emerging interests. We can't wait to see what this year will hold for our Nursery 2 children. We look forward to helping the children grow and develop their own little personalities. If you have any questions or concerns regarding your child, please don't hesitate to come and speak to the Nursery 2 staff.

Miss Danielle, Miss Georgie & Miss Sally

TODDLER TALES

We hope that you had a great Christmas and New Year's. We have welcomed our new children and their families to the Toddler room as they transition from Nursery 2 up to the Toddler room. As the children explore their new environment, the room and routines, we are starting to focus at group times on getting to know the children's interests and gaining their confidence with each other. As they start to become familiar with the Educators and the other children to communicate in group experiences and working out a routine that suits us. At the start of the year, the children have started to see that we have made a rainbow as part of our room theme this year, we have extended on this through sensory activities of feeling the texture of rainbow shaving cream, rainbow ice and rice, rainbow salt dough, rainbow fizz, rainbow pasta play. We have also made our own rainbow butterfly paintings. Over the next couple of weeks, we are going to extend on this by focusing on one colour each week, starting with yellow. We have had some rainy days lately and the children have been interested in the weather and watching the rain fall as we looked out the windows into the yard. We have extended on this by painting our own umbrellas, making a sun collage together as a group, and painting a rainy day. We had lots of fun outside too. We like to explore the garden, ride bikes, explore the water, sensory tubs that we have out in the mornings and afternoons. Some reminders, children officially move into the toddler room as from the 28th January. Your child will have a locker tag for you to put your child's bag in the room. If you don't think you see your child's locker tag or hat tags, please see Steph or Noeleen. Now that your child is in the Toddler Room, we





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require that your child has a set of cot sheets for the week and will be taken home for washing at the end of your child's week of attendance and at least two (2) sets of spare clothes.

Miss Steph, Noeleen, Chloe & Alice

JUNIOR KINDY JUMBLE

Welcome to Junior Kindy 2019! We hope everyone had a fantastic Christmas and New Years and we are very excited for the year ahead. Over the past couple of weeks, we have had a wonderful time getting to know everyone who has recently joined our Junior Kindy family as well as welcoming back all our friends from last year. We have also welcomed a new Educator to our room, Miss Natalie which we have enjoyed getting to know also. Over the last couple of weeks, the children have expressed a large interest in insects after a few grasshoppers were found out in the yard. Extending on this, we have been exploring the different kinds of insects and have recently moved onto looking at the story, "The Very Hungry Caterpillar." The children have had a fantastic time as we look at a different aspect of the book each day including making apple paintings on Monday to represent the caterpillar eating through one apple on Monday in the story. The children have also had the opportunity to make strawberry milkshakes on Thursday and orange juice on Friday following the storyline of the book.

Just a few reminders; if you wish for your child to wear insect repellent while outside in the yard, please provide some labelled with your child's name and place it in the small cupboard next to the back door. Please ensure that all your child's belongings are labelled including shoes, sheets, clothes and water bottles as this ensures all items can be returned to the correct owners.

We look forward to continuing to get to know all children and their families throughout the year and are excited to watch them grow and learn. If you have any question, please always feel free to talk to one of the educators and we are more than happy to help you out.

The Junior Kindy Team,
Miss Ayla, Miss Natalie, Miss Steph and Miss Shaleise.

SENIOR KINDY NEWS

Hello everyone! As you may have noticed the Senior Kindy room has recently undergone some big changes. Firstly, we would like to welcome our two new educators, Lynda and Jerry. Together with Josephine, we are very excited to be engaging with and supporting the children in the room. It is with sadness that we say goodbye to Miss Shenay. We thank her for her caring, supportive nature in helping our friends to grow and develop in the Senior Kindy room. We wish her all the best with her move down to Adelaide.

The children have been participating in transitioning from Junior Kindy and some of our friends have moved up to Kindergarten. These changes can be unsettling and disruptive to our routines and along with new staff in the room, the children have had a lot to cope with. With our continued support in creating routines and consistency, we hope to make this transition as smooth as possible.





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Recently, the children have been interested in farm animals and setting up an environment for them to live in. This interest is enhanced by the children as they watch and interact with our farm animals; goats, birds and chickens. Shenay and Josephine have been reading, "The Gingerbread Man" and have made gingerbread scented playdough. The children have also enjoyed using the cookie cutters with the playdough. Further, there has been an interest in trains, the children have been connecting them together and moving them around the tracks. Great communication and sharing as the children negotiate and discuss where to put the trains and how to connect and extend the tracks.

As a very recent interest, we will be exploring the world of bugs and insects. If you have any resources that you think will support this play, please feel free to drop them off to our room. We are also looking at Australia Day and invite you to share your ideas and beliefs in how you celebrate this special day, so that we may have some great conversation starters with the children. Further, as we are all getting to know each other, we invite your family to engage in our All About Me wall; we will be sending homework for you to complete with your child/ren in sharing stories and photos of all about your family. The Educators in the room will also be completing this and adding to the wall so keep an eye out!!

Lastly, we are looking at building up our box construction and art supplies so if you have any spare smaller shaped boxes, what we call "loose parts" which are bottle tops, seed cases, golf tees, wrapping paper, natural materials, buttons and anything else we could use for collage. Please just drop them into the room; boxes can be placed in the basket out the front of our room.

We look forward to meeting you all,

Lynda, Jerry and Josephine

KINDY SHANANIGANS

What a wonderful start to the year in the Kindergarten room! We have welcomed many new faces to our learning community, including our new teacher Miss Hayley who will be working alongside Mr Scott and Miss Rhi this year. Our main focus for this month has been building positive relationships and supporting the children's social and emotional skills. We have been reading the book, "I can fill a bucket." And discussing how we can be bucket fillers at Kindy for example; helping each other, sharing, listening to our teachers and asking our friends to play. We have also been learning the Auslan sign language through songs and stories during group times. This will be a great skill for the children to have with some ongoing practice!

Starting in February and fortnightly on Tuesdays, we will be inviting some of the residents from Fairfield Grange to visit our service. One week Kindergarten will host them, and the second week Senior Kindy will host. What a fantastic opportunity this will be to embed the wider community into our program and foster these relationships. We look forward to a busy year of learning and fun in Kindergarten!

Kindy Team,
Miss Hayley, Mr Scott & Miss Rhi





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Dates to Remember

Save the date: **3rd Birthday Celebrations – Thursday 11th April 2019**
19th April Good Friday – Centre Closed
22nd April Easter Monday – Centre Closed
25th April – Anzac Day – Centre Closed

POLICY REVIEW FOR THE MONTH

Fees and Attendance Policy

This month's Recipe from the kitchen

Creamy Chicken Carbonara

Whip up a tasty weeknight meal with this classic chicken carbonara!

Ingredients:

500g of Penne (or any pasta you prefer)
1 tablespoon of extra virgin olive oil
500g chicken breast fillets, cut into 2cm pieces
250g short-cut bacon rashers, sliced
2 garlic cloves, crushed
1 cup (250ml) Chicken Stock
 $\frac{3}{4}$ cup (185ml) Rice milk
1 tablespoon corn flour
 $\frac{1}{2}$ cup (40g) parmesan, finely grated
2 tablespoons flat-leaf parsley, chopped

Method:

1. Cook the penne pasta (or any pasta) in a saucepan of boiling water following packet directions. Drain.
2. Meanwhile, heat the extra virgin olive oil in a frying pan over medium heat. Add chicken and cook for 4 minutes, turning, until golden and cooked through. Transfer to a plate. Add bacon to the pan, cook, stirring, for 2 minutes or until golden and starting to crisp.
3. Whisk garlic, chicken stock, rice milk, corn flour and half the parmesan in a bowl. Season with salt and pepper. Return the chicken to the pan over low heat. Add the rice milk mixture and pasta. Cook, tossing, for 1-2 minutes or until pasta is coated and the sauce thickens. Top with parsley and remaining parmesan.





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For copies of this recipe, there will be copies in the hallway by the kitchen, next to the menus. Feel free to take one to try at home.

Community News

FIVE STARTING SCHOOL TIPS
for parents and educators

For parents:

- VISIT the school together with your child—such as formal orientation or transition visit, open days, information nights, community events such as MIE and fairs, as well as by individual appointment
- VISIT your child's new play and talk at the local library for books about starting school
- CONNECT with other parents of children starting school, as well as with teachers of children already at school
- TALK positively about starting school. Share with your child what you enjoyed about school
- SELF-CARE is important for you to better to support your child. Take some time out for yourself.

For educators:

- CELEBRATE all children starting school as a community
- CONNECT with educators at other settings
- TEACH early for resilience that SUPPORT children's transitions, big and small
- NURTURE children being in the here and now, as well as becoming school starters
- EXTEND an invitation to families to share their starting school experiences with you

Dr Kathryn Hooper-Wells
Transition to School Researcher
Behaviour Consultant, Early Childhood Australia
& Adjunct Research Fellow,
Charles Sturt University

Looking for more useful tips?
Purchase your copy of *First Year at School: Essential tips for parents and carers* from the ECA Shop today.
www.earlychildhoodaustralia.org.au/shop/first-year

Dealing with mould after a flood

Floods are usually associated with excess moisture, long periods of heat, humidity and pooling of water. The combination of these factors creates a favourable environment for the growth of mould. People can be exposed to mould through skin contact, ingestion or inhalation of spores.

The Risk of Mould

- Exposure to mould may cause people with **asthma, sensitivities or allergies** to have adverse reactions or cause them to develop health problems.

Minimising mould and growth





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- Moisture control is an effective method for controlling mould growth.
- When returning home to a flood affected house or building, dry it out quickly by opening all the doors and windows, as mould needs moisture and nutrients to grow. Use fans to speed up the process or the dry setting on air conditioners. If the roof space was flooded, it will also need extra ventilation.
- Items such as mattresses, carpets and ceiling insulation; that can't be easily cleaned, or have been wet for more than two days should be thrown out.
- Repair leaky roofs, plumbing or other fixtures as soon as possible.
- Indoor and outdoor plants retain moisture and promote mould growth, try to clear plants, bushes and soil from walls to avoid mould growth.

Cleaning moulds from surfaces

- There are many household products including a diluted solution of white vinegar that can effectively kill and remove mould. The use of bleach may not be as effective as other agents, although bleach may help minimise the abundance of other disease-causing organisms.

Protecting yourself

- Wearing good quality rubber gloves while sorting and cleaning mouldy items. You can protect your eyes by using safety goggles.
- Wear protective clothing that can be disposed of or easily cleaned.
- If your mould clean-up is big, or if you have a pre-existing respiratory condition it is recommended you use a P2 disposable respirator. Unlike conventional dust masks that only provide protection against large particles, these masks protect against microscopic spores and bacteria.

Further Information:

See your doctor, hospital or health clinic

For health information call your local [Public Health Unit](#) on (07) 4433 6900

[Call 13 HEALTH \(13 43 25 84\)](#) for qualified health advice anytime

Or visit: <https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up>

Melioidosis

Melioidosis is caused by an uncommon soil-borne bacteria that is present in tropical north Australia from the Torres Strait Islands, the north-west Gulf country and south to Townsville. Melioidosis infection usually presents as pneumonia, with or without septicaemia (blood poisoning caused by bacteria or their toxins) and can be rapidly fatal.

THE INCIDENCE OF MELIOIDOSIS INCREASES FOLLOWING PERIODS OF HEAVY RAIN AND FLOODING

The Risk of Melioidosis infection



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- Infection may occur when wounds have direct contact with contaminated soil or surface water.
- Transmission may also occur via inhalation of soil and dust, or rarely, ingestion of contaminated water.

Symptoms

- Symptoms usually develop within three weeks of exposure, but maybe months or years in some cases.
- Infection of lungs, from mild bronchitis to severe pneumonia
- Fever, headache, loss of appetite, cough, chest pain and general muscle soreness.
- Septicaemia (blood poisoning)
- Localised swelling, skin abscesses or ulcers, abscesses in internal organs such as prostate, spleen, kidney and liver

Preventative measures

- Avoid contact with soil or muddy water, particularly after floods.
- Wear footwear and gloves while working outdoors after a heavy rain or flood event.
- Clean and cover wounds with waterproof dressing to avoid contact with contaminated soil or water.
- For diabetics, foot care and preventing contamination of foot or other lesions is important
- If exposure occurs, skin should be washed thoroughly. Seek medical attention.

Further Information:

See your doctor, hospital or health clinic

For health information call your local [Public Health Unit](#) on (07) 4433 6900

[Call 13 HEALTH \(13 43 25 84\)](#) for qualified health advice anytime

Or visit: <https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up>

