

FAMILY & CHILDREN'S SERVICES

NEWS

AUGUST 2020



CORANGAMITE
SHIRE

family & children's services

Supporting your child to develop good physical health and wellbeing habits

This month's theme is physical health and wellbeing in children.

The important adults in children's lives influence their development when they interact with them.

Each interaction stimulates the child's developing brain and builds the foundations for their future. Adults can support their child's physical development, health and wellbeing in lots of ways.

Parents can best support development in physical health when they:

- **Have social support**
- **Have access to areas for outdoor play**
- **Have access to health services**
- **Have access to affordable healthy food**

Programs provided by Council's Family & Children's Services support the development of physical health and wellbeing through the learning experiences provided and commitment towards the priority areas of the achievement program.



Port Campbell Mobile Child Care



Stage 3 restrictions Regional and rural Victoria

Sessional kindergarten, long day care and family day care are continuing to operate across Corangamite Shire, with appropriate risk-mitigation measures in place.

Health advice & risk mitigation strategies

- Family members dropping off and picking up children do not enter education and care premises
- Keep children at home if they are unwell
- It is not mandatory for teachers and educators to wear a face covering while working with children, but those who wish to do so, can
- Staff are required to wear face coverings when not working with children in other areas of the service (for example, in reception areas, staff rooms and foyers, when providing first aid or taking temperatures)
- Parents will be required to wear face coverings at drop-off and pick-up times. Face coverings should never be placed on children aged two and under, due to choking and strangulation risks

We thank you for your cooperation. If you have any questions, or wish to discuss further, please contact us on 5593 7100.

MCC at Port Campbell

Children are encouraged every day to get some form of physical exercise. Due to weather conditions this can be limited on some days so we use a range of activities that can be enjoyed inside or out.

Physical activity teaches children lifelong skills that promote a healthy lifestyle, the children can also learn spatial awareness, extend gross motor development and hand-eye co-ordination, balance and even social/negotiation skills. The children showed great enjoyment of our yoga exercises and happily followed educator examples as well as offering their own stretches for others to follow.

Recently the children enjoyed balancing, jumping and feeling the different textures of the blocks with shoes on then off. Educator Jodie lead a game of balance movements to help strengthen physical development and confidence.

Meditation

Children of all ages really need opportunities where they can take time out each day “unplugged” to relax and focus. Meditation offers this break and helps kids function more effectively and clearly.

The benefits of meditation for kids:

- Learn core emotional regulation skills
- Reduce stress & anxiety
- Opportunity to unplug
- Changes the brain
- Learn how to breathe properly
- Creates classroom peace & calm
- Build emotional & psychological resilience
- Increases focus



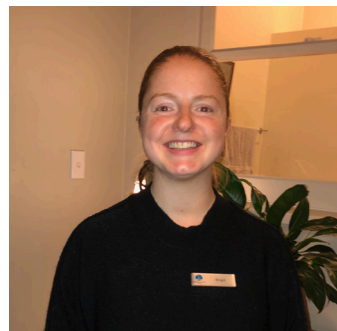
www.youtube.com/watch?v=64QzBuhsyuk

This meditation is 12 minutes long. Shorter ones can be found on apps like www.calm.com, Insight Timer, Head Space or JustaMinute.org



Port Campbell Mobile Child Care

Introducing new staff



Bridget Kenna
Family & Children's Services

Bridget will be working at the Terang Children's Centre.



Michelle O'Sullivan
Family & Children's Services

Michelle is our Community Service Admin Officer and works with maternal child health, kindergartens and child care.



Gaye Gibney
Family & Children's Services

Gaye is one of our relief staff who is currently relieving at Terang Children's Centre After Kindergarten and After School Care, Cobden kindergarten and field visits to support the Family Day Care educators.

Dental Benefits Scheme

Have you heard about the Child Dental Benefits Scheme?

It covers part or the full cost of some dental services for children and young people over a two-year period.

What dental services are available?

- Check-ups
- Fissure sealants
- Cleaning
- Fillings
- X-rays
- Extractions
- Root canals

Your child may be eligible if:

- Aged 2 to 17
- Eligible for Medicare
- If your family receives Family Tax Benefit Part A or other relevant Australian government payment

For more information visit:

www.dhsv.org.au/public-dental

There is a public dental clinic at South West Dental Services, 140 Manifold Street, Camperdown, 3260. Phone 5557 0900 for an appointment.



Enrol

Enrolment for all of Corangamite Shire's Children's Services can be completed online on the Council website:

www.corangamite.vic.gov.au/Community/Family-Children-Services/Enrolment-Forms

Once you have completed the online form, enrolling in another Council Family and Children's service is as simple as a phone call.

To update details or add an additional child to an existing enrolment just visit the council website and click on the button (pictured below).

[Update details / Enrol additional child](#)

Family Day Care Camperdown

When the restrictions were lifted the Family Day Care Educator Amy Fortescue and children tested out their new evacuation rope. they walked down to the open park area near the Camperdown train station where the children explored and looked for insects.

MCC at Glenormiston

Physical activities come inside when the weather is cold and windy.

Today the children enjoyed balancing, jumping and feeling the different textures of the blocks with shoes on then off. Educator Jodie (below) lead a game of balance movements to help strengthen physical development and confidence.



Fruit trees

Western Plains Kindergarten & Child Care have been planting various fruit trees including Gala & Pink Lady Apples and Myer Lemon.

The children were involved in deciding where they would be planted within the garden and provided with the responsibility of watering and harvesting fruit in the future.



Corangamite Shire Family & Children's Services

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www.facebook.com/cschildrengservices/

www.facebook.com/CorangamiteShire/

www.twitter.com/CorangamiteSC

www.instagram.com/corangamiteshire/

Policies

Family and Children's Services polices are available at www.corangamite.vic.gov.au/Policies

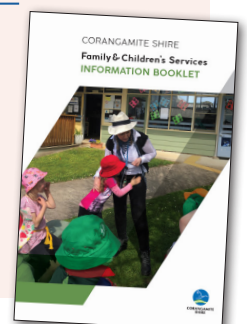
Feedback

Your opinion is important to us, click on this link to provide feedback on the service:

www.corangamite.vic.gov.au/Contact/Feedback

Info book

Available at: www.corangamite.vic.gov.au/Enrol



Creativity supports mental health and wellbeing

Children at Glenormiston Mobile Child Care have been creating sensory bottles for their relaxation space.

Using fine motor skills with assistance from Educators the children placed the gems, shells, Pom poms, googley eyes, glitter, water and oil into the bottles.

Watching in amazement Alex, Evie and Lincoln took turns to turn the bottles creating magic as Alex explained. "Look it's making magic" Evie's favourite part was "putting the gems into the bottle".

Together we learnt about a chemical reaction how the pink glitter stuck to the oil then made bubbles in the water.

We talked about how feelings can sometimes make us sad or cross and just needing some time to relax, these bottles will be perfect for support our mental health.



Recruitment Family Day Care Educators

We desperately need more educators in across the entire Shire.

Can you help?

Do you know anyone who is looking for a great job working from home?

Great opportunities for home-based employment for suitably qualified early childhood educator wanting a change from the rush of centre based care or someone who is working towards a qualification in early childhood education and care and wants to gain experience while studying and earning an income.

Encourage your relatives or friends to contact Christine Dewhurst on 5593 7149.

Vacancies

There are currently places available at:

Mobile Child Care in Port Campbell
Friday 10 am-3 pm

Mobile Child Care at The Sisters
Wednesday 10 am-3 pm

Family Day Care - in Timboon on Friday

Coming Up

2 August - National Tree Day

4 August - National Aboriginal & Torres Strait Islander Children's Day

9 August - International day of the Worlds indigenous People

15-23 August - National Science Week

22-28 August - Book Week

23 August - Daffodil Day