

## Forbes Children's Centre Newsletter

Term 1 2017



### Important Dates

**Governing Council Meeting:** Wednesday, 8<sup>th</sup> February, 6:30pm.

**Transition Phone Interviews:** Wednesday 15<sup>th</sup> February

**Preschool Closure Day:** Monday 20<sup>th</sup> February

**Governing Council Meeting:** Wednesday, 5<sup>th</sup> April, 6:30pm.

**End of Term,** Thursday, 13<sup>th</sup> April

**Good Friday,** Friday 14<sup>th</sup> April.

### Reminders

Term 1 is always a hot one and we'd like to remind families that children should be dressed in weather appropriate clothes that cover their shoulders. Each child at the Centre has a hat they can use for outdoor play and sunscreen is provided in each room. If you have any questions about the Centre's skin protection or hot weather policies, you can speak with your child's primary carer or look at the red policy folder in the Parent Hub.



We have lots of children with dietary requirements and allergies on site and a wonderful chef who creates lots of different meals. To help our chef Mayumi, please call the Centre in the morning if your child will be absent so she can prepare her meal plans for the day accordingly. If your child's allergies have changed or you have any questions about allergies/dietary needs/medication, please come and speak to Nat.

### Transitions

The first round of transitions is almost done! We hope everyone is settling into their new rooms comfortably. We would love to hear your feedback via the transition survey and shortly, we will be offering phone interviews for families to have a quick chat with their child's primary caregiver. Please speak to the front desk to book a time.

We will have another round of transitions towards the end of the term, and will be sending out lots of letters and packs very soon. If you have any questions about transitions, please come and speak with Nat.

### Outdoor Environments

You may have seen all the big machines out the front and figured out that our brand new Outdoor Environment is being developed!

Work on the outdoor spaces begun over the two week break and progress is on track for the project to be completed by the start of March.



We will give you more updates as they come and we can't wait to go out and explore the new spaces once they're finished.

### Governing Council Updates

Last year the Governing Council approved an after Preschool care program. We will be running limited sessions after Preschool in order to support families with work or study commitments. We will reflect on this model at the end of the term and send out communication if we decide to offer this option long term.



With a new year beginning, we are looking for new parents to be on our Governing Council. Elections to the Council occur in the middle of the year but if you are interested in learning more about the management of the site or getting involved, you are more than welcome to attend the meetings on Wednesday 5<sup>th</sup> April.

### 2017 Staffing

Late last year we did a few more interviews to round out our staff teams throughout the Centre. Without further ado, here are the people you'll see in your child's room in Term 1!

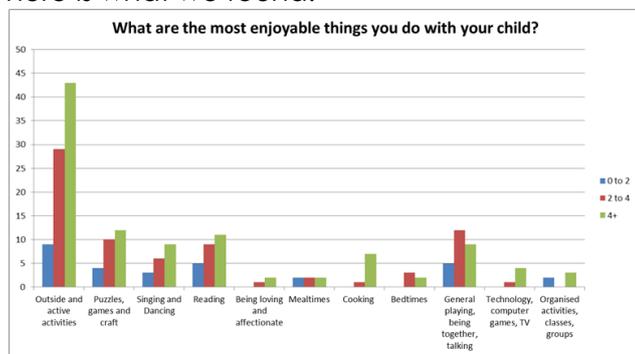
**Nest:** Erina, Lizzy, Madi, Mara, Lianne, Tara, Rachna, Sophia.

**Reeds:** Cara, Linda, Sayeda, Brittney, Shari, Annie, Meighan, Sarah, Mark, Mel.

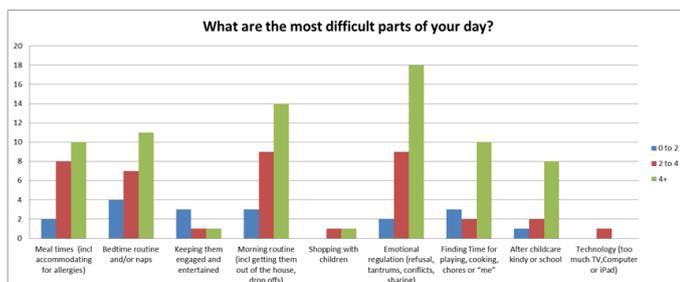
**River:** Cathy, Carly, Elise, Chloe, Julie, Cynthia, Imane, Nicki, Jenny, Andrea, Martha, Georgia, Liz, Errin, Jay.

### Feedback Surveys

We recently had a display in the foyer asking families what they enjoyed doing with their children and where they would appreciate support. We had a large number of people return responses especially parents with children aged four or older. After tallying the responses, here is what we found.

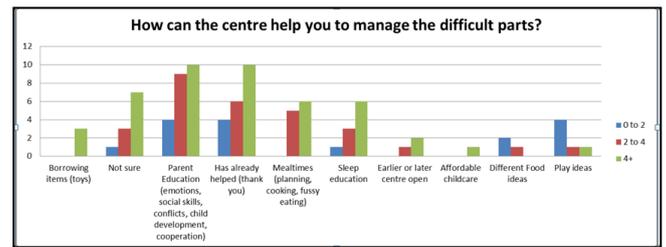


Across all age groups, families found doing outside and active activities with their children were the most enjoyable thing to do together.



The most difficult parts of the day differed by age group. For families with children aged 0-2 years, it is bedtime and nap routines.

In the 2 – 4 years range, it is both the morning routine and emotional regulation. Emotional regulation is also challenging for families with children aged 4 years and older.



When it came to how the Centre can help families, all three groups agreed that parent education on a range of topics would be useful. A high number of responses indicated that the Centre had already helped them.

Thank-you to everyone who returned the survey. We have already started planning for the year based on your answers and will keep you updated with any services or programs we put together as a result of your responses

### "Learning Potential" App

The Government has recently made updates to their "Learning Potential" app. This application is available for both Apple and Android phones and offers advice for parents and ideas for learning experiences and activities.

At our Centre, we believe families are a child's first educator and the app provides many ways you can encourage your child's development at home. More information can be found at [www.learningpotential.gov.au](http://www.learningpotential.gov.au).

### What's Happening

Here are some fun things to do in Adelaide during Term 1:

**Young Explorers at the Beach**, Monday 13<sup>th</sup>

February to Friday 24<sup>th</sup>, SA Museum, North Terrace, Adelaide CBD. Free, Bookings Essential. [www.samuseum.sa.gov.au/learn/children/young-explorers](http://www.samuseum.sa.gov.au/learn/children/young-explorers)

**Adelaide Fringe**, Friday 17<sup>th</sup> February to Sunday 19<sup>th</sup> March, Various Locations.

[www.adelaidefringe.com.au/](http://www.adelaidefringe.com.au/)

**We wish you all the very best during the new term!**

**Kind regards**

**Ros, Kim, Nat and Cathy**

# Forbes Children's Centre Term 1 (January to April) 2017 Program at a glance

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p><b>Long Day Care &amp; Preschool</b></p> <p><b>CIRCLE OF SECURITY PARENTING COURSE</b> Starts 20th Feb 10 - 12midday</p> <p>The COS-P approach gives parents clear choices in parenting. Learn how it can work for you! <b>Cost: Free</b> <b>Bookings Essential: 82939000</b> <b>Free crèche available</b> (Limited places, register early) Please call 82939000</p> <p><b>MUMS AND BUBS PILATES COME AND TRY SESSION!</b> 6th February 1.30 - 2.30pm</p> <p>Bring your baby to learn some basic moves to shape, define and strengthen your body with a qualified Pilates Instructor! <b>Cost: Free Bookings Essential: 82939000</b></p> <p><b>MUMS AND BUBS PILATES 4 weekly sessions</b> 13th, 20th, 27th Feb and 6th March 1.30 - 2.30pm</p> <p>4 sessions (maybe longer depending on interest) where you can bring you baby and improve your core muscles and wellbeing! <b>Cost: \$24 for all 4 sessions</b> <b>Bookings Essential: 82939000</b></p> <p><b>BRAIN BOOSTING PLAY IDEAS FOR BABIES AND TODDLERS</b> 20th March 10 - 12midday</p> <p>A workshop for parents of children 0-3yrs to explore stimulating and fun play ideas to help your child's development. <b>Cost: Free</b> <b>Bookings Essential: 8293 9000</b></p> <p><b>PARENT Q&amp;A SESSIONS</b> Watch this space! All kinds of topics...what do you want to know about raising children?</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>MY TIME</b> Resumes 7th Feb 9.30am-11.30am</p> <p>For Mums, Dads and Carers of children (up to 16yrs with a chronic illness, disability or developmental delay). Morning tea provided. <b>Free crèche for children 0-5yrs</b> Contact Silvana 0488 151 789 <b>Cost: Free. Bookings essential</b></p> <p><b>TUNING INTO KIDS 6 week PARENTING COURSE (Tentative) Starts 7th Feb 1-3pm</b></p> <p>This six session parenting program will help you to help your child have greater success with making &amp; keeping friends, have better concentration at school, &amp; be more able to calm down when upset or angry <b>Cowandilla Children's Centre</b> <b>Cost: Free +Free crèche available</b> <b>Bookings Essential: 83525346</b></p> <p><b>DEVELOP OCCUPATIONAL THERAPY by appointment</b></p> <p>Assessment &amp; intervention for children who show functional difficulties <b>Bookings Essential</b> Sonya 0418857137/Alison 0403307019</p> <p><b>FAMILY SERVICES COORDINATOR</b> By appointment</p> <p>For free and confidential assistance in dealing with challenges affecting your family. <b>Contact Shelly at the centre on 8293 9000</b> for confidential chat or no cost appointment <b>WE'RE ON FACEBOOK &amp; ONLINE!</b> "www.facebook.com ForbesChildrensCentre" or <a href="http://www.forbescc.sa.edu.au">www.forbescc.sa.edu.au</a> Find this program and more!</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>MUSIC FUN FOR EVERYONE</b> Continues school holidays 10am sharp - 11am</p> <p>½ hour of singing and dancing fun for infants and young children then ½ hour of free play their parent or carer <b>Cost - Free ALL WELCOME</b></p> <p><b>MULTICULTURAL WOMEN &amp; CHILDREN GROUP</b> Resumes 1st Feb 10.45 - 12pm</p> <p>For Mums and their young children from diverse cultures to meet, chat, cook, play and have fun! <b>Cost: Free ALL WELCOME</b></p> <p><b>CaFHS CLINIC at FORBES</b> Wednesdays 9am - 12.30pm</p> <p>Free Child and Family Health service for infants and children 0 to 5 years, with a 0-3yrs focus <b>Please call 1300 733 606 to make an appointment</b></p> <p><b>AFTERNOON MUSIC FUN FOR EVERYONE</b> Starts 2nd Feb 1.30pm sharp - 2.30pm</p> <p>½ hour of singing and dancing fun for infants and young children then ½ hour of free play <b>Cost - Free ALL WELCOME</b></p> <p><b>THE DAD FACTOR</b> Starts 8th Feb 6 - 8pm</p> <p>7 week course exploring the important role of Dads <b>Cost: Free - Bookings Essential: Call George on 8392 3100</b> <b>ALL WELCOME</b></p> <p><b>DEVELOPMENTAL PLAY SESSIONS (Dates &amp; times TBA)</b></p> <p>Develop OT groups - pretend play, socialising, being in a group and trying new tasks <b>Enquiries Welcome</b> <b>Alison: 0403307019</b></p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>LITTLE BOOKWORMS STORYTIME</b> Continues school holidays 9.30-10.30am</p> <p>Story and craft fun for young children aged under 3 and their parent or carer <b>Cost - Free ALL WELCOME</b></p> <p><b>NOVITA PLAYGROUP</b> 9.30 - 11.30am</p> <p>Playgroup for children registered with Novita. <b>Contact Novita Children's Services 8172 9200</b></p> <p><b>TOILET TRAINING WORKSHOP</b> 6th April 10am - 12midday</p> <p>Ideas for Toilet Training your child. Suitable for all children, including special needs. <b>Cost: Free</b> <b>Free crèche available</b> <b>Bookings Essential 8293 9000</b></p> <p><b>CHILDREN'S ART CLASSES feat-CHINESE INK PAINTING</b> <b>Cost &amp; Times to be advised</b></p> <p>For children 4-7yrs accompanied by a parent Register your interest now! <b>8293 9000</b></p> <p><b>FOOD FOR FAMILIES TO PURCHASE</b></p> <p>ready to heat and eat meals for community families from the front desk <b>Pre order your meal or see what is available in our freezer for your family's dinner tonight!</b> Only \$11 for a nutritious meal that serves approx 2 adults and 2 young children <b>Enquiries Welcome</b> <b>Alison: 0403307019</b></p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>DEVELOP OCCUPATIONAL THERAPY GROUPS</b> <b>Chaos and Calm!</b></p> <p>Focussing on being in and part of a group, experiencing new activities and developing skills <b>Sibling crèche available</b> <b>Enquiries Welcome</b> Call Sonya 0418 857 137 or Alison 0403 307 019</p> <p><b>EARLY PARENTING GROUP</b> Starts 10th Feb 1.30pm -3.30pm</p> <p>Free 6 week CaFHS courses for new parents and their bust! <b>Bookings Essential 1300 733 606</b></p> <p><b>SCHOOL AGE SOCIAL PLAY GROUPS</b></p> <p>Develop Occupational Therapy groups - Focussing on being in &amp; part of a group, experiencing new activities &amp; developing skills <b>Enquiries Welcome</b> <b>Alison: 0403307091</b></p> <p><b>FORBES IS A LET'S READ &amp; LITTLE BIG BOOK CLUB CENTRE!</b></p> <p>Speak to staff about how you can receive a free Let's Read and Little Big Book Club Book pack for you &amp; your child to enjoy reading together</p> <p><b>OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST</b> <b>Based at Forbes</b></p> <p>Helen, our Occupational Therapist and Maria, our Speech Pathologist, offer groups, opportunities for a chat about any queries or concerns about your child &amp; provide professional referral where needed. <b>Please call Helen or Maria at the centre on 8293 9000 for a confidential chat or more information</b></p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>SATURDAY PLAYGROUP</b> Every Saturday including school holidays! 9.30 - 11.30am</p> <p>Can't get to a usual weekday Playgroup? Looking for somewhere for your toddler or preschooler to have fun on a <b>Saturday morning?</b> Come to Playgroup to meet others &amp; let your child explore painting, play dough, puzzles, singing &amp; stories in the lovely Reeds (Toddler) room at the centre <b>Cost \$2.50 per family</b> <b>Fruit snack provided</b> <b>ALL WELCOME</b></p> <p><b>BRINGING UP GREAT KIDS PARENTING COURSE</b> Tentatively starts 25th Feb 10am-12pm</p> <p>Explore how as children we receive messages from our parents, &amp; as parents, how we send messages to our children. 4 Week course. <b>Cost: Free</b> <b>Free crèche available</b> <b>Bookings Essential: 82939000</b></p> <p><b>FIRST AID WORKSHOP FOR PARENTS AND CARERS</b> Saturday 8th April 10am - 1pm</p> <p>3 Hours of practical "what do I do when THIS happens" <b>Cost: \$30 per person</b> <b>Bookings Essential: 8293 9000</b></p>

For more information about any program or event listed, or for copies of individual fliers please contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9006 or Mobile: 0400 263 567 Email: [merridee.dangerfield@sa.gov.au](mailto:merridee.dangerfield@sa.gov.au)