

Forbes Children's Centre Newsletter

Term 1 2018

It's the beginning of another term and another year – to all our new families, welcome! To all our returning families, welcome back!

Important Dates

Governing Council Meeting: Wednesday 14th February, 6:30pm.

Lunar New Year: Friday 16th February

Preschool Closure Day: Monday 19th February

Harmony Day: Wednesday 21st March

Good Friday: Friday 30th March

Easter Monday: Monday 2nd April

Governing Council Meeting: Wednesday 4th April, 6:30pm.

End of Term: Friday 13th April

School Holidays: Monday 16th - Friday 27th April

Reminders

It's been a hot summer and we will be offering water play experiences in all three rooms. Please pack spare clothes for your child so they can change into something dry after water play or if they sweat on hot days.

Keeping sun safety in mind, new hats will be arriving soon and every child will have a hat to wear during outside play. We also have sunscreen outside every room and ask you help your child apply sunscreen when arriving at the Centre.



With such high temperatures, please remember not to leave your child/ren in your car unattended. In the sun, the inside of a car can reach dangerous temperatures and seriously affect children's health. If you need some help watching children at arrival or collection time, please come and speak with a staff member.

Transitions: Info.ForbesChildrensCentre854@schools.sa.edu.au

At this time of year, we have lots of new children attending the Centre or moving into new rooms. If you have any questions about your child's room, please speak with the room transition leader or Nat. We would also love to hear any feedback you have about the process and will be sending out transition surveys soon.

The waiting lists are open in all rooms- if you know anyone looking for childcare, we would love to speak with them!

Staffing News

With some new faces around, here is who will be in which room during 2018:

River: **Carly (Team Leader)**, **Ros (Lead Teacher)**, **Amanda, Errin, Amy (Preschool Teachers)**, Julie, Georgia, Cynthia, Jay, Brooke

Reeds: **Liz (Team Leader)**, **Cara (Team Leader, on Maternity Leave)**, Annie, Samantha, Mark, Georgia, Meighan, Shari

Nest: **Erina (Team Leader)**, Lizzy, Madi, Mara, Sophia, Tara, Nicki, Lianne, Rachna

Regular Relief: Alice, Makayla, Jenny, Andrea

Facebook

Find us on Facebook! We often post flyers for community groups, site updates and other information. We can be found at facebook.com/ForbesChildrensCentre

Here are some fun things to do in Term 1:

Baby Bounce, Free, 9:30 – 10:00am, Thursdays during the school term, Park Holme Library, Phone 8375 6745

Lunar New Year Street Party, Free, Noon to 10:00pm Saturday 17th February, Moonta Street Adelaide, www.chinatownadelaide.com/

Adelaide Fringe, Friday 16th February to Sunday 18th March, www.adelaidefringe.com.au

Dinosaur rEvolution, Adults: \$15 / Children: \$5, Friday 23rd February to Sunday 6th May, **South Australian Museum**, www.samuseum.sa.gov.au/explore/exhibitions/dinosaur-revolution

We wish you all the best during the term!

Kind regards

Ros, Kim and Nat






Children's

Forbes Children's Centre Term 1 (January to April) 2018 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>Long Day Care & Preschool</p> <p>"THE GARDEN" PARENTING PROGRAM 12th Feb – 9th April 1.30 – 3pm</p> <p>A group for parents/carers and their children aged 0-4yrs. This group provides a wonderful opportunity for shared positive experiences and sensory exploration activities through play, music and movement to support the relationship between you and your child.</p> <p>Please call Helen or Maria at the centre on 8293 9000 for more information Cost: Free Bookings Essential</p>	<p>Long Day Care & Preschool</p> <p>MY TIME Resumes 6th Feb 9.30am-11.30am</p> <p>For Mums, Dads and Carers of children (up to 1yrs with a chronic illness, disability or developmental delay). Morning tea provided. Free crèche for children 0-5yrs Contact Silvana 0488 151 789 Cost: Free Bookings Essential</p> <p>PEEKABOO BABIES MUSIC AND MOVEMENT PLAYGROUP Starts 30th Jan 9.30 – 10.30am</p> <p>A fun group aimed at non-walking babies and their parent/carer featuring an opportunity to get active with well-known nursery rhymes, finger plays, singing and stories. The session promotes language development, social interaction and learning through play. Cost: Free ALL WELCOME</p>	<p>Long Day Care</p> <p>MUSIC FUN FOR EVERYONE Continues school holidays 10am sharp – 11am</p> <p>½ hour of singing and dancing fun for infants and young children then ¼ hour of free play Cost – Free ALL WELCOME</p> <p>MULTICULTURAL WOMEN & CHILDREN GROUP Resumes Wed 31st Jan 10.45 – 12pm</p> <p>For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, play and have fun! Cost: Free ALL WELCOME</p> <p>CaFHS CLINIC at FORBES 9am – 12.30pm</p> <p>Free Child and Family Health service for infants and children 0 to 5 years, with a 0-3yrs focus Please call 1300 733 606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)</p>	<p>Long Day Care & Preschool</p> <p>LITTLE BOOKWORMS STORYTIME 9.30-10.30am (Continues school holidays)</p> <p>Story and craft fun for young children aged under 3 and their parent or carer Cost – Free ALL WELCOME</p> <p>TOILET TRAINING WORKSHOP 8th Feb 10am – 12midday</p> <p>Ideas for Toilet Training your child. Suitable for all children, including special needs and children with functional difficulties. Cost: Free Plus Free crèche available Bookings Essential 8293 9000 ALL WELCOME</p> <p>LUNCHBOX IDEAS WORKSHOP 22nd Feb 9.30am-11.30am</p> <p>Practical ideas and yummy cooking demonstration of healthy lunchbox food for your family. Presented by Community Foodies Cost: Free Plus Free crèche available Bookings Essential 8293 9000 ALL WELCOME</p> <p>SLEEP AND YOUR CHILD 29th March (follow up session 5th April) 10am – 12pm</p> <p>Explore and learn about typical sleep patterns, positive sleep practices & some common sleep disorders. Cost: Free plus Free crèche available Bookings Essential 8293 9000</p> <p>BABY & MUM CHAT GROUP 9am – 12 Tentative</p> <p>Come and join this group of mums and their young children for a chat. Please check with the centre for times as they may change. Cost: Free ALL WELCOME</p> <p>CHILDREN'S ART CLUB Starts 1st Feb 4- 5pm</p> <p>For children 4-7yrs to learn basic art skills Must be accompanied by a parent. Bookings Essential. for cost and further info please SMS Chloe on 04934 955 444</p>	<p>Long Day Care & Preschool</p> <p>DEVELOP OCCUPATIONAL THERAPY GROUPS Chaos and Calm! Focussing on being in and part of a group, experiencing new activities and developing skills Sibling crèche available Enquiries Welcome Call Sonya 0418 857 137 or Alison 0403 307 091</p> <p>EARLY PARENTING GROUP Starts 12th Jan 1.30pm – 3.30pm</p> <p>Free 5 week CaFHS course for new parents & their bubs! Bookings Essential 1300 733 606 (Ask to attend the Forbes group – New group each term)</p> <p>FAMILY SERVICES COORDINATOR By appointment</p> <p>For free and confidential assistance in dealing with challenges affecting your family. Watch this space for news of new Family Services Coordinator starting soon! Contact the centre on 8293 9000 for confidential chat or no cost appointment</p> <p>WE'RE ON FACEBOOK & ONLINE!</p> <p></p> <p>"www.facebook.com ForbesChildrensCentre" or www.forbescc.sa.edu.au Find this program, any last minute program changes and more!</p>	<p>Long Day Care & Preschool</p> <p>SATURDAY PLAYGROUP 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 saturday morning?</p> <p>Come to Playgroup to meet others & let your child explore painting, play dough, puzzles, singing & stories in the lovely Reeds (Toddler) room at the centre Cost \$2.50 per family Fruit snack provided ALL WELCOME</p> <p>FIRST AID WORKSHOP FOR PARENTS AND CARERS Saturday 24th March 10am – 1pm</p> <p>3 Hours of practical "What do I do when [This] happens" Cost: \$30 per person Bookings Essential: 8293 9000 ALL WELCOME</p> <p>SCHOOL AGE SOCIAL PLAY GROUPS Develop Occupational Therapy groups Focussing on being in & part of a group, experiencing new activities & developing skills Enquiries Welcome Alison: 0403307019</p>
<p>Long Day Care & Preschool</p> <p>FOOD FOR FAMILIES MEALS TO PURCHASE Only \$11 for a ready to HEAT and EAT Meal!</p> <p>Our nutritious meals are prepared by our chef onsite. They will serve approx. 2 adults and 2 young children. Pre order your meal at reception or see what's available in our freezer for your family's dinner tonight!</p>	<p>FORBES IS A LET'S READ & LITTLE BIG BOOK CLUB CENTRE!</p> <p>Speak to staff about how you can receive a free Let's Read and Little Big Book Club Book pack for you & your child to enjoy reading together</p>	<p>THE DAD FACTOR Starts 7th Feb 6 - 8pm</p> <p>7 week course exploring the important role of Dads Cost: Free Bookings Essential: Call George on 8392 3100 ALL WELCOME</p>	<p>DEVELOP OCCUPATIONAL THERAPY by appointment Assessment & Intervention for children who show functional difficulties Bookings Essential Sonya 0418857137/Alison 0403307019</p>	<p>OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST Based at Forbes</p> <p>Groups, opportunities for a chat about queries or concerns about your child & provide professional referral where needed. Please call Helen or Maria at the centre on 8293 9000 for a confidential chat or more information</p>	<p>DEVELOPMENTAL PLAY SESSIONS (Call for dates & times)</p> <p>Develop OT groups - pre/and play, socialising, being in a group and trying new tasks Enquiries Welcome Alison: 0403307019</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