

There is nothing either good or bad but thinking makes it so — **WILLIAM SHAKESPEARE**

### On this Term....

**Preschool Pupil Free Day**

Friday 18<sup>th</sup> October

**International Chef's Day**

Sunday 20<sup>th</sup> October

**Lift the Lip Dental Visit**

Tuesday 22<sup>nd</sup> October

**National Grandparent's Day**

Sunday 27<sup>th</sup> October

**Diwali**

Friday 1<sup>st</sup> November

**Governing Council Meeting**

Wednesday 6<sup>th</sup> November

**Outdoor Classroom Day**

Thursday 7<sup>th</sup> November

**Remembrance Day**

Monday 11<sup>th</sup> November

**Preschool Health Checks**

Thursday 21<sup>st</sup> November

**End of Year Celebration**

Date TBC

**Preschool Learning Journey**

Tuesday 3<sup>rd</sup> December

**Preschool Graduation (Mon/Tues Group)**

Tuesday 10<sup>th</sup> December

**Governing Council Meeting**

Wednesday 11<sup>th</sup> December

**Preschool Graduation (Thurs/Fri Group)**

Friday 13<sup>th</sup> December

**Last Day of Term 4 2024**

Friday 13<sup>th</sup> December

**Centre Closes**

Thursday 19<sup>th</sup> December, 6pm

**Centre Re-Opens for Childcare**

Monday 6<sup>th</sup> January 2025

**Term 1 begins**

Tuesday 28<sup>th</sup> January 2025

Welcome back for Term 4 everyone!

As we prepare to embark on the new term, there are a few reminders we'd like to share with families.

**Warm weather** approaching means lots of outdoor play and water play to help us keep cool! Water play is a sensory experience for those hot days and has many educational benefits, so we ask that families support us to offer as much messy play as possible by providing additional spare clothes in your child's bag.

As a refresher on our **illness policy**, please keep your child home if they are feeling unwell and displaying symptoms of a contagious illness. If you believe your child's symptoms are not being caused by a contagious illness, we ask that you obtain a clearance from your doctor to support this. The clearance must state the symptoms AND state that the symptoms are not contagious. Information on exclusion periods and other infection control advice for early childhood settings can be found at:

<https://www.nhmrc.gov.au/sites/default/files/documents/reports/clinical%20guidelines/ch55-staying-healthy.pdf>

This term, CaFHS will be offering the **preschool health checks** on Thursday 21<sup>st</sup> November. The preschool years are an exciting time in a young child's life, as they continue to grow and learn. It's important that children receive regular health and development checks to ensure they are growing and developing as expected for their age. Children must be a minimum of 4 years old to make a booking.

The **Christmas closure period** for 2024 is Friday 20<sup>th</sup> December to Friday 3<sup>rd</sup> January 2025. The last day of childcare will be Thursday 19<sup>th</sup> December 2024 and re-opening on Monday 6<sup>th</sup> January 2025. Preschool sessions will finish on Friday 13<sup>th</sup> December 2024 and restarting on Tuesday 28<sup>th</sup> January 2025.

There are many exciting things to look forward to this term, from learning journey evenings to preschool graduations, as some of our preschool friends prepare for school next year. It will be a busy term as usual!

Wishing everyone a happy and fun-filled term 4.

Regards, Ros, Amy and the Forbes Team.

### **Interested in how the Centre runs?**

The Governing Council is the management committee responsible for the ongoing and long-term viability of the Centre and meets eight times a year. If you've ever been interested in how the governance of the site works or love a chance to have your say, this is a great opportunity. Please come see admin to find out when the next meeting is and how you can get involved.



**GRANDPARENTS DAY – OCTOBER 27**

Grandparents Day celebrates the contributions grandparents make to their families and communities. Grandparents, grand-friends, kin, and those who take on the role of a grandparent in their family or community are recognised for and celebrated.

This is a day to spend time with an older loved one and connect across the generations. There are lots of ways you can celebrate this year, with activities like these: Have morning tea together, make a special card, read a book together, play a board game. What are you going to do?

**LOUD SHIRT DAY – OCTOBER 18**

Loud Shirt Day is dedicated to raising vital funds and awareness for kids who are deaf or hard of hearing to receive support services they need to reach their full potential in life. Wear it loud in any way you like – as a family, at work, with your friends and community group or at school. The opportunities are endless and easy! Every noise counts, no matter how loud it is.

**Why is reading to your child important?**

Parents hear all the time that it's important to read to kids. But why exactly is that? **The benefits of reading together go far beyond learning to read.**

Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school.

**Books also help children build empathy and learn how to handle challenging feelings.** Parents can use reading time as a chance to talk about emotions and how to cope with them. For example, you might say: "Have you ever felt as angry as the girl in this book? What would you do if you did?"

Even a few minutes of reading together gives you and your child a chance to slow down and connect with each other. And the sensory experience of sitting with you and hearing your voice also engages their brain in a way that makes learning easier.

**There's no one right way to read to your child.** You can read to them in any language, or multiple languages. You can do it at the same time every day or change up the routine. Your child doesn't even need to be sitting with you — just sitting nearby with a book while they play can be a way to connect.

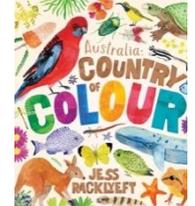
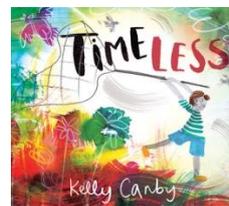
The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you're able to take can make a big difference.

Source: Hannah Sheldon-Dean (May 13, 2024). Why Is It Important to Read to Your Child Retrieved from <https://childmind.org/article/why-is-it-important-to-read-to-your-child/>

**Nanna Cay's Library has had some new additions, check it out. Given the many benefits of regularly reading with your children, we encourage families to borrow books to take home and enjoy together. Remember, there is no borrow limit or return-by date, simply just enjoy!**

**Book reviews**

Discover these **NEW CBCA 2024 Books of the year winners!**



**TIMELESS | KELLY CANBY**

**Emit (whose parents turned back time to name him) is surrounded by busyness.** Dad is too busy to read stories, Mum is too busy to play games and Emit's brother and sister are simply too busy doing nothing to do anything, at all. Emit tries everything he can think of to get more time, he tries to catch it, wait for it, but it's not until Emit tries to buy some time that he learns the secret which is, if you want time, you have to make it.

**THAT BIRD HAS ARMS | KATE & JOL TEMPLE**

**Roy is an ordinary bird in every way. He is not the biggest, or the smallest.** His squawk is not the loudest or the quietest. He even follows the same football team as everyone else. He was very normal except for one thing – he has ARMS. Absolutely nobody knows – and Roy would like to keep it that way... That Bird Has Arms is a story about difference and identity. It's about learning to see that what sets you apart is what makes you strong, and it's about pride in your own uniqueness.

**AUSTRALIA COUNTRY OF COLOUR | JESS RACKLYEFF**

**Bestselling creator Jess Racklyeff celebrates Australian animals, plants and landscapes through the lens of the colour wheel.** Here is a celebration of the stunning plants and animals of this colourful country, from vibrant pink Flame Peas to startling blue Fairy Wrens, electric yellow Billy Buttons, glossy black Tasmanian Devils, and many more.

# Sleep

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

## Why is sleep important?

Sleep restores children physically. It helps them learn and remember things, and it boosts immunity. And sleep helps children grow. For example, children's bodies produce growth hormones when they're asleep. Children of all ages need to get **enough sleep so they can play, learn and concentrate** during the day.

## Sleep at different ages

Babies, children and teenagers need different **amounts of sleep**. For example, as babies and children get older, the amount of sleep they need slowly decreases.

Also, **sleep patterns** change as babies and children get older. For example, babies get older, they begin to sleep less during the day and more at night.

*Over 90% of adolescent children don't get the recommended amount of sleep on school nights. Getting enough good-quality sleep is important during this period, because sleep is vital for thinking, learning and concentration skills. Lack of sleep in these years has also been linked to mental health conditions like depression and anxiety.*

## About sleep cycles

we all cycle between different types of sleep during the night and during long naps. From about 6 months of age, a sleep cycle contains:

## Tips on How To Make Sure Your Child Gets a Full Night's Sleep

**Sleep needs change** as your child grows older and research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones everyday in the same order so your child knows what to expect.

A typical bedtime routine might include: Turning off computers, TV screens, video games, and other bright lights, putting on pyjamas and brushing teeth, reading a light book, singing a lullaby, or taking a bath, picking a stuffed animal or security blanket for the night for toddlers.

**Sleep Hygiene Tips for Kids: Daytime habits also affect sleep. You can promote restful** slumber in your children by following basic sleep hygiene rules:

- Arranging a balanced schedule with interspersed periods of rest and play
- Keeping a regular bedtime
- Making the bedroom, and especially the mattress, a no-screen zone, even during the day
- Providing a healthy diet
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, this will make them overtired and actually make it harder to fall asleep.

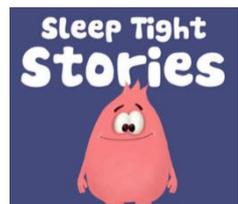
**Sources & more information found at:** [Raising Children Network](#) & [SleepFoundation.Org](#)

## Podcast Reviews

**Bedtimes can be tricky, try these bedtime story podcasts for a little helping hand.** Add these to your family podcast line up.

### Sleep Tight Stories |

**Sleep Tight Stories brings you new calming bedtime stories every week. Each story is just the right length, and safe for kids of all ages.** New kid friendly stories are added every week and feature originals and the classics that never grow old.



### ABC Kids Listen | abc listen app

**ABC KIDS listen is a dedicated audio app for Preschoolers, brought to you by the ABC. The app provides children aged 0-5 and their families with a way to access the music and stories from the ABC that they love in a trusted online environment. ABC KIDS listen cares about providing Australian families with a safe space for their children to access educational and entertaining audio content. Listen to ABCs Bedtime stories podcast here too.**



## Annual Feedback Survey:

Thank you to everyone who completed our feedback survey! We had 19 respondents which is slightly less than the average response rate over the last few years.

### Over the whole site, the areas with the most agreement were the statements:

- My child receives high quality education and care.
- My child's educators provide help and support when I ask for assistance.
- My child's room supports the development of my child's personal and social skills.
- My child's room is well organised this year.
- The admin processes for the Centre are effective.

### Areas for improvement were:

- Seeking more opinions from families about educational programs.
- Making families more aware that the Centre is able to provide additional services for children and families that require them.
- Making families more aware of the site's improvement policies.
- Making families more aware of Nanna Cay's library where families can borrow books to take home.

Results for individual rooms including more detailed comments will be shared with the Team Leaders and unpacked at our staff planning days.

More details of the survey responses will be in our 2024 annual report, available early next year on our website.

Thank you again to those who took the time to complete our survey!

## Staffing updates:

There are currently two full time positions being filled in the reeds room by Jen and Jayani. They are both casual relief staff who are backfilling Kate's maternity leave and Kelly's full-time position.

Shannon is preparing to begin her maternity leave in November, we are so excited for her to begin this exciting journey! An update with who will backfill this position will be announced shortly, once the leadership team has made appropriate arrangements.

After taking extended leave, Nina will also return to the office in a part-time capacity.

## Using less water

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment. Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use, often for very little cost. **Here are some tips to get you started:**

- Keep your showers short and sweet
- Water when it matters
- Fix any leaks
- Hang up the rubber gloves.
- Turn off the sink while you brush

Using less water at home something we are capable of. Give it a try in your home.



# Forbes Children's Centre Term 4 (October to December) 2024 Program

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>LGBTQIA+ RAINBOW CONNECTION PLAYGROUP</b><br/>10.30am - 12.30pm</p> <p>Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup?<br/>Contact Katherine through "Pink Parents" on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.<br/>Cost - Free</p>  | <p><b>Long Day Care &amp; Preschool</b></p> <p><b>MY TIME</b><br/>9.30am-11.30am</p> <p>Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided. Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date Bookings Essential</p> <p><b>** TRANSITIONS FOCUS **</b><br/><b>MY CHILD AND ME</b><br/>Focus on Transitions to school, kindy &amp; childcare<br/>Part 1: 19 Nov / Part 2: 26 Nov<br/>Part 3: 3 Dec<br/>12.00pm - 2.30pm</p> <p>Does your child find transitions or change difficult? Discover practical strategies to help their challenges, fears and worries!<br/>Topics include: Brain &amp; child development; Understanding behaviour; Parenting styles; and Positive approaches to guiding children's behaviour<br/>Cost: Free + Free crèche<br/>Bookings Essential: 82939000</p> | <p><b>Long Day Care</b></p> <p><b>MUSIC FUN FOR EVERYONE</b><br/>Weekly during school term<br/>10am sharp - 10.30am</p> <p>½ hour of singing, dancing &amp; movement fun for infants &amp; young children. Cost - Free.<br/>Bookings Essential 8293 9000<br/>ALL WELCOME</p> <p><b>MULTICULTURAL WOMEN &amp; CHILDREN GROUP</b><br/>Weekly during school term<br/>10.45am - 11.45am</p> <p>Our mums and grandmothers meet to connect with other women while your little one plays! No English (or just learning)? ...you're in the right place - just come along! Facilitated by qualified staff.<br/>Supported by CaFHS Nurse<br/>Please bring a piece of fruit for your child to eat! Cost: Free.<br/>Bookings preferred: 8293 9000<br/>ALL NATIONALITIES WELCOME</p> <p><b>CaFHS CLINIC at FORBES</b><br/>By Appointment<br/>Free Child &amp; Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus<br/>Call 1300 733 606 to make an appointment/Ask for Forbes Appt</p> <p><b>EARLY PARENTING GROUP</b><br/>For new dads and mums<br/>Courses start every 4 weeks<br/>Free 4 week CaFHS course for new dads, mums &amp; their baby!<br/>Cost: Free - Bookings Essential:<br/>Call CaFHS on 1300 733 606<br/>I'M PREGNANT - NOW WHAT!!!!?<br/>Wed 6 Nov 6pm - 7.30pm</p> <p>An information session for pregnant mums and their support people. Join our FREE workshop where we'll guide you through the different models of care available &amp; help you to make the best decision for YOUR unique journey so you can make informed choices for a safe &amp; joyful pregnancy experience.<br/>Bookings Essential - 8293.9000<br/>Cost: Free ALL WELCOME</p> | <p><b>Long Day Care &amp; Preschool</b></p> <p><b>LEARNING TOGETHER ALL AGES PLAYGROUP</b><br/>9.30 - 11am</p> <p>Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Cost free.<br/>Bookings Essential 8293 9000<br/>ALL WELCOME</p> <p><b>LEARNING TOGETHER BABY PLAYGROUP</b><br/>1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development &amp; open-ended sensory activities for learning through play<br/>Bookings Essential. 8293 9000<br/>Cost - Free<br/>ALL WELCOME</p> <p><b>CENTRE TOURS</b><br/>Call 8293 9000 to book<br/>Tours are 45+ mins long.<br/>Tours through children's learning &amp; sleep areas is restricted to respect children's wellbeing. Tours view these rooms through glass internal walls unless all children in the room have left for the day (usually after 5.45pm at the end of our 5pm tours)<br/>Please arrive promptly.<br/>Week 2 = Wed 23 Oct 5pm<br/>Week 4 = Thurs 7 Nov 5pm<br/>Week 6 = Fri 22 Nov 3pm<br/>Week 8 = Mon 2 Dec 11am<br/>School Holidays = Tues 17 Dec 12midday<br/>Cost: Free</p> <p><b>Bookings Essential - 8293 9000</b><br/><b>END OF YEAR CELEBRATION!</b><br/>Date and venue to be Advised soon!<br/>Details about our annual end of year celebration for all our families will be out soon! Keep a lookout at Forbes and our Facebook page for details.</p> | <p><b>Long Day Care &amp; Preschool</b></p> <p><b>PLAYGROUP @ GLANDORE COMMUNITY CENTRE</b><br/>9.30 - 11am</p> <p>Come and join us for this partnership playgroup! Sessions include indoor/outdoor play, craft, story time, songs with a fenced &amp; shaded outside area, large sandpit, play equipment &amp; more.<br/>Cost:\$4 - For more info: 7420 6400</p> <p><b>WHAT'S THE FUSS ABOUT FOOD</b><br/>25 Oct, 1, 8 &amp; 15 Nov<br/>10am - 11.30am</p> <p>For parents of children who are "fussy or picky eaters" aged 6mths to 4yrs who would like to make mealtimes fun and less stressful. Week 1 - Parent information session with free crèche offered for your child. Week 2-4 - Parents and children exploring food together<br/>Cost: Free + Free crèche 30/11<br/>(Limited numbers - please book early)<br/>Bookings Essential: 82939000<br/>ALL WELCOME</p> <p><b>BABY CONNECTIONS</b><br/>Weekly during school term<br/>1.30-2.30pm</p> <p>Join this group of new parents &amp; carers, to learn about, wonder &amp; delight in your baby. For dads and mums &amp; carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT<br/>Bookings preferred 8293 9000<br/>Cost: Free ALL WELCOME</p> <p><b>LEN-Lived Experience Network</b><br/>Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info &amp; how to apply (\$30 per hour time reimbursement) M: 0435 366 394<br/>Free crèche available</p> | <p><b>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS</b><br/>Sat 30 Nov<br/>10am - 1pm</p> <p>3 Hours of practical "what do I do when <b>!This!</b> happens"<br/>Cost: \$30 per person<br/>Sorry no crèche available (pre-mobile/non walking babies are welcome to attend with you)<br/>Please see inside flier about attendance certificates or call the centre<br/>Bookings Essential: 8293 9000<br/>ALL WELCOME<br/>(Sorry, no refunds for non-attendance)</p> <p><b>REBUILD YOUR CORE &amp; PELVIC FLOOR AFTER PREGNANCY</b><br/>Sat 30 Nov<br/>10am - 11.30am</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" through simple exercises at home!<br/>Babies &amp; toddlers welcome (a play area will be set up in the room)<br/>Presented by Lara Jezeph - A Pre &amp; Postpartum Corrective Exercise Specialist<br/>Cost - Free<br/>Bookings Essential 8293 9000</p> |
| <p><b>Long Day Care &amp; Preschool</b></p> <p><b>WE'RE ON FACEBOOK &amp; ONLINE!</b></p> <p><a href="http://www.facebook.com/ForbesChildrensCentre">www.facebook.com/ForbesChildrensCentre</a> or <a href="http://www.forbescc.sa.edu.au">www.forbescc.sa.edu.au</a></p> <p>Have you checked out Our Website or Facebook page yet? Find this program, last-minute program changes, updates, other community parenting courses, support &amp; information as well as lots of helpful parenting hints, tips and links to parenting resources</p> | <p><b>For more information about any program or event listed, or for copies of more detailed individual fliers please see the inside of this program or contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au</b></p>   |  |   |   |  |