



**ARNHEM EARLY
LEARNING CENTRE**



NEWSLETTER



Monday 6th Feb 2017

Dear Parents,
Please find the following
notices for your
information.



CHANGES TO THE CHILDCARE REBATE AND BENEFIT

The Australian Government are currently reviewing the Child Care Rebate and Child Care Benefit that Australian families are able to receive in the event that they are eligible. These rebates help families to afford Child Care Fees throughout the year. I have read through the proposed Child Care Subsidy Reform and realised that this may affect a number of our families. Please take the time to have read.

https://docs.education.gov.au/system/files/doc/other/key_changes_for_families.pdf These changes are have not been passed in parliament, however they should be passed they will begin in roll out in July 2018. There, as always, are some benefits to families and also what could be potentially some disadvantages to families depending on each family's circumstances.

TRANSITIONING TO BIG SCHOOL

As Parents we all know that it is very difficult when our children begin to attend a new Centre or School environment. Some children transition easier than others and some find it very difficult. At Turtle School we are only too happy to help by dropping your little one off to big school for you, they can enjoy a ride on the famous "Turtle Bus" and younger children are personally walked in by professional educators that take time to play puzzles or read stories to the children until they settle into the environment. If you think you might like your child to travel to big school with us please call on 89871004 to make a booking with myself or Maria.

I have also provided you a link with some strategies to combat the transition to school.
<http://www.transitiontoschoolresource.org.au/>



TEACHING RECYCLING TO CHILDREN

We will be trailing our new 4 week rotating menus at the Service, there are four menus designed to meet the nutrition needs of the children, they contain a variety of main dishes that always contain either vegetable or salad in them or accompanying them. I have attached menu 1 & 3 for your consideration, we encourage feedback from parents.

 AELC MENU - 1				
Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit
Assorted sandwiches	Mild chicken curry	Tuna Pasta Bake	Fried Rice	Beef stir fry
Vegetable fritters	Anzac slice	Raspberry Jam Drops	Vegetable sticks and dips	Choc Chip Cookies
Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit
Fish and oven baked chips	Spaghetti Bolognese	Chicken Afritada with rice	Assorted sandwiches	Pumpkin and chicken risotto
Apricot and oat Slice	Banana bread	Scones with jam and cream	Mini Quiches	Apricot and muesli balls
Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit
Assorted sandwiches	Chicken enchiladas	Red beef curry	Honey mustard chicken	Sausages in gravy with mash
Pumpkin cookies	Strawberry yoghurt muffins	Braided apple strudel	Assorted scrolls	Crackers and cheese
Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit	Yoghurt and seasonal fruit
Soy and sesame beef noodles	Assorted sandwiches	Chicken noodle soup with bread	Roast lamb with cous cous	Creamy tomato pasta bake with bacon
Carrot cake	Crumpets and jam	Vegie sticks and dips	Rice pudding	Apple butter spice cake

Please Note: that all main meals contain a selection of vegetables or salad.
All meals are offered with water.

Some children have specific food requirement due to allergies/food intolerance or cultural background, AELC continuously work with families to ensure that individual children's needs are met.



AELC MENU - 3

Please Note: that all main meals contain a selection of vegetables or salad.
All meals are offered with water.

Yoghurt and seasonal fruit Mince chow mein Blueberry muffins	Yoghurt and seasonal fruit Creamy chicken noodle soup Banana pancakes	Yoghurt and seasonal fruit Devilled sausages with cous cous Vegetable sticks and dip	Yoghurt and seasonal fruit Assorted sandwiches Pineapple cake	Yoghurt and seasonal fruit Crumbed fish and potato bake Corn flake cookies
Yoghurt and seasonal fruit Creamy Chicken and broccoli pumpkin Apricot and oat slice	Yoghurt and seasonal fruit Savoury beef with potatoes Vegemite and cheese scrolls	Yoghurt and seasonal fruit Assorted Sandwiches Vanilla custard	Yoghurt and seasonal fruit Mild chicken curry and rice Banana Muffins	Yoghurt and seasonal fruit Assorted pizza breads Vegetable fritters
Yoghurt and seasonal fruit Baked fish in coconut milk Sultana or Raisin toast	Yoghurt and seasonal fruit Beef tacos Cinnamon scrolls	Yoghurt and seasonal fruit Hearty chicken casserole Mini quiches	Yoghurt and seasonal fruit Vegetarian pastry rolls Anzac slice	Yoghurt and seasonal fruit Assorted sandwiches Pin wheels assorted
Yoghurt and seasonal fruit Honey and soy chicken stir fry Flat bread and dips	Yoghurt and seasonal fruit Beef stroganoff Saladas and spreads	Yoghurt and seasonal fruit Mild green chicken curry Weetbix slice	Yoghurt and seasonal fruit Assorted sandwiches Carrot bread	Yoghurt and seasonal fruit Lamb casserole Jam pockets

Some children have specific food requirement due to allergies/food intolerance or cultural background, AELC continuously work with families to ensure that individual children's needs are met.

NEW TECHNOLOGY/ELECTRONIC MEDIA POLICY FOR PARENTS APPROVAL

Recently we have been having many discussions surrounding television use and screen time for children, consequently we have designed the following policy. Could you please take the time to have read and give your feedback, we encourage any comment or alterations you would like to see put in place in regards to this policy. Please note that this was developed using the latest research into the effects of screen time on children lead by the USA Paediatric team.

TECHNOLOGY/ELECTRONIC MEDIA POLICY

STATEMENT

To provide an environment for children that ensures the correct and proper use of technology as a learning tool.

Technology or Electronic Media (EM) in this case will include television, iPad, computers, telephones and any other digital devices (all forms of screen based activities) used to interact with children in our care.

To ensure staff are aware of and follow all service practices and policies necessary to create a safe environment in regards to the use of technological devices or EM.

To ensure that all persons entering our facility are aware of the responsibility of children engaged with technology.

We respect the individual choices of families to monitor their children's screen time and viewing options, therefore we will have open communications regarding this prior to viewing taking place.

RATIONALE

Management and staff at the Arnhem Early Learning Centre have a responsibility to ensure children are protected from adverse effects that over use or inappropriate viewing can have on young children in regards to technology or EM. We aim to protect and promote the safety and wellbeing of children in our care, their families and staff.

PRACTICES & PROCEDURES

- Management will monitor the use of technology in children's day to day programs.
- Children are not permitted to use staff's personal devices, unless they are being directly supervised and it is for educational purposes.
- Staff will record all screen time engaged in by children on a daily log to inform parents of viewing items and length.
- The use of staff's private digital device will not take place on the floor except in extenuating circumstances and in these cases children will not be permitted access to them.
- Screen time will not be provided to children over the age of three years old, as suggested by recent studies and informed by current Child Care literature. The use of iPad and the like in rooms catering for children under the age of three will be limited to music, observations including photos, research and programming resources.
- For children age 3 – 5 years screen time will be provided on an educational basis with a (G) rating, it will be limited to 45 minutes a day and will be primarily approved educational programs that will be listed for Parents and families to view. If this age group would like to show a recreational movie, the movie title and its rating will be communicated to parents along with signed permission for the children to partake in the viewing. Any children not given permission for the viewing will be provided with alternative activities during this time.
- For children age 5 – 12 years screen time will be provided on both an educational and a recreational basis, it will be limited to 1½ hours per day with either a (G) or (PG) rating, in the case of a (PG) rated movie being shown Parents will be communicated with this information to give them the option if their child is to participate in the viewing or not. During After School Care children will be able to watch television as a wet or extremely hot day activity, this will be limited to half an hour of viewing. During Vacation Care Parents will be asked to approve a list of movies that the children will be allowed to choose from on any given day. Any children who are not approved to view the movies listed or the amount of screen time allocated will be provided with alternative activities during this time.
- The use of personal digital devices will only be permitted in the school holidays with the Vacation Care group, the games that are on such devices are to be limited to educational, non-violent, suitable games for the recommended ages. Children who bring devices that contain unsuitable content will have them removed and will not be permitted to bring them back until checked by the Centre Director.
- Not at any time will any child at AELC have access to the internet on their personal devices.
- Children access the internet on AELC devices will be directly supervised by staff to ensure that the content viewed is appropriate.

Review Schedule:	Annually from January 2017
Compiled:	January 2017
Reviewed:	
Next Review:	As per Policy Review Schedule

SPARE CLOTHES - EVEN FOR OLDER KIDS DUE TO WET WEATHER

Parent's please remember to pack or remind your child/ren to pack a spare set of clothes for water/messy play, some children have been coming without these recently and although we have some spare clothes in our store, children can be sensitive about wearing them.

Could we please ask that this also pertains to older children due to the wet weather conditions we are currently experiencing, sometimes we are collecting the from school and they are already wet, this is not ideal as they are coming back to an air conditioned unit.

CHANGES AROUND THE CENTRE

We ask that parents are patient with us as we make some changes around the Centre, this includes moving staff around to better meet the needs of the children and to give them more experience with working across different age groups. If you are having any difficulties or you would like to speak with us regarding this please feel free to drop into the office any time.

Kind Regards.....Bridie

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