

# Glasshouse Early Education Centre & Preschool

2 Page St GLASSHOUSE MTS Q 4518

Telephone: (07) 5438 7311 Facsimile: (07) 5438 7322

[www.qccs.com.au](http://www.qccs.com.au) [www.aiecs.com](http://www.aiecs.com) E-mail: [glasshouse@qccs.com.au](mailto:glasshouse@qccs.com.au)



Queensland  
Childcare Services

## NEWSLETTER

November 2011

Editor: Clare Hamilton

*"achieving great things with little people..."*  
**Education Through Care.**

### Directors news

A sincere Thank-you to all the



families who have welcomed me as Glasshouse's new Director. I am hoping my involvement will be a long and enjoyable one as I watch your children grow and develop. I have had over fifteen years experience in the childcare industry including teaching special education for four years. I am also qualified as a trainer and assessor and in juvenile justice, youth work and community services. My passion is childcare and being able to put smiles on young faces. I understand how difficult it can be to decide to have your child in care and promise to make the experience a fun, educational experience for your precious

one. Please feel free to chat with me at any time with any concerns you suggestions you may have.

It has been a heart warming experience so far and I look forward to developing strong relationships with you. The opportunity to be a positive influence in your children's lives is something I consider a blessing. In a wonderful, small community like this I believe we are not simply a child care facility but an extension of your family and community. This is reflected by staff interactions. We have a team of experienced, caring staff that deliver high quality care.

I believe in a holistic approach to education. This is achieved by creating a warm, safe and stimulating environment that encourages every child to develop to their full potential. Race, religion, gender and cultural is respected and valued

but never considered a barrier. Children need to be supported as individuals and guided by positive communication.

### Centre News

Lisa and Staci have both decided to move on in their careers. We wish them well and success in their endeavours. However we welcome Natasha and Adele who have joined our happy team.

As the Christmas season approaches it is time for us to consider end of year celebrations and look forward to a wonderful new year.



We would like to provide a Christmas party for families to come together and share a little slice of this

magical season.



AUSTRALIAN INSTITUTE OF  
EARLY CHILDHOOD STUDIES

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

## **NEWS UPDATE**

Ph (07) 3801 3962  
Fax (07) 3801 5144  
[college@qccs.com.au](mailto:college@qccs.com.au)

The Australian Institute of Early Childhood Studies (AIECS) is the Registered Training Organisation for the management and staff of Queensland Child Care Services (QCCS). The training college was established in 2002 to act as the primary resource for the QCCS staff professional development and training in Childcare qualifications. The AIECS also provides nationally recognised qualifications in Early Childhood and Training and Assessment as well as first aid and CPR training. The college is run by a team of dedicated Early Childhoods pedalgists, each with over 10 years' industry experience.

The AIECS is currently leading the way in training in industry changes for centres across Queensland. A very important focus for both the college and the centre staff at present is the implementation of the Early Years Learning Framework, which came into practice in July 2010. AIECS and QCCS are amongst the first in Queensland to train and be trained for the transition to an Emergent Curriculum.

AIECS offers

- Certificate III in Children's Services
- Advanced Diploma in Children's Services
- First Aid & CPR
- Diploma in Children's Services
- TAE
- Professional Development

We invite anyone who is willing to be our Santa this year to make themselves known. If each family could provide a book for their child we can wrap it up and Santa can deliver it to them at our centre party. It would be appreciated if families could also provide a plate for our celebration. It is inspiring to see Graeme out and about after such a traumatic experience. Best wishes for a full and speedy recovery. Before I go, I must say a thank you to those who contributed their time and goods to fundraising. Thanks, Karen Granger.

### Kindy

A big hello from Kindy! It has been a very exciting month in our room.



Happy Birthday to; James, Erik and Miss Gae. Hope you all had a special day.

Savannah has been away with her Mum and Nanna helping her great grandparents for a few weeks. We all miss you and hope to see you soon. Congratulations to our beautiful mum's and their new additions.

- Evvie now has a brother named Jack.

- Chloe welcomed a brother Lucas.
- Aiyana now has brother named Phoenix.

We are looking forward to meeting the baby boy's.



We have celebrated Halloween this month which proved lots of fun and rather exciting. We loved dressing up in costume, the lolly hunt and trick or treating.

As the warmer weather approaches we are beginning toilet training. This means children will be requiring extra clothes and underwear in their bags please. Also a hat and refillable drink bottle is a must to keep the children hydrated.

We are looking forward to another busy fun month with the focus being on healthy eating and exercise. 'Yummies for Little Tummies' has been successful. If you have any ideas or can contribute in any way please let us know. Our door is always open so feel free to participate.

### Nursery/Toddlers

Hello Parents, It's that time again to let you know what has been happening in our room and what's new.

As you have probably noticed nursery and toddlers have been combined the last few months

but we have been keeping busy and having lots of fun.

We have been doing lots of different messy play with the children for sensory hands on experience. We have been experimenting with pasta play, stirring the pasta in bowls, pretend cooking in home corner area and even eating them. The children have been enjoying ice play; touching the cold ice and sucking on it as it melted. One of their favourites is playing with green sticky slime. Everyone found it very different sticking to their hands. We have photos up around the room showing all the fun we had, please take a look.

Also everyone loves music and dancing so we have just started a music web.



Dancing and bobbing along to all different types of music, breaking out new moves and having lots of fun with our friends. We have also been enjoying making lots of noise, creating our own instruments with blocks and buckets.

'Yummies for little tummies' has started in our room. The children are doing very well with the food program eating lots of new healthy foods with different meals everyday and different menus every week. Menus are displayed on our fridge for the week. Please feel free to check what your child is

eating for that day. You can always ask Kylie or myself how your child is going with the food and how much they are eating throughout the day. We would be happy to talk to you about it.

Last of all, we have been taking down old photos and pictures in the Nursery that we will be handing out for you to take home. I have been getting creative, slowly decorating our room for a new change and to make room for the new pictures and photos that I hope you will like.

If anyone ever has a concern or problem please feel free to come see me. I am always happy to help. We have an open door policy so welcome you to spend time with us whenever you can. Thanks Jenny and Kylie

### School Readiness

Hello to everyone. For those I have not met as yet my name is Sarah and I am Group Leader in the School Readiness room.

We have been getting to know each other. We have been learning to help our friends and look out for each other, to



pack our own bags, take care of our belongings, clean up after ourselves, and much more self help skills.



We had a Halloween party that really rocked with dancing the monster mash, musical chairs, musical statues, pin the heart on the skeleton and some fun monster dancing. All this fun was followed by a very yummy party of cup cakes, cheezles, fairy bread and orange jelly.

We did eat our healthy watermelon first. We ended the day by trick or treating through the centre.

Santa Clause is coming, he's not very far away. In the next few weeks we will start our Christmas activities and turn our room into a wonderful Christmas wonderland.

We would like to wish a Happy Birthday, to Shontae and Maddison E.

Please remember to bring a refillable drink bottle to day care every day.

I would like to take this opportunity to say thank you to the parents, families and the staff for making me feel welcome in our centre. Thanks Sarah.

# NUTRITION POLICY

- At least one staff member must sit with a group of children during meal times, talking to the children about elements of nutrition and culture as it relates to their food. During this time the staff member will record accurately the children's food intake including what they child ate and quantities eaten. Staff must supervise to ensure that all glad wraps, plastic and brown bags are removed from food immediately and disposed of into the children's scrap bin in the middle of the tables.
- Food served to children must take into account individual appetites, preferences and needs (eg; timing of meals). Meal times are to be social occasions with discussion encouraged between staff and children, and children and children. Staff encourage children to use good manners by modelling them to the children. Staff also encourage children to try new food, praising their attempts.
- Snacks and meals are timed appropriately for children of all ages.
- Children's independence is encouraged as they scrape their plates and clean up after themselves, within their own capabilities.
- Children are encouraged in meal time preparation from time to time.
- Details of food eaten are provided to parents of all children via a chart located in a prominent place and communication books in younger age groups.
- The Centre encourages food in line with Nutrition Australia's Healthy Eating Pyramid, and provides parents with information on nutrition, age appropriate diet, food handling and storage. Lunch box ideas are displayed and accessible to families. As per the Healthy Eating Pyramid we encourage mostly bread and cereals, fruit and vegetables, with children encouraged to drink water during the day. Moderate amounts of dairy and meat or meat alternatives is encouraged with small amounts of oils, margarines etc.
- Under no circumstances should children be force fed or have food withheld. Children must only be given food from their own lunch box. Older children (2 years and over) must be able to choose food from their own lunch box. Staff will discuss with and encourage children to choose food that is most appropriate and nutritional for each meal. Children in Kindy and School Readiness will be encouraged to get their own lunch boxes and drink bottles from the fridge, remove the items they are going to eat and put them on their plate, and then return these lunch boxes to the fridge.
- Drinking water is to be accessible to all children throughout the day. In older rooms (2-5's) a water container will be set up for the children to access with clean cups accessible in a container with a lid, and a container available for used cups to be placed in when finished with. A written procedure will be displayed with this for children to follow, and all attempts will be supervised and assisted where necessary by staff. Children in younger rooms (0-2years) will be offered drinks out of their individual sipper cups every 30-45 minutes throughout the day. Children are to sit down with a staff member and not walk around the room or be unaided.
- The children are to be actively encouraged to self select food and self-help skills promoted such as assisting in setting the tables, throwing out own rubbish etc as age appropriate.
- Peanut / nut products are not encourages due to there being a high number of children being allergic and having a severe reaction to these products.
- Children under no circumstances should have access to the kitchen / kitchenette. Rooms that share a kitchen which is used for a staff walk way should not be used to walk children through from one room to another.

---

*THANK YOU*

Please fill out the following and return.

I am happy with the current NUTRITION policy

Yes       No

Suggestions: \_\_\_\_\_