



## EARLY LEARNING & KINDER

# ▶ Mount Evelyn NEWSLETTER



July 2020 Edition

### From the Director's Desk

We can't believe we are already halfway through 2020. So far, this has been one of the most unusual and challenging year for all of us. A time of learning and change, a time of social distancing and remote learning. A time to be patient, show kindness and think of keeping each other safe. A year that will make the history books. We have also learned so many new things from policies and procedures, zoom meetings as well as practices to keep children, staff and parents safe during Pandemics.

May we all continue to stay safe, ensuring that we are wearing masks, observing social distancing, washing our hands regularly and staying strong and positive during this time.

### COVID-19 UPDATE

As cases in Victoria continue to increase, rest assured we are doing whatever we can to keep everyone safe at our services.

### Keeping up to date:

We have been constantly checking Department of Education and Training, Department of Health and Human Services, updates from Premier Dan Andrews and communicating with peak bodies and networks to ensure that we have the most up to date information at hand. We have initiated practices and risk mitigation strategies immediately, in fact I feel that we have implemented many procedures prior to

the suggestions throughout this whole pandemic.

### Access to Childcare Permit

The Premier has announced the two forms for the parents who need to access childcare during Stage 4 lockdown.

- 'Permitted Workers permit (including Childcare)'.
- 'Access to Onsite Childcare Permit'.

For individuals working from home in permitted industries who aren't able to supervise their child/children in the course of their duties, and who don't have anyone else in the household who can supervise them either, they have to have 'Access to onsite Childcare Permit' for their children to attend the childcare. This will require the employer to attest that the worker is employed in a permitted category and the employee will need to attest that there is no one in their household who can supervise their child. Reasons might include because the other parent is also a permitted worker or because they are a single parent.

For permitted workers who are still required to attend work onsite and need access to childcare or kinder, there will just be a component of the existing permit (Permitted Workers permit (including childcare)) where they will need to confirm there is no one else in their household able to supervise their child.

## **Available support:**

Sending families resources, updates and useful links. Supporting mental health.

Beyond Blue: <https://www.beyondblue.org.au/>

Headspace: <https://www.headspace.com>

Black Dog Institute:

<https://www.blackdoginstitute.org.au>

## **Supporting Staff's wellbeing:**

Providing staff with confidential and free counselling sessions, policies, procedures, risk management plans and PPE that reassures them of the practices we have created to make them feel supported, valued and safe.

## **Educating Children:**

Currently we are helping children understand the importance of hygiene, health and wellbeing, through our educational program and intentional teaching as well as increasing their knowledge of Covid-19 pandemics.

## **Koala Room**

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Anna and Issy



## **Wombat Room**

### **Remote learning:**

Hi Families,  
OWNA may look a little different over the next 6 weeks. We are going to use OWNA as a platform to enable us to continue our special bonds with all our families. We will be posting weekly fun and educational activities for all ages to try at home! We know these are uncertain times and want to help as best we can.

Families are able to post to staff and show off the fantastic experiences they are doing at home. We will be sharing links, videos, DIYS, the list is endless so keep your eyes peeled and take care and stay safe. We look forward to seeing you all again soon.

Holly and Lisa



## **Kinder Room**

### **School Enrolment:**

It is almost time for school enrolments. The recommended date for parents to submit an enrolment application for a Foundation (prep) placement in 2021 is **Friday 7 August**.

While we understand that families are unable to visit primary schools in person at this time, we are aware that schools are providing virtual tours, online information sessions and other strategies to share information with prospective families during Stage Four restrictions.

A Primary School Transition Parent Information Pack will be emailed out to all of our four-year-old kindergarten children that will be going to school in 2021.

We understand these are difficult times and we want to be able to support you as much as we can. We will be creating remote learning packs and will get these out to you next week. We will also look at ways we can stay connected with families and children during these times. We would like to try face time or zoom catch ups for the children once a week. If you have any other ideas please let us know and we will try and incorporate them.



### Playground Upgrade

You have probably noticed some work being done to our bottom playground. It looks a bit messy at the minute but it will be soon laden with some awesome equipment thanks to a grant we received from the Department of Education and Training. It will include a cubby house, outdoor musical instruments, access spinner, swing, dry creek bed and a shadow spinner. There will also be a picnic table for some outdoor picnics and will be an awesome place for the children to play. We can't wait until it is finished in a few weeks.

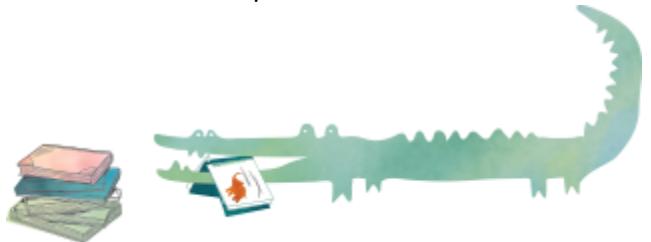
### Dates to Remember:



**Friday 14th- August- Red Nose Day**  
All Things Red to raise awareness and funds.

**Monday 17th to Friday 21st August- Science Week-** science experiments and messy play activities.

**Monday 24th to Friday 28th August- Book Week-** dress up as your favourite book character. The theme for 2020 Book Week is Curious Creatures, Wild Minds



**Cire Children's Services Facebook Page**  
Cire Children's Services now has its own Facebook Page. Please follow and like our page.

Here is the link:

<https://www.facebook.com/cirechildrenservices/>

## Recipe of the month (Easy and healthy) Vietnamese rice paper rolls

### Ingredients

1 Lebanese cucumber (cut into strips)  
1 red capsicum (cut into strips)  
1 carrot (cut into strips)  
1 avocado (thin slices)  
50 g snow pea sprouts (ends trimmed)  
3/4 cup coriander  
3/4 cup mint  
55 g unsalted roasted peanuts (finely chopped)  
3 tbs Sweet chilli sauce  
1 1/2 tbs soy sauce  
3 tbs lime juice

### Method

1. Place all the vegetables on a platter, ready to roll.
2. Combine the soy sauce, sweet chilli sauce and lime juice and mix well.
3. Soak one rice paper roll in a bowl of warm water for a few seconds, until soft, then place a few pieces of each of the remaining ingredients on the wrapper, about 3cm from the base.
4. Fold up the bottom of the wrapper. Fold in the sides and roll up to enclose filling.  
Place on a tray and cover with damp paper towels. Repeat with the remaining wrappers and filling ingredients. Serve rice paper rolls with the dipping sauce.



## Some Tips and resources to help cope through COVID-19

### Recordings/ Podcasts:

**Parenting in Pandemic** - podcast episodes  
World-leading parenting expert Professor Matthew Sanders answers parenting questions and provides real, actionable advice to help steer households through this challenging time. The University of Queensland  
<https://pfsc.psychology.uq.edu.au/parentinginapandemic>

**Parenting in the Age of Coronavirus: How to Maintain Wellbeing** - podcast episodes  
Child health experts discuss the challenges parents are facing, how they can support their own needs, and their children so they can learn, thrive and develop.  
Murdoch Children's Research Institute  
<https://www.mcri.edu.au/podcasts/coronavirus-parenting>

**Yarra Ranges Council provides supports and programs for children, young people and families:**

To stay connected with local information, support and new initiatives, families can find us online at: .

Council website [www.yarraranges.vic.gov.au](http://www.yarraranges.vic.gov.au)

- Yarra Ranges Families Facebook page:  
[www.facebook.com/yrfamilies](http://www.facebook.com/yrfamilies) or
- Yarra Ranges Youth Facebook & Instagram  
[www.facebook.com/yarrarangesyouth](http://www.facebook.com/yarrarangesyouth)

**Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).**

The infographic is contained within a white rectangular box with a thin black border. It consists of several sections, each with an icon on the left and text on the right.

- Wash your hands before putting on the mask.** (Icon: hands being washed under a tap with a timer labeled "20 SECS".)
- Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.** (Icon: person wearing a mask.)
- Do not touch the front of the mask while wearing it.** If you do touch the mask, wash or sanitise your hands immediately. Do not allow the mask to hang around your neck. (Icon: person touching their mask.)
- To remove the mask wash or sanitise your hands first. Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one. If your mask has filters, remove them and throw them away. Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly. (Icon: person removing a mask.)
- Wash or sanitise your hands after removing the mask.** (Icon: hands being washed under a tap.)

