



AUGUST NEWSLETTER 2018

DATES FOR THE DIARY

AUGUST 2018

Management Committee Meeting - Wednesday 15th August.

Father's Day Lunch- Friday 31st August

Footy Colours Day- 27th- 31st August.

Deb Maternity Leave- 24th August.

ASSESSMENT & RATING

We received notification from the NSW Department of Education and Communities that our Quality Assessment will take place between 1st September and the 30th September. The National Quality Standard (NQS) sets a high benchmark for Early Childhood and Care Services. The NQS includes 7 Quality Areas that are important outcomes for children including:

- 1- Educational Program and Practice
- 2- Children's Health and Safety
- 3- The Physical Environment
- 4- Staffing
- 5- Relationships with Children
- 6- Collaborative Partnerships with Families and Communities
- 7- Governance and Leadership.

We will be assessed and rated by the regulatory authority against the NQS, and given a rating for each of the 7 quality areas, and an overall rating based on these results. The Assessor will confirm the date of our assessment visit approximately 5 days before the visit takes place.

Our Quality Improvement Plan has been forwarded and we await notification.

Our team are pleased it is finally happening. We were last assessed in May 2013.

Free flu vaccines for children under 5

NSW Health is offering free influenza (flu) vaccine for children between 6 months and under 5 years of age to protect them and the wider community from flu. Infants and young children are most likely to spread flu and suffer complications, particularly when large numbers are in close contact, such as in early childhood services.

COMPLAINT MANAGEMENT

Any family or families that have an issue with either Yarrunga and or Yarrunga Staff can view the Complaints and Feedback Policy on our website www.yarrunga.com.au.

POLICIES NOW AVAILABLE ON OUR WEB PAGE

We have added some of our Policies to the Web Page for your information.

To access the Policies you will be required to enter a pin - (we have chosen an easy one - Yarrunga's postcode) 2640. When you have a moment have a read and let us know what you think.

A list of ALL Policies is displayed in foyer and are available on request.

Policies will be reviewed as required, your feedback will be sought and used to help us reflect on our daily practices.

WET BAGS

We have purchased a bulk order of wet bags for your convenience for children's wet clothes to go in when they have an accident or are wet from water play.

They are available from the office for

\$10 or two for \$15



WE WELCOME YOUR FEEDBACK!

How can we make our newsletter better?

What information would you like us to include?

Call us on: (02) 60217597

Or EMAIL admin@yarrunga.com.au



Please Tell Us!

HAVE YOU MOVED HOUSE, CHANGED JOBS, YOUR PHONE NUMBERS OR YOUR EMAIL?



- A reminder to families to please update your child's enrolment details if you have moved house or changed jobs in the last 12 months.
- It is important for educators to have up to date contact phone numbers for all children in case of emergencies.
- Please see Claire to check your details or send us an email.

Staff Training Corner: -

Yarning Circle: Terri, Lesley and Claire

POLICIES BEING REVIEWED

The policies to be reviewed at our ratified at the August Management Meeting are: - Incident, Injury, Trauma & Illness, Excursion, Sleep & Rest, Nutrition & Food Safety and Infectious Diseases Policies. Please have a read and comment.

Yarrunga can now be followed on Facebook and Instagram



Beef Chow Mein

Ingredients: 500 g beef mince, 1 tablespoon vegetable oil, 1 finely chopped medium brown onion, 2 crushed cloves garlic, 1 tablespoon curry powder, 1 finely chopped large carrot, 2 thinly sliced trimmed celery stalks, 150g thinly sliced

mushrooms, 1 cup (250ml) chicken stock, 1/3 cup (80ml) oyster sauce, 2 tablespoons dark soy sauce, 1/2 cup (60g) frozen peas, 1/2 small (350g) shredded coarsely wombok & 440g thin fresh egg noodles - optional.

Method: Heat vegetable oil in wok, stir-fry beef, onion and garlic until beef is browned. Add curry powder, stir-fry for about 1 minute or until fragrant. Add carrot, celery and mushrooms, stir-fry until vegetables soften. Add stock, sauces & noodles (optional), stir-fry for 2 minutes. Add peas and wombok stir-fry until wombok just wilts.



Bunnings BBQ

Yarrunga have been allocated

Sunday 23rd September 2018

for their fundraising sausage sizzle.

If you are able to help by donating 1-2 hours on that day, please let Lisa or Karen know

Father's Day Luncheon & Footy Cobus Week

For the week 27th - 31st August we will again be participating in 'Footy Colours Day' supporting children with cancer.

In the week leading up to our Father's Day Luncheon your child can wear their AFL, NRL, rugby union or soccer jumper or guernsey to Yarrunga for a gold coin donation.

**LET'S
CELEBRATE
FATHER'S
DAY!
JOIN IN
THE FUN.**

A Father's Day Sausage Sizzle &
Footy

Friday 31st August at 10.30am -
12.00

@ Yarrunga Early Learning Centre

PRESCHOOL ROOM NEWS

The Preschool room have been analysing routines and programming, this has enabled the Educators to plan and implement beneficial small group times again. The children are blossoming with the small groups, displaying interest, understanding and curiosity.



Project for the month of July and start of August has been directed to sustainability.

We have had discussions on "war on waste", our composting routine and our environment routine to implement a more sustainable approach - for example we have removed plastic bags from our bathroom bins allowing us to put the paper towel in the green waste. This has worked well with the children making a little

difference to the world around them every day with little movements. You may hear about this at home from your child.

We have also been investigating and celebrating risk play. A reading has been attached to our floor book to provide further information and ideas of what "Risky play" means.

Deb, Krystine, Tenille and Belle.

preschool@yarrunga.com.au





NURSERY/TODDLER NEWS

We have been exploring and using our gross motor skills to climb, balance and explore the top yard and develop our spatial awareness, as our goals for July and August.

We are in the middle of decluttering and organising our storerooms, getting ready for our proposed renovations in

the future and our assessment and rating visit in September.

We still have our Wodonga Tafe student Kate with us for the remainder of this week, we will miss the extra set of hands in the room. We managed to get out on a community walk and took 6 children to the bridge to look at the traffic, we had a wonderful time.

Please continue to send in a plastic bag for wet or soiled clothing, as we no longer have any spare due to bag cut. You can also purchase a wet bag from our



office.

Are you receiving the nursery toddler highlights? If not please let us know your email to add you onto the list.

Now that we have done mid- year summaries we need to set goals for your children please let us know your input for these.

We have a lot of children transitioning between rooms at the moment, to make this transition smooth we are using stretcher beds and using big cups and learning to stay(very tricky)on our chairs for mealtimes. This has been working really well.

Please label your bags and belongings, we know your children well but if we have other people within the room it helps.

Lastly if your child's dietary requirements change please let us know so we can update them, thanks.



Nicole, Chrissy and Julie

nurserytoddler@yarrunga.com.au

JUNIOR PRESCHOOL NEWS

Many thanks to our families for ensuring that children have their coats and beanies each day at Yarrunga - we offer an indoor/outdoor program giving children the opportunity move freely between our JPS environments, and this ensures that the children can play outside and keep warm even when the weather conditions are not so favourable. Please feel free to also send your child's gumboots with them on rainy days as the children really enjoy going out into the playground whenever the rain stops to explore and jump in any puddles that have appeared in different parts of our top and bottom yards.

During August our relief educator Martine will be doing some more regular shifts in our JPS room in preparation for joining our team on a full-time basis during September while Emma is on Leave for five weeks.

We have also welcomed 4th year Bachelor of Education (Early childhood and primary) student Brooke Tilyard. We appreciate the support that families have given Brooke in her placement by allowing her to collect records of children's play and learning, through daily observations and documentation. In doing this Brooke has been able to highlight, capture and understand your child's learning processes and their ideas in play. This has subsequently been used to design and plan for play-based learning experiences to further your child's learning and help in their continuing learning journey.



We are looking forward to our annual Father's Day Luncheon at Yarrunga on Friday, August 31st - more details to come soon! This year we will also again be participating in 'Footy Colours Day' supporting children with cancer. In the week leading up to our Father's Day event your child can wear their AFL, NRL, rugby union or soccer jumper or guernsey to Yarrunga for a gold coin donation.

Terri, Emma and Nat
juniorpreschool@yarrunga.com.au



Dental care for children

Tooth decay in children is on the rise in Australia, with more than half of all 6-year-olds having some decay in their baby or adult teeth. So it's more important than ever to teach your child good oral health habits that will stay with them for life.

Caring for children's teeth is important

It is important to look after your child's teeth from the moment they start [teething](#). Keeping your child's teeth and gums clean will protect against infection, cavities and pain. Decayed baby teeth can damage the permanent teeth underneath.

If a child loses a tooth because of decay, it can cause crowding problems when their adult teeth come through later.

Dental care for babies

You should begin cleaning your baby's teeth as soon as they arrive. To begin with, you can clean your baby's teeth by wiping with a soft cloth or brushing with a soft toothbrush and water. From the age of 18 months, you can start using a low-fluoride toothpaste when you brush your child's teeth.

You can buy toothpaste and small-headed toothbrushes especially for babies or children at your local pharmacy or supermarket. You will need to clean your baby or child's teeth until they are old enough to do it themselves. This is usually around the age of 7 years.

It's important for your child to get into a regular [oral hygiene](#) routine to prevent tooth decay. Babies can be affected by tooth decay as soon as their first teeth arrive. The first signs of decay often appear as white spots or lines on the front teeth.

Take your baby to visit the dentist as soon as their teeth begin to appear so that the dentist can check their teeth are developing as they should.

Tips to keep your child's teeth clean

- Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed using toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay. Make sure they brush for at least 2 minutes and remind them not to swallow the toothpaste.
- Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8. After that, supervising them is still important.
- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well.
- Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that are in contact with each other. You should supervise flossing until they are about 10.
- To develop strong teeth, make sure your child eats a healthy, balanced diet and avoids foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always choose fluoridated tap water.

Visiting the dentist- Regular check ups

Regular dental check-ups are important from the age of 1, or within 6 months of the first tooth appearing. Always make a visit to the dentist a positive experience. Never use the dentist as a threat for not brushing teeth or other behaviour.

BOTH NSW AND VICTORIA OFFER FREE DENTAL CHECKS FOR CHILDREN. CALL TO MAKE YOUR APPOINTMENT TODAY.

NSW- Albury Dental and Community Health (Smollett Street, Albury). Phone 1800450046 to make an appointment.

VIC- Albury Wodonga Health- Dental (High Street, Wodonga). Phone (02) 60 517 925



National Immunisation Program

A joint Australian, State and Territory Government Initiative

National Immunisation Program (Childhood) Schedule changes from 1 July 2018

Information for parents and carers

Under the National Immunisation Program (NIP), babies and young children have access to free childhood immunisations which provide protection against multiple infectious diseases during their first vulnerable years of life.

In July 2018, the childhood immunisation schedule was updated. Your child's due date for their next immunisation/s has not changed. Immunisations are still given at 2*, 4, 6, 12, 18 months and 4 years of age.

Why has the schedule changed?

The recommended vaccination schedule changes over time for a number of reasons:

- new vaccines become available to protect children from a disease
- new "combination vaccines" reduce the number of needles children need to get
- a vaccine is improved or made safer
- fewer doses of a vaccine are shown to work just as well
- booster doses are shown to improve protection
- moving a dose to a different age is shown to improve protection or work just as well.

The changes outlined below have been made on advice from immunisation experts to provide children with the best protection.

Summary of key changes

Diseases covered	Previous schedule	Schedule from 1 July 2018
Meningococcal C and <i>Haemophilus influenzae</i> type b (Hib)	Menitorix® vaccine at 12 months	Being replaced by a Meningococcal ACWY (Nimenrix®) vaccine at 12 months and a Hib vaccine (ActHIB®) at 18 months
Pneumococcal	Prevenar 13® at 2*, 4 and 6 months	Prevenar 13® at 2*, 4 and 12 months

Meningococcal vaccination

From 1 July 2018, a meningococcal ACWY vaccine will be given to children at 12 months of age. This new vaccine will replace the previous combination meningococcal C-*Haemophilus influenzae* type b (Hib) vaccine given at 12 months of age.

Meningococcal is a rare but very serious infection that can lead to blood poisoning (septicaemia) and brain infection (meningitis).

Meningococcal disease is caused by different types of the meningococcal bacteria—A, B, C, W and Y.

Previously, people with an infection from meningococcal types W and Y were rarely seen in Australia, but these have been increasing in recent years. The new vaccine will help protect against four types of meningococcal disease (A, C, W and Y) instead of one (C).

Who is eligible for the meningococcal ACWY vaccine?

Meningococcal ACWY vaccine will be given to all children who are due for their 12 month vaccinations from 1 July 2018 onwards.

Children who have already received their meningococcal C vaccine at 12 months of age are not eligible to receive the meningococcal ACWY vaccine under the NIP. Parents may purchase the meningococcal ACWY on the private market if they wish to, or check if your state/territory offers a funded program.

Is the meningococcal ACWY vaccine at 12 months of age required as part of the Government's No Jab, No Pay policy?

Meningococcal C vaccination at 12 months of age continues to be a requirement for eligibility for child care subsidies and family assistance payments. From 1 July 2018, the meningococcal C vaccine is being replaced by a meningococcal ACWY vaccine. A child who receives the meningococcal ACWY vaccine at 12 months of age will meet the requirements for child care subsidies and family assistance payments.

What if my child has already received meningococcal ACWY vaccines before 12 months of age?

Even if your child has had one or more meningococcal ACWY vaccine doses before 12 months of age, a booster dose from 12 months of age, and at least 2 months of age after a previous dose, is required for the best protection.

*Vaccinations due to be given at 2 months of age may be given from 6 weeks of age

Can I claim for reimbursement if my child received privately funded meningococcal ACWY vaccine before the program started?

No. The Australian Government provides vaccines at no cost through the NIP and no reimbursements are made for privately purchased vaccines including those purchased before the program started.

Is the meningococcal B vaccine also free?

No. Immunisation against meningococcal B disease is only available on private prescription and there is no discount under the Pharmaceutical Benefits Scheme.

If you wish for your child to receive the meningococcal B vaccine you can make an appointment with your GP or other vaccination provider to have it discussed, prescribed and administered. Costs may vary by vaccination provider and chemist.

Haemophilus influenzae type b (Hib) vaccination

From 1 July 2018, the *Haemophilus influenzae* type b (Hib) vaccine will be given as a separate vaccine for children at 18 months of age.

Hib (also called *Haemophilus influenzae* type b) is a serious disease in young children. It can affect the airways, skin, joints, ears or brain.

Previously, a Hib vaccine booster was given in a combination vaccine with meningococcal C to children at 12 months of age. The meningococcal ACWY vaccine is not available as a combination vaccine with Hib and so the Hib vaccine booster must now be given separately.

Four doses of Hib vaccine are still being provided through the NIP:

- as part of a combination vaccine at 2*, 4, and 6 months of age; and
- alone at 18 months of age.

Immunisation experts have reviewed the evidence and recommended the fourth dose be moved from 12 months of age to 18 months of age. It has been judged safe and effective to move this dose of Hib to 18 months of age.

What if my child has already received a Hib vaccine at 12 months of age?

All children 18 months of age from 1 July 2018 will be offered a Hib vaccine booster. If your child already received a Hib vaccine at 12 months of age (children born between 1 January 2017 to 30 June 2017) they are not required to have an additional dose, however it is safe for them to have one. If you choose not to have the dose at 18 months of age, there is no impact on your eligibility for child care subsidies or family assistance payments.

Pneumococcal vaccination

From 1 July 2018, pneumococcal vaccination will be given at 2*, 4 and 12 months of age instead of 2*, 4, and 6 months of age.

Previously, pneumococcal vaccination was given to all children at 2*, 4 and 6 months of age.

Immunisation experts have reviewed the evidence and recommended that Australia move pneumococcal vaccination to 2*, 4 and 12 months of age.

While the total number of doses has remained unchanged, the change in the schedule is expected to improve the protection provided by the childhood vaccination program.

For some children who have specific risk factors, four doses are recommended at 2*, 4, 6 and 12 months of age. These will still be provided for free. Your doctor will advise if your child should have 4 doses rather than 3.

What if my child has already received 3 doses of the pneumococcal vaccine before 12 months of age?

All children 12 months of age from 1 July 2018 will be offered a pneumococcal vaccine. If your child already received a dose at 2, 4 and 6 months of age (children born 1 July 2017 to 30 December 2017), they are not required to have a fourth dose at 12 months of age, however it is safe for them to have one.

If you choose not to have the additional dose at 12 months of age, there is no impact on your eligibility for child care subsidies or family assistance payments.

Safety of vaccines

All vaccines used in Australia must be approved for use by the Therapeutic Goods Administration, which monitors the safety of medicines in Australia. Before a vaccine can be licensed, it is rigorously tested over several years to ensure it is safe and that it works.

The safety of vaccines is always being monitored. For more information, visit: tga.gov.au or health.gov.au/immunisation

All vaccines can have unwanted side effects. Common side effects that may occur and resolve quickly include:

- injection site pain, redness and swelling
- low grade fever
- children can be unsettled, tired and grumpy.

Serious or unexpected vaccine reactions are very rare and should always be reported to your vaccination provider. If you have any questions or concerns make an appointment with your GP or other vaccination provider.

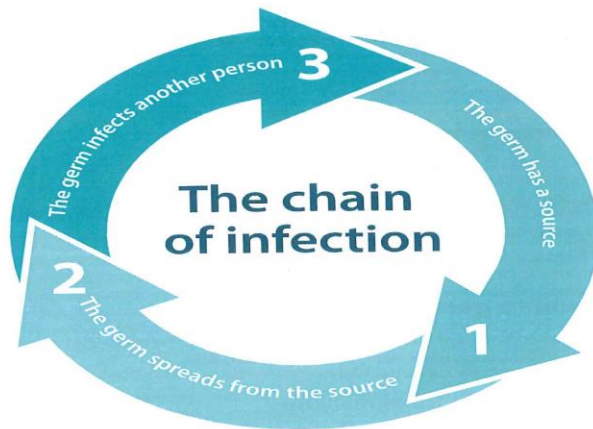
To find out more about the National Immunisation Program:

- call the National Immunisation Hotline: 1800 671 811
- visit the Department of Health's immunisation website at health.gov.au/immunisation

State and territory health department contact numbers:

ACT	02 6205 2300	SA	1300 232 272
NSW	1300 066 055	TAS	1800 671 738
NT	08 8922 8044	VIC	1300 882 008
WA	08 9321 1312	QLD	Contact your local Public Health Unit





HAND WASHING

You can break the chain of infection at any stage by insuring hand washing on arrival and departure

Did you know?

WATER

Toddlers require around 1L of fluid per day and preschool aged children require around 1.2L per day. Drinking water is a habit that should be developed from a young age.



Health



Did you know?

WATER

Drinking water throughout the day not only keeps your children hydrated but keeps them regular!

It is important to encourage them to drink more water when they exercise and during hot weather to maintain hydration.



Health

