



## Discovery Kids

Before and After School Care

NEWSLETTER

St Helena's

September 2020



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DiscoveryKids



Dear Parents,

This month we have been very busy with a variety of fun and exciting activities for the children. They have participated in various science experiments, art & craft projects and have also been learning lots about sustainability in our world! As we near the end of Term 3, we are looking forward to our upcoming Vacation Care period. We will be participating in multiple incursions including Sewing and Game Vault Day. We are also excited for our very first excursion with our St Helena's Discovery Kids, with our visit to Perth Zoo! We look forward to seeing as many familiar faces as possible 😊 We wish you a safe and happy end to the term, from all the Staff at Discovery Kids!

### ON-SITE Mobile

If you need to contact the centre whilst your children are in care, the onsite mobile number is:

**0468992588**

The mobile will be in use during opening times 7:00am-9:00am and 2.30pm-6:00pm from Monday-Friday before and after school.

### Homework

At Discovery Kids we provide a quiet area and separate table for children to complete their homework. An educator is available to help the children and keep them on task. Please advise the educator on duty if you would like your child to complete their homework whilst at Discovery Kids.

### DAILY REMINDERS

- ✓ A reminder to send hats, jumpers and a water bottle for your child/children.
- ✓ If your details have changes please update them via "My Family Lounge" App
- ✓ Please do not forget to sign your child in and out. This is extremely important and a legal requirement!

### BOOKING REMINDERS

- ✓ Statements are sent out weekly, if you do not receive your statement please email [discovery\\_kids@outlook.com](mailto:discovery_kids@outlook.com) and for all other booking inquiries
- ✓ Fees work on block times- BSC 7-9am \$25
- ✓ ASC 2.30-6pm \$35
- ✓ Tues `day-Thursday BSC and ASC
- ✓ PERMANENT BOOKINGS – 7 days notice is required to cancel a permanent booking to qualify for a 50% holiday rate OR to change to another day within that week
- ✓ CASUAL BOOKINGS - Once a booking is made we cannot cancel and refund your fees unless a change is made within 24 hours of the booking
- ✓ REMINDER – Please ensure all fees are paid for and up to date



### HOME ROOM



REMEMBER TO FOLLOW YOUR CHILD'S PROGRESS ON HOMEROOM PARENT TIPS AND HELPFUL INFORMATION IS ALSO AVAILABLE UNDER THE "PARENT" Folder

## **SUSTAINABILITY/FAMILY/COMMUNITY INVOLVEMENT at Discovery Kids**

This month the children participated in an activity called the “Melting Ice Cap” experiment. This activity shows how melting ice caps in our oceans increases sea levels and we discussed the impact of this on our planet. The children measured the water level before and after the ice melted, then used paintbrushes to melt the ice and reveal ocean animals inside. We also discussed how these animals depend on their environment to survive.



### **Parents and Guardians**

We are currently reviewing the following Policies. We welcome any feedback you may have in regard to these. Please feel free to let us know or contact us via email if you wish to contribute.

Pg 130-132 Pet Policy

Pg 102-103 Photograph Policy

Pg 104-110 Physical Environments  
Policy

Pg 111-112 Privacy and Security  
Policy

Pg 26-28 Program Policy



**In Australia, there are more kangaroos  
than people!**

### **JUST FOR LAUGHS**

**What do you call a dinosaur that  
is sleeping?**

A dino-snore!



### **Importance of Physical Activity**

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.



A minimum of 30 minutes a day for both you and your child can allow you to enjoy these benefits. For more information please visit:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/phy-activity>

## **Child Protection and Family Support**

Child Protection and Family Support are an integral part of the Discovery Kids Staff Training Program. Each year all staff participate in a Child Protection workshop and online course. Child Protection and Family Support protects and cares for Western Australian children and young people who are in need and supports families and individuals who are at risk or in crisis. For more information please visit-  
<https://www.communities.wa.gov.au/services/child-protection-and-family-support/>

## **IMMUNISATION FOR CHILDREN**

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases. For more information, visit:  
<https://beta.health.gov.au/health-topics/immunisation>  
And  
<https://campaigns.health.gov.au/immunisationfacts>

## **Favourite Recipe of the month at Discovery Kids**

We have been absolutely loving making playdough this term! The children love helping out with the measuring, mixing, coloring and then making all types of amazing sculptures from our playdough.

- 1 cup flour
- 1 cup water
- 2 tea spoons of cream of tartar
- 1/3 cup of salt
- 1 tablespoon vegetable oil
- food coloring
- Glitter (optional)

-In an electric frypan or in a saucepan, add all dry ingredients and mix until well combined.

-Add your choice of food coloring in with the water and add to the dry mixture along with the oil.

-Turn heat on medium and begin to mix everything together for 5-7 minutes.

-Playdough is done when it begins to stick together to form a ball.

-Take off heat and allow to cool before adding glitter

## **FAMILY INPUT**

Here at Discovery Kids we value everybody's opinion. If you have any input about activities, projects, the program, menu ideas or anything else that you would like to see happen at Discovery Kids please let us know via email, phone or speak to any of our staff members.

## **Advertise on our page!**

We would love to promote your business on our next newsletter as community involvement, Please get in contact with the qualified at your centre so we can help you advertise your business here at Discovery Kids.

# Novel coronavirus (2019-nCoV)

## Information for Parents

***An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.***

## Exclusion from School or Early Childhood Centres

If you have been informed by Public Health authorities that your child is a close contact of a confirmed case of the novel coronavirus (2019-nCoV), even if they don't have symptoms, they cannot attend school or childcare until Public Health informs you that it is safe for them to do so.

If your child has recently travelled to mainland China and has developed symptoms (listed below), contact your usual doctor for assessment who will liaise with Public Health authorities and determine whether or not your child needs to be excluded from school or child care.

If your child has recently travelled to mainland China and has not developed any of the symptoms (listed below), they may attend their school or early childhood centre and should not be excluded.

## What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus originating in Hubei Province, China is called 'novel' because it is new. It had not been detected before this outbreak. Most people infected live in, or travelled to, Hubei Province, China. There have been cases of 2019-nCoV reported in other Chinese provinces and other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

## What are the symptoms?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

## What if my child is sick now or within 14 days of being in

## Hubei Province?

If your child develops mild symptoms:

- keep your child at home and do not send them to school or child care;
- call your usual doctor or local hospital and tell them your child may have novel coronavirus infection; and
- when you get to the doctor's clinic or hospital, tell them again that your child may have novel coronavirus.

Novel coronavirus (nCoV) 1

If your child has serious symptoms such as shortness of breath:

- • call **000** and ask for an ambulance; and
- • tell the paramedic that your child may have novel coronavirus infection.
- • your doctor will test your child for 2019-nCoV and provide advice on management. You will also be contacted by Public Health officers who will provide you with more information.

Students with symptoms should be excluded from attending schools and early childhood centres until symptoms have resolved. If they have been diagnosed with 2019-CoV they should not attend school or childcare until they are cleared by public health authorities. If students have other respiratory illness (i.e. flu), they should not attend school irrespective of whether there is a concern about nCoV.

## How can I help prevent the spread of 2019-nCoV?

- • teach and encourage your children to wash their hands often with soap and water before and after eating as well as after attending the toilet;
- • avoid contact with others by keeping children home if they are unwell;
- • teaching children to cough and sneeze into their elbow; and
- • while it's not possible to avoid touching, kissing, and hugging children, parents and guardians should do their best to follow these steps too.

## Where can I get more information?

Visit the Australian Government Department of Health homepage at [www.health.gov.au](http://www.health.gov.au)

Call the Public Health Information Line on 1800 044 599.

Contact your state or territory public health agency:

- • ACT call 02 5124 9213 during business hours or (02) 9962 4155 after hours
- • NSW call 1300 066 055
- • NT call 08 8922 8044
- • Qld call 13HEALTH (13 43 25 84)
- • SA call 1300 232 272
- • Tas call 1800 671 738
- • Vic call 1300 651 160
- • WA visit <https://www.healthywa.wa.gov.au/> or call your local [public health unit](#)