



# Discovery Kids

Before and After School Care

## NEWSLETTER

### March 2020



We would like to officially welcome all of our wonderful new Discovery Kids and their families at St Helena's!

It has been a fantastic start to the year getting to know everyone and exploring all of our new resources together. The staff at Discovery Kids have thoroughly enjoyed learning all about the children and what they are interested in. Our focus so far has been on doing some "All About Me" activities, as well as learning about good recycling and personal hygiene practices.

We have so many exciting things planned for the year ahead, including excursions and incursions over the upcoming vacation care period. We look forward to sharing these experiences with you!

~ HAVE A GREAT IDEA OR SUGGESTION FOR US? ~

You may notice that we have displayed an Ideas Board near the sign in/out iPad. We welcome any suggestions or ideas you may have and would love to hear your feedback on our service.

### ON-SITE Mobile

If you need to contact the centre at St Helena's whilst your children are in care, the onsite mobile number is: **0468 992 588**  
The mobile will be in use during opening times 6:30-8:30am and 2.30-6pm.

### 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 6:30-9am \\$25](#)
- ✓ [ASC 2.00-6pm \\$35](#)
- ✓ 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 - UP TO DATE FEES**  
Please ensure all fees are paid for and up to date

### THE WORLD GREATEST SHAVE

ONE OF OUR CHILDREN FROM DISCOVERY KIDS IS PARTICIPATING IN THE WORLDS GREATEST SHAVE. THE SHAVE WILL TAKE PLACE AT OLGC ON THE 12<sup>TH</sup> MARCH.

DISCOVERY KIDS IS A PROUD SUPPORTER OF THIS GREAT CAUSE AND ARE VERY PROUD OF GIANNI FOR PARTICIPATING IN THIS FUNDRAISER. BELOW IS THE LINK TO SUPPORT GIANNI AND THE LEUKEMIA FOUNDATION.

Just click here to sponsor me today:

<http://my.leukaemiafoundation.org.au/giannigermano>.

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

Over the last few weeks in after school care we have been learning about recycle craft and how we can re-use materials for new purposes. The children have enjoyed using cardboard boxes to create structures such as houses, reading nooks and cubbies. They also made café signs out of some flat boxes to go near our Discovery Kids café/home corner. It is important that we incorporate sustainability practices into our teaching to help children understand the impact that we have on the environment. At Discovery Kids we make these experiences fun and interactive for the children so that they are really involved in their own learning!



### 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 and a water bottle for your child/children.
- ✓ Please do not forget to sign your child in and out. This is extremely important and a legal requirement!

### 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/healthtopics/immunisation>  
And  
<https://campaigns.health.gov.au/immunisationfacts>

**Did you know?**

**15 minutes of exercise a day can add 3 years to your life!**



### 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/>



## 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>

## Sun Smart

Leading up to the warmer months it is crucial to be sun smart. Download the Sun Smart App which gives you advice/information on sun protection for you and your family.



## WHAT'S ON IN PERTH!!

## Weekend NOTES

<https://www.weekendnotes.com/perth/>

## Favourite Recipe of the month at Discovery Kids

### CINAMON SCROLLS

- Puff pastry
- Brown sugar
- Butter
- Cinnamon powder

1. In a small bowl mix well  $\frac{1}{2}$  cup of soft butter, 1 tsp cinnamon and 2 tbsp of brown sugar.
2. Spread mixture over puff pastry sheets (approx. 4-6 sheets)
3. Roll puff pastry and cut into small slices (16-18 per sheet)
4. Bake for 20-30 minutes at 165



## **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. 170 – 173 Code of Ethics

Pg. 174 – 176 Confidentiality Policy

Pg. 47 – 49 Control of Infectious Diseases Policy

Pg. 177 – 178 Curriculum (Pedagogy) and Educators Development Training Policy

Pg. 50 – 51 Dental Health Policy

Pg. 52 Drug Policy

## **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](#)