

# NEWSLETTER

OCT-DEC 2019 EDITION

## GREAT SPACES / SAFE PLACES IN FAMILY DAY CARE

### WOULD YOU LIKE FREE PROFESSIONAL DEVELOPMENT?

Dear Educators,

An email announcement has gone out about NSW Family Day Care Association's FREE 3 hour professional development session for Family Day Care educators about creating Great Spaces / Safe Spaces in your home for Family Day Care.

The sessions focused specifically on:

- Quality Area 2: Children's Health and Safety
- Quality Area 3: Physical Environment

Every participant would have received a hard copy of the brand new booklets pictured below for free.

We will advise any upcoming professional development sessions by email.

### IMPORTANT DATES

#### OCTOBER

- 6th Daylight Saving Time starts
- 7th May Day
- 31st Halloween

#### NOVEMBER

- 11th Remembrance Day

#### DECEMBER

- 24th Christmas Eve
- 25th Christmas Day
- 26th Boxing Day
- 31st New Year's Eve



## ADVICE FOR EDUCATION AND CARE SERVICES

### GASTRO OUTBREAK

There has recently been a high number of reported outbreaks of Gastroenteritis (gastro) in early childhood education and care services across NSW.

#### ABOUT GASTROENTERITIS

Gastroenteritis is spread by the vomit or faeces of an infected person either from:

- close contact with infected persons
- contact with surfaces contaminated by vomit or faeces
- consuming food or drink contaminated with vomit or faeces

Viruses are often spread from person-to-person on unwashed hands.

To find out more about gastro and how to stay healthy visit the **NSW Health** website.

#### PREVENTING SPREADING

- Alert your staff to remain vigilant for symptoms of gastroenteritis in children.
- Remove children/staff with vomiting or diarrhoea from the rest of the group as soon as symptoms appear. This may involve dedicating a room to sick children before they can be sent home. Call parents and request that they pick up their children.
- Exclude sick children and staff from attending the centre for at least 48 hours after their symptoms settle, and encourage them to visit their local GP for testing and management of their illness.
- Reinforce basic hygiene measures, such as regular hand washing after toileting (pay particular attention to hand washing after attending to nappy changes) and prior to food preparation or consumption.
- Increase the frequency of cleaning, and disinfect common areas and frequently touched items at least twice daily with a neutral detergent (e.g. dishwashing liquid) followed by bleach solution.
- Wear gloves and a mask when cleaning up bodily fluids, including vomit. Disinfect surfaces with a freshly made sodium hypochlorite solution.
- Provide education to staff and parents to help prevent the spread of infections.
- Promptly notify your local public health unit on 1300 066 055 if an outbreak is suspected. An outbreak should be suspected when 2 or more children or staff have a sudden onset of vomiting or diarrhoea in a 2 day period. Reporting is required under the Public Health Act.

#### REPORTING OUTBREAKS

Remove children/staff with vomiting or diarrhoea from the rest of the group as soon as Outbreaks of infectious disease must be reported to:

- Your local Public Health Unit on 1300 066 055 지역 보건소
- The NSW Regulatory Authority - for reporting requirements visit the **NSW Department of Education website**

Two or more confirmed cases of gastroenteritis within a 2 day period are considered an outbreak and must be reported.

# THE LIFELONG BENEFITS OF PLAY

## WHAT ARE THE BENEFITS OF PLAY?

Play is crucial in building the foundations for their physical, social, emotional, and academic learning. Play helps children develop:

- Fine and gross motor skills, e.g. dexterity and agility
- Creativity
- Emotional intelligence
- Imaginative problem-solving
- Self-regulation
- Empathy

## WHAT TYPES OF PLAY BENEFIT YOUNG CHILDREN?

1. **Physical play**, e.g. chasing, jumping and hiding. This helps children develop their gross motor skills (i.e. the big muscle movements needed for actions like crawling, walking, running and swimming). Physical play also develops their perseverance and memory.
2. **Constructive play**, e.g. building with blocks and cardboard. This helps kids develop resilience (e.g. when their block tower collapses) and teaches them early reasoning and problem-solving skills (e.g. working out how to build a tower that doesn't topple).
3. **Imaginative play**, e.g. dancing, drawing and water play. This lays the foundations for creativity and provides opportunities for children to, 'Express feelings, communicate and experiment with reality.
4. **Dramatic play**, e.g. role-play, puppets, storytelling and dressing up. This kind of play helps youngsters regulate their emotions and build important relationship skills, such as empathy, compassion and negotiation.
5. **Games with rules**, e.g. Duck, Duck Goose, Hokey-Cokey and Musical Statues. These games hone children's motor skills and teach self-regulation. They learn to follow instructions, copy others and play by the rules.

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## MERRY CHRISTMAS AND HAPPY HOLIDAYS FROM POLARIS FAMILY DAY CARE!



As our final newsletter for 2019, we wanted to take the time to say thank you for your hard work.

We will continue our plans to ensure children are provided with high quality care environment. In addition to monthly meeting to improve and develop professionally we will continue to provided support whenever you need it.

We are looking forward to another exciting year in 2020, but now it's time for a holiday! So, to all of you from all of us, have a happy and peaceful break.

Best wishes,  
Polaris Family Day Care