



## Daylesford Outside School Hours Care (DOSHC)

Newsletter October 2014

Coming soon: January Vacation Program - Facebook page **Daylesford Outside School Hours Care**

Dear Families,

It's time again to update everyone about what is happening at After School Care. Please take time to read the following as there is relevant and **important information** for you and your child.

### The Team - staffing

You may have noticed that the team has been varied of late as there have been a few changes. Joe has changed to a casual position to focus on his study in early childhood. He will still be at DOSHC from time to time but will do more shifts at Daylesford Child Care Centre (DCCCC) for the remainder of the year. Thank you to Joe for his great efforts and the unique skills he brought to the program such as pulling apart mowers, and best wishes with study. Amanda Hills has stepped into Joe's shoes as the other main team member besides Libby. Amanda brings to the job, not only a wealth of life skills and knowledge, qualifications in Education but specialty in the Arts with a Bachelor of Fine Art and a Master of Studio Art in Sculpture. Wow! We look forward to Amanda's creative contributions. Amanda will be away on a previously arranged trip making art in NSW from 21 October until 3 November. During this time our team of familiar casuals of Joe, Tegan, and Monica will keep things rolling along.

### School Pupil Free Days

As you may be aware your schools have scheduled pupil free days between now and the end of term. **We are offering all day care** for these days even if your child doesn't normally attend After School Care on that particular day. We need a minimum of six children to make each of these days viable. Please put your name on the lists on the information table at DOSHC if you need care. Also, please tell other families who don't regularly use our service if you think they need care and refer them to Julie on 5348 3702 at 81 West Street.

***Our service will not operate on the Melbourne Cup public holiday.***

### Spring clean and redecorating

With beautiful spring weather and new growth all through the environment, we decided the inside of our hall needed some special attention. We have been discussing with the children how we can improve the spaces and what they would like to have. Keeping the areas of the hall uncluttered but engaging and inviting is always a challenge. We have accumulated lots of equipment and resources but good design and planning can allow us to create an aesthetically pleasing environment that provides opportunities for play, relaxation, investigation and development of social skills and learning. We are on the lookout for a few items if anyone is doing their own spring cleaning:

- Plain, brightly coloured cushions, curtains or fabrics (reds, yellows, blues, greens); not too busy
- Brightly coloured floor rugs to offset the school carpet squares we have
- Tins of brightly coloured paints for painting tables etc. (no enamel paints thanks)

### Computers and devices

As you are aware, we have a range of technology at DOSHC. We are strict with our **15 minutes screen time per session** but may allow children an extra 15 minutes after they have engaged in other activities and demonstrated they can find meaning in alternative pursuits. Some of our electronic games provide opportunity

for active screen time where children have to create, strategise or physically interact with the game (eg. Wii). However we have observed that some children would happily spend the entire time at After School Care on an electronic device. We also notice with these same children, they appear to have difficulties in finding pleasure in non-technologically based activities and become restless or antagonistic to others when not electronically engaged. There are numerous studies on the negative effects of passive screen time such as poor oral language skills, effects on sleep, diminished social skills and obesity ([www.earlylife.com.au](http://www.earlylife.com.au), [www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au), [www.center4research.org](http://www.center4research.org)). Please see Libby if you would like to access more resources about this.

***We ask that you have a discussion with your child/ren about the importance of pursuing activities other than electronic technology at DOSHC.*** We will continue to monitor screen time and encourage children to play in the yard with the great weather or engage in any of the many other activities we provide at DOSHC.

We still allow children to bring their own devices to DOSHC, however the 15 minute rules applies as well as guidelines about no other child accessing their screen as a viewer or player. The Educators are not responsible for the safety of the devices other than providing storage on the desk in the office.

### **Sun protection**

At After School Care we are monitoring the danger period for harmful UV rays. Each week Libby checks the BOM website to see the hours of the day that sun protection is needed. If you arrive at 4.45pm your child may not be wearing a hat if the danger period has passed. However to be outdoors earlier in the afternoon may have required your child to be protected by wearing a hat and sunscreen. ***Please ensure that your child has a sun hat with them at DOSHC.*** Your child has a pocket to keep their hat in. Otherwise your child will need to wear a spare hat. We can't ensure the hygiene of shared hats (lice) even though they are regularly washed. We will provide sunscreen.

### **Active Kids – Congratulations Mehdi!**

The children have been recording their time being active. Congratulations to Mehdi for being the most physically active child at DOSHC! A recent publication *Active Healthy Kids Australia (2014) Is Sport Enough? The 2014 Active Healthy Kids Australia Report Card on Physical Activity for Children and Young People* (Adelaide, South Australia: Active Healthy Kids Australia <http://www.activehealthykidsaustralia.com.au/>) has identified the need for children from 5 to 12 years old to engage in at least 60 minutes of moderate to intense physical activity each day. AT DOSHC we encourage the children to develop engagement with this kind of activity for part of their time at the service and not develop sedentary habits. ***Please take time to ask your child about their progress to encourage them to engage in activity.***

### **Clubs**

We are not intending to run any clubs this term as it is busy with various festivals and other events with the lead up to the holidays. Please let us know if you have any ideas for clubs in 2015.

### **What has your child been doing at Outside School Hours Care?**

Our digital tablet with documentation about the children's experiences at After School Care and the Vacation Programs is now located in the lounge with a larger monitor for easier viewing. Please take time to click on your child's name and view stories about their learning and development if you have a few moments spare at pick up time.

Thanks for reading and keep us in the loop!  
Libby, Amanda and the Team