

Opening hours:

6.30am – 8:30am

After school: 3pm - 6pm

VAC: 6.30am - 6pm

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March 2021

Newsletter

ONE TREE C-VERSE LITHGOW

A word from the director

Welcome all to c-Verse Lithgow for 2021.

It has been great to see the new children settling in so well and to welcome back our families from 2020. The children have been enjoying creating the avatars that they will use to navigate the c-Verse worlds over the year. The children will use these to map the adventures and challenges they wish to engage in while at c-Verse. This encourages them to take an active role in creating the programs we implement.

We are looking forward to getting out in the community this year with regular excursions to Queen Elizabeth Park, Vanilla café for a milkshake, and the library.

Brielle and I are looking forward to exploring more of Lithgow's sights this year with a weekend outing with families to take place each term. This is a fantastic opportunity to catch up outside the service and bring the whole family along for a great day out in the beautiful landmarks that surround Lithgow.

Continued over the page

MARCH

MONTHLY EVENTS

- 01** Labour Day WA
- 08** Labour Day VIC
- 17** St Patrick's Day
- 06** Magha Puja Day
- 19** Close the Gap Day
- 20** Glow worm tunnel family outing 10am
- 21** Harmony Day
- 24 -30** National Playgroup Week
- 27** Earth Hour

POLICIES TO BE REVIEWED

March

- SER-POL-007 Medical Conditions NQS Policy
- SER-POL-017 Event and Transport NQS Policy
- SER-POL-023 Toileting NQS Policy
- SER-POL-039 FISH Policy

On Saturday March 20th we are planning to meet at the Glow Worm Tunnel. Don't forget to bring your torch! We will meet in the car park at 10.00 am. For more information keep eye out on Storypark for announcements.

Samantha



REMINDERS

Please let us know if your child is absent, if your child is booked for the afternoon session and is not received by educators, we make every effort to find them before we call you to confirm their absence. If your child is absent in the morning, please let us know so we can offer the spot to another child. Mornings places are just about at capacity and offering casual spots helps us to accommodate more families.





OSHC photos

Some highlights from our summer vacation care program included Star Wars Day, visiting Gang Gang Art Gallery, Blast Furnace park and the Small Arms Factory Museum.



1



2



3



4



Be You Bushfire Response Program

The Bushfire Response Program provides tailored mental health support to schools and early learning services affected by bushfires across Australia.

Informed by placed-based and community-led principles, the Program empowers bushfire-affected communities to lead their own recovery.

The Bushfire Response Program is led by Beyond Blue in partnership with Early Childhood Australia, headspace and Emerging Minds.

The Program is a part of Be You, Australia's national mental health in education initiative funded by the Australian Government. You can learn more about Be You at beyou.edu.au

What the Program offers

The Bushfire Response Program offers schools and early learning services a package of support comprising four primary elements: Contact Liaison Officers, trauma training, recovery planning, service mapping.



With delivery partners



Funded by



focus article

Making vaccinations easier for children

With the COVID vaccine on its way to Australia, vaccinations and needles are in the spotlight. Helping children prepare for an appointment can help them create a positive relationship and reduce needle fear, making immunisations easier now and in the coming years.

A recent study found that people who are anxious and fearful of needles often related their concerns to one poorly-managed needle experience as a child. A fear of needles can be a barrier to accepting medicine and health treatments when needed later in life.¹

As the Australian Immunisation Program Schedule includes vaccinations in the first 18 months, many parents would have already experienced the tears, fear and screaming that can happen at needle time. So, how do you help your child through what can be a scary experience?

Start by preparing for the appointment

Many experts debate the best way to support your child while they are getting a vaccination. However, most can agree on the importance of preparation.

Child psychologist Dr Harlen suggests telling your child about the upcoming vaccination but not making a big deal of it. This will stop the needle from being an unpleasant surprise for the child.² If you're worried that your child is nervous, phone the doctor ahead of time to let them know. The doctor or nurse will approach the appointment a little more gently if they know it will make the experience less stressful.

If one of your children is likely to get upset, try to take each child to separate appointments. Seeing a sibling in distress or upset can create negative emotions about the experience for your other children.

Remember, each child is different, and some need more help with needles than others. For personalised advice, it's best to see your local doctor.

We'll keep you updated as more information about the COVID vaccine is released.

1 McMurtry, C. M., Pillai Riddell, R. P., Taddio, A. P., Racine, N. A., Noel, M. P., PhD, C. T., & Shah, V. M (2015). Far From "Just a Poke": Common Painful Needle Procedures and the Development of Needle Fear. The Clinical Journal of Pain.

2 <https://www.abc.net.au/everyday/how-to-help-if-your-child-is-afraid-of-needles/11838692>.



“You need to prepare your child, but remain casual about it.”

by Katie Helps

book reviews

Books that help kids understand what it means to have a vaccination.

01

MARION COCKLICO
FOR AGES 1 TO 5

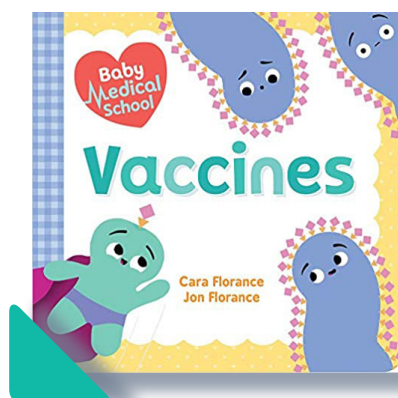


We're going to the doctor is designed to help young children deal with new experiences in their lives.

In the story, Billy and Nell go for a check-up and have an injection. This novelty book with a sweet story has fun flaps to lift and mechanisms to move as well as practical tips for parents and carers on each page, endorsed by leading Early Years Consultant, Dr Amanda Gummer.

02

CARA FLORANCE
FOR AGES 0 TO 3

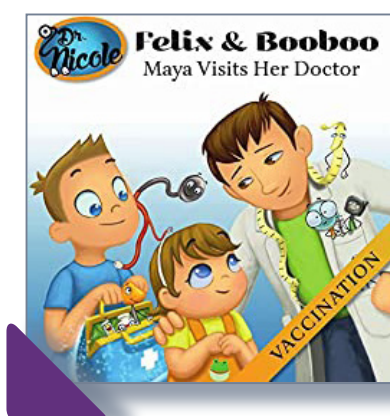


Vaccines treats vaccines as superheroes.

Baby Medical School helps take the fear out of getting shots at the doctor. Vaccines 'remember' what germs to get rid of in order to keep us safe and fight off diseases and infections. With a reminder that any kid could help make the vaccines of the future, this book is equal parts aspirational, educational, and totally fun!

03

DR. NICOLE AUDET
FOR AGES 4 TO 9
YEARS



Maya visits her doctor: vaccination is written by a family doctor for children and their caregivers.

Felix's sister Maya was afraid to go to the doctor for a vaccine. Fortunately, Felix, assisted by Booboo and his magical doctor's bag, helped her get over her fears. Lucky Maya. She got a beautiful princess sticker for her collection. Read this story to find out all the secrets of a medical visit and vaccination.

healthy eating



Ingredients:

500g cauliflower, cut until florets
300g dried elbow pasta
375g tub smooth light ricotta
1/2 cup grated light tasty cheese
Pinch of nutmeg
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh basil leaves

Cauliflower and ricotta mac and cheese

Finding a quick, healthy and kid-friendly dinner can be a challenge. This is a recipe for those fussy eaters.

<https://www.taste.com.au/>

Instructions:

Step 1 Cook cauliflower in a saucepan of boiling water for 10 to 12 minutes or until tender.

Step 2 Using a large slotted spoon, transfer cauliflower to a large heatproof bowl.

Step 3 Add pasta to boiling water. Cook following packet directions. Drain. Return to pan.

Step 4 Meanwhile, using a stick blender, blend cauliflower until smooth.

Step 5 Add ricotta, tasty cheese and nutmeg.

Step 6 Season with salt and pepper. Stir until smooth and combined.

Step 7 Add cauliflower mixture to pasta. Stir to combine.

Step 8 Sprinkle with chives and basil. Serve.



Your feedback is important to us

We are always trying to improve our services and would love to hear any thoughts or suggestions you may have. Please get in touch and let us know!

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