



ST ANNE'S LONG DAY CARE CENTRE  
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*Celebrating 10 years of Early Childhood Education  
since 27th January 2010.*

Dear Families,

I think we are all saying the same thing *Is it really this close to Christmas!*

When I look back over the November calendar, no wonder it seemed to go by at the speed of light! We started with the conclusion of National Children's Week, then NAIDOC week, Southern Cross University students, Kindergarten Orientation sessions, 2021 St Anne's Information Sessions, a compliance visit by the Department of Education Early Childhood Authorised Officer, Ben and Jackie on site from Alstonville School Photographers for St Anne's 'school photos', and NBN connection! As well as the most important of all, educating and caring for your children!

Over the next few weeks you will be receiving your child's end-of-year Summary of Learning and Development. This year you will only receive ONE copy of the Summary, signed by me (I read them all and then sign off on them). In previous years you have received 2 copies, one to keep and one to send back with your comments or thoughts in relation to what your child's Educator has written. THIS YEAR, you will be asked to email your comments and thoughts to your child's Educators via their Room email. Not only will this support our Sustainability practices but it will hopefully be a much quicker option for you in relation to giving us feedback. The Department of Education Early Childhood and the National Quality Standards practice expects that we gain feedback from families in relation to their child's learning and development. We encourage and WELCOME this feedback which then helps us in our on-going work with your child.

Happy December everyone!

*Yours as we educate and care for children together,  
NarellePDewhurst.  
CENTRE DIRECTOR*

## **END-OF-YEAR DATES FOR YOUR CALENDAR**

- **Wednesday 23 December 2020**—Last day for 2020—St Anne's will close at 6pm.
- **Tuesday 5 January 2021**—first day back in 2021—St Anne's will re-open 7:30am.
- **Friday 15 January 2021**—last day for Seabirds children.
- **Monday 18 January 2021**—children move into new rooms.
- **Monday 18 January**—New children commence.



## **2021 RE-ENROLMENT and ENROLMENT FORMS Due back by this Friday (4 Dec) please!**

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No end-of-year  
Christmas Family  
Gathering this year due to  
current COVID-19  
restrictions on large gatherings of  
people.  
We are not able to achieve the social  
distancing expectations for large  
groups of people.



We will be hopeful for next year!



**ST ANNE'S  
CHRISTMAS  
CLOSURE  
DATES:**

**St Anne's will be closed from  
6pm Wednesday 23 December  
to  
7:30am Tuesday 5 January 2021.**

# Protect yourself in **five ways** from skin cancer



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**



## Excerpt from the Seabirds Room Day book 18 Nov.

It is National Skin Cancer Action Week (15th-21st November 2020).

Everyday of the year we speak to the Seabirds children about sun safety and wearing sunscreen; rain, hail or shine. It is the habit we encourage the Seabirds children to get into. Each day we check the UV rating on our Sun Smart App and place the days expected UV rating on our Sun Smart felt board. We also highlight the expected rating on our outside felt board.

There are five simple things you can do to protect yourself and greatly reduce your risk of skin cancer.

**Slip** on sun-protective clothing

**Slop** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen at least 20 minutes before you go outdoors and reapply every two hours afterwards

**Slap** on a broad-brim hat to protect your face, head, neck and ears.

**Seek** shade

**Slide** on sunglasses –make sure they meet Australian standards.

A combination of the five measures, along with getting to know your skin and regularly checking for any changes, are key.

This links to our National Quality Standards: Quality Area 2 –Children's healthy and safety.

This links to our:

**National Quality Standards:** Quality Area 1 – Educational program and practice.

**The ECA Code of Ethics** –Children's rights.

**The Early Years Learning Framework of Australia** – Outcome 1: Children have a strong sense of Identity, as well as the Principles and Practices for Educators.

**This message is being shared between ALL Educators and the children in their classes. PLEASE HELP by sun-screening your child BEFORE they come or when you arrive at St Anne's. We will "top up"!**

## What is SPF?

Sunscreens with a sun protection factor (SPF) of 4 and above are listed on the Australian Register of the Therapeutic Goods Administration. Products can only be listed on the register if they comply with the Australian/New Zealand Standard for sunscreen products (AS/NZS 2604:2012). The highest SPF for sunscreen available in Australia is SPF50+. The SPF number is only a guide to a sunscreen's protection.

In laboratory conditions, when used as directed, SPF30 sunscreen filters 96.7% of UV radiation and SPF50 filters 98%. Both provide excellent protection if they are applied properly.

## Applying Sunscreen.

Many people apply sunscreen every day, often over large areas of their body. Cancer Council recommends using sunscreen every day on days when the [UV Index](#) is forecast to be 3 or above. Sunscreen should be incorporated into your daily morning routine on these days. When UV levels are below 3, sun protection is not recommended, unless you work outdoors, are near reflective surfaces (like snow), or outside for extended periods.

## Sunscreen needs to be applied 20 minutes before going outdoors.

Use a generous amount of sunscreen. When applying sunscreen, you need at least one teaspoon per limb, one for the front of the body, one for the back and one for the head. A full body application for an adult should be at least 35mL or seven teaspoons.

Many Australians apply too little sunscreen and forget to reapply. Sunscreen should be reapplied every two hours if you are spending time outdoors. As sunscreen can be easily wiped off, lost through perspiration you should also reapply after swimming, sweating or towel drying.

Cancer Council does not recommend the use of sunscreen in babies under six months. The main forms of sun protection for babies should always be protective clothing, hats and shade.

## HEALTH & SAFETY: Water Safety

Drowning continues to be one of the biggest killers of Australian children. Every year a number of children are killed and hundreds more are rescued from near drowning situations. ***It only takes 20 seconds and a few centimetres of water is all it takes for a child to drown.***

**Why children are at risk** Children are adventurous and enjoy exploring their environments. They are often attracted to water but have little understanding of the danger that it poses. The physical build of young children also places them at risk as they are 'top heavy' and prone to falling into water due to a lack of balance.

Drowning can occur quickly and silently - 20 seconds and a few centimetres of water is all it takes for a toddler to drown. It's not only large bodies of water, such as pools and the beach that put children at risk; baths, ponds, buckets, eskies, pet's drinking bowls and other small bodies of water are also drowning hazards.

### **Common causes –how and when**

**Children 0-4 years** - Swimming pools are the most common location for toddler drownings making up 67% of all cases followed by bathtubs which account for 22%. Children falling into water account for 78% of drownings. Evidence suggests that a large number of drowning deaths in backyard pools are a result of pool barriers that are faulty or noncompliant with Australian standards and the absence of active adult supervision.

**Children 5-14 years** Lakes/dams/lagoons (22%), the beach (22%) and baths/spa baths (22%) were the most common locations for drowning among this age group. Swimming and recreation was the most common activity being undertaken at the time of the drowning incidents, accounting for 56% of all deaths in this age group. Under-estimating the strength of currents and over-estimating swimming ability are common mistakes for this age group.

### **Key messages for prevention**

**Supervision:** Keep a constant watch on your children around the water and don't be distracted by your phone. ***Active adult supervision involves focusing all of your attention on children at all times, when they are in, on or around the water. Do not expect older children to look after their younger siblings.***



Children have short attention spans and can be easily distracted. Remain within arm's reach of toddlers to ensure you can get to the child in time if something goes wrong. Older children still need to be supervised by an adult who is ready to enter the water in case of an emergency. Always take children with you if you leave the water area.

**Reduce the hazard:** Use safety barriers, such as pool barriers, to restrict access to water. Remove hazards such as pot plants and chairs from pool barriers to prevent children climbing on to them and over the barrier. Do not prop any doors or gates open as this may allow children access to a body of water. Create a safe play area to separate children from bodies of water such as swimming pools and dams. This is especially important on farms and larger properties as very young children have been known to follow family pets to water over very long distances. Regularly inspect and maintain your pool barrier and gate to ensure that it is working properly. Weather conditions and general wear and tear can affect the performance of your pool barrier.

**Knowledge/water awareness** Water familiarisation lessons can assist in teaching children to swim while also helping them understand water safety.

**Resuscitation** Learn CPR and update your skills regularly so that you are prepared in the event of an emergency. Resuscitation posters are a good reminder to keep around pools and spas

### **For more information see:**

- [kidsafe.com.au/water-safety/](https://kidsafe.com.au/water-safety/)
- [www.watersafety.nsw.gov.au/Pages/resources/be-water-safe-not-sorry.aspx](https://www.watersafety.nsw.gov.au/Pages/resources/be-water-safe-not-sorry.aspx)

# 5 Benefits of Using Nursery Rhymes With Your Child



Nursery rhymes... remember them?

Surely when you were a child they were very “in vogue”. But their popularity

seems to have decreased in time, even though they are an excellent way of having fun with your child and developing their brain.

Nursery rhymes offer oral support to children and aid in their development of hearing awareness. They are part of children’s pre-literacy skills, being an important pillar in their cognitive development. Their value to children’s language and learning foundation cannot be underestimated.

## Benefits of teaching your child nursery rhymes

### • Developing phonemic awareness

- Nursery rhymes teach children to pronounce words. A lot of nursery rhymes are full of interjections or funny words. They have the role of helping children repeat difficult groups of sounds with the aim of improving their speech. Above all, nursery rhymes teach children intonation and correct pronunciation.

### • Building memory and articulation

- Nursery rhymes are full of rhyming words, and usually it is words or groups of sounds that you don’t encounter in regular words. By introducing your child to these patterns of sounds, nursery rhymes give their brain the input it will need to categorise words by their internal structure. This acts as a precursor to written language, where children have to identify the sounds of written words.

- For example, nursery rhymes help your child’s brain to differentiate between syllables and to identify similarities between words that rhyme or words that begin with the same sounds.

### • Understanding of concepts: painting pictures in children’s heads

- When you teach your child nursery rhymes, you are contributing to their creative development. When you talk to your child from the moment they are born, through to their years of learning how to talk, you are equipping them with a solid vocabulary base.

- What is more, children also learn to understand abstract concepts like big, small, in front, behind, first and last. The words used in nursery rhymes help children develop language comprehension by associating words with people, objects, and events in their daily life.

### • Development of social routines

- There are lots of fun nursery rhymes that you can sing in two parts. Teaching your child when they should tell their part in the rhyme contributes to their development of social skills. What is more, your child will also learn important conversation lessons, such as turn-taking and listening.

### • Listening skills

- When you read nursery rhymes to your child, you are telling them a story. Because of the rhyming words, the storyline, and your pronunciation, children are lured into the story and pay attention to you. This helps them make sense of the story and at the same time makes them good listeners.

## How many nursery rhymes do you know?

*Ref: Playgroup NSW*