

Mimi's OOSH Term 2 Newsletter

Written and compiled by Melissa Raines

Hello everyone can you believe that we are half way through the year! We were very busy towards the end of term 1. You may have heard from your children that we have introduced a new rewards system called Mimi's OOSH dollars. The children will receive OOSH dollars for, helping each other, making good choices, being kind, being polite and respectful, listening to our peers and educators, putting rubbish in bins provided, looking after toys and outdoor equipment and playing with equipment fairly and appropriately. With the OOSH dollars the children earn they are able to select from a wall of prizes and choose to spend or save their hard earn dollars. You are very welcome to come view our Mimi's shop.

Childcare rebate

In this terms newsletter I have included information on the child rebate, I hope it may be able to answer or provide much needed information on how it works for your family and circumstances. Some of our Mimi OOSH families have used over their allowable absences meaning you are no longer entitled to CCB and CCR, the government will not pay any money on an absence once you have used all 42 of the allowable absences. But fear not the end of the financial year is here soon so all families will regain their 42 allowable absences. Anytime during the year you would like to know how many absences you have had send a email request to Kirsten's who is Mimi OOSH'S accounts manager at mimioosh@live.com.au, Alternatively you can ask Karen, Mel or Bec and they will be happy to forward on any questions to Kirsten.

Autism awareness month.

In April we celebrated Autism awareness month raising a grand total of \$100 dollars. Thankyou to everyone who donated to this very special cause. During vacation care we celebrated with a blue day. The money raised on this day will go to the autism awareness foundation, autismawareness.com.au



Mimis Garden

You may have noticed that our garden was up rooted to make way for our winter vegetables. We have planted, blueberries, strawberries, basil, broccoli, tomatoes, thyme, chives and I'm sure there are some other herbs hiding. Please remember that all Mimi OOSH families are very welcome to help themselves to the garden.

Mimi OOSH is seeking your help with extending our OOSH garden. We are hoping to include a garden using recycled pallets as plant hangings to hang on the wall to the east of our garden beds. We have previously applied to the St George Permaculture club to assist us with this project but unfortunately due to various factors they were UN able to help ☹

We have programed a garden makeover day during our winter vacation care on the 11/7/13 to implement the project.

The following ways are ways in which you or someone you know can assist with our garden project:

- We are seeking hard wood pallets either used or made up ones to use in the project as the usual treated pine pallets contain deadly arsenic and are unsuitable to use for edible plants.
- Materials or plants such as soil, seedlings or anything related
- Your time and knowledge
- Referral to a gardening club or any community groups who could help us with this project and on a regular basis with our garden.

Thank you in advance for your help. The garden provides our Mimi OOSH children, many of whom live in apartments, the opportunity to reconnect with nature, learn about gardening and environmental issues and most importantly develop a sense of belonging and community.



A friendly reminder

I'd also like to remind parents about the importance of signing your children in and out of the service this is a legal requirement and involves very large fines for the service for non-compliance and is also a requirement and obligation for families receiving CCB, if your child is not signed in and out correctly they may not be eligible to receive CCB . I'd also like to stress that parents take care when signing children in that they actually write the time and sign in the space

allocated, in the morning this can be time consuming when having to resign the children in and may also affect family's ability to claim CCB.

Quality standard 5

This month the educators are reviewing Quality standard number 5.

About the standard: When children have positive experiences they develop an understanding of themselves as significant and respected, and feel a sense of "belonging"

What we aim to achieve with the standard 5.1: when children experience nurturing, respectful reciprocal relationships and consistent emotional support this contributes to the strong sense of wellbeing.

How standard 5.1 contributes to quality education and care: constructive everyday interactions and shared learning opportunities form the basis of the relationships that educators and coordinators build with each other, these relationships provide a solid foundation from which to guide and support children as they develop the self confidence and skills to manage their own behaviour, make decisions and relate positively and effectively to others.

Mailing list

Karen will begin mailing, newsletters, surveys and vacation care forms along with other important news and Mimi Oosh updates. If you are not receiving any of these please email Karen on mimioosh@live.com.au so your email address can be updated.

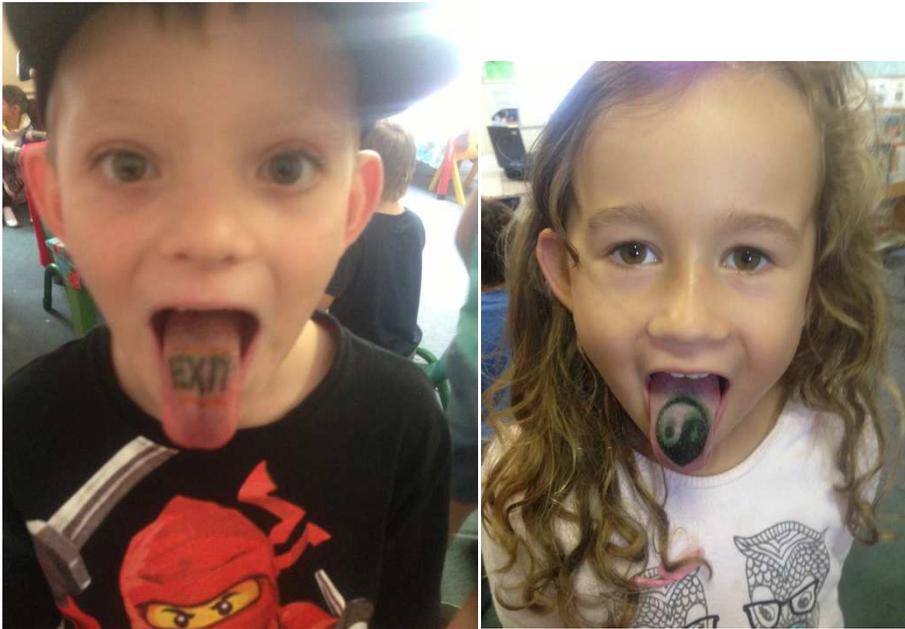
Vacation Care

Term 1 vac care was action packed please enjoy some photos of the fun we all had.

Below Dakota, Mia and Tahli enjoy hula hooping in unison they see who can spin the hoop for the longest.



Cooper and Aria show off their tongue tattoos a favourite amongst the vacation care children.



The children show they can seek out positive experiences outcome 3.

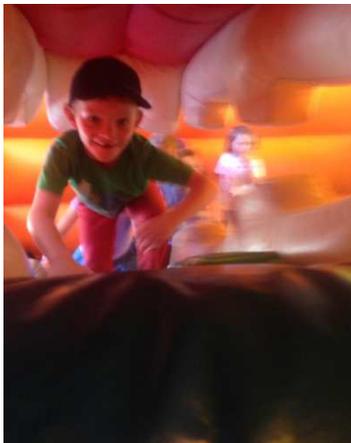
The children enjoyed a long awaited excursion to Cronulla Cinemas to watch the Croods. We were very fortunate to be able to hire the cinema out so after the movie the children ran to the front and enjoyed dancing to the rolling credits. It was very fun to watch and the children really had a great time.





The school also gave us the very important job of taking care of the chickens whilst the school was away on holidays. The children were very happy to help and enjoyed collecting eggs cleaning the coop and feeding the chicks. They also enjoyed trying their luck at catching them. The children were able to explore, infer, predict and hypothesise in order to develop an increased understanding of the interdependence between, land, people, plants and animals. Outcome 2 of the framework.

We enjoyed sometime on the Jumping castle, here Cooper climbs through the alligator's jaws this was a favourite amongst the children they all wanted to get caught in the reptile's mouth.



We also for the very first time had the special big blue bus called “Gym bus” this was exciting and the children had fun combining gross and fine motor movement and balance to achieve complex patterns of activity including dance, creative movement, drama and sports. Outcome 3 of the framework.



Interview with Zac Wastie.



Mel – “I heard you recently went away, where is it that you went?”

Zac- “Hawaii”

Mel “Could you name your top 3 moments”

Zac “Pearl harbour because you go in the marine”

Mel “what’s that?”

Zac “its like a memorial but its under water like a ship wreck”

Zac “parasailing because you got to see the turtles when you were up in the air”

Zac “Surfing, it is worse there at the beaches because you land on rocks, I caught 3 into shore and 1 into North shore which is all the way up the top to Waikiki.”

Mel “what was your funniest moment?”

Zac “ At Honolulu zoo, when we were looking at the animals, mum said what’s that animal, but it was actually a statue. (Zac is laughing his head off as he tells the story) Mel “what was the best thing to eat?”



Zac “chicken and pig”

Children’s say

I asked the children what scares them. A lot of them said nothing but here are a few responses from the children who weren’t afraid to tell me some of their fears.

Kirra "when I get in trouble"

Zac "when my teachers screams like a devil. We have a pet devil it's pretty naughty"

Sam F "I'm scared of this dude called Edward"

Jack F "sharks"

Mel "moths"

Rory "snakes"

Naomi "vampires"

Anya "spiders"

Sarah "cockroaches"

Talia "spiders, I absolutely hate spiders, they're creepy.

Aria "bugs and moths"

Karen "yucky spiders"

Bec "cockroaches"

I also asked some of the children what annoys you/makes you angry?

Mia L- "when my brother screams at me"

Jack L "when someone punches me"

Eva A "when Alyssa be's me"

Zac "when my dad annoys me"

Rory G "my brother"

Bailey "when my sister hurts me"

Naomi " when people throw food in my face"

Matthew "phones because they can smash easily and there not very efficient"

Taylor "my sister annoying me and telling lies so that I can get in trouble. She always gets away with it"

Karen recently attended a parenting education program called “The circle of Security” below Karen has a written a review of what she learnt during this 8 week course.

The Circle of Security

Parenting Education Program

Review by Karen Lincoln

Recently while pursuing early childhood intervention for our son it was recommended that my husband and I participate in a parenting course, more specifically the Circle of Security Parenting education program.

The circle of security is an 8 week parenting program that increases, parents understanding of their Childs emotions and develops skills that will enhance parent’s relationships with their children throughout life and at any age, whilst also increasing their children’s confidence and self esteem.

At first I was a little put out and offended that someone thought my husband and I needed parenting skills, as I in particular am a qualified child care educator, I also felt that as my husband and I had taken an attachment approach to our parenting that we wouldn’t learn much and we didn’t need help enhancing our relationship with our son. However the mutual desire we had to help our son and the hope I had, for both of us to get on the same page regarding our parenting styles and behavior management was all of the motivation we needed to complete the 8 week programme.

During my early childhood studies I learnt many different ways to help children manage their behaviors and emotions, which for the most part were relevant and effective, but it wasn’t until I completed the Circle of security parenting program, I was able to extend my understanding of children’s relationship and emotional needs through learning about the Circle of security diagram.

The Circle of security diagram is made up of two hands that form a circle, and is a metaphor that represents a secure relationship. The top hand explores the Childs need for a secure base and the bottom hand explores the child’s need for a safe haven. If the child’s needs within the circle are not met it is thought the child will demonstrate “miscuing” (mis behaving), Miscuing occurs when your child expresses a relationship and attachment need that is not met so the child “miscues”, in order to try to and have their needs met. Almost all challenging behaviors occur through a child miscuing in order to get their attachment and relationship needs met.

It is through the learning of this circle that my husband and I learnt to recognise our sons miscues and help him back to security but also where our own attachments with our primary care givers were not so secure and how this can create feelings of anxiety when your child’s behavior is expressing an attachment need. Once you can identify where on the circle of security your own attachment needs were not met you are then able to recognise that this is what causes you to experience anxiety at some of your child’s behaviors, this understanding alone

minimises your anxiety and enables you to help your child to organise their internal world (or feelings) and there need for a secure attachment and relationship with you throughout childhood and beyond.

I highly recommend the circle of security parenting program to all parents' weather your experiencing challenging behaviors with your child or you just want to ensure you have a strong secure relationship with your children throughout their whole life.

Mimi OOSH has purchased three books from my Circle of Security training facilitator, as they promote similar parenting principles as the Circle of Security Program, they are available to Mimi OOSH families for free hire, they are:

- ❖ When Your Kids Push Your Buttons and What You Can Do About It, by Bonnie Harris
- ❖ Confident Parents Remarkable Kids 8 Principles for Raising Kids You'll Love to Live With, by Bonnie Harris, M.S. Ed
- ❖ Every Day Learning about getting your buttons pushed, by Bonnie Harris

Please see a Mimi OOSH Educator if you would like to borrow one of the Bonnie Harris books, and for further information about the Circle of Security Parenting Program please contact Learning links on 85258241, your local community health centre or try Google searching "The Circle of Security Parenting Program",

How to claim the Child Care Rebate

- You will need to apply for the Child Care Benefit first. There is no separate claim form for the Child Care Rebate. You will automatically be assessed and paid if you are eligible when you apply for the Child Care Benefit, even if you are assessed at a zero rate for the Child Care Benefit, due to your family's income).

The Child Care Rebate is an additional payment to the Child Care Benefit which helps families to cover the out-of-pocket costs of child care.

You can apply for the Child Care Benefit in person or online through Centrelink. To apply online visit humanservices.gov.au/childcarebenefit.

Child Care Rebate payments will be made once Centrelink has received child care attendance details from your child care service/s.

How much could you get?

To find out how much Child Care Benefit and Child Care Rebate you could receive, use the child care estimator on www.humanservices.gov.au/estimators or call 13 24 68.



Examples of how Child Care Rebate works

Nick and Kate

- Nick and Kate both work full time and meet all of the eligibility requirements for Child Care Benefit. However their family income is too high to receive any Child Care Benefit.
- Their first child, Ben, is in Outside School Hours Care, which costs \$102.50 per week, \$4,920 over the year.
- Their second child, Sam, is in Long Day Care, which costs, \$310 per week, \$14,880 over the year.

	Ben	Sam
Total child care fees:	\$4,920	\$14,880
Child Care Benefit entitlement	\$0	\$0
Out-of-pocket expenses	\$4,920	\$14,880
Child Care Rebate (= 50% of out of pocket expenses)	\$2,460	\$7,440
This means that child care fees are reduced by \$9,900 and Nick and Kate pay only \$9,900 over the year.		

- This example is based on 48 weeks of care.

James and Sally

- James works full time and his partner Sally is studying. Their family income means they receive some Child Care Benefit.
- Their first child, David, goes to Outside School Hours Care, which costs \$85 per week, \$2,550 for the year.
- Their second child, Bella, is in Family Day Care, which costs \$200 per week, \$6,000 for the year.

	David	Bella
Total child care fees:	\$2,550	\$6,000
Less Child Care Benefit entitlement	\$450	\$1,500
Out-of-pocket expenses	\$2,100	\$4,500
Child Care Rebate (= 50% of out of pocket expenses)	\$1,050	\$2,250
This means that child care fees are reduced by \$5,250 and James and Sally pay only \$3,300 over the year.		

- This example is based on 30 weeks of care.

For more information

Visit australia.gov.au/mychild or call 13 24 68.

A13-0100



Australian Government

Helping you
with the cost
of child care



Child Care Rebate
Helping families with the cost of child care