

# FAMILY & CHILDREN'S SERVICES NEWS

CORANGAMITE SHIRE  
JULY 2019



## Check out the Lunchbox Builder

Have you seen the Lunchbox Builder?

It is an interactive tool for families to use to plan and pack a healthy lunch box.

We know 1 in 3 cancers can be prevented by adopting a healthy lifestyle, which includes eating well. But 93% of children don't eat enough vegetables and adults aren't eating enough either.

This website will save you time and money, and there are clever tips and tricks for adding fruit and vegetables to the lunchbox.

<https://healthylunchbox.com.au/healthy-lunch-box/>

**HEALTHY LUNCH BOX** LUNCH BOX BUILDER RECIPES & IDEAS TIPS ABOUT SEARCH Cancer Council

**A healthy lunch box contains...**

- Breads & cereals
- Vegetables & salads
- Meat & alternatives
- Dairy
- Water
- Fruit

**Your lunch box tips**

- Sandwich**  
Choose multigrain or wholemeal bread, or a high-fibre loaf for children who only eat white bread.
- Water with cucumber slices**  
Try adding cucumber slices or frozen berries or sliced orange/lemon to your water for a refreshing healthy drink.
- Cream cheese**  
Use as a spread on crispbread with veggie toppers or on sandwiches with tuna or salmon and salad.

**Recipes & more**

- Turkish, avocado, ricotta & tomatoes \*NEW\***  
Prep: 10 min Cook: 0 min  
[View recipe](#)
- Zucchini and cheese hashbrown cups**  
Prep: 10 min Cook: 30 min  
[View recipe](#)

## National Aboriginal and Torres Strait Children's Day Wednesday 4 August

### We Play, We Learn, We Belong.

We play on our land. We learn from our ancestors. We belong with our communities.

In 2019, National Aboriginal and Torres Strait Islander Children's Day is celebrating the early years, and promoting the importance of

early years education and care for our little ones.

We recognise the critical role that family, community, country and culture play in their development.

And we will continue to fight for better access to culturally appropriate early childhood education for our children through Aboriginal and Torres Strait Islander organisations.

[aboriginalchildrensday.com.au](http://aboriginalchildrensday.com.au)



# MATERNAL AND CHILD HEALTH NEWS

First time Parents Group sessions are starting in Camperdown and Timboon.

New parents in the past have found that

- Great friendships can be made, with groups continuing to meet after the course
- The support from other parents going through a similar stage was very valuable
- Practical parenting advice and knowledge increased confidence

The course runs over six weeks with a different topic covered each week.

Camperdown starts Wednesday 3 July and Timboon starts Monday 24 June. Both are held at the MCH centres with a visit to the local library as one of the sessions.

**For more information contact Corangamite Shire Maternal Child health service on 1800 552 902.**

## FREE SMALL TALK PLAYGROUP

**A playgroup for children aged 0-5 years which supports parents as their child's first educator.**

A trained facilitator will provide activities for you and your child to enjoy together.

Weekly small talk topics are introduced to explore how young children develop and learn.

Small Talk Playgroup is continuing in Lismore and Princetown in third term.

**Princetown:**

Wednesdays starting 24 July from 10 am-12 pm at Wiridjil Hall.

**Lismore:**

Tuesdays starting 23 July from 10 am-12 pm at the Lismore Primary School.

**To register your interest, please contact:**

**Melita Bond**

**ph: 5231 4740**

**m: 0418 811 663**

## MOBILE CHILD CARE NEWS

**Mobile Child Care - Skipton 'Children have strong connections within their community'**



Over the past few weeks the children's artwork has been evolving to represent our local community through visual art. We engaged in individual pictures of local scenes then followed this with the creation of a group mural of our local landscape.

Next we explored indigenous art using clay as a base for our paint. Connections to our environment, the importance of caring for it and learning about our history is building our knowledge. Who we are, how we fit in, and how we learn about the value of our truly unique environment.

# KINDERGARTEN NEWS

## SCHOOL READINESS FAMILY ENGAGEMENT PROJECTS

This year our funded kindergarten services have been able to access additional School readiness funding. This funding will provide extra support to our kindergartens to help more children reach school developmentally on track.

Catharine Hydon and Gilda Howard have been engaged to work with all our kindergarten teachers to deliver a family engagement project through the School Readiness Funding.

Gilda and Catharine visited our kindergartens during the second week of June.

The aim of the project is to improve children's language and literacy skills, with particular focus on Emergent literacy. Emergent literacy is used to explain a child's knowledge of reading and writing skills before they learn how to read and write words.

**Over the next few month we will be highlighting what's happening individual kindergarten services.**

Western Plains Mobile Preschool

The families at Western Plains Mobile preschool is participating in 1000 Books before School to promote early literacy



skills. Reading just ten minutes a day can instill a lifelong love of books and learning in young children. The children have enjoyed showcasing their favorite story books each week.

The children are visiting the Derriannlum library every second Thursday to borrow & change books using their library cards. Julie, the librarian at Derriannlum library has mentioned to Sarah she has enjoyed building the relationships with the children and ensuring the Derriannlum Library is an inviting and accessible space for all community members. Julie has been very supportive of the Family Engagement Project.

If you would like to participate in the 1000 books before school project you can register at any one of the local participating libraries. A library membership may be required to join the program.

What is it that you would like to know about the family engagement project at your kindergarten???

## After Kindergarten / After School Care starting in Terang

Corangamite Shire Family and Children's Services is proud to deliver quality After Kindergarten and After School Care programs in the safe and friendly environment of the Terang Kindergarten.

A fantastic early childhood educator will work with a child-centred approach, providing a wide range of relaxing and fun experiences supportive of children's evolving interests.

Initially operating on Monday and Wednesday. The educator will walk to Terang College to collect school children.

The service starts Monday 15 July.

### **Sessions available:**

**After Kindergarten - Monday and Wednesday, 4 pm-5:30 pm**

**After School - Monday and Wednesday, 3:15 pm- 5:30 pm**

With sufficient enrolments the services could be expanded to the other days. Expression of interest welcome by phoning 5593 7100.

## One online enrolment form for all services

This year we are trialling a single enrolment form for all services to make it simpler for families to complete. An online form is available on our website:

[www.corangamite.vic.gov.au/Community/Family-Children-Services/Enrolment-Forms](http://www.corangamite.vic.gov.au/Community/Family-Children-Services/Enrolment-Forms)

Once the new combined form is completed enrolling in a different Council Early Years' Service will be as simple as a phone call - 5593 7100.

# WHO'S WHO

## BARB COVERDALE

Mobile Child Care & After Kindergarten/After School Care Timboon

How long have you been working in Family & Children's Services?

I have always worked here in Family and Children's services,

**2. How long with the Shire?**

Started with the shire a long time ago.

**3. What was your first ever job?**

Working in a fish and chip shop.

**4. Are you more movie, music or books person?**

Movies and books.

**5. Tell me something about your current role that most people wouldn't know?**

I like the drive.

**6. What inspires you?**

Nature and the environment.

**7. What keeps you up at night?**

Plans for work.



**8. What are you known for?**

Hmmm my hair!

**9. When you get free time what do you love to do?**

Visit my grandbabies, ride my horse or walk up a local 'hill'.

**10. Favorite destination for vacay of all time?**

I loved my trips to India and New Zealand.

## WINTER SCHOOL HOLIDAY FUN Clippy



**Wednesday 3 July**

**Killara Centre, Camperdown**

10 -11 am OR

11:30 am-12:30 pm

For primary schoolers.

\$5 per child. Limited places.

Book on 5593 7100.

## Stacks up by Circus Oz



**Wednesday 10 July**

**Theatre Royal, Camperdown**

10 am-12 pm OR 12:30

pm-2:30 pm. For primary & secondary schoolers. \$5 per child. Limited places.

Book on 5593 7100.

## Free movies

**Thursday 4 July**



**Thursday 11 July**



**Theatre Royal, Camperdown**

Doors open 1 pm for 1:30 pm start. Snacks available.

KINDERGARTEN  
ENROLMENTS

CLOSING SOON

ENROL ONLINE

SIMPSON COBDEN  
SKIPTON TERANG  
WESTERN PLAINS  
TIMBOON

[WWW.CORANGAMITE.VIC.GOV.AU](http://WWW.CORANGAMITE.VIC.GOV.AU)