

NEWSLETTER

Family Edition



ISSUE #6 | October 2020

Health and social equality for our communities

Welcome and Update



Welcome back for the 6th edition of our Family Newsletter. We hope you have settled back into the school routine and that you enjoy the final term of school for the crazy year that 2020 has been. In 2021, our newsletters may be less frequent or we may decide to post important articles and information to our Facebook page instead. Stay tuned!

Our child health team have been seeing clients again face-to-face (wearing PPE) and some families have requested to continue with telehealth sessions!



COVID-19 is continuing to change on a daily basis. We will do our best to inform you of changes to service delivery on our Facebook page and website.

Feel free to ask us any questions or contact your child's clinician.

Christmas Craft Corner

Christmas is just around the corner, so here is a Christmas edition of the Craft Corner. This craft idea could be used as a Christmas tree decoration or to be hung outside like a wind chime. *You could also make this a Santa themed version!

Reindeer 'windsock' Toilet Paper Roll Craft

You will need;

- Toilet paper roll/s
- Brown / red / white paint
- Brown / white paper
- Red and green tissue paper
- Scissors
- Glue
- Black texta
- Pom poms
- Hole punch
- String or yarn

First, paint your toilet paper roll and let it dry.

Second, punch 2 holes at the top either side for the string to go through. Thread string through and tie it at the top.

Third, cut out antlers (or moustache) and stick on the roll.

Fourth, draw on eyes and stick a pom pom on the roll for the nose.

Finally, stick long strips of tissue paper to the bottom of the roll.

Your Reindeer or Santa is complete! Merry (early) Christmas to all our families!



**Feeling unwell?
Get tested.
Stay home.**



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Ready, Set, School!

Adapted from IPC Health handout

Many parents and teachers will hear and use the term “school readiness” as the year comes to an end. But what does it mean?

Social and emotional skills are the most important developmental areas for school readiness. The following areas are a guide when deciding if your child is ready to start school or areas that can be worked on before the New Year comes around.

1. Separating easily at drop off time.



2. Independence e.g. toileting, dressing, carrying own bag and opening lunchbox.



3. Managing emotional responses.



4. Speech and language skills such as asking questions, asking for help, knowing and using words and understanding instructions.



5. Social skills like playing with others, making friends, taking turns and sharing.



6. Participating in routines e.g. sitting with group during mat time, listening without interrupting and following instructions.



Our child health team hosted a webinar on school readiness for parents and kinder staff. The ‘Stepping up to School’ recording is now available on YouTube! https://youtu.be/Yv_Wf3dnYb4

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FUN ZONE!

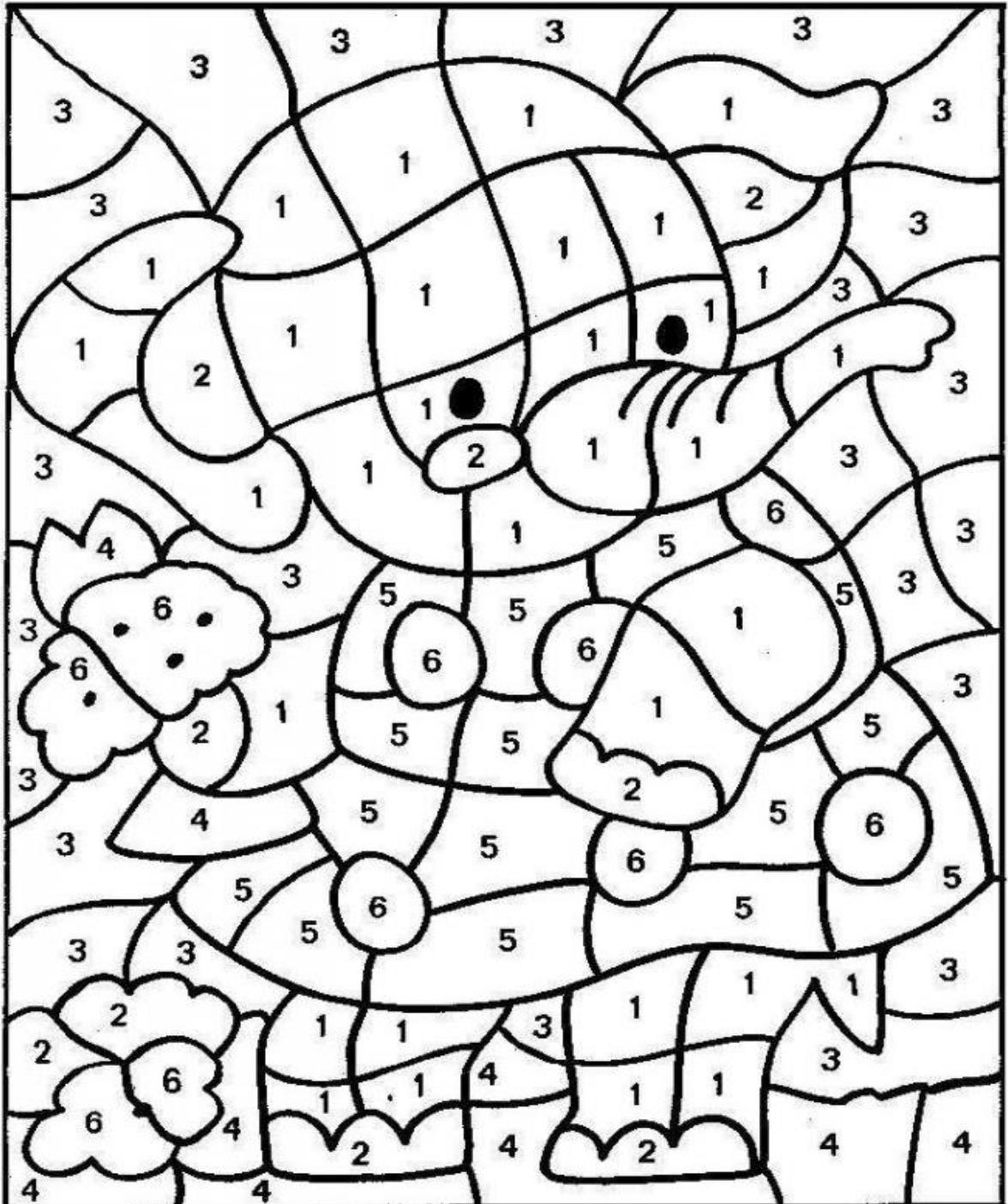
If you have any suggestions for fun activities, send them to us!

• Colour the Code

This sort of 'code colouring' is a great chance to talk about colours and numbers with your child as well as practicing following instructions. Try not to "test" them about the colours and numbers. Have fun!

For older children you can find colouring activities with coding such as addition, multiplication or grammar/vocabulary.

- 1 = blue
- 2 = pink
- 3 = yellow
- 4 = green
- 5 = red
- 6 = purple



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