



MONTHLY NEWSLETTER

February 2025

Follow us:
Bowen/Collinsville Family Day Care



Welcome New Families!
Parsons, Bradley/Lau, Abell, Gibbons. Te Moana, Dwyer, Harrison/Wakeling, Miller/Mossop, Mizzi, Power, Cantarella, Kruger, Hill, Gibbons, Hartfiel/Attalioti, McLees, Gust/Hellum, Daniels/Nesbit, Moran-Insch, Moxham, Bannister/Brown, Pucciarmati, Lange, Thomas/Lisiewicz

Dates to note:

14th Valentines Day

Too Much Tech?
Watch for these signs

Complaints about being bored without screens

Problems with sleep, school, or face-to-face interaction

Harsh resistance to screen time limits

Are you seeing these signs?
It's time to talk about tech.

TALK heart2heart

**Do you have any questions?
Would you like to provide any feedback?**

**Please contact the
Bowen/Collinsville Coordination
Unit!**

Email: fdcbowen@tpg.com.au

Phone: 07 47 86 1399

Office Hours: 8am to 4pm.

(Please contact us via mobile outside of office hours)

Does your child attend two childcare services?

When a child attends multiple childcare services, this may cause issues with subsidised CCS hours.

Centrelink will process CCS hours in the order that they receive attendance reports for your child.

Services do not necessarily submit attendance reports on the same week, meaning, even if a parent believes that they are within their allocated hours for their child's attendance, this may not reflect Centrelink processing and therefore, a family could go over their subsidised hours and will have to pay full fee's.

Families are able to allocate hours to each service their child attends.

To allocate hours, call the Services Australia Families Line- 136 150.
<https://www.servicesaustralia.gov.au/if-your-child-enrolled-other-child-care-service?context=41186>

Website:
www.bowencollinsvillefamilydaycare.com.au

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Email:
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parents'

Please use your individual PIN to sign your child in and/or out of care - please do not use the one PIN details between parents or across your authorised contacts!

Additionally, accountability requirements for children in Commonwealth funded childcare services in Australia state that the child must be signed in and out of childcare by the person dropping off or picking up the child

If you require your pin to be re-set, please contact the Coordination Unit so we can send you a new link 😊



Deadly Ears

Signs of ear troubles

- Temperature
- Runny nose
- Runny ears
- Cranky and upset
- Hard to settle
- Pulling at ears
- Not reacting to loud noises
- Complaining of sore ears



Where to get help

Call 13HEALTH

Doctor: _____

Address: _____

Phone: _____

Nurse: _____

Address: _____

Phone: _____

Health worker: _____

Phone: _____

Helping little people
to hear, talk, learn and play

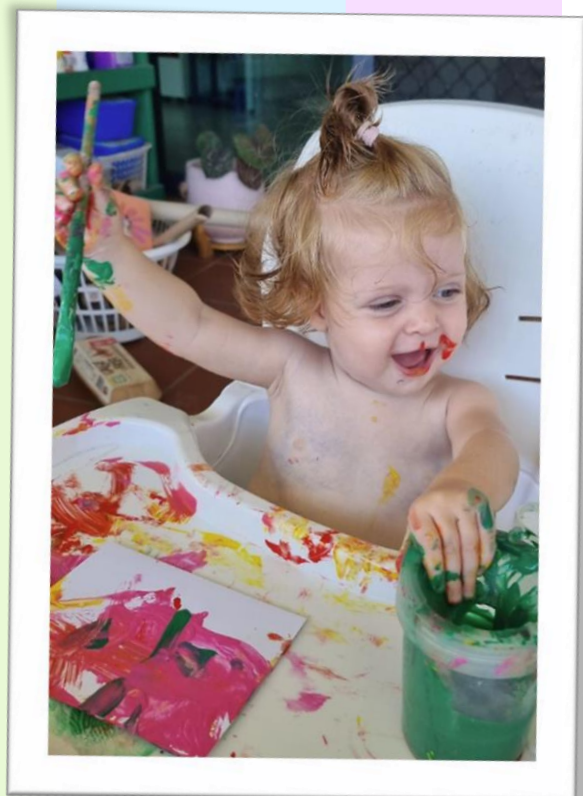
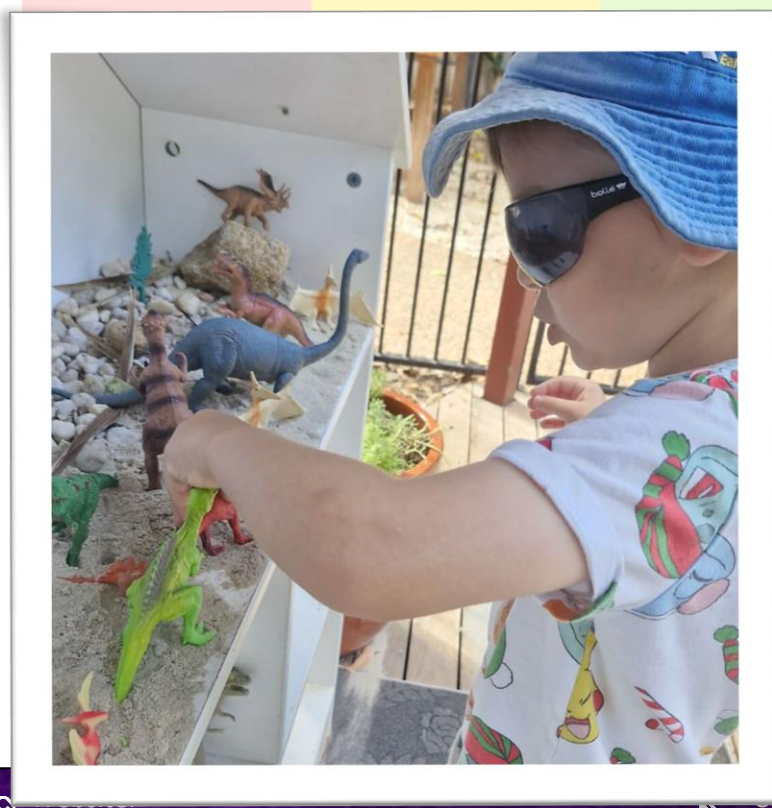
Website:
www.bowencollinsvillefamilydaycare.com.au

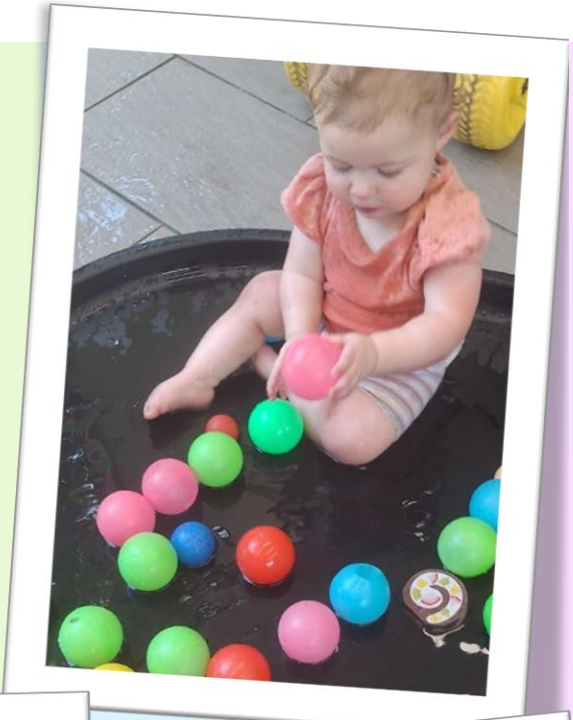
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Independent play

Theorist Outcome 4 - Steiner. He believes that children need free, creative play to develop their spirit, bodies and minds.







TAKE CHARGE...

of button batteries around your home

identify | secure | elevate | eliminate

Identify items with button batteries in them, secure the battery compartment, keep them out of reach of children and dispose of them safely.

If you think your child has swallowed or inserted a button battery, immediately call the 24 hour **Poisons Information Centre on 13 11 26** for fast, expert advice.

For more information visit www.kidsafe.com.au





Quality Area 1.1.2

Child Centred

Each child's current knowledge, strengths, ideas, culture, abilities and interest are the foundation of the program





School lunch box guide

Grains

Include 2 of the following:

- 1 slice of wholegrain or wholemeal bread
- ½ medium wholegrain bread roll or flatbread
- ½ cup cooked brown rice, pasta or quinoa



Vegetables

Include 2-3 of the following:

- 1 tomato
- ½ cup sweet corn
- ½ cup vegetable sticks
- 1 cup raw salad vegetables



Protein

Include 1-2 of the following:

- 1 small can of tuna
- 2 hard-boiled eggs
- 80g chicken
- 1 cup canned chickpeas



Fruit

Include 1-2 of the following:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit



Dairy

Include 1-2 of the following:

- 1 cup low-fat milk
- 2 slices or 4 cubes of reduced-fat cheese
- 200g yoghurt
- ½ cup ricotta
- 100g tofu



WHY WAS THERE A CHANGE IN HOW PARENTS PAY GAP FEE'S?

The Department of Education have announced **legislation changes regarding the way payments for 'gap fees' are collected** from families. All child care providers had until July 2025 to implement Electronic Funds Transfer payment arrangements. (recently amended to Jan 2026)

Bowen/Collinsville Family Day Care has implemented the Redpay software to collect gap fee's from families. We have spent considerable time investigating the options to ensure we remain compliant with the legislation, with the least amount of disruption to families and educators.

If you have any questions or feedback, please contact the Coordination Unit
fdcbowen@tpg.com.au



EDUCATOR SPOTLIGHT

SHAE LEE STACEY

Name: Shae-Lee

Location: Bowen

How long have you been an educator: I started in 2022 and have been a family daycare educator for two and a half years.

What is your favourite things about being an educator: The relationships you build with children and the connections you make and being able to watch and help the children grow and develop. How would you describe Lynell and Shae-Lee's Family Day Care: Our daycare is child centred and focused on the children's wants and needs. We are child lead and our daycare is a fun and safe place for the children.

Do you have any tips for your fellow Educators? To hang in there and not let the tough times take you down but to push through the challenges.

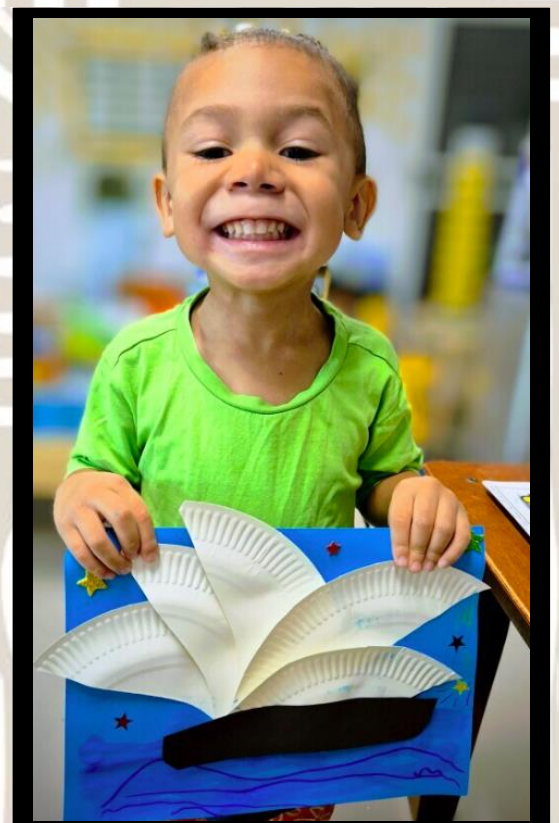
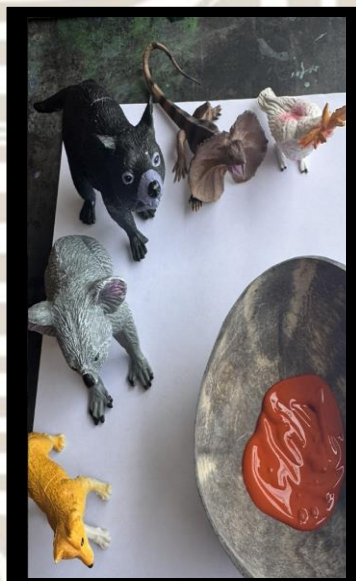
Are you happy for other educators to reach out and connect with you? I would love to connect with other educators and meet like-minded people.



Investigating things iconic to

Australia

CHILDREN HAVE A STRONG SENSE OF IDENTITY
CHILDREN ARE CONNECTED AND CONTRIBUTE TO THEIR WORLD



How to get rid of head lice using the wet combing technique

Use this method to check for and treat head lice

5 things you will need:

- hair conditioner
- a wide toothed comb
- a fine long toothed head lice comb
- bright light or sunlight
- tissues or paper towel.



20 Minutes

Conditioner stuns head lice for around 20 minutes and makes hair slippery, making it easier to remove lice from the head.



7 steps to remove head lice:

Work quickly as the effect of the conditioner starts to wear off after about 20 minutes.

Step 1

Generously apply conditioner to dry hair to cover the scalp and the full length of the hair.

Step 2

Untangle the hair with a wide-toothed comb.

Step 3

Put the fine-toothed head lice comb flat against the scalp and draw the comb through each section of hair from the roots to the ends.

Step 4

Wipe the comb after each stroke onto white tissue or paper towel, checking each time for head lice and nits.

Step 5

Comb each section of hair at least 5 times.

Step 6

Wash the hair as normal.

Step 7

Scrub the comb with an old toothbrush to remove any eggs or lice that may be present.

REPEAT. If you find live head lice, repeat steps 1-7 every 2 days until no lice have been found for 10 days.

Wet combing using conditioner should be avoided for at least one day before and after chemical treatment, or as per the manufacturer's directions.

www.sahealth.sa.gov.au/headlice

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This document has been reviewed and endorsed by SQCAG* for consumers and the community January 2016.

*SA Health Safety and Quality Community Advisory Group. © Department for Health and Ageing, Government of South Australia. All rights reserved. FS: 15076.2 January 2016.



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Recipe Idea

Berry Sorbet

Serving

Ingredients

- 1 frozen banana chopped
- 1 cup frozen berries
- 200g reduced fat vanilla yoghurt

Method

1. Allow frozen banana and berries to soften a little at room temperature.
2. Place fruit and yogurt in blender and blend for 30 seconds or until all the ingredients have mixed into a smooth sorbet.
3. Spoon into cups and enjoy.



Sustainable activity idea

Reuse the lids from your wipes to create a fun activity! Fill with sensory items, photos, play a memory game.....

The option is up to you!





ACCC PRODUCT SAFETY

Sleep your baby safe.

Putting your baby to sleep flat on their back is the safest way for them to sleep.



Sleeping on an incline increases the risk of sudden death for your baby from:

- rolling into a position that blocks the airways
- dropping their head onto their chest, which restricts their breathing.



Reports indicate 151 babies in Australia have died in inclined products such as rockers, bouncers and on propped items.

Check out more information about keeping baby safe on our website.



Acknowledgement to Country
Wadda Mooli

We acknowledge the traditional custodians of the land upon which we work and live, the Juru people of the Birri Gubba nation, and recognise their continuing connection to land, water and community.
We pay our respects to Elder's past, present and emerging.