

# Pelican News



## October Newsletter

Pelican Childcare welcomes all new families to our centre. A monthly newsletter is made available to all families, we hope you enjoy reading all about our centre.

### Message from Julie

It has been a fun filled month at Pelican Childcare Heatherton in September. Our validation visit from the NCAC over two days was a busy time for all. We now await the official results and will let you know as soon as they arrive.

Thank you to all the dads who joined us for our Father's Day afternoon tea. The children were all very excited to cook for you and delighted to have dad visit and spend some time at the centre.

We were also very lucky to have some parents come in to share the Jewish New Year celebrations, Rosh Hashana, with the children in the Kinder room. The children all dipped apple in honey to symbolize a fruitful and sweet new year. Art and craft activities were all about Rosh Hashana with mazes, collage and apple people, the children all had a great experience.

We are very lucky to have so many families involved with what we do at Pelican and we look forward to celebrating many more special occasions with you.

Thanks, Julie

### Thank you

A huge THANK YOU to Ben Irons and his mum and dad for donating a desk for our office. It has already been put to good use, your generosity is much appreciated.

### Allergies

We have children in care with food allergies so we need to ensure that we always have their best interests at heart.

We ask all families to ensure that they **do not** bring in any food to the centre from home.

### Staff member of the month

Congratulations to Nyree as she received the staff member of the month award for September. This was given to Nyree in recognition of her willingness to go the extra mile and help others where ever she can. Nyree is always delivering a high standard of care in all aspects of her work and is a truly valued member of our team.



### Toy Catalogue Fund Raiser

Thank you to all the families who participated in the toy catalogue fundraiser. We estimate that we will have raised around \$200 to spend on new toys for the centre.



### Recycled materials

Here at Pelican, we are more than happy to collect interesting and different materials.

If you have anything at home that you are no longer using or no longer want, and you think it might be of some interest to us, please bring it in!

We love things like old clothes for dress ups, old books and toys, tyres, boxes, furniture, mirrors etc, just about anything really!

If you are unsure whether it will be useful to us, just ask one of the team in the rooms and we will let you know.

## Calendar of Events

In **October** we will be celebrating Ramadan with a celebration of middle eastern food, something different to try on the menu.

From the 5th we will celebrate RSPCA awareness week. We will have some visits from our family pets for all to enjoy.

On the **28th October** Junior Kinder and Kinder rooms will visit Myuna Farm in Doveton for the day.

## Hats For Outside Play

Please remember to bring in a hat for your child, remember

**No hat then No outdoor play.**

## Spare Clothes

Please ensure that you always have enough spare clothes in your child's bag to bring to child care.

If your child is toilet training please ensure you have a few sets and even some spare shoes.

## Menu Ideas

Greta has requested some feedback from all families regarding the Menu at the Centre. We are looking at changing the menu in the coming weeks and would like some suggestions from our families as to what you would like to see added to the menu for you child. Please tear off the attached slip below, write down any menu requests you may have and give the slip directly to Greta.

**I would like to see the following meals added to the menu:**

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YOUR CHILD – Learning to Talk

### SPEECH SOUNDS

Children begin learning sounds long before they use their first words. Your child's cooing, gurgling and later babbling prepare him for the speech sounds he/she will master. He/she also learns to listen and tell the difference between sounds.

Although all children are different, sounds are learned in a certain order. The age at which a sound is mastered will vary, but:

By 3 ½ - most children can say  
b p m w h

By 4 ½ - most children can say  
d t g k n y (i)ng f

By 5 - most children can say  
l sh

by 6 - most children can say  
s z ch j v

by 7 - most children can say  
th r

Blended sounds are more difficult and are generally the last to appear, eg. st, sp, sk, bl, pr, thr.

Common mistakes while a child is sorting out speech sounds are:

1. Substituting one sound for another, eg.

"t" for "k" as in ..... "tar" for "car"  
"d" for "g" as in ..... "dun" for "gun"  
"p" for "f" as in ..... "leap" for "leaf"  
"w" or "y" for "l" as in ..... "wight" for "light"  
"w" for "r" as in ..... "wed" for "red"  
"th" for "s" as in ..... "thock" for "sock"

2. Leaving sounds off, eg.  
"moke" for "smoke"  
"bru\_" for "brush"

How well words can be understood by parents:

By 18 months .....25%  
By 24 months .....50-75%  
By 36 months .....75-100%

# Chickenpox - Varicella

Chickenpox is an infection caused by the varicella virus. It can not be treated with antibiotics. Treatment is usually for the symptoms. It is easily spread by either having direct contact with (ie touching) the person who has chickenpox or from fluid droplets in the air from them coughing. Mild fever and a rash are the most common signs of chicken pox. A person with chickenpox is infectious to others 1 to 2 days before the rash develops until the last blister has dried up. Children and adults of any age can get chickenpox but it is more common in children. It is rare to get it more than once and other complications are rare. A chickenpox vaccine is recommended at 18 months as part of normal vaccinations. It is very effective, has few side effects and is free in Victoria.

## Signs and symptoms

- A mild fever.
- Feeling tired and irritable.
- Itch. Rash. The rash usually starts on the chest, back or face. It then can move to other areas of the body including inside the mouth. At first the rash looks like small pimples. These later become blisters full of fluid.



click  
for  
larger  
picture

## How it is spread

Chickenpox is very easy to catch (highly contagious). It can be spread by either having direct contact with the person who has chickenpox, from coughed fluids from their chest or by touching the liquid from the blisters. Children with chickenpox are infectious 1-2 days before the rash starts until the last blister has dried.

## What to expect

**The rash usually starts between 10 to 21 days after first being exposed to someone with the infection. This time between exposure to getting the rash is called the 'incubation period'.**

- Treatment is about controlling the itching from the rash and the other symptoms related to the viral illness. There are many medications and creams that you can get from your local pharmacy to help with the itching like solugel or solosite.
- Most children with chickenpox are unwell for about 5 to 7 days. Only a few need to be admitted to hospital.
- Because chickenpox is a virus it can not be treated with antibiotics.
- Children with a severe infection or with underlying serious medical conditions may be given anti-viral medication.

**If your child gets large, sore, red areas around the rash, or becomes unwell, see your family doctor.**

## At home care

It can be difficult to make sure children drink enough when they are unwell. Give sips of drinks and icy pops, soup and other fluids often. This helps prevent dehydration and helps control the fever. Children with chickenpox can feel tired and irritable. Taking paracetamol can help. Do not put too many clothes on your child or overheat them as this can make the the itching worse.

Children with chicken pox should not go to school or kinder until the last blister has dried. A dry blister scab is not infectious. Tell the school if your child gets chickenpox. There may be other children who need to be immunised or treated.

Someone with chicken pox is infectious to others 1 to 2 days before the rash starts until the last blister has dried up. Some members of the family may need to stay away from the child during this infectious stage. This includes people who are on chemotherapy or long term oral steroids, newborn babies and pregnant women who have not had chickenpox before. Most people cannot get chicken pox again if they have already had it.

Children with chicken pox can usually be cared for at home and do not need to see a doctor. If you are concerned, see your family doctor or Maternal and Child Health Nurse.

Talk to your [family doctor](#), [paediatrician](#), [Maternal and Child Health Nurse](#) or pharmacist.