



STAFFING UPDATE



COOKING WITH KATE



IMPORTANT REMINDERS



IT'S FLU SEASON

TERM 3 - WEEK 2 AND 3 NEWSLETTER

STAFFING UPDATE

Welcoming Brianna and Lachlan to GOOSH

I would like to extend a warm welcome to our newest GOOSH educators - Brianna and Lachlan. Please feel free to introduce yourself to these new friendly faces. See more about them below:

Brianna Horn

- currently studying a Bachelor of Speech Therapy at Macquarie University
- passion for sports - netball, touch football, cheerleading
- passion for arts and crafts
- can speak French
- experience tutoring young children in English and children with disabilities
- regular contributor to local community



Lachlan Stevens

- currently studying a Bachelor of Communications (Media Arts & Production) and a Bachelor of International Studies
- passion for media and music
- volunteers at 2RRR community radio station
- produces and writes electronic music under the project name 'Kenonico'
- experience working with children with disabilities
- surf life saver



Farewelling Ellie Kettels

Whilst we welcome two new staff members to the GOOSH family, unfortunately we farewell one. Educator Ellie finished up at GOOSH on Friday last week. She will be traveling to overseas for a 3 holiday and when she comes back, taking on a more permanent role in another field. Thank you Ellie for your hard work and dedication to GOOSH - you will be missed by staff and children.¹

COOKING WITH KATE

On Thursday 2nd August, a group of children at After School Care requested to make Coconut Ice during Cooking Club.

Ingredients:

- 125g Copha
- 250g Desiccated coconut
- 500g Pure Icing sugar
- 2 Egg Whites - Lightly Whisked
- 1/2 Teaspoon Vanilla Extract
- 3 Drops of Red Food Colouring



Method:

1. Line a square 20cm (base measurement) cake pan with non-stick baking paper, allowing it to overhang the sides. Melt the Copha in a small saucepan over low heat. Remove from heat and set aside for 10 minutes or until cooled to room temperature.
2. Combine the coconut and icing sugar in a large bowl. Add the Copha, egg white and vanilla extract, and stir until well combined. Divide coconut mixture in half. Press half the coconut mixture over the base of the prepared pan.
3. Add the red food colouring to the remaining coconut mixture and stir until well combined and evenly coloured. Spread the pink coconut mixture over the mixture in the pan and smooth the surface. Cover with plastic wrap and place in the fridge for 1 hour or until set.
4. Remove the coconut ice from the pan. Use a knife to cut into 16 small squares to serve.

Our little budding Chef's thoroughly enjoyed being involved in making their yummy treats and of course, enjoyed taking the ultimate taste test once they had finished.

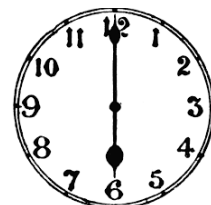
What's up next in Cooking Club?

HONEY JOYS

IMPORTANT REMINDERS FOR TERM 3...

1. Late collection

A friendly reminder to our families that our service closes at 6:00pm. As per our policies as procedures, you will be charged \$5 per minute should you arrive after 6:00pm. Please ensure you contact the centre to give notice if you will be running late.



2. Non-cancellation fee

If your child will be absent from GOOSH for After School Care, you will need to take one of the following steps:

1. Mark your child absent using the 'My Family Lounge' App
2. Notify the centre via email, phone call or face-to-face

Should your child be absent from GOOSH without notification prior to the After School Care session commencing, a \$10 non-cancellation fee will be applied against your account.

3. Sign in/out

A friendly reminder to sign in/out your children. Having this factual information is crucial in the event of an emergency.



4. Cancellation of Permanent Bookings

As per our policies and procedures, 2 weeks notice is required to cancel/change permanent bookings - Please keep this in mind.

CHILDREN'S JOKE OF THE DAY:

Q: What makes a skeleton laugh?

A: When someone tickles his funny bone.



IT'S FLU SEASON... AGAIN

With Flu season upon us, just a friendly reminder that Flu can spread quickly in places such as schools and childcare centres. As such, good hygiene practices and minimising the spread of infection is important.

Any child with symptoms should remain at home until they are well.

According to NSW Health, typical symptoms include the following:

- Fever and chills
- coughs, sore throat
- running or stuffy nose
- muscle aches, joint pain and headaches
- fatigue
- nausea, vomiting and diarrhoea

Apart from staying at home until symptoms subside, what else can be done?

- cover your nose and mouth with a tissue when coughing or sneezing
- throw the tissue in the bin after use
- wash hands often with soap and water, especially after sneezing
- avoid touching eyes, nose or mouth - germ spread that way.

If your child develops Influenza like illness, NSW Health advises you seek the advice of your family doctor as you would with any other illness.

More information is available at www.health.nsw.gov.au/influenza

Have a wonderful week!

Created by: *The GOOSH management team*

