

# February 2022 Newsletter



5 Les Shore Place, Castle Hill NSW 2154  
p 9680 3361 | m 0423 843 917 | e info@castlehillfunhouse.com.au



Hi Funhouse Families!

WELCOME, or WELCOME BACK! We hope you had a wonderful break, and we cannot wait to laugh and learn with you this year!

*Keep smiling!*

*The Team at Funhouse ☺*

## On this month

- World Read Aloud Day \_\_\_\_\_ 2<sup>nd</sup>
- Chinese New Year \_\_\_\_\_ 4<sup>th</sup>
- Safer Internet Day \_\_\_\_\_ 8<sup>th</sup>
- National Apology Anniversary \_\_\_\_\_ 13<sup>th</sup>
- Valentine's Day \_\_\_\_\_ 14<sup>th</sup>
- World Day of Social Justice \_\_\_\_\_ 20<sup>th</sup>

### Sunscreen

Coles 50+ Sunscreen is provided at Funhouse when the UV index is 3 and above. Please provide an alternative (labelled) if your child is unable to use this brand.



## The Funhouse Management Committee

Our next meeting is scheduled for:

**Monday 7<sup>th</sup> February 2022  
7pm - Online**

As a not-for-profit organisation, Castle Hill Funhouse has a management committee comprised of families who currently use our service.

The committee decides on matters of policy and meets once a month to make other major decisions about Castle Hill Funhouse.

If you would like to get involved, please contact our Management via email  
[management@castlehillfunhouse.com.au](mailto:management@castlehillfunhouse.com.au)

## Funhouse Opening Hours and Closure Days

Castle Hill Funhouse is operating during the following hours:

**Before School Care:**

7:00am – 9:00am

**After School Care:**

3:00pm – 6:30pm

**Vacation Care:**

7:00am – 6:30pm

**School Development Days:**

7:00am – 6:30pm

Castle Hill Funhouse is **closed** during:

**National Public Holidays**

**Summer Holiday Closure**

## Contacting Funhouse

If your family needs to contact Funhouse for any reason, these are the best ways to get in touch with us:

**The Team:**

[info@castlehillfunhouse.com.au](mailto:info@castlehillfunhouse.com.au)

ph. or text message: 0423 843 917

ph. or text message: 0418 687 579



**Centre Manager:**

[nicky@castlehillfunhouse.com.au](mailto:nicky@castlehillfunhouse.com.au)

text message: 0423 843 917

text message: 0418 687 579

**Group Leaders:**

[info@castlehillfunhouse.com.au](mailto:info@castlehillfunhouse.com.au)

text message: 0423 843 917

or see us at the Centre!

## Account Queries

Please contact our Admin Team, Louise and Hannah, for any queries about your statement or bookings. Each day, from 12pm until 2pm, one person from the admin team is available to answer families' queries.

The team can be contacted at

[info@castlehillfunhouse.com.au](mailto:info@castlehillfunhouse.com.au)

Or on the Funhouse phone: 0423 843 917

## School Car Park

A reminder - families can park in the school car park: **Before 8am and After 4pm**

*We ask that families do not park in the principal or vice principal spaces.*



Other parking options include parking:

**On Gilham St | At Castle Towers**

Please catch any of the supervisors: Eva, Sue, Louise, Selina, Hannah, Alissa, Dana or Sue T if there's anything you'd like to chat about.

Alternatively, please complete our online Feedback form:

<https://www.castlehillfunhouse.com.au/incident-grievance-feedback-form>

**Feedback**  
is always welcome



# COVID-19 Update

Castle Hill Funhouse is committed to providing a safe and healthy environment that reduces the chance of being infected or spreading COVID-19. In recognition of the rapid spread of this disease and the ongoing release of information from authorities, our service needs to respond swiftly and correctly to advice from authorities. Our policies may be subject to change based on the advice provided by NSW Health.

## Goals / What will Castle Hill Funhouse do?

Our service will apply measures that prioritise health and safety, including but not limited to:

- Implementing vigilant hygiene and ventilation practices that prevent the spread of infectious diseases, including COVID-19
- Encourage good health and sanitation;
- Monitoring sources of public health information;
- Implementing all measures recommended by authorities

## Strategies/ How will Castle Hill Funhouse ensure the goal is being met?

### Unwell children and adults

- Our service will exclude staff or children who are unwell and are reasonably suspected to have COVID-19 until a negative test is provided (RAT or PCR) and symptom-free before returning to the service.
- If a child appears unwell at drop off, the parent/carer will be asked to take them home and provide a negative RAHT or PCR test before next attendance.
- Children, families, and staff who are positive to Covid are required to isolate for 7 days. If on day 6 of exposure a negative RAHT or PCR result is provided and symptom free, child/families/staff are able to attend the service.
- Child/ren who are determined as high-risk and/or moderate-risk contacts due to a positive case in the service will be required be picked up from the service within 30 minutes and isolate until a negative test result is provided (PCR only). The child/ren is able to attend the service after a negative result, all contacts are to provide another negative test on day 6 of exposure (PCR or RAHT). All negative test results will need to be sighted by Nominated Supervisor/Senior Operations Manager and/or Responsible Person before attendance.
- Staff who are determined as high-risk and/or moderate-risk contacts due to a positive case in the service will be required to isolate until a negative test result is provided (PCR only). Staff are able to attend the service after a negative result, all staff are to provide another negative test on day 6 of exposure (PCR or RAT). All negative test results will need to be sighted by Nominated Supervisor/Senior Operations Manager and/or Responsible Person before attendance.
- Staff, children and families who are determined as low-risk contacts will be notified to check for symptoms and no isolation required.

WE'RE  
**COVID  
SAFE**

We have a  
COVID-19 Safety Plan  
and are committed to  
keeping you safe.



## Children's Rules at Funhouse



- Everyone needs to be friendly
- Everyone needs to be safe
- Everyone needs to be healthy and hygienic
- Everyone needs to be able to learn

To be safe at Funhouse, there are lots of things we can do like:

- Stay where the other children are and where I can see a staff member
- Say hello when I arrive and goodbye when I leave
- Talk to a staff if I feel unhappy or unsafe
- Wash our hands when we arrive at Before School Care
- Cover our faces when we cough
- Sneeze into our elbows

## Policies – Under Review

Our policies under 'Children's Health and Safety' are currently under review. These have been sent out and awaiting any feedback. If families would like to provide feedback, please don't hesitate to reach out to Evelyn or Nicky. Policies will be published on Monday 24<sup>th</sup> on the website and available at the service.

## Before and After School Care for Kindergarten 2022

We are SO excited to welcome our new Kindergarten children to Funhouse!

- Sue T will be working closely with Kindergarten to ensure they settle into the Funhouse routine. Should you have any questions for Sue T, please email [info@castlehillfunhouse.com.au](mailto:info@castlehillfunhouse.com.au), call 0423 843 917 or catch her at the centre.

### Before School Care:

- For the first week of Term 1 we take Kindy to their classrooms at 8:55am.
- For the rest of Term 1, we take Kindy to their class lines/steps at 8:50am. A Funhouse staff stays with the children in that area until they are collected by their teacher.

### After School Care:

- For most of Term 1, the Funhouse staff drop lanyards with the child's name to their classroom and teachers place them on.
- We collect the children from their teachers at 3:00pm and bring them to a meeting area for a roll. We then take them to put their bags down at Funhouse, and have afternoon tea in the kitchen. After eating, the children apply sunscreen.

## First Aid / CPR / Asthma and Anaphylactic qualified staff at Funhouse

- |          |          |           |          |          |
|----------|----------|-----------|----------|----------|
| • Nicky  | • Alissa | • Tiffany | • Joel   | • Kira   |
| • Eva    | • Nicola | • Amy M   | • Jack   | • Harry  |
| • Dana   | • John   | • Amy C   | • Jelena | • Nic    |
| • Sue    | • Alex C | • Ben     | • Jonny  | • Sylvie |
| • Louise | • Mahnaz | • Whitney | • Nelson | • Coco   |
| • Hannah | • Honore | • Wendy   | • Neve   | • Em     |
| • Selina | • Mickey | • Carla   | • Annika | • Sue T  |



## Staff News: Farewell!

It is a very sad time for the Funhouse team as we say farewell to Tamika, Emma G, Shailja, Ella and Hayley who are all valued members of the Funhouse family. Collectively, Tamika, Emma G, Shailja, Ella and Hayley have been at Funhouse for many years and they will be missed dearly by both the children and staff.

We wish these ladies all the best in their future and hope they will keep in touch. Thank you girls for your skills, positive attitude and dedication to the Funhouse community!

To all the wonderful Funhouse Families I have had the privilege of working with since 2014: thank you. The opportunities I have had to work with your wonderful children, families and the wider school community have been something I have cherished and will take with me throughout my career. You are the reason I am so passionate about the OOSH sector, and you are the reason that I will continue to take on roles where I can empower children and their families to have a voice and lead meaningful change. Also, a special mention to my Year 6 2022 families! I know the future will hold fantastic things for you all, good luck with your final year of primary school.

**Take care,  
Tamika**



**Tamika**



**Emma G**



**Shailja**



**Ella**



**Hayley**

**We will miss you! ♥**



## Fee Increase for 2022

Dear Funhouse parents,

At Funhouse, we aim to provide excellent, yet affordable, care for your children. As a not-for-profit centre, we try to keep our fees as low and competitive as possible, while continuing to provide a fun, engaging and safe program for the kids. We always work hard to keep costs down and will continue to do so. However, at times we need to reassess our fees to make sure they are sufficient to cover our operating costs.

The last time we raised fees was back in [2018]. Since then, we have seen our costs increase due to COVID, inflation and our staff's well deserved Award increases. Therefore, the Management Committee has reviewed our costs and fees and decided that we must increase our fees from Jan 2022.

**Commencing January 2022, Funhouse fees will be:**

<u>Session</u>	<u>Fees in 2022</u>
Before School Care- permanent	\$ 13.50
Before School Care casual booking	\$ 16.50
After School Care- permanent	\$ 24.50
After School Care casual booking	\$ 26.50
Vacation Care - in house activities	\$ 50.00
Vacation Care - incursion	\$ 60.00
Vacation Care - excursion	\$ 80.00
Annual Membership fees	\$ 25.00 (remain the same)
<b>Non-Notification Fee</b>	<b>\$ 25.00 per event</b>
Late Payment Fee	\$25.00
Late Pick Up Fees After 6:30pm to 6:45pm (or part thereof)	\$35.00 per child
Late Pick Up Fees from 6:45pm to 7:00pm (an additional)	\$ 55 per child

Funhouse is a non-profit organisation, and its success depends on not only our excellent staff, but our parent volunteers too. If you wish to be a part of future discussions and decisions, we would love you to join us at the management committee meetings next year.

Yours Sincerely,

**The Funhouse Management Committee**

### 2022 Group Leaders



**Kindy** – Sue T and Amy C  
**Year 1** – Honore and Ben  
**Year 2** – Mickey and Whitney  
**Year 3** – Amy M and Wendy  
**Year 4** – Alissa and Carla  
**Year 5** – Tiffany and Joel  
**Year 6** – Nicola and Jelena



Should you wish to discuss any concerns or gain feedback about your child, please email [info@castlehillfunhouse.com.au](mailto:info@castlehillfunhouse.com.au) or call 0423 843 917 to arrange a meeting time.



# Helping Children Cope With Change

Learn how you can help your child cope with the big and small changes in life. Reduce your child's stress and teach them how to thrive when change happens. Most of us, and especially children, appreciate some level of predictability in our lives. Children need time to process all the information that they are exposed to and appreciate daily routines that offer a sense of security and safety.

So how then do we help children handle change—both the big changes (new sibling, family illness, new school, missed playdate) and the little changes (new breakfast foods, new morning routine, new shoes)?

## Tips for Helping Children Cope with Change

According to a growing body of research, kids learn how to cope with change and ups and downs of life by developing resilience. For years it was considered one of the inherent traits we were all born with, but psychologists today now know that it's one of the most important qualities parents can teach their kids (along with compassion). And how do they learn it?

Apparently by watching us. Studies have shown that children as young as two years old copy the coping, stress-management and thinking styles of the adults around them. And they can sense if parents are anxious or worried and will tend to mimic that.

Other studies have found that there is strong evidence that good early relationships with carers can help make children more resilient. And the earlier this resilience-building is started the better. Reinforcing this "it starts at home" message, Andrew Fuller, consultant psychologist for The Resilience Foundation and author of *Tricky Kids*, says resilient parents raise resilient kids. "When your child needs you to help them make sense of the changes that might be happening, that is not the time to confront your own inner demons," he says. "It's a handy skill for parents to learn to hold their own anxieties in check." Fuller describes resilience as "the happy knack of being able to bungee jump through the pitfalls of life".

## Simple tips on helping kids to cope

- Give them a sense of being loved by their family and of belonging
- Encourage a diverse group of friends – both for them and the family as a whole
- Enjoy family rituals – like Sunday night dinner, or a weekend drive

## Top 5 practical coping skills

**Give advanced warning.** Like adults, no child will cope well with change being sprung on them. If you can, start talking through the changes early so they can get their head around it as well as formulate all those aforementioned questions.

**Maintain consistency.** try not to change everything at once. If you have routines in place like bedtime rituals, the books you read even the TV shows you all watch, try to keep those in place where possible.

**Answer questions.** Children often have many questions and may ask the same question repeatedly. This is one way children gain mastery over a situation and build resilience. Keep answers simple, age-appropriate and positive. Be honest if you don't know the answer to a question.

**Accept grieving.** when any of us move, change schools, or make any kind of change in life, we leave something behind. Let your littlies talk about what they miss and don't try to point out all of the wonderful things about new house, school, bedroom or whatever - let them appropriately mourn what they have lost.

**Read children's picture books.** Reading books together is one way to restore a sense of connection, safety, and peace. Read a wide range of books, including a few that relate to your specific situation. Look for books with adult and child characters who work together to overcome difficult things.

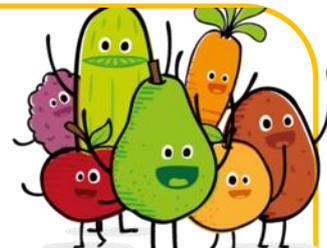
**Play together.** Play is one of the best ways for children to work through stress and change. Head outside for a game of tag or gather some leaves. Make cookies, play a board game or engage in pretend play. Play is good for both children and adults!

**Be prepared to weather the change.** Many kids don't adapt immediately and there may be tears and tantrums, followed by major parental guilt. Expect that it can take time for children to adjust.

Source: Baker, Fiona. (2015). **Helping kids cope with change.** Retrieved from <https://www.kidspot.com.au/parenting/helping-kids-cope-with-change/news-story/0e2c2887df9e1c4a8af1140444fafa5c>



## Mealtimes at Funhouse



### Breakfast

During term, breakfast is served from 7:00am-8:20am

During Vacation Care, breakfast is served from 7:00am-8:30am

Options include: cereals, wholemeal toast with spreads, fresh fruit and yoghurt. Twice per week, Funhouse also has 'specials' which can include juice, muffins, crumpets, pikelets and more. Alternatives for special dietary requirements are also available for children.

Our menu is displayed in the playroom and kitchen.

### Afternoon Tea

**Kindergarten, Year 1 and Year 2** are called grade by grade to the Funhouse kitchen and are offered afternoon tea. Children must come to the kitchen, wash their hands, see what is on offer and choose what they would like to eat.

**Years 3-6** are able to approach the afternoon tea tables on the Soft Fall from 3:10-3:30pm to have afternoon tea. It is optional for these grades to attend.

Each day children are offered an item made by one of our Funhouse cooks, as well as fresh fruits and vegetables. Dietary requirements are considered and alternates are provided.

Children are able to have as much fruit and vegetables as they desire, however additional portions of the main menu item are only provided if there is enough for every child to have more if they would like.

### Light Snack

Each day, children are offered Light Snack at 5:30pm or when pack up time has been called.

Light Snack consists of a small food item e.g., pretzels, muesli bars, dried fruit, crackers and cheese, leftover afternoon tea etc. as well as fresh fruit and vegetables.

Unfortunately, Funhouse does not provide Light Snack for young siblings who accompany their parents to collect a Funhouse child.

**Menus will be available on the Funhouse website for parents to view and give feedback.**

<https://www.castlehillfunhouse.com.au/>

## Funhouse Sustainability Update

It's been a warm and summery welcome back to Funhouse in 2022. From what began with open discussions with our children in learning what areas of sustainable living they are interested in; we have decided to dedicate some time solely to craft making using natural materials.

This month at Funhouse and through Vacation Care, we were able to further educate the children about sustainability by having our very own Sustainability Day with activities such as wind chimes, natural body scrubs and nature craft. All of these can easily be done in your own home with some helping hands and everyday items!

Try creating some of your own sustainable wind chimes with some sticks, paint (to decorate the sticks) yarn and small screw eyes! We would love to see if you give this a go so feel free to email your creations to us!

