

# FUNHOUSE

# NOVEMBER/DECEMBER NEWSLETTER



## What was on in November & December?



1st – 30th November – November  
1st – 30th November – National Novel Writing Month  
6th – 12th November – National Recycling Week  
11th November – Remembrance Day  
13th November – World Kindness Day  
11th – 18th November – Food Safety Week  
16th – 26th November – Social Inclusion Week  
20th November – Universal Children's Day  
25th November – White Ribbon Day  
30th November – Last Day of Spring  
24th December – Christmas Eve  
25th December – Christmas Day  
26th December – Boxing Day

## School Carpark Reminder

Families can park in the school:  
Before 8am and After 4:30pm

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

Other parking options include:  
On Gilham Street | At Castle  
Towers



## Our Opening Hours &

### Closure Days

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

We are closed during:

National Public Holidays

(21st Dec 2023 - 5th Jan 2023)



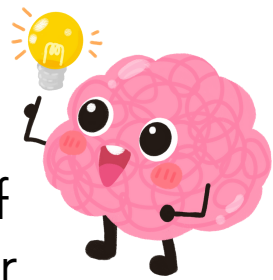


# FUNHOUSE

## OUR

# COMMITTEE TEAM

Our next meeting is scheduled for Monday 22nd January 2023 at 7pm - **Online**  
As a non-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 Management via email:  
[management@castlehillfunhouse.com.au](mailto:management@castlehillfunhouse.com.au)



### 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**

### Management

**[Info@castlehillfunhouse.com.au](mailto:Info@castlehillfunhouse.com.au)**  
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FUNHOUSE



# WE LOVE YOUR FEEDBACK

**During term we try our best to embed cultural diversity through out our Cooking Club and daily programming, while learning about a new country every two weeks with the children. If any Families or Carers have family recipes or traditional customs, ideas or information they would like to share or see in our program, please feel free to share them with us so we can ensure all children feel valued and included.**

**We have a sustainability club and the kids are loving it! This club educates children on gardening herbs, vegetables and seasonal fruits. The children also learn about what it means to protect our wild life and their environment. We aim to ensure all children understand the meaning of recycling, correct usage of our bins and saving water. If you and your family have any ideas or suggestions on how we can perfect our club when implementing it into our program please don't hesitate to reach out.**

**You can email us at [edleader@castlehillfunhouse.com.au](mailto:edleader@castlehillfunhouse.com.au) if you have any feedback you would like to give us on our program or any other areas.**

**We appreciate it when you have your say!**





**THANK YOU FOR THE YEAR  
AND HAVE A MERRY  
CHRISTMAS**



**As another year comes to an end, we find ourselves reflecting on the past 12 months, it has been quite a year for all of us and we hope that 2023 has been just as memorable for you and your loved ones.**

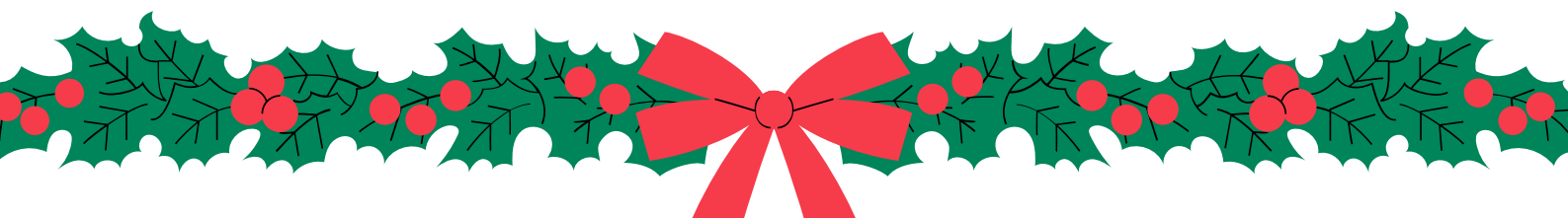
**Christmas brings no greater joy than the opportunity to express to you our heartfelt season's greetings and gratitude.**

**On behalf of all staff at Castle Hill Funhouse, we would like to wish you and your loved ones, a safe and joyful Christmas and holiday season and look forward to welcoming you back in 2024.**

**To those of our families who end their time with us at the end of this year, we thank you for everything and wish you all the very best for journey ahead**

**With kind regards**

**Nicky and all staff at Castle Hill Funhouse**



# Beat the Heat

## Heat and health factsheet

### What is extreme heat and is it dangerous for my health?

Extreme heat or heatwaves are periods of unusually hot weather. Climate change is resulting in more hot days and more intense heatwaves in Australia.

Extreme heat can cause severe illness, hospital admission and even death. Before, during and after a period of hot weather, it's important that you keep cool and stay hydrated.

### What is heat-related illness?

Your body normally keeps itself cool by sweating and moving more blood towards the skin.

In extreme heat, or if you are physically active in hot weather, your body's natural cooling system can begin to fail. Your body temperature can increase to dangerous levels, leading to severe heat-related illness including heat stroke and heat exhaustion. More mild heat-related illness include heat cramps and heat rash. The strain of the body trying to keep cool can also worsen the symptoms of some existing medical conditions. For instance, someone with heart disease may feel dizzy or even have a heart attack.

Heat-related illness can affect anyone and is more likely to happen when you are dehydrated and can't produce enough sweat to help you cool down. Know the signs of heat-related illness, how to give first aid, and how to get help.

### Who is most at risk?

Hot weather can affect everyone, but some people are more vulnerable.



People aged 65 years and older



People with some medical conditions including heart disease, lung disease, diabetes, kidney disease, neurological disease, and mental illness.



Babies and young children\*



Socially isolated people



Pregnant women



Outdoor workers



People who are homeless

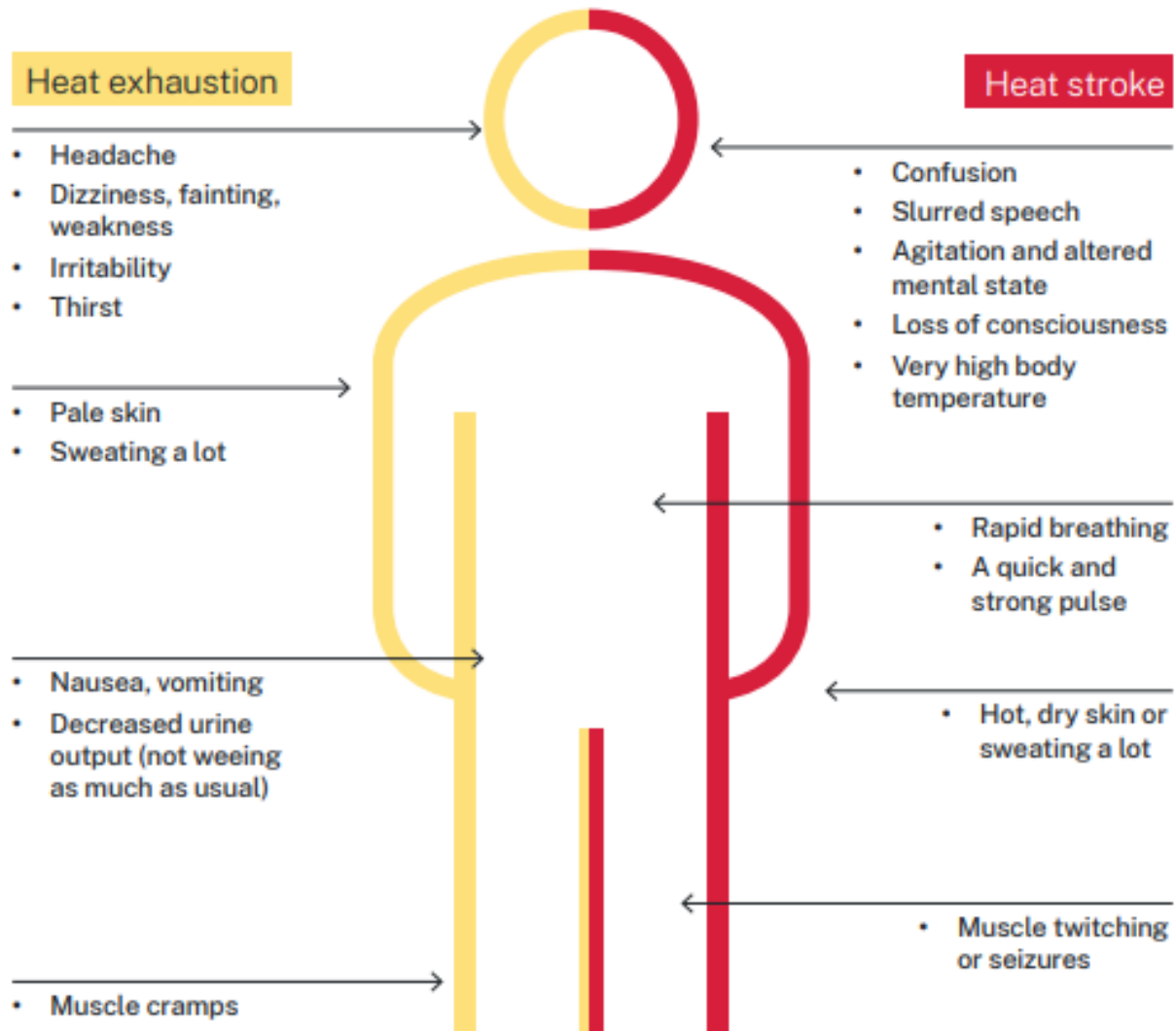
\*For specific advice on keeping babies and young children safe in hot weather, download the [Babies and young children factsheet](#).

# Beat the Heat

## Heat and health factsheet



### Know the signs of heat exhaustion and heat stroke



#### First aid

Heat exhaustion needs to be treated as it can quickly become serious.

- Cool down (see below)
- Drink water.

If symptoms do not improve seek medical care. Call your doctor or healthdirect on **1800 022 222**.

If symptoms are worsening and you are concerned about heat stroke, immediately call triple zero (000).

#### First aid

Heat stroke is extremely serious. Immediately call triple zero (000).

Seek advice from a doctor before taking aspirin, ibuprofen or paracetamol to treat the symptoms of heat stroke as they may be harmful.

- Cool down (see below)
- Lay down and elevate the feet
- Drink small sips of water if you can.



#### How to cool down

- Get out of the heat to a cooler area indoors or shaded area outdoors.
- Loosen or remove clothing.

- Start to cool down any way you can: use a cool-water spray, apply a cool, damp sponge or cloth, wet clothes and skin, have a cool shower or bath, apply ice packs or crushed ice in a damp towel on the neck, groin and armpits.

# Beat the Heat

## Heat and health factsheet



### Know the signs of heat cramps and heat rash

Heat-related illness	Signs	First-aid
Heat cramps	<ul style="list-style-type: none"><li>Painful muscle cramps and spasms caused by your body's loss of salt due to excessive sweating.</li></ul>	<ul style="list-style-type: none"><li>Drink water</li><li>Rest.</li></ul>
Heat rash	<ul style="list-style-type: none"><li>A red, itchy rash with small bumps or blisters caused by excessive sweat blocking sweat glands</li><li>The neck, groin, armpits, inside of the elbow and under breasts are areas where heat rash can occur.</li></ul>	<p>Heat rash normally goes away without treatment and can be helped by keeping skin cool and dry.</p> <p>Visit the <a href="#">healthdirect</a> website for more information about how to treat heat rash, and when to seek medical advice.</p>



#### What if I have an existing medical condition?

Heat can worsen some medical conditions including heart disease, lung disease, diabetes, kidney disease, neurological disease and mental illness.

It is important that you talk to your doctor about how hot weather might affect your

health or medications. If your doctor has asked that you limit your fluid intake, ask how much water you should drink during hot weather.

For more information, visit:

[health.nsw.gov.au/environment/beattheheat/Pages/existing-conditions](https://health.nsw.gov.au/environment/beattheheat/Pages/existing-conditions)

### Tips to prepare yourself and your home before hot weather arrives



- Check that air-conditioners, fans, refrigerators, and freezers are working properly.
- Learn about [safe food and medicine storage](#) during hot weather, and especially during and after a power outage.
- Make a plan with family, friends and neighbours to keep in contact during hot weather and know who to call if you need help.
- Make sure you have contact details for your doctor, pharmacist, or other source of good health advice such as [Healthdirect](#).
- Speak to your doctor if you are unsure about how your health condition or medication might affect your ability to cope during hot weather.
- Make sure you have enough food and medicine for everyone in your home so you don't have to go out in the heat.
- Know where in your local area you can go to get out of the heat. Places that may be cooler than your home include:
  - air-conditioned public buildings such as libraries and shopping centres
  - parks with plenty of trees and shade
- If you can, consider some changes to your home to help keep it cooler. Changes could include installing blinds, curtains, external awnings, shutters or other shading to prevent sun shining on windows and insulating your home. More information is available at [Your Home](#).

# Beat the Heat

## Heat and health factsheet



### Tips to keep yourself cool and hydrated in hot weather

Before, during and after a period of hot weather it's important that you keep cool and stay hydrated by drinking water.



#### Keep yourself cool

- Avoid being outdoors in the hottest part of the day as much as possible.
- Limit physical activity to when it is cooler.
- Wear light, loose-fitting clothes.
- Wet your skin with cool water.
- Place cool packs or crushed ice in a damp towel loosely around your neck and shoulders.
- Take cool showers or baths or sit with your feet in cold water.
- When outdoors, apply sunscreen and wear sunglasses and a wide brim hat to protect your eyes, face, and scalp.



#### Keep your home cool

- Use air-conditioning, if available. If not available, use electric fans.
- Close curtains and blinds to block out the sun and spend time in the coolest area of your home.
- Use stoves and ovens as little as possible as these can heat up your home.
- When it gets cooler outside, open your windows and doors to allow warm air out and let cool air in.



#### Keep yourself hydrated

- Drink plenty of water regularly even if you don't feel thirsty.
  - Speak to your doctor if they have asked you to limit your fluid intake.
- Carry water with you when outdoors.



#### For more information, advice and tips:

Scan the QR code or visit:

[www.health.nsw.gov.au/beattheheat](http://www.health.nsw.gov.au/beattheheat)



“Finishing the RAP Document for our centre and working in a proactive team environment, reflecting on the traditional owners of this land.”

- Nelson

“Making pancakes for Friday special breakfast!!”

- Courtney

“Going to the ninja course excursion and watching the children give the obstacles their best try”

- Martin

“The introduction to our Cultural Discovery, getting to see all the children so involved and excited when learning different cultures and getting to share theirs with their friends through out our program and cooking club”

- Ash

“Starting the sustainability gardens and seeing the children flourish and their consistent involvement”

- Joel

“Halloween - Dressing up for the children and getting to see them laugh and enjoy the Educators in all different costumes” - Nick

**FUNHOUSE  
EDUCATORS  
HIGHLIGHTS FROM  
THE YEAR**

“My highlight is the just dance parties in the morning”  
- Chloe

“Vacation Care excursions to the Calmsley farm”  
- Gabby

“Tug-of-war between Educators and Children”  
- Jack

“My highlight was becoming ISP assist and helping children thrive and grow at Funhouse with my leader Whitney”  
- Sylvie

“Taking year 6 on their farewell excursion to bowling”  
- Ben

“Children being excited to share their culture at Funhouse through conversations, activities, and cooking club. I love how multicultural Funhouse is”  
- Ash O

“Doing Various arts, crafts and painting activities with the children and developing their creativity”  
- Lachlan K

“Getting to play a big range of sports like soccer and cricket with the children”  
- Cameron

“Stepping up as ISP Manger and being able to work closer with families and children to support them”  
- Whitney

“Spending more time being able to cook for the children and creating stronger connections with all of them”  
- Nicola

“My highlight of the year was touring Calmsley Farm and watching the kids being taught how to use the whip”  
- Bodie

“Sustainability club and getting to watch our garden creations grow”  
- Nathan

“Big cricket games on the back playground” - Dylan

“The Jean 4 Genes Day was my highlight of the year. It was great to see kids councils get involved & interact with the families at the bake sale”  
- Katherine



# Day for Daniel

Friday 27th October 2023



Day for Daniel is a foundation that advocates for child safety. It aims to keep children and young people safe through education and donation.

Funhouse banded together and wore red to raise awareness for child safety and promoted children's health and wellbeing through conversations and activities with the children.



Kitchen Ninjas Ben and Courtney



The Funhouse Team



Educational Leader Ashleigh and Assistant Director Katherine



Supervisor Harry and Floor Manager Joel

EVERYONE HAS THE RIGHT TO FEEL **SAFE**

# Children's

# WEEK

21st -29th October 2023

Children's Week celebrates the right of every child to enjoy childhood and focuses attention on children, their rights and achievements.



To celebrate Children's Week the educators made cupcakes for all the children



Posters and banners were displayed at our parent sign in and out area along with handouts on ways parents/guardians could celebrate children's week





# Term 4 Week 4

## Medical Training - 30th October - 3rd November 2023

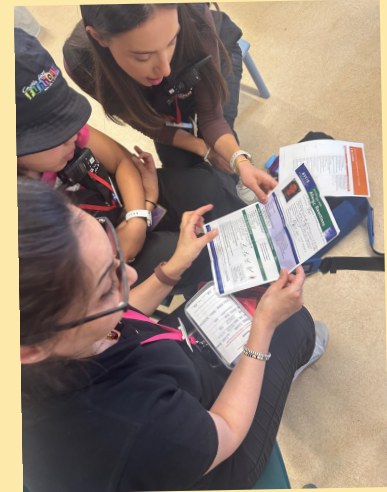


Quality Area 2: Children's Health & Safety

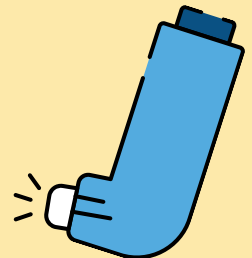
Quality Area 7: Governance & Leadership

As part of our training schedule the WHS Team conducted Medical training for the educators in Week 4 of Term 4.

The educators were tasked with situations where a child with medical conditions like asthma or allergies required administration of medication. They utilised the children's medical boxes which includes their medication and their medical management plans.



The educators engaged in role play scenarios including emergency situations. In these cases the practice EpiPen's were utilised.



# NEW 5 & 6 AREA

Term 4 Week 3-4

With the new school build, Funhouse were given the opportunity to open a new space for our year 5 and year 6 children!



The Funhouse team worked together to create a new program, bought new resources and furniture, organised and displayed our safety plans/procedures and create different spaces within the room for each child to explore freely!



# Vacation Care Workshop Visit

## Koori Kinnections



**6th October 2023**

Funhouse had such an exciting day learning from an Aboriginal Educational group. Children learnt about connections to our land, sea and sky. We explored traditional Aboriginal dances/music, art and natural remedies for painting with clay on our faces!

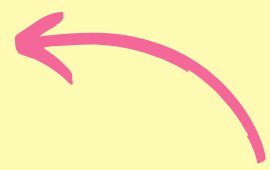
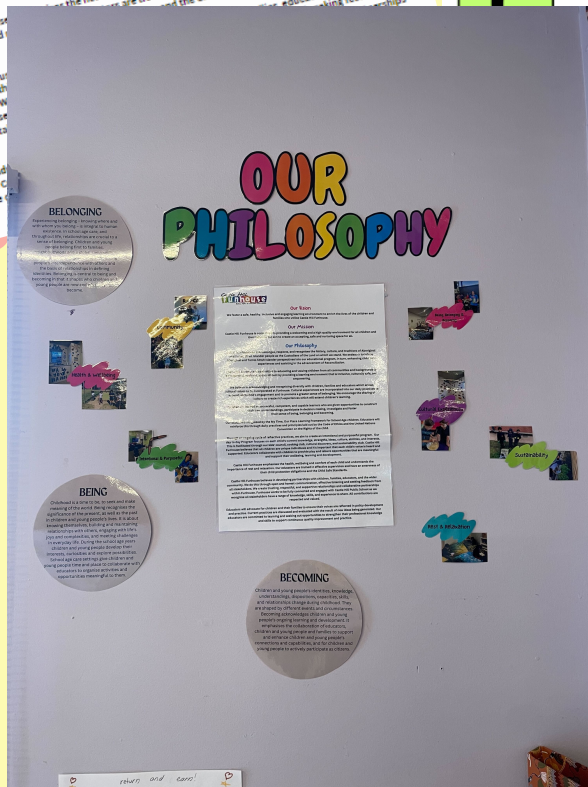
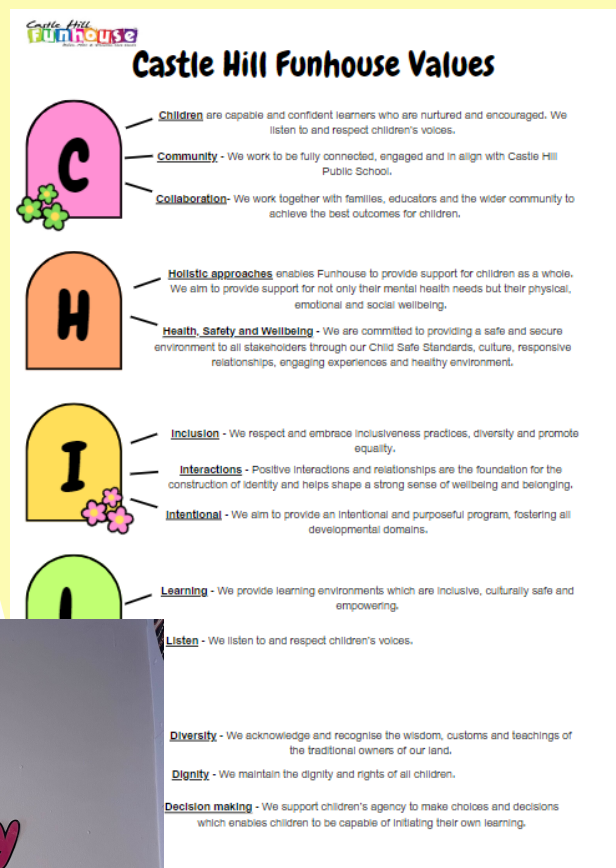
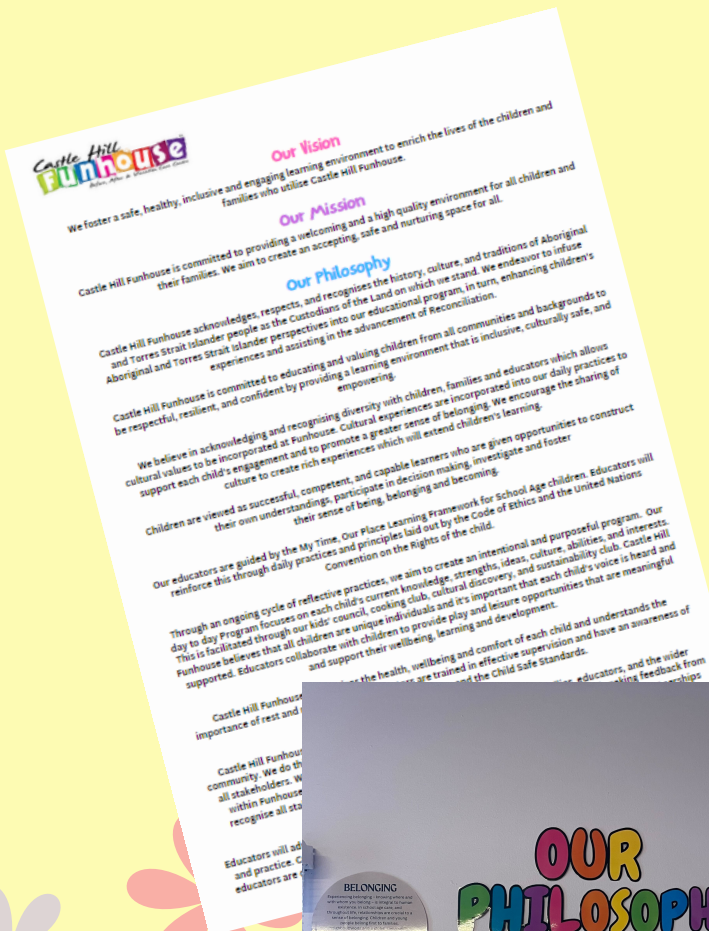




# We updated our Philosophy & Centre Values!!



Thank you to our families, committee and educators who participated in surveys and offered feedback through out the year! With all our gathered information, we were able to create a meaningful overall of who we are as a centre and what we believe makes us, us!



Find our new Philosophy on the wall, at the entrance of our playroom!





FUNHOUSE



# INCLUSION SUPPORT TEAM RECAP

**The ISP team has been working very hard to support all our children in identifying and regulating their emotions. We've recently revamped the Zen Den displays and there is a Zone of Emotional Regulation as well as a children's resource wall. Within the playroom, the inclusion wall was redid and it displays the children happily engaging with their peers as well as their thoughts on what makes them feel safe and included.**

**Many of our children have additional needs or additional support so we've been partnering with families to ensure there is continuity of learning across different environments. This involves implementing strategies that help the children identify and regulate their emotions, and frequently updating each other on what has been working, and what hasn't. Our 2024 goal is to have strategies in place for all children with additional needs so all educators feel confident and capable to support our children. To achieve these goals, we do need families to partner with us so if your child has a diagnosed disability (e.g ADHD, ASD, OCD, anxiety, depression) or if you have any concerns about how your child developing in social settings, please reach out to us. We're more than happy to support your child and your family!**





# FUNHOUSE



## MESSAGE FROM OUR SUS CLUB

**The sustainability group has achieved so much throughout term 4, including the building of the brand new funhouse green house as well as the planting of the sunflowers, lettuce, watermelon and our lemon tree (and watching them RAPIDLY grow in the lovely summer heat supplemented by our daily watering). So far in term 4 we have had a strong focus on developing the children's knowledge and sustainable strategies that they can apply to more than just their time at funhouse, such as the return and earn posters and learning about the 5R's. We look forward to developing our greenhouse plants, planting strawberries, and further tidying up and decorating our entrance garden area to bring the children's ideas to fruition.**



# GINGERBREAD BISCUITS

SERVES 20

## INGREDIENTS

- 3 cups all-purpose flour
  - 3/4 cup brown sugar
  - 3/4 teaspoons baking soda
  - 1 tablespoons ground cinnamon
  - 1 Tablespoon ground ginger
  - 1/2 teaspoon ground cloves
  - 1/2 teaspoon salt
  - 12 tablespoons butter
  - 2 tablespoons milk
  - 3/4 molasses
- Frosting:**
- 2 tablespoons butter
  - 2 cups powdered sugar
  - 2 tablespoons milk



## INSTRUCTIONS

1. Add flour, brown sugar, baking soda, cinnamon, ginger, cloves and salt to a mixing bowl and mix.
2. Add butter at room temperature cut butter into pieces and mix combined.
3. Slowly mix in the molasses and milk until combined.
4. Preheat the oven to 180c, line 2 baking sheets with baking paper.
5. Roll out your dough, until its about 1/2 inch thick. Cut gingerbread men and place them on the baking paper.
6. PLace gingerbread man in the fridge for 5 minutes (while rolling out the other dough balls)
7. Bake until the cookies set in the centre for 8 to 11 minutes.
8. Remove the cookies to a wire rack and allow them to cook.

### FROSTING:

1. Add butter, milk and powdered sugar to a bowl. Mix until smooth add additional cup of sugar until smooth, Add frosting to piping bag or ziplock bag to add decoration to gingerbread man.