Parents and Friends,

Some new families have joined the centre since the last newsletter and we take this opportunity to welcome them and remind everyone that if you have any constructive feedback we would appreciate your input in creating the best education and care we can provide for your children.

Please remember that you are a vital part of our team.

Influenza Vaccine:

What you need to know 2019

Influenza, commonly known as flu, is a contagious disease caused by the influenza virus. It is easily spread by coughing, sneezing and on the hands.

Symptoms flu include:

- Fever, sore throat, chills, tiredness, cough
- Headache, muscle aches, and vomiting

Flu is much more severe in pregnant women, infants, the elderly and people with certain health conditions such as heart, lung or kidney disease or weakened immune system.

All children aged six months and younger than five years in WA are eligible to receive the free-state procured flu vaccine.

Vaccination is the most effective way to prevent flu. Those vaccinated are less likely to catch the virus and develop serious complications compared with those who are unvaccinated. The risk of flu is reduced on average by 50-60% in children receiving the vaccine. Childhood flu vaccination programs have been shown to also protect others in the household and the community by 22-60%.

Flu vaccines are expected to be widely available from mid-April or early May. They are available at your GP surgery, community clinic and pharmacy.

Children aged under nine years who have not been vaccinated before require two doses in their first year. In young children previously vaccinated, only one dose is required. Children less than six months are not recommended to receive the influenza vaccine.

Immunizations Records:

Some diseases, like measles and mumps can be serious for children and other people in the community. In places like schools and early learning centres diseases can be spread. We ask all parents in our community to help protect children by making sure they have had all their immunisations up to date. When your child changes childcare centres or start school you will need to provide your Child’s Australian Immunisation Register (AIR) immunization history. Also remember to provide the service with your child’s updated immunization. This is required so that WA Health can provide support to parents/guardians of under-immunised children as well as to enable schools and early learning centres to help reduce the spread of vaccine preventable diseases.

Kindy room:

ELLA is still going strong. The new language that we have introduced to our service is FRENCH. ELLA has lots of benefits for children. Children will expand their knowledge of how language works and apply these skills to other literacy tasks such as listening carefully to sound in words.

ELLA will help develop foundation skills, such as learning colours, counting and greetings.

Research has shown that exposing children to language learning at an early age encourages them to continue language studies during secondary school. Playing with ELLA apps helps children to develop and use cognitive and social skills. They will share the tablets and their knowledge, interact with and help each other. Language learning improves memory, concentration and critical thinking skills. Using ELLA apps increases children’s digital skills too. ELLA also creates opportunities to celebrate culture and diversity, to share home languages and to strengthen links between families and preschool services.
Multicultural Approach:
It is a fact that Little Stars is a Multicultural Centre. In our program we recognize and incorporate the diverse cultures, languages, beliefs and values of families, the community and children. Our educators are knowledgeable about the culture and languages children bring to the service. We provide resources, experiences and interactions that reflect our community. Educators work consciously to assist children to recognize their own worldview and to build their competence to interact with cultures of larger society. This week we focused on the history of Australia including our Aboriginal and Torres Strait Islander histories and cultures. “Belonging, Being and Becoming are integral parts of identity. Children know about themselves and construct their own identity within the contexts of their family and communities”.

We are pleased to announce that our registration to renew Little Stars as a SunSmart Centre was successful. Our Certificate is displayed at the entrance.

Some useful information that I would like to share with you.
In Australia we need to balance the risk of skin cancer from too much sun exposure from too much sun exposure with maintaining vitamin D levels. Vitamin D forms in the skin when it is exposed to UV radiation from the sun. We need Vitamin D to maintain good health in particular to keep bones and muscles strong and healthy. Some foods such as fish and eggs also contain vitamin D. However food only makes a small contribution to the body’s overall vitamin levels and it is difficult to get enough from diet alone.
The amount of sun exposure you need to make vitamin D depends on a range of factors such as The UV level, your skin type and your lifestyle, your location, the season and time of the day. Prolonged sun exposure does not cause your vitamin D levels to increase further, but does increase your risk of skin cancer. When UV levels are 3 and above most people need just few minutes of sun exposure. When UV levels fall below 3 for most of the winter season, you can help maintain your vitamin D by spending short periods outdoors and being physically active.

Entertainment Book: ticking!
The new 2019|2020 Entertainment™ Memberships contain thousands of up to 50% off and 2-for-1 offers for Perth’s best restaurants, cafés, family dining, attractions, accommodation and travel packages. The Membership is valid from now until 1 June, 2020.
If you would like to see what’s in the new edition then there is a display book in the front reception for you to flick through.
To order your Book or your Digital Membership securely online visit: www.entbook.com.au/8a5179