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FROM THE DIRECTOR

It has been a flurry of activity here in the RICE office and somehow, we are at the end of Term 1 already!

We have already kicked off the Activity Day season with staff on the road all around the state. Amongst all of the happenings, Stacy Martin has joined the RICE team in our new Assistant Director position. It is great to welcome Stacy to the team and work with her to not only lead the Creche program, but also provide the additional support with leadership.

It has been beyond exciting to have confirmed that we will be able to access the Orroroo Preschool facility to provide an additional day of Creche services to the Orroroo community. This announcement is a huge credit to the Orroroo Childcare working group and their hard work in pursuing all avenues for additional childcare in the region.

With the announcement of the increase of services to Orroroo, discussions have turned to Hawker and how we can further support the RICE community. Feedback has been sought from members regarding our services and we look to review this in the near future.

RICE staff recently joined in a team workshop discussing personality types and working out our individual HBDI profile. It gave us a better understanding of how we individually work under pressure, but also how our profiles fitted so well into our respective roles.

As we move into Term 2, both the Activity & Play Day programs ramp up and we look forward to seeing many of our members and more, out and about around the state!

Chloe Hunter

Director



FROM THE CHAIRPERSON

I feel like I have just finished picking up the Christmas wrapping paper and here we are mid April, having indulged in a little too much chocolate over Easter.

Welcome Stacy to RICE as the Assistant Director who will be supporting Chloe and the Creche team. This has been a goal of the board's to have suitable support for the Director to further ensure a healthy work life balance for all staff and work towards successful succession planning for the future.

The board has met several times this year already via our monthly Zoom meetings and are looking forward to meeting face-to-face to undertake governance and financial training, thanks to the generous support of BHP, at the end of May.

We as a board welcomed the announcement that the Orroroo Preschool would be changing its days to make way for a second day of Creche to be available to the community. It is a credit to the community's working group's passion and commitment to ensure there is more accessible childcare in the town. This is a real boost for RICE to be able to work toward providing the extra day of care later in 2024.

We farewell board member Franziska and I thank her for her dedication to attend meetings and her contribution to the board. We welcome Amey-Lee and thank her for her nomination and willingness to join the board.

Organisations such as RICE cannot run without an active board and it is not only rewarding to see RICE growing and succeeding but also the personal growth and knowledge that comes from being part of a board. If you have a few hours to spare a month and looking to make a positive impact in your community, I would highly suggest nominating yourself for a committee or board to help keep services in your area available into the future.

Anna Nunn

Board Chairperson



WELLBEING

First term there is always lots of hype as we welcome new Members, see the return of existing families and the excitement of RICE Preschool kids visiting the office and engaging in face-to-face learning. Wellbeing has engaged and supported a few new families to RICE, who have been able to connect to Preschool, the Resource Centre to borrow toy boxes, our Online Playdays, and be linked with the RFDS for individual needs.

In February I jumped in & headed to a Playday with Caileigh to meet some new families in the Yunta area. We had a wonderful Playday, albeit a very warm one, in the airconditioned area at the Yunta Racecourse, connecting with the new Mums and children. I look forward to hopefully seeing some of these new faces again when Teagan and I head to the Yunta Gymkhana in a couple of weeks.

I've shared the Smiling Mind Creek cartoons to our Members - it's a series of short 2-minute episodes supporting social and emotional learning for children. The cartoons target young children with fun characters who learn about mindfulness, gratitude, being kind, worries, friendships and working through things together. I've had positive feedback from parents and Caileigh has also used for her Online Playdays.



SMILING MIND CREEK

Watch Smiling Mind Creek, two-minute episodes to support social and emotional learning for children. Follow Tam, Maali and Wes as they learn to understand themselves and each other.

Production by

SMILING MIND like a photon COSMIC DINO STUDIO

The graphic features three cartoon characters (a blue bird-like creature, a blue hedgehog-like creature, and a purple creature) sitting on a white oval. Above them are several colorful speech bubbles. The background is a gradient of purple and pink.

WELLBEING

Week 8, I spent with the Preschool kids and families here for Kindy Experience; what a wonderful week of growth, friendships and exploring! This included supporting some individual needs, a trip to the Whyalla Foreshore and Ada Ryan Gardens and, while the children enjoyed the 360 Performance, some of the Mum's, Teagan and I caught up over lunch. We finished the week with attending the Multicultural Festivities at Gladstone Square (photo right), such a wonderful day of dance, music, activities, and fun! Face painting was definitely a big hit amongst the RICE kids.

We recently had Dorothy from Rural Aid visit the office to meet staff, network, learn what each service does and how we can work together to support our families and region. Rural Aid is a charity that supports farmers and farming communities across Australia. Dorothy is the SA Community Rep and based in Quorn. Farmers, families, workers and farming agencies can all access the free counselling service which is either in person at the farm "gate" or via telephone. You might also see Rural Aid out and about at community events, providing direct support at times of need eg. disaster relief and at farm recovery events.



Dorothy Crosby

Counsellor & Representative

0460 316 802

dorothy.crosby@ruralaid.org.au

www.ruralaid.org.au

Final note - Child and Family Health Service (CaFHS) have recommenced outreach visiting services in Coober Pedy, Roxby and Hawker, please call **1300 733 606** to make an appointment.

I look forward to Term 2!

Adele Broadbridge

Wellbeing Officer



WELLBEING

Hawker CaFHS Clinic Services April to June 2024

April	Monday 8th
May	Monday 27th
June	Monday 24 th June – 4-year health checks

To book an appointment with CaFHS please phone our appointment line on 1300 733 606.

CaFHS Parent Helpline 1300 364 100 provides telephone information and support for parents and carers of children from birth to five years, at any time 7 days per week.

**** clinic may be subject to change due to staff sick leave or training.



Above: Multicultural Festival, Gladstone Square

Right: Yunta Play Day



USEFUL CONTACT NUMBERS



Parent Helpline - South Australia

- 1300 364 100
- * 7 days a week



Pregnancy, Birth and Baby

- 1800 882 436
- * 7 days a week



SA Health Direct

- 1800 022 222
- * 24/7



Rural Aid Counselling Service

- **1300 175 594**
- * Intake Mon-Fri 9am-5pm AEDST



RFDS Emergencies/urgent Mental Health Support in SA

- 1800 733 772
- * 24/7 on call RFDS Dr



Lifeline Australia

- 13 11 14/ sms: 0477 131 114
- * 24/7



1800 RESPECT (domestic, family and sexual violence support)

- 1800 737 732
- * 24/7



Kids Helpline

- 1800 55 1800
- * 24/7



PANDA (perinatal anxiety and depression)

- 1300 726 306
- * Monday- Saturday



Mensline Australia

- 1300 789 978
- * 24/7



Beyond Blue

- 1300 224 636
- * 24/7



Headspace

- 1800 650 890
- * 9am-1am (7days AEST)



Suicide Call Back Service

- 1300 659 467
- * 24/7



Regional Access (counselling regional SA)

- 1300 032 186
- *24/7



CRECHE

Term 1 has been busy and I can't believe it's finished!

We have celebrated Valentine's Day, Harmony Day, Autumn and Easter this term. All the children got involved with the activities and experiences that we set out for these occasions which was great to see. It was also fantastic to see the children interacting with each other and the Educators this term to form connections and play amongst each other, engaging in role play and having small conversations.

This term we have been focusing on understanding and gauging children's interest and needs. By planning our program based on the needs and interests of the children they become more involved and enjoy their time at creche that much more! During this term we have planned sensory experiences, obstacle courses, bike riding, role play, arts and crafts.

We have welcomed 5 new children at Orroroo this term who have all settled in really well. We have a total of 14 children enrolled at Orroroo and 13 enrolled at Hawker.

I hope everyone enjoys their break and I look forward to seeing everyone back for another amazing term.

Lucy Nicholls

Educator



CRECHE

Lucy & Caileigh stepped into a joint Acting Creche Team Leader role at the beginning of this year, following the departure of Deb. We thank both of these girls for taking this on and keeping our creche program running smoothly in the interim.

In March, we welcomed Stacy Martin to the new position of Assistant Director here at RICE, which will incorporate the Creche Team Leader role. Many of you will have met Stacy at creche already but let's get to know her a little better.

Hi, I'm Stacy

I live in Melrose with my husband and 3 teenage children (pictured with me, right) on our 16 acre off-grid home.



I have worked as an Early Childhood Educator for 8 years.

I came to RICE from Booleroo Centre & Melrose Rural Care.

I like to keep fit, hike, spend time at the beach with my family and being in the outdoors.

Most of all I love catching up with friends for a chat, laugh and a good coffee.

My other loves are my pets. I have two dogs, a cat, two horses and some chooks

CRECHE



CRECHE



PRESCHOOL

Preschool began the term with Kindy Experience Days in Port Augusta during Week 2 to coincide with SOTA's induction week. The program welcomed 4 new children at the beginning of the year and another two in week 6. We currently have 9 children participating in preschool, with two separate programs running due to the midyear intake. Home visits have been successful for those families wanting them, except Cowarie due to a large amount of rain preventing the trip.

To correspond with SOTA children being in Port Augusta again we had Kindy Experience Days in Week 8. It was an action packed few days with a visit from Can Do Emu - Paint the town red and the 360 Allstars performance in Whyalla. We finished off with a trip to Gladstone Square for the Port Augusta Multicultural Festival on Thursday morning, with all RICE members welcomed to join us.



PRESCHOOL

Friday story time has again been successful with positive feedback from remote preschools joining us.

I have applied for a grant to run a 'Workbench for the Mind' program with Suzi Evans for all Mum's connected to the RICE program. If this online program is successful, I will look at widening the scope to include all RICE members in the future.

I continue to work at building relationships with SOTA. I have also been working with my line manager and director Chloe to make the teaching position transparent, including an induction that involves all stakeholders for the position in the future.

Professional development has continued with the completion of Marte Meo - a final session held in Adelaide with Maria Aarts, the founder of the program. Highly recommend this training if you ever have the opportunity. I have also been involved in Marine Discovery Centre PD held at Willsden school, Beyond Blue online training & working with Behaviour Support Educator explaining the Behaviour Support Toolkit and the use of the document.

Teagan has supported the preschool program through her position in the Resource Centre with book packs, resource boxes and seeking specific resources when developing skills for individual children when needed. Very excitingly she has been given time to support preschool children requiring additional support since Week 6. She currently runs 15-minute sessions for individual children once a week, working on skills to develop independence and strengthen individual skills in readiness for the school environment. Teagan is also running WebEx sessions if I am on the road rather than children missing the opportunity to connect.

Lastly, communication with the Education Department regarding the introduction of three-year-old preschool has begun with the hope more information will be made public at the end of term 2 as to what this will look like in the RICE context.

A huge thank you to families for putting the effort in required to support your child progress through the preschool program. Please know that your child appreciates your time as it builds lifelong skills and capacity to manage future education.

Tania George

Preschool Teacher

RESOURCE CENTRE

I hope everyone had a wonderful Easter break and are planning a well-deserved rest over the school holidays.

This first term has rolled by and gosh we have been busy - preparing all our Preschool children with their STEM kits and extra resources to prepare them for a wonderful year at RICE. Toy boxes have been keeping me busy as well - families have been requesting multiple amounts which has been keeping me on my toes with finding new and amazing ways to engage with our children.



15 minute One-on-One sessions

This term has seen the introduction of our new one-on-one sessions for preschool children with me. All the children that have participated this term have been amazing and the sessions have been well received.

I have been busy preparing multiple activities for our preschool children - all Literacy, Numeracy, Shapes and Fine motor based. I am just finalising next terms plans for all children and especially our four children that will be leaving us mid-year for school.

We will be exploring letter sounds, recognising letters, reciprocal conversations about our lives at home and abroad.

Teagan Karger

Resource Educator



ACTIVITY DAYS

Event season is in full swing and weekends are filling up very quickly with Activity Days, especially the next couple of months. We have received 16 requests so far for 2024, with many of these repeat bookings. We appreciate the continued support of the various committees in asking us to return.

The first two Activity Days for the year - William Creek Gymkhana/Motokhana & the SA Arid Lands 'Cricket & Conversations' event - were run in very warm conditions but both were still well attended.

We are excited to be able to pack larger & additional resources to bring along to these events with the arrival of our trailer, which has just been adorned with signage thanks to the team from Crossroads Concepts. Look out for 'The Travelling Toybox' on the road & coming to an event near you soon!

Cristina Paul

Activity Day Coordinator



ACTIVITY DAYS

We're attending these events!

Apr
20

YUNTA

Gymkhana & Motokhana

Apr
27

QUORN

Bronco Branding

May
11

OODNADATTA

Gymkhana & Motokhana

May
18

NONNING

Gymkhana & Motokhana

May
25

HAWKER

Races

Jun
8

MARREE

Gymkhana & Motokhana

PLAY DAYS

Well Term 1 has absolutely flown by!

Online Playdays have continued each week with resource packs being sent to families who have opted in. These definitely improved as the term progressed; I'd really like to thank families for their patience as I learn the online playday role and how best to make it work. If you are not currently receiving resource packs and would like to for Term 2 please let us know and we'll send them out ASAP!

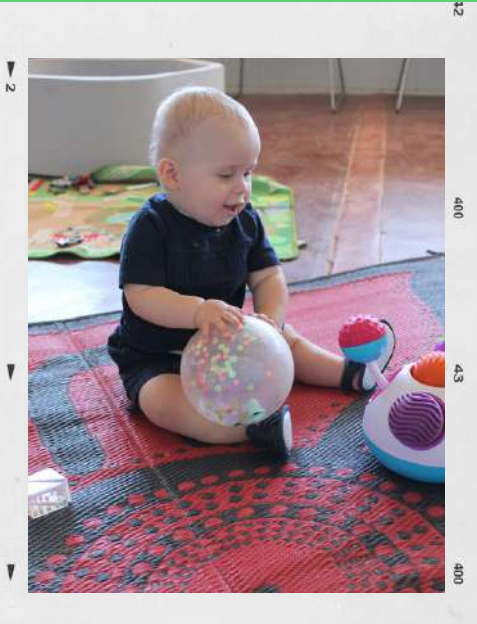
So far this term we have held Play Days at Yunta, Wilgena and Fowlers Bay with great turnouts at each. We have plans to go to Leigh Creek, Innamincka, Blinman and Mount Sarah over the holidays which will make for a busy two weeks.

I have started work on the Term 2 Play Days calendar - if you are interested in hosting a Play Day please let us know!

I look forward to continuing to create relationships with RICE families and children in Term 2.

Caileigh Margetts
Play Day Educator





kids corner

Kindness Challenge

How many of these small acts of kindness can you complete?

Hold a door open for someone	Tidy your room without being asked	Write a note to send to a grandparent	Help set the dinner table
Give someone a hug	Offer to help prepare a meal	Give a compliment to someone	Pick a flower to give to someone
Call or Facetime a family member or friend	Ask someone how their day was (dont forget to listen!)	Draw a picture to give to someone	Give everyone you see a smile today

SIMPLE SENSORY PLAY IDEA

Add rice paper sheets to a tub/tray of water & watch them turn from solid to soft, squishy & slimy!

For extra effect, you can add food dye to the dry sheets before adding to the water.

Can be a great addition to an ocean themed water play activity - feels a bit like seaweed.



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