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FROM THE DIRECTOR

We have had a busy, but exciting start to 2022.

Outback Childcare has launched and we're extremely excited by the interest from families and bookings being made.

Whilst Covid threw in a few speed bumps for the return of creche, our term has ran very smoothly. It's exciting to see the continued interest and need for our services in Hawker and Orroroo.

In March, I had the privilege of heading to Katoomba in the Blue Mountains for the CCSA Rural and Remote Forum with Abbie & Teagan. We had 2 full days of keynote speakers and workshops tailored to each of our lines of work, allowing the 3 of us to regroup at each break and excitedly debrief on what we'd just learnt.

Abbie & I both work closely with CCSA, so to be able to attend the forum and put faces to the voices and emails of people we speak with multiple times a week, has been truly rewarding and helped to strengthen those working relationships.

Returning to the office after our trip, we have been able to share a lot of new and valuable information with other staff members. From couragous conversations, talks on Covid, to an outstanding presentation on brain development, we have been able to share a wealth of information, as well as discussing how we can continue to evolve RICE for the years to come.

April saw the SA Isolated Children's & Parents' Association (ICPA) State Conference. The conference presented a lot of support for RICE through motions seeking an exemption for families utilising Outback Childcare, to receive the Child Care Subsidy (CCS) and a strongly supported need for a new Outback Hub. This stand alone facility would incorporate both RICE and School of the Air (SOTA), replacing our current dated facilities at Augusta Park Primary School. Last but not least, support for kindy children was also sought to purchase much needed items to help start their learning journey from home.

These motions will benefit so many and it is so encouraging to see so much support for RICE and our wider community.

Chloe Hunter
Director



FROM THE CHAIRPERSON

Children must be taught how to think, not what to think and RICE is continually providing opportunities for our children in rural and remote areas to do just this. We have an incredible team of dedicated staff who are always looking for new ways to teach new things and new ways.

The Board continue to meet regularly to discuss the many facets that make up RICE, making decisions to ensure the organisation is long-lived and the most beneficial for its members. At the recent SA Isolated Children's Parents' Association (ICPA) conference held in Port Augusta, a number of motions were put forward by community members, to help RICE members and their children in the future.

The motions included the need for a new 'World-Class' stand-alone building for both RICE and School of the Air (SOTA) to replace the current dated facilities that share a site with Augusta Park Primary School. The motion came from a number of communities, with a focus on providing a sense of identity and ownership to our children and families improving learning opportunities and overall well-being. Furthermore, the need for funding for kindy families to purchase vital items to learn from home as well as to help with costs to attend face-to-face kindy weeks was brought to the table. No Assistance for Isolated Children (AIC) is provided to kindy children which is ludicrous given a solid foundations for children's early learning journey is paramount.

Also put forward was the need for an exemption to be given to rural and remote families by Services Australia to receive the Child Care Subsidy (CCS) when utilising the outback childcare (OC) program through RICE. Currently, OC receives no funding or help from the government and is completely funded by RICE through parent contributions and donations whilst continuing to be a very costly program for RICE to run.

We thank those members that took the time out of their day to put these motions forward with the hope that they will benefit many members in our communities. I encourage all of you who utilise services at RICE to join your local ICPA branch and get behind these aspirations. There is no point whinging about something if you're not willing to help make change otherwise it's a vicious cycle. Get involved as many voices are better than one, especially when it's coming from the community to make change for the betterment of the community.

Cheers for now,

Kirsty Williams
Chairperson



WELLBEING REPORT

Hello!

I'm Adele and I'm excited to commence with RICE 2 days a week as the Wellbeing Officer, what a fantastic welcome I've had so far from the RICE Team! As I settle into my new role, I look forward to getting out and about to meet some of our families.

I bring with me extensive knowledge and experience in the Human Service field with a strong focus on health, education, wellbeing and disability, working in both government and non-government settings all of which have been servicing Regional and Remote parts of South Australia.

Thank you to those who took the time to complete my recent SurveyMonkey, I will be using this information to help shape the role and the needs of our members.

We had quite a few families identify they would like further information on Child Anxiety, please see below flyer re a free assessment and treatment for children 7 to 12 years Australia wide.

My role will include being the key contact for families requiring support and or direction to additional agencies while working in partnership with other RICE staff to deliver up to date information on health, welfare, and education services.

I will also be sharing mindfulness or wellbeing activities throughout the year that families can come together at home to complete and share with our other members - if you wish too! The first one is growing and nurturing sunflowers with seeds and a booklet to record the growth and learning process sent in the post.

Feel free to contact me at the office on Monday and Tuesdays on 8642 4477 or by email: wellbeing@rice.org.au

I look forward to my future travels with the RICE Team.

Adele Broadbridge
Wellbeing Officer



Plant, water &
watch them
grow!



Send us some photos of
you and your sunflower
for us to share:
E:wellbeing@rice.org.au





Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



CRECHE REPORT



Our first term of creche for 2022 has been a busy one. We have welcomed several new children at both Hawker and at Orroroo. In Hawker Herbert and Molly have joined us and Orroroo has had Cooper, Henry, Mack, Edith, Kabir and Logan start. Our new additions have made Orroroo creche almost at capacity with 18 children on our list. They have all been learning our creche routines and have adjusted and settled in well.

During the start of the term, we had Covid on our doorsteps again so have had to follow the new guidelines at creche, as well as deal with cases of Covid and close contacts. Hopefully in the near future we will be able to welcome family and community back into the creche setting, as we love sharing children's learning and receiving family input.

Throughout the term we have been learning a lot about our environment, the children have planted seeds, watered gardens and learnt a lot about the insects, bugs and lizards that we see in the yard.

The children have also loved the playdoh and clay activities as well as the craft experiences we have brought along to creche each week. Our creche children love outdoor play, riding bikes, block building, swinging and waterplay. The sand pit is always popular and is often a construction site with vehicles lots of digging and cooking happening here.

This term we have incorporated small group times into our program where we read stories as a group, play games, sing songs and dance. We will continue these in the coming terms as the children have developed great learning skills such as listening, turn taking, movement patterns and communication skills such as rhyming, singing and recognising words eg their names.

We have welcomed Amarly to our team this term. Amarly will be a regular at creche and has already formed some great connections with children. She brings years of experience working in preschools and we look forward to working with her. With Easter around the corner, Creche will finish up for the term and begin again on the 2nd of May for Orroroo and the 6th for Hawker. We hope you all have a wonderful Easter and enjoy time with your families. Looking forward to seeing everyone next term.

Deb Tuip
Creche Team Leader



CRECHE OPERATING TIMES
ORROROO: MONDAY 8:45AM - 3:15PM
HAWKER: FRIDAY 8:45AM - 3:15PM

REMOTE CRECHE: ONCE A TERM AND ONCE DURING SCHOOL HOLIDAYS.

KINDY REPORT



Kindy returns for
Term 2 on
Monday, 2nd May 2022

RESOURCE CENTRE

Activity days:

We have had a great start to the year with our first Activity day at William Creek Gymkhana. Micaela and I had such a wonderful time at the event, we brought some amazing activities and there was a lot of messy play, so I hope all the children had an amazing time.



Mannahill was on the 30th of March and Renee and Micaela had such a wonderful time with all the children at the Ladies Day. Coloured rice, Potions and Cupcake playdough were there for the children to play with, and they all had such a wonderful time playing and exploring.

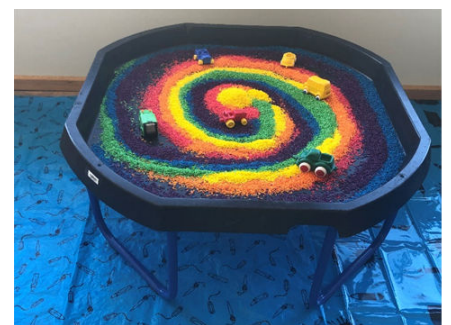


Resource Centre:

We have now started a new in office creche room at RICE and is designed to support the health, education and entertainment of young children. We will continue to purchase new resources through out the year, to make the play place amazing for all the children to enjoy.



We have had such an amazing start to the year and all the positive changes that we have all made as a team. We have purchased some amazing new resources that supports children's body positivity and body boundaries, consent, and respect. We have been making our own sensory toys and activities for the children and preparing easter activities.



Teagan Karger
Resource Educator



CCSA RURAL & REMOTE FORUM



This year I was privileged enough to attend the CCSA conference in Katoomba with Chloe and Abbie. The whole experience was mind blowing and educational all in one. Over the three days I had the opportunity to meet and listen to some amazing educators, psychotherapist, Neuroscientists, speech pathologist and many more inspiring professionals.

During the sessions, I gathered an understanding of inclusion among children and they way we should program. I also learnt about developing programs that surrounding oral language and understanding how the brain works and processes information.

The most stand out lecture for me would be the disability & inclusions programs and teaching young children to identify & manage their feelings in EEC settings.

It was so inspiring to listen to these people that wake up every day, wanting to create change and awareness within the community about early childhood education and care.

Teagan Karger
Resource Educator



Happy EASTER

KIDS CORNER

Joke time

Q: What do you get when you pour hot water down a rabbit hole.

A: Hot cross bunnies!



KIDS CRAFT

NEED SOMETHING EASY AND FUN FOR THE KIDS TO DO AT HOME OVER THE HOLIDAYS? FIND THREE TOILET ROLLS. SQUASH 2 FLAT. (THESE WILL BE YOUR EARS). GLUE THE THREE TOILET ROLLS TOGETHER TO MAKE A BUNNY STAMP. DIP THE STAMP INTO WHITE PAINT AND USE IT ON COLOURED PAPER TO MAKE BUNNIES! FILL IN THE HEAD WITH EYES, A NOSE AND A MOUTH.



RAINBOW RICE

YOU WILL NEED:

1 CUP OF WHITE RICE
1/2 TSP WHITE VINEGAR
FOOD COLOURING.

MAKE SOME CRAZY COLOURED RICE TO BRING SOME SENSORY FUN TO YOUR HOME!

MIX TOGETHER UNCOOKED RICE, VINEGAR AND FOOD COLOURING TO MAKE RICE ANY COLOUR OF YOUR CHOICE! PLACE THE RICE INTO A LARGE CONTAINER AND LET THE KIDS GET MESSY. YOU MAY HAVE SEEN THIS FUN ACTIVITY AT SOME OF OUR RECENT ACTIVITY DAYS!





RICE's Upcoming Activity Days!

APRIL 30TH
YUNTA
GYMKHANA

MAY 7TH
OODNADATTA
GYMKHANA

MAY 21ST
NONNING
GYMKHANA

MAY 28TH
HAWKER
RACES

JULY 16TH
OODNADATTA
BRONCO
BRANDING

AUGUST
20TH
WILLIAM
CREEK
BRONCO
BRANDING

AUGUST
27/28TH
INNAMINCKA
BUSH
RACES/
GYMKHANA

OCTOBER
15TH
GLENDAMBO
RACES

COME JOIN THE FUN!
ACTIVITY DAYS ARE FREE TO
ATTEND FOR ALL RICE MEMBERS
OR JUST \$10 PER CHILD

REGISTER FOR AN ACTIVITY
DAY TODAY VIA OUR WEBSITE
@ WWW.RICE.ORG.AU

ACTIVITY DAYS
INCLUDE:
-ART AND CRAFT
-MESSY FUN
- TONS OF TOYS
-EXCITING ACTIVITES
-WATER PLAY
FOR CHILDREN 6
MONTHS TO 12 YEARS



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