

# RICE REFLECTIONS



## What's Inside

PAGE 2-3: FROM THE DIRECTOR

PAGE 4: FROM THE CHAIRPERSON

PAGE 5-8: WELLBEING

PAGE 9-12: CRECHE

PAGE 13-14: KINDY

PAGE 15: RESOURCE CENTRE

PAGE 16: ACTIVITY DAYS

PAGE 17-19: PLAY DAYS

PAGE 20: FAMILY FUN DAY

PAGE 21-22: NOTICEBOARD

PAGE 23: KIDS CORNER

PAGE 24: CONTACT US



# FROM THE DIRECTOR

I feel like I've blinked and here we are at the end of Term 4 and a few days shy of closing up for our Christmas break.

The past 2.5 years at RICE have been wonderfully progressive for the operations, with 2023 setting a lot of the foundations for the years to come. Difficult, but strong financial decisions were made quickly in May to bring our finances in house by 1 July 2023. Whilst it has been a complex and sometimes stressful process here in the office, it is a decision that has paid off significantly, with our previous provider going into administration at the start of December. The persistence and hard work have not gone unnoticed and has been greatly appreciated by myself and the Board of Management.

In early October all RICE staff were fortunate to attend the Early Childhood Australia national conference in Adelaide. This was a great opportunity for team building as well as attending a wide variety of talks and workshops.



# FROM THE DIRECTOR

Our CCCFR review was completed in late October and it's expected that the draft reports will be released early in 2024. We look forward to receiving the reports and sharing the findings with our members. As part of our CCCFR funding, we are required to complete mandatory training. A face-to-face session was held in Adelaide in November, which I was lucky enough to attend. This was a great opportunity to discuss the early childhood sector and meet other likeminded services, as well as meeting the ACECQA CCCFR team who I regularly meet with on our webinars.



Our annual Family Fun Day was a wonderful success, with many children and their families attending. Not only we were lucky enough that Santa paid us a visit, but the weather was also favourable with some families staying on to enjoy the facilities.

As we move into the festive season, I'd like to thank all of our members and communities for continuing to support RICE and what we do.

We also send a huge thank you out to BHP for their generous commitment to sponsorship of the Activity Day program. This continued support enables us to attend at various locations around South Australia, but also much needed updating of resources for our members.

Wishing all of our members and their families a safe and happy holiday season and we can't wait to see you in 2024.

**Chloe Hunter**  
Director



# FROM THE CHAIRPERSON



I am extremely proud to sit as Chairperson with the ongoing support of all the board members and reflect on 2023. At the AGM in November we retained the whole board bar Penny Rasheed stepping off and we thank her for her dedication and knowledge which will be missed. Executive positions remain the same and it is nice to be heading into 2024 with a vision of growth.

Some big decisions were made this year with the support and confidence of the staff and finance was bought back in house mid year. Although this was a huge task it has paid dividends with the company previously utilised for this going into administration just a week ago.

We thank the educators for continuing to go above and beyond within their programs so that the rural and remote children of SA have the best educational and developmental start to life. The preschool program has continued in leaps and bounds and we thank Tania for her dedication and adaptability with the introduction of mid year intake and welcome her back again in 2024.

The board spent a lot of time this year working on a way to create a better work life balance for all staff of RICE, given the uniqueness of the services provided and the demands of travel and long hours required to deliver the programs. In October we voted and passed “Festive Leave” which are additional days of leave separate to Annual leave that can be taken during the yearly office closure. We hope this not only benefits the staff we currently have but will help with recruitment and retention into the future.

The end of the year always comes with some farewells of staff as we wish them well in their new ventures in 2024.

I hope you all have a great Christmas and New Year and look forward to all that 2024 has to bring RICE.

**Anna Nunn**

Board Chairperson



# WELLBEING

Last newsletter for 2023, how did that happen?!

Here's some of what's been happening in the Wellbeing space:

It was wonderful to meet, reconnect and engage with most of the Preschool families at the Kindy Experience week. This was then followed by Arid Land's Get Together- an open invitation to all RICE families and Service Providers including SOTA, RFDS and Landscape Board - a fun, relaxed morning was had by all at Arid Land's Children's Garden.

All staff were fortunate enough to attend the Early Childhood Australia National Conference in Adelaide. This was a jam-packed couple of days, a chance for staff to do some team building as well as learning and gathering lots of information at the Conference to be applied in our roles at RICE.

Cowarie Station Play Day, Hawker and Orroroo Creche children all participated in decorating Bookmarks that were laminated and sent to Orroroo and Hawker Aged Care/Hospital residents to celebrate World Kindness Day on the 13th of November - we hope they put smiles on lots of faces!



# WELLBEING

I jumped online with Renee for an online Playday reading 'Cloud's Best Worst Day Ever' book and using the Kimochi plush toys - a book linked to the Kimochi Program. "Kimochi" meaning "feelings" in Japanese.

Contacted Dorothy from RURALaid; Dorothy is based in Quorn and provides a free and confidential counselling service to farmers and their families within SA. I have invited Dorothy to come meet the RICE Team and talk about her role in the new year.



Finished up the term with the much-anticipated RICE Family Fun Day at the Port Augusta Pool - perfect weather to enjoy the new facilities and mingle, the day and BIG Man in Red were definitely a hit!

Christmas cheer and holiday adventures to all – see you in 2024!

## **Adele Broadbridge**

Wellbeing Officer



**BLOSSOM**  
RURAL

### **Private Speech Therapy**

Provides rural families with accessible Speech Pathology services that aren't limited by location

[intake@blossomrural.com.au](mailto:intake@blossomrural.com.au)



### **Dorothy Crosby**

Counsellor & Representative

0460 316 802

[dorothy.crosby@ruralaid.org.au](mailto:dorothy.crosby@ruralaid.org.au)



# BREATHING EXERCISES

There are many different types of breathing exercises that help children get in touch with their bodies and practise mindfulness. Focusing on their breath, allows children to achieve calmness in their body and minds. To practise mindfulness during breathing exercises, you can get kids to think about how the breath feels in their body.

Can you do bubble, starfish, bumblebee, or butterfly breaths?

\*Resource courtesy of Twinkl <https://www.twinkl.com.au>

Brain Break Breathing

### Butterfly Breaths



Sit on the floor with the bottom of your feet touching and your knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around, and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.



Brain Break Breathing

### Rainbow Breaths

Stand with your feet shoulder-width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in, imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done, slowly open your eyes.



Brain Break Breathing

### Sun Breaths



Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

Brain Break Breathing

### Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is a wave in the ocean and your hands are a sailboat. Each time you breathe in, the sailboat goes up on the waves, and each time you breathe out, the sailboat goes down on the waves. Repeat.



Brain Break Breathing

### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight, and make your belly puff out as if it was a balloon filling with air. Then slowly exhale like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

### Starfish Breaths



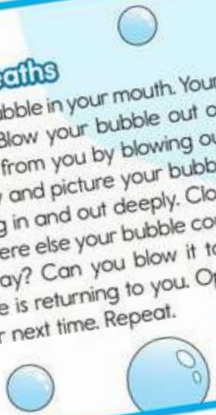
Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Brain Break Breathing

### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing







### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



# 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 4 has flown by; I cannot believe we are at the end of another year of creche!

Christmas has been a big focus this term with festive craft being offered most weeks. We made some Christmas themed pancakes for a cooking activity which were green and red. We also had a green and red sensory rice tray with Christmas baubles and pompoms. The children have loved the sensory tough trays this term with lots of fine motor skills being developed with scooping, pouring, measuring, mixing and small world play.



We organised a 'Water day' at the beginning of the term as the weather was ideal for water fun. We brought along some small pools, sprinklers and a big slip and slide - the children had a blast. There was also a water pouring activity where children could tip water into funnels and down the pipes into smaller trays. Water day is always a hit with the children with many "best day ever!" comments coming from them.



# CRECHE



Construction resources have been popular this term with children getting very creative with their building and working with their peers to construct some real works of art. We love the social and team aspect of the construction activities as it builds on children's problem solving, communication and collaboration skills with little intervention from educators. The resources used for construction this term have been large foam outdoor blocks, magnetic tiles, train tracks, Duplo blocks and some reflective connecting blocks.

The children have been busy decorating their end of year bags and pencil cases. Inside we have added a gift for the children with some tasty treats and their folder, which contains all of the children's learning throughout the year. We hope you enjoy looking back at all the things the children have got up to at Creche this year.

We have quite few of our children leaving us next year to be big kids at school. We are going to miss them all immensely and know they will do amazing things in their schooling journey.

Creche for 2024 is already being organised with quite a few spots becoming available for new enrolments. The enrolment forms are on our website [www.rice.org.au](http://www.rice.org.au) for any new children who wish to join our creche program.

Merry Christmas Creche families! Enjoy your break and we will see you all next year.

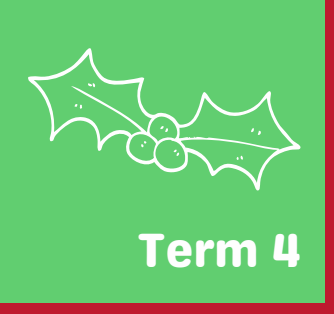
Thanks

**Deb Tuip**

Creche Team Leader



# CRECHE



Term 4

# CRECHE



# KINDY

Term 4 is very short and has passed by super quick!

Group 1 children focused on wind, nutrition, community helpers, pirates and water and personal safety. Group 2 children focused on colours and emotions, patterns, numerals 0-10, transport and finishing with making the book 'Driving Through the Outback' where everyone contributed a picture.

3 children began transition into the program this term, officially starting preschool in Term 1 2023.

Congratulations to Lenny, Thomas, and Cameron for transitioning to SOTA this term. I wish you well in your next educational step.

A huge thankyou to the Williams, Martin, and McMillan families for their participation in the program and providing their children with the educational experiences to lay a foundation for positive learning. It most definitely makes a huge difference to their child's development and successful beginning in formal schooling.

**Tania George**  
Preschool Teacher





# RESOURCE CENTRE

The end of year madness is in full swing for the Resource Centre after emails going out asking members to return their STEM kits, Toy Boxes, and resources. This process has gone amazingly and I'm so thankful to members for being prompt in returning their resources back to the office.

Tania and I have been busy making and preparing new fine motor packs that will be sent out in Term 1 2024. This process has been quite lengthy, so we please ask families to be extra careful and keep them together as much as possible; it would be much appreciated.

The new book packs are yet to be completed - we are still waiting for stock to become available! Moving into 2024 they hopefully will be catalogued and completed before the start of Term 1.

I hope that everyone has had a wonderful year and would like to wish all the little kiddies a very Merry Christmas and a wonderful new year.

See you all in the next year!

**Teagan Karger**

Resource Educator



# ACTIVITY DAYS



We finished off Activity Days for the year with a very hot day at the Carrieton Gymkhana. Renee and I had prepared a few sensory activities that included ice, water, shaving foam, rice, and playdough. We hope the children enjoyed the day and had lots of fun making mess.

We have had a wonderful year spending time with many children at all of this year's events. Thank you for your support committee members & event holders and we look forward to attending your events in 2024. We are now accepting bookings for next year - enquiries can be sent through our [website](#).

**Teagan Karger**  
Resource Educator





# PLAY DAYS

What a year! It has been a whirlwind, and the Play Day program has been busier than ever. It has been wonderful to see engagement with the program double from previous years.

The Online Play Day program is now thriving with around 15-20 children accessing the resource regularly. Thank you to the families who have been supporting this new initiative. We hope to continue Online Playdays when the school term resumes in the new year. Online Playdays now has its own private [Facebook group](#). Send a request to join the group to see what families have been making at home from their activity packs. The photos we have received already have been amazing!

Nicole and I attended the last Play Day of the year last week at Wilgena Station. It was great to catch up with Willa and Will there for a bit of fun. The kids enjoyed some craft, jelly play, babies, construction, sensory toys and taking some Christmas Photos. We have also visited Mulgathing Station, Pekina, Cowarie Station and popped into the Marree Preschool this term. Thank you for having us, everyone!

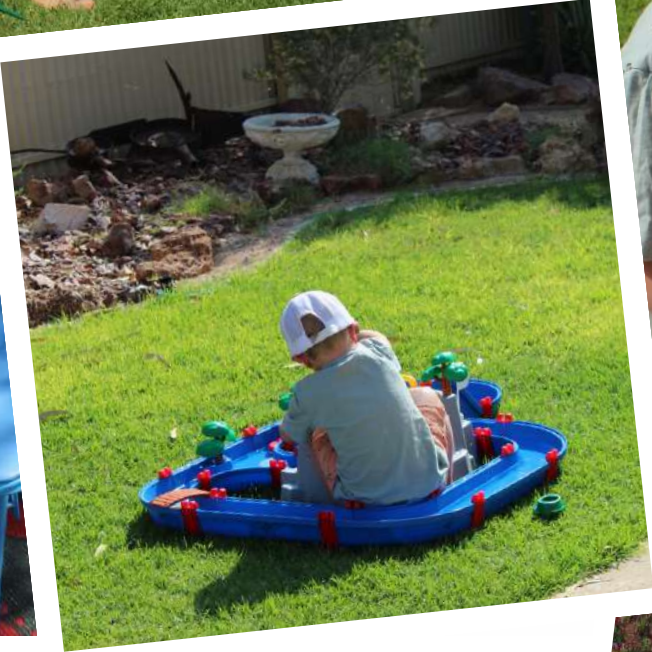
As you may be aware, I am finishing up my position with RICE at the end of the year as I make a big move to Queensland in the New Year. I would like to thank all the wonderful families that I have interacted with this year for their ongoing support towards play days. It has been an absolute pleasure to get to know you all. I will be continuing to work in childcare and can't wait to see what the next adventure will bring.

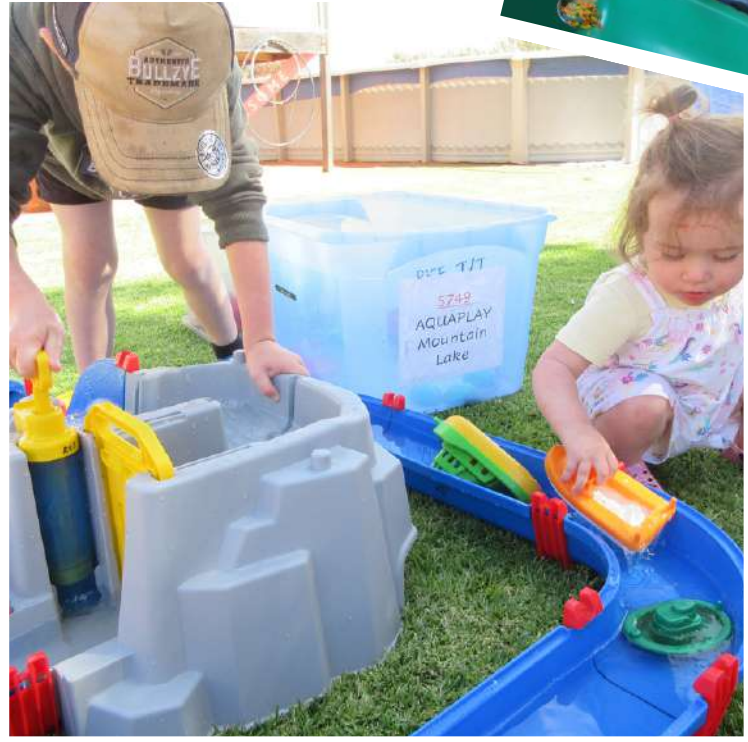
In the new year, the team are hoping to head to Mt Sarah station and out east to Manna Hill. Don't forget to send in your requests for a visit next year. The girls would love to come and see you.

Happy Christmas everyone!

**Renee Bell**  
Play Day Educator







# FAMILY FUN DAY



Thankyou to all the families who joined us at the Ryan Mitchell Swim Centre to celebrate another great year!



# IT'S TIME TO

*wrap up for  
Christmas!*



**OUR OFFICE WILL BE CLOSING**  
12PM FRIDAY, DEC 22ND 2023

**REOPENING AT**  
8AM MONDAY, JAN 8TH 2024

**Wishing everyone a safe &  
happy festive season**

**See you in 2024!**



The Port Augusta  
Christmas Tree Festival  
was held at Central Oval the first  
week of December.  
Our creche children helped to  
create all the beautiful  
decorations for our entry



# ANNUAL MEMBERSHIPS ARE NOW DUE!



## 2024 RICE Family Membership

Join or renew online today!

[www.rice.org.au](http://www.rice.org.au)



# kids corner

## Christmas LCMs

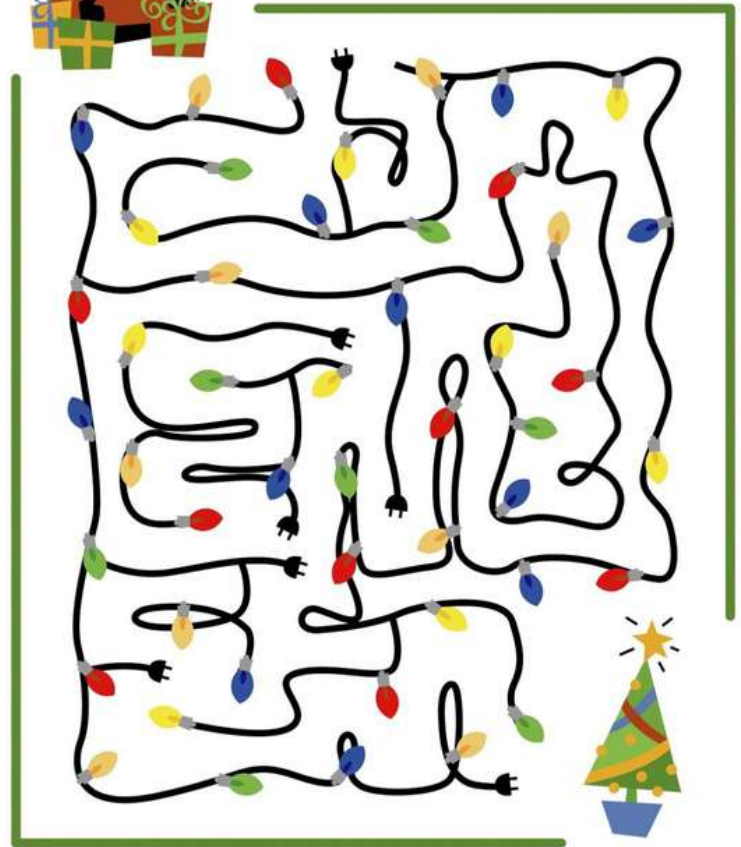


- 125g butter
- 1.5 cups marshmallows
- 2.5 cups Rice Bubbles
- sprinkles, M&Ms, decorative choice

1. Melt butter in a saucepan, add in marshmallows. Stir until combined & smooth.
2. Remove from heat, pour over Rice Bubbles, stir until coated (at this point you could mix in Christmas coloured M&Ms)
3. Press into a slice tray (or shape into balls - you could even make little snowmen!) Top with Christmas sprinkles & leave to set\*
4. Cut into slices or cut out star shapes using a cookie cutter

\*Alternatively melt chocolate & add sprinkles after setting

Make Santa's Christmas merry and bright  
By helping him through this maze of lights!



Have you been following the adventures of our office elves Sugar & Spice on Facebook?

What did one snowman say to the other?

Do you smell carrots?

RD

What happens if you eat Christmas decorations?

You get tinselitus.

RD



# CONTACT US

59 Power Crescent  
PO Box 1729  
PORT AUGUSTA SA 5700

**P:** (08) 8642 4477  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **DIRECTOR**

Chloe Hunter  
**E:** [director@rice.org.au](mailto:director@rice.org.au)

## **ADMIN**

Abbie Cimarosti  
Cristina Paul  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **WELLBEING**

Adele Broadbridge  
**E:** [wellbeing@rice.org.au](mailto:wellbeing@rice.org.au)

## **OUTBACK CHILDCARE**

Lucy Nicholls  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **RESOURCE CENTRE**

Teagan Karger  
**E:** [resources@rice.org.au](mailto:resources@rice.org.au)

## **PRESCHOOL**

Tania George  
**E:** [preschool@rice.org.au](mailto:preschool@rice.org.au)

## **CRECHE TEAM LEADER**

Deb Tuip  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **EDUCATORS**

Renee Bell  
Viv Johnson  
Tasmin Key  
Micaela Nicholls  
Caileigh Margetts  
Nicole Waye-Hill

