

# ePlayNEWS

Practical Playgroup Support & Information...

**Playgroup SA 1800 171 882**  
**[www.playgroupaustralia.com.au](http://www.playgroupaustralia.com.au)**



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Playgroup SA Events  
**SAVE the DATE**  
Children's Week 2013



## Celebrating CHILDREN'S WEEK 2013

**Outdoor Playgroup @ Glenelg**  
Wednesday 23<sup>rd</sup> October, 2013 - 10am to 12pm  
*and*  
**Twilight Playgroup - Playgroup SA Prospect**  
Sunday 20<sup>th</sup> October, 2013 - 4pm to 6pm





Our Playgroup Support & Development Officers love to visit Playgroups - pic taken at Craft Time, All Nations Playgroup.

## From the **Executive Officer...**

Sunshine at last! How wonderful was it to finally see some sunshine this week. Hopefully spring is just around the corner, and some outside time can be enjoyed at Playgroup again. Here at Playgroup SA we are hoping to establish a spring garden in our yard. Do any other Playgroups have their own gardens? It would be great if you could share a picture of your spring garden.

A big thank you to all who attended our book week Playgroup during book week last week. It was lovely to see so many smiling faces. Children's week is coming up in October, so keep an eye out on our events as Playgroup SA will have 2 events

this year to celebrate Children's Week. I'd like to remind members to take a look at our workshops and courses page as our Christmas workshop is fast approaching. Our Playgroup Support and Development workers have been out visiting Playgroups, so if you'd like a visit, please don't hesitate to call the office. I'd like to thank Fulham Gardens Playgroup for welcoming me along to their group recently also.

Finally, I'd like to wish all dads a very Happy Father's Day on Sunday. May you enjoy some special time with your families.

*Carley Jones*  
Executive Officer, Playgroup SA



[www.facebook.com/Playgroupsa](http://www.facebook.com/Playgroupsa)  
Playgroup Information, Competitions, Give-aways and Events!



# PLAYGROUP SA

## Available Workshops, Courses & Events

OCT 17 CHRISTMAS WORKSHOP  
OCT 20 NATIONAL CHILDREN'S WEEK  
OCT 20 SUNDAY TWILIGHT PLAYGROUP  
OCT 23 PLAYGROUP SA'S OUTDOOR  
PLAYGROUP - CHILDREN'S WEEK  
DEC 5 CHRISTMAS PLAYGROUP

### WORKSHOPS

#### WORKSHOP COSTS

Playgroup SA Coordinators \$10 (inc GST)  
Playgroup SA Members \$10 (inc GST)  
Non-Members \$35 (inc GST)

#### Play and Playgroup Workshop

Find out the value and benefits of play and Playgroup, gain age appropriate play ideas that will assist in children's development and overall have fun.

#### Coordinators Workshop

Are you a new coordinator, or thinking about starting a Playgroup? Then this course will provide you with all the information that you need. This course includes tips on how to effectively run a Playgroup, provide you with play ideas and will show you the value and benefits of play. This is a perfect opportunity to start building a network of Playgroup support with both the Playgroup SA staff and other coordinators attending the workshop.

#### Messy Play Workshop

Find out the value and benefits of messy (sensory) play, gain age appropriate play ideas that will assist with children's development and overall, have fun.

#### Physical Play Workshops

Find out the value and benefits of physical play, gain age appropriate play ideas that will assist with children's development and overall have fun.

#### Christmas Craft Workshops

Come along to this hands-on craft workshop to gain ideas for the home and Playgroup while creating fantastic pieces of Christmas Art & Craft.

### ACCREDITED COURSES

#### Child-Safe Environments Course

Learn about the issues of child protection and gain your certificate in Child-Safe Environments (CSE).

Cost: Playgroup SA Coordinators: FREE  
Playgroup SA Members: \$25 (including GST)  
General Public: \$75 (including GST)

Please Note: Playgroup SA Child-Safe Environments Course is suitable for teacher registration in South Australia

#### Accredited Senior First Aid Course

This nationally recognised one day practical course will provide you with everything you need to know to provide first aid response, life support and the management of casualty(s) and the incident until the arrival of medical or other assistance.

In preparation of the one day course, you will be required to complete an on-line workbook\*. Once you have completed this, you will need to provide your certificate of completion at the practical day.

Cost: Playgroup SA Members: \$100 (including GST)  
Non Members: \$131 (including GST)

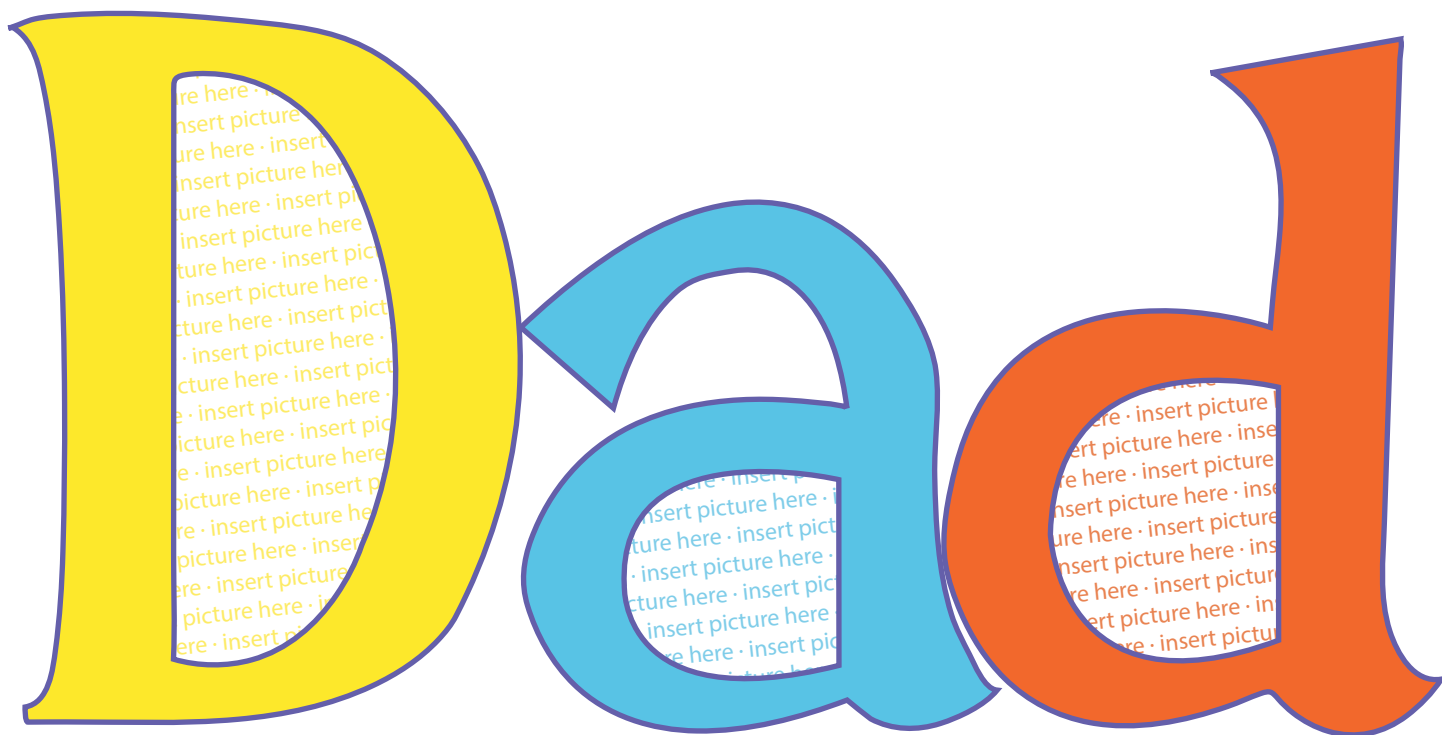
\*Options available for those with no internet access

#### CPR Course

A three hour practical course that will teach you everything you need to know to perform CPR.

When: AVAILABLE UPON REQUEST  
Contact Playgroup SA for more info  
Cost: Playgroup SA members: \$40 (including GST)  
Non-members: \$61 (including GST)





**Father's Day Photo Frame:** redraw, photocopy, increase size of this dad text and produce on a thick/hard backing such as wood, cardboard, styrofoam and cut out like a stencil. Decorate and place photos of yourself and Dad behind the holes in the D, A and D.



**Smilefile Storage Kits:**  
Your kids memories, school work, artwork, keepsakes & achievements... perfectly preserved.

### PREGNANCY TO PRE-SCHOOL KIT:

Records & protects your pregnancy history & milestones:

- Ultrasound / first birthday photos
- Birth certificate
- Hospital name bracelet
- First drawing, pair of shoes, tooth, curl, footprint...

### PRE-SCHOOL TO YEAR 12 KIT:

Stores & protects your child's kindy & schooling items:

- Paintings & drawings
- Swimming certificates
- Handmade items & cards
- Photos & report cards
- CDs, USBs, DVDs
- Awards, sports ribbons, medals...

Refill plastic pockets available in numerous sizes.



**OUR OTHER PRODUCTS INCLUDE:**  
Inkless Hand & Foot Print Kit  
A2 Artwork Case  
A3 Print Range

LEFT: Pregnancy to Pre-school Kit  
RIGHT: Pre-school to Year 12 Kit

See our whole product range online now: [www.smilefile.com.au](http://www.smilefile.com.au) 0413 050 498

Daddy, take my hand in yours  
and you will plainly see,  
How very much I need you now  
to love and care for me.  
Then as my little hand grows,  
I will need you even more.  
Everything I do in life,  
I have never done before.  
Teach me to be kind and loving,  
sharing and forgiving.  
Show me through your acts of love  
the pure joy of living.  
The years will pass by quickly  
and one day I will be grown,  
I will pass what you have taught me  
onto children of my own.  
Keep this handprint with you  
and remember when we're apart,  
The special love between a child  
and their Daddy's heart.



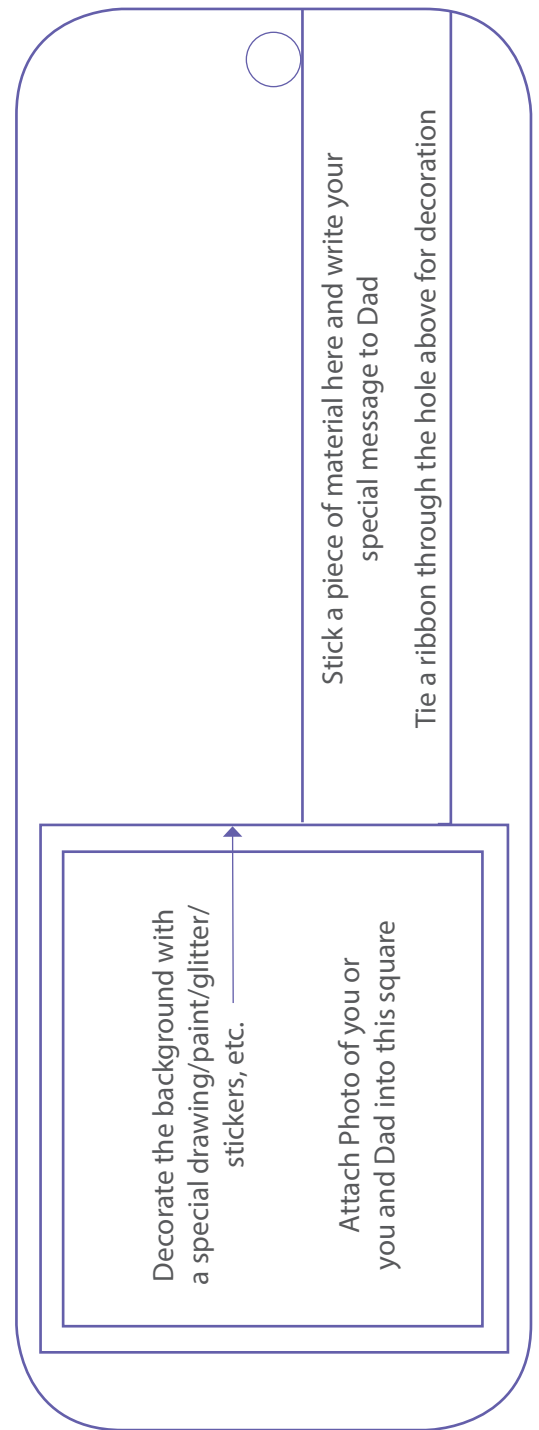
## Drawing Ideas:

Why not create a paper tie for Dad with your own personalised drawings? Or use special fabric markers made by Crayola to decorate a real tie/apron/t-shirt.

Daddy, I love you  
For all that you do.  
I'll kiss you and hug you  
'Cause you love me, too.

You feed me and need me  
To teach you to play,  
So smile 'cause I love you  
On this Father's Day.

**Father's Day Bookmark:** recreate the bookmark below with your own style in using the template provided OR start from scratch in your own funky way.



WIN  
WIN  
WIN

a copy  
of each book  
reviewed here...

HOW...?

Email your

NAME +

PLAYGROUP +

CONTACT DETAILS

and the word

'BOOK PACK' to

[competitions@playgroupsa.com.au](mailto:competitions@playgroupsa.com.au)

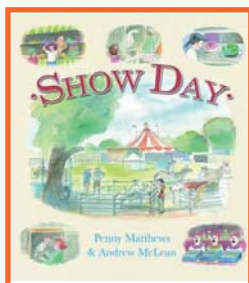
by Friday 27 September, 2013

for your chance to WIN!



**Show Day**  
by Penny Matthews &  
Andrew McLean

In celebration of the upcoming Royal Adelaide Show, let's read this book about a little girl and her family preparing for all the excitement of Show Day where they enter marmalade and cake contests, prepare their Guinea Pig Bart, Rooster Albert and family cow Princess Marigold - aka Goldie for various competitions. There's everything you'd expect at a Show - bouncy castles, clowns and wood chopping.

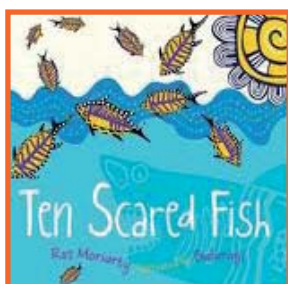


**Ten Scared Fish**  
by Ros Moriarty

A gorgeously illustrated Number Book from one to ten... when ten scary fish meet a big scary shark!

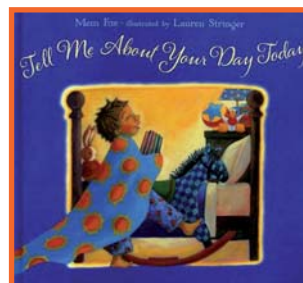
Produced by the founder of Indi Kindi pre-literacy education and written in Yanyuwa language (spoken by Aboriginal families in Borrooloola NT).

A definite book for the Playgroupers book shelf.



**Tell Me About Your Day Today**  
by Mem Fox

Written by Mem Fox, this book watches as a little boy listens to his bed time friends accounts of their day (the Greedy Goose, the Blue Horse and the Fat Rabbit) before reminiscing on his own day and preparing for bed.



**Don't let a Spoonbill in the Kitchen**  
by Narelle Oliver

Who doesn't love a book that rhymes?

A colourful and creatively illustrated book about various (hard to pronounce) breeds of birds and where you shouldn't let them go/do (as the pictures will show you).

A perfect book for the older Playgroupers, especially if they love birds!





# PHOTO GALLERY BOOK WEEK PLAYGROUP



EDWARD - winner  
of the Costume  
Competition as  
The Green Sheep

Thanks to *Educational Experience* for donating  
the wonderful Book Pack as a Costume Prize!



# PRETEND PLAY

Pretend play is also often called dramatic, imaginative or make believe play. It can help children to understand and make sense of their world. Pretend Play enhances various components of children's development including their creativity and intellectual and social skills.



## PRETEND PLAY DEVELOPS IN STAGES:

- **1-2 years of age**  
Pretend Play first begins with children imitating familiar actions. They start to use objects "as if" they were something else. eg. a doll is used "as if" it were a baby.
- **2-3 years of age**  
Children develop the ability to make the object the agent of the action. eg a stick can be a magic wand, pencil, etc.



## Physio for Kids and Adults

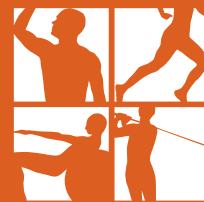
The Physio Clinic is a family friendly clinic situated in Prospect. We have an onsite staffed **child minding facility** so you can receive treatment with one of our physiotherapists, podiatrist or massage therapist while we look after the kids!

### What else do we offer?

- Pregnancy and postnatal pilates classes  
- tone your tummy and improve posture
- Specialised paediatric physiotherapist consulting  
- your child receives expert care
- Individualised, physiotherapy supervised gym classes  
- get into shape
- Onsite car parking - easy access
- Baby change facilities - convenience
- Disability access - no barriers



Read The Physio Clinic article on **TIPS for your child's development** in the editorial section of this magazine!



the  
physio  
clinic

*'for all things physio'*

**Call our friendly reception staff  
today for further information...**

**phone: 8342 1233**

The Physio Clinic  
177 Prospect Road  
Prospect SA 5082

web: [thephysioclinic.com.au](http://thephysioclinic.com.au)  
email: [admin@thephysioclinic.com.au](mailto:admin@thephysioclinic.com.au)



- **4-6 years of age**

Dramatic play peaks. Children are able to move in and out of many diverse roles. They are able to pretend without props.

Children love to imitate adults. While doing this they learn about roles, jobs and how it feels to be an important person with special tasks to perform. Encourage the children to try out new roles and activities. Parents/carers can facilitate Pretend Play at Playgroup by providing children with items that they can use as props in their play.

Consider the children's interests in your planning if you observe them starting some Pretend Play on their own, provide some items to extend that play. You may also choose to set up a pretend play environment at Playgroup to extend the children's play. A table and some chairs, and a few additional props can be used to create a home corner; a shop, a classroom, a post office - you can probably come up with many more ideas for pretend play for the children at your Playgroup. Dress ups and cubbies will also greatly enhance the children's play.

Be aware of cultural differences and be sensitive to them when facilitating the children's play - it may be appropriate to include some items from cultures represented at Playgroup in the props and/or dress ups. Encourage the children to try roles outside traditional stereotypes - girls can enjoy pretending to be fire-fighters and doctors, and boys will have fun exploring nursing and hairdressing roles through their play. Make provision for the inclusion of children with disabilities in pretend play activities, giving them the opportunity to try the full range of roles.

Your local Toy Library will have some items available that can be used for Pretend Play - other items can be brought from home or purchased at a low cost from Garage Sales, etc.

## Cubbies · Dress Ups · Home Corner · Shop

### TIPS for Your Child's Development

This information is a guide only. You should speak to your Physiotherapist for more specific advice.

Parents are often concerned about their child's growth and development. It is important to remember that there is a wide variation in what is considered to be typical development. All children will grow and develop at different rates.

#### To help encourage your child's development:

- Make fitness fun and part of daily life
- Encourage the exploration of risks and limits in safe environments
- Discourage more than 60 minutes of sedentary activities per day
- Help your child to learn movement skills by kicking, running, throwing and catching a ball with them
- Some organised physical activities are also a great way of helping your child be active and socialise with other children

These TIPS have been provided by The Physio Clinic. The Physio Clinic is a family friendly clinic situated at 177 Prospect Road, Prospect. They have an on-site staffed child minding facility so you can receive treatment with one of their physios including a specialist paediatric physiotherapist, podiatrist or massage therapist while they look after the kids!

phone: 8342 1233 web: [thephysioclinic.com.au](http://thephysioclinic.com.au)

Paediatric physiotherapists are able to look at your child's movement and skills to evaluate their development. They can help your child improve their general development, movement acquisition and physical skills such as balance and coordination.

#### Does my child need to see a Paediatric Physiotherapist?

You should consider seeing a paediatric physiotherapist if:

- You notice a delay in reaching milestones
- Your child is clumsy with running, jumping or ball skills
- Your child has aches and pains with activity or rest
- You have concerns about your child's posture.

Usually there is no need for concern, but your paediatric physiotherapist will be able to provide you with skills and advice to assist your child's development.





A vibrant poster for the Peppa Pig LIVE! Treasure Hunt show. At the top, a yellow sun and white clouds are on the left, and a red starburst on the right says "Direct from London's West End!". The title "Peppa Pig" is in large pink letters inside a blue cloud shape, with "LIVE!" in pink and "Treasure Hunt" in yellow below it. The dates "TUE 26 NOV to FRI 6 DEC" and the venue "Adelaide Her Majesty's Theatre" are on the left. On the right, a green parrot flies. The central illustration shows Peppa Pig in a red dress holding a treasure map, and George Pig in a blue shirt and black pirate hat. To their left is an open treasure chest filled with gold coins. Two inset photos on the far left show Peppa and George in costume. At the bottom, the website "www.peppapiglive.com.au" is written in white on a pink background. Small logos and copyright text are at the very bottom.

**Peppa Pig**  
LIVE!  
**Treasure Hunt**

TUE 26 NOV  
to FRI 6 DEC

Adelaide  
Her Majesty's Theatre

[www.peppapiglive.com.au](http://www.peppapiglive.com.au)

Peppa Pig © Astley Baker Davies Ltd/Entertainment One UK Ltd 2003. | [www.peppapig.com/au](http://www.peppapig.com/au) | [www.facebook.com/officialpeppapig](https://www.facebook.com/officialpeppapig)

## A Father and Son's experience of PLAYGROUP...

Mitchell is a 3.5 year old boy who attends Coromandal Community Centre Playgroup on Thursdays, with his Dad, Matthew.

Born with Global Development Delay (GDD) and Exempholus Major (hernia of the abdominal viscera into the umbilical cord) causing physical issues such as decreased balance, Mitchell spent the first 16 months of his life in hospital and his parents had to be extremely careful not to expose him to any infections. Mitchell, therefore, was introduced to Playgroup when he became well enough - as his parents hoped it would be a good introduction for him in socialising with other children and families.

We asked these questions of Mitchell's Dad in order to get an understanding of their Playgroup experience:

**How has the Playgroup been supportive of Mitchell's needs?**

The Playgroup has been very supportive and very good at supporting both Mitchell and I. The set up at Coromandal Playgroup is ideal as the play areas are all isolated from each other - which allows me to see Mitchell at all times. The parents are so helpful and give me assistance whenever I need.

**Do you feel that Mitchell has developed new skills through attending Playgroup?**

Mitchell has definitely learnt new skills through attending Playgroup. Mitchell has always been good around adults, as he has been surrounded



by adults in hospitals for a long time, but prior to Playgroup he had no interaction with other children. I've seen Mitchell's ability to follow other children develop, along with his singing as we enjoy Song Time at Playgroup. Mitchell has also benefited from the other children modelling eating.

**As Mitchell's Dad, what has been your favourite aspect of attending Playgroup?**

The socialisation for both myself and Mitchell has been my favourite aspect of Playgroup really. It's great to see Mitchell learning to play and getting along with other children. It's also a chance for me to chat with other mums and home parents/carers to discuss what we go through... but it's also a break from our daily routine!

**Would you recommend playgroup to other parents/families?**

Yes! Yes, I would.

*One of the joyous aspects of Playgroup is that it brings together families from every possible background who share a common goal - to spend time together, have fun, make new friends and develop new skills. At Playgroup, individuality is celebrated, and there's no better place to start teaching the value of diversity and inclusion than with a group of inquisitive children. Playgroup SA believes that the benefits of inclusion for children with all abilities include friendships and relationship building; a sense of belonging to a community for both Playgroup parents and children, access to peer role models and increased inclusion. ■*



BABIES PROMS PRINCIPAL PARTNER

# BABIES PROMS

**SUNDAY 27 OCT 2013  
11AM**

**ASO GRAINGER STUDIO**

**Bronwen James - compere**

**Adelaide Youth Sinfonia  
Peter Handsworth - Conductor**

**Young Adelaide Voices  
Intermediate Choir  
Trish Hart - Conductor**

**BOOK AT  131 246**



# Become a Board Member of Playgroup SA Inc.

*Playing, Learning, Supporting Families*

**Playgroup SA** is a vibrant community based organisation managed by a Volunteer Board of Management.

Playgroup SA Inc. (Formerly the Playgroup Association of South Australia Inc.) was formed in 1974. Playgroup SA is a non-profit, community based organisation which is committed to providing quality services to families with young children throughout South Australia.

**f u n** family  
**support**  
**community**

**Our vision is** to create the opportunity for every child to learn through quality play experiences while supporting their families/carers in their role as primary educators.

**Our mission is** to facilitate positive, enriching, educational experiences in a safe environment for young children and families/carers by providing an accessible network of playgroup services.

Do you want to become more involved in your community?

Want to give something back?

Do you have a spare evening per month?

Want access to a variety of great services with your family?



For more information  
please contact  
Playgroup SA on  
Free Call 1800 171 882

## Why not look into becoming a Playgroup SA Board Member?

Playgroup SA's Volunteer Board of Management currently has a **Position Vacant!**

*Read on for more information...*



# Board Member Job Summary

Expressions of Interest are sought from individuals with demonstrated skills and experience to join the Board of Playgroup SA.

Playgroup SA is the Peak Body for Playgroups in South Australia. We advocate learning through play and the role of playgroups as an integral part of the early childhood experience for the whole family. Playgroup SA has over 6500 member families who participate in weekly playgroup sessions across the State during school terms. Community playgroups are managed by volunteers and have been an integral part of the early childhood landscape in this state for over 40 years. Playgroup SA is also involved in national supported playgroup programs, enabling us to provide targeted support to SA families, including those with a child with disability, Indigenous and CALD families and young parent groups.

Playgroup is for children aged 0-5 years and their parents or carers and is unique in that adults attend with their children. Community, parent-managed playgroups continue to thrive and are located in metropolitan and rural communities throughout the State. The playgroup movement is one of Australia's largest volunteer-run organisations, with something like 1.6 million voluntary hours contributed nationally per annum.

The Board of Playgroup SA has a maximum of nine members, including members who are current participants of a Playgroup SA affiliated playgroup. We are currently recruiting for new members of the Board.

If you have an interest in community and children's service sectors and a commitment to good practice in the not for profit sector and governance, you may be the person we are seeking.



**PLAYGROUP SA**  
Playing, learning, supporting families

## Skills & Knowledge required

### Knowledge and experience

- Experience as a Board Director/ Member preferred.
- Strong political acumen and judgement and strong commercial acumen.
- Excellent understanding and experience of good practice relating to governance of not-for-profit organisations.

### Personal abilities/attributes/skills

Refer to BOARD SKILLS MATRIX document.

Current recruiting focus is for members with legal or marketing expertise, however all applicants will be considered.

The position of Board Director is a voluntary position. All reasonable costs incurred in fulfilling the responsibilities of Board Member will be met by Playgroup SA.

## Special Conditions

- Appointment is subject to a satisfactory National Police Clearance
- Out of hours work will be required. The Playgroup SA office is situated in Prospect with on-site meetings held at a mutually convenient time.
- The current board meets monthly on a Monday evening from 7pm, with most meetings lasting approximately 2 hours.

### Term of Appointment

- The term of office for Board Members is for one year, with all members eligible for re-election at the following annual general meeting (held in October).
- Commencing as soon as possible.



# Playgroup Colouring In or Decorate Competition



Raising awareness for NATIONAL CHILD PROTECTION WEEK 2013

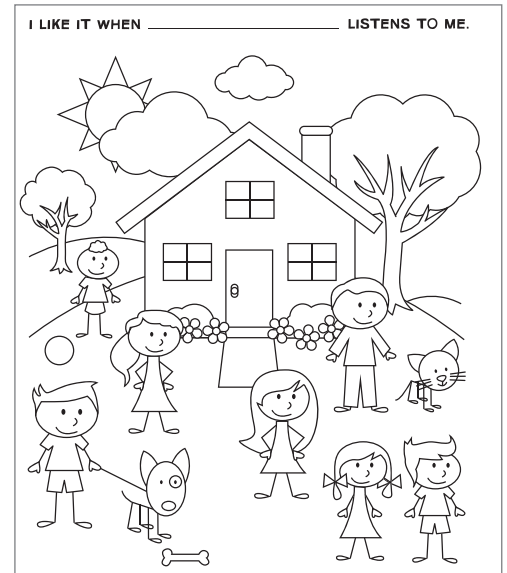
Colour in and/or Decorate at home or Playgroup and send to:  
Playgroup SA - 91 Prospect Road, Prospect SA 5082  
with your Playgroup Name + Child's Name + Parents email address on reverse

Enter as many times as you like!  
Competition Closes 4 October, 2013

Colouring template available from Playgroup SA  
or via [www.napcan.org.au/wordpress/wp-content/uploads/2013/08/NCPW-colouring-in-Poster\\_2013.pdf](http://www.napcan.org.au/wordpress/wp-content/uploads/2013/08/NCPW-colouring-in-Poster_2013.pdf)

## PRIZES TO BE WON

Also, check out [www.playyourpart.org.au](http://www.playyourpart.org.au) for National Child Protection Week information (including downloadable posters).



**DORA THE EXPLORER IS BACK IN A BRAND NEW MUSICAL ADVENTURE!**

**nickelodeon**  
**DORA'S**  
**PIRATE**  
**ADVENTURE**

**LIVE ON STAGE!**

**LIMITED DATES! BOOK NOW**

**nick jr. HOPGOOD TOURING**

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**SIR ROBERT HELPMANN THEATRE  
MT GAMBIER**  
MONDAY 30 SEPTEMBER  
BOX OFFICE 8723 8741

**HER MAJESTY'S THEATRE  
ADELAIDE**  
THURSDAY 3 OCTOBER  
131 246 **BASS** [bass.net.au](http://bass.net.au)

**HOPGOOD THEATRE  
NOARLUNGA**  
FRIDAY 4 OCTOBER  
BOX OFFICE 8207 3977

[nickjr.com.au/doralive](http://nickjr.com.au/doralive)



# Fundraising for Playgroups

By purchasing from the Educational Experience Fundraising catalogue, you also have the added benefit of being able to nominate your Playgroup (or school, centre or not-for-profit association) who will benefit from your purchase.

**For every dollar spent from the catalogue, 20 cents in educational resource vouchers will be provided for your nominated Playgroup to spend with Educational Experience. That's 20% from each purchase that gets put back into your Playgroup!**

Be confident to know that your purchase from Educational Experience Fundraising will not only provide a quality gift this Christmas, but also assist in the ongoing learning and development for children throughout the year.



*These are some of Playgroup SA's favourite toys that have been purchased for the Prospect Play Room*

EDUCATIONAL EXPERIENCE  
**FUNDRAISING**

**REGISTER TODAY FOR YOUR  
FREE 2013 CATALOGUE**

Call Playgroup SA on free call 1800 171 882





## Playgroup SAPLAYROOM

The Playroom is available for hire to Affiliated Playgroups during the school terms, between 9am and 4pm weekdays, excluding Thursdays. If you are interested in discussing session time availability please contact Playgroup SA on 1800 171 882.

The playroom is equipped with facilities such as outdoor play area including a sandpit, a well resourced carpeted indoor play area, physical play equipment, kitchen, wet area, baby feeding area, reading corner, home corner, craft supplies, air conditioning, parent toilet and baby change facilities, wheelchair and pram access. Playgroup SA is committed to introducing new toys/ equipment to the playroom.





### Creative Tools for Little Hands™



My First Crayola art supplies and creative activities are designed for little hands. They're just the right tools for toddlers and preschoolers to express, create and connect with color. Watch your child's confidence and independence grow while learning through colorful play.





**Crayola.com**

## Playgroup SA Membership:

Membership is compulsory under the terms of affiliation for all Playgroups.

Please note that if there are families attending your group that are not current Playgroup SA members, your Playgroup is at risk. If an incident or accident occurs at your Playgroup, an insurance claim may be considered void for your entire group. Our friendly staff are happy to answer any questions regarding your Playgroups membership status or the membership process.

Call us on Free Call 1800 171 882 for more information or check out our website [www.playgroupaustralia.com.au/sa](http://www.playgroupaustralia.com.au/sa)



**PLAYGROUP SA**  
Playing, learning, supporting families