

# Parent Newsletter



## Term Three, 2015

*“You can’t use up creativity. The more you use, the more you have” Maya Angelou*

### Dates to Remember 2015

Term 3 starts	20 <sup>th</sup> July
Parent Focus Group	3 <sup>rd</sup> -7 <sup>th</sup> August
Term 3 ends	25 <sup>th</sup> September
Term 4 starts	12 <sup>th</sup> October

**Congratulations** to Trisha who won a very prestigious Rotary award, the Paul Harris Fellow, in recognition of meritorious service to the community. Her nomination was suggested by Ken Williamson, Trustee, supported by Hamilton Central Rotary, and several current and former families wrote testimonials in support. These awards are usually only presented to Rotarians, but they make exceptions for special people whom they believe have made an outstanding contribution to the community, and who exemplify the principles of Rotary which are based on service, high ethical standards and fostering goodwill and understanding in their daily life. We are very proud of Trisha!

**Bugsy Malone Fundraiser for McKenzie Centre:** Thank you to Musikmakers Hamilton for choosing McKenzie Centre for their Charity Benefit Night performance of the high-energy musical *Bugsy Malone*. The production was very professionally run, and the stunningly talented young cast of actors, singer and dancers, made this a night to remember. Thank you to everyone who supported this fundraiser for McKenzie Centre.



On Thursday the 18<sup>th</sup> of June this beautiful bouquet of flowers was delivered to the Centre. The card attached wrote: “Please accept this Random Act of Kindness from More Than Flowers as appreciation for all you do for our Community”. We were all absolutely delighted with the bouquet and wish to thank **More Than Flowers** (Rototuna) for this lovely gesture.

Thanks also to **The Girl on a Swing** for generously donating scrumptious cupcakes to McKenzie Centre for a whole week in June, in recognition of the work we do in the community. We couldn’t believe our eyes when we saw the mouth-watering and delectable array of cupcakes and cakes we collected each day - the children, families and staff were in sugar heaven ☺ We are delighted and very grateful to The Girl on a Swing for its generosity and support - what wonderful community spirit they have.



Thanks to David Covic and his team at **SkyPoint Technologies Ltd**, especially Luke, who are our new IT support providers, and who have given us excellent and very personal service over the last few weeks. Thanks also to Wayne Galletly of **Contract Cabling Ltd** who takes care of the Centre’s wiring and cabling needs in a very professional and friendly manner.



Thanks to Steve Kinsey and his team at **PlaceMakers, Clarence Street**, for donating us some wood to make eight more H Stools, and **Bruce Stott** for putting them together. They are ready for us to use in Term 3.



### **Free GP Visits Extended for 6 - 13 year olds:**

From 1 July 2015, all children under 13 are eligible for free general practice visits, both during the day and after-hours. Not all GPs may provide free visits, so check with your GP first. For more information, check out this link: <http://www.health.govt.nz/your-health/services-and-support/health-care-services/visiting-doctor/zero-fee-doctors-visits-children-aged-under-13>

### **Free Sore Throats Clinics:**

If you're in the Northland, Auckland, Lakes, Waikato, Bay of Plenty, Gisborne/East Coast, Porirua or Hutt Valley areas and your child is Māori or Pacific, aged 4 to 19 years, and has a sore throat, they can have it checked at a free sore throat clinic listed on the pages below. You can also call Healthline on 0800 611 116 to find a clinic near you. These lists will be updated regularly.

### **Raising Children Project**

The Ministry of Education has been involved with the *Raising Children* project which has recently launched a set of audio-visual resources on parenting matters. The resources provide over 100 short stories containing information, guidance and support for parents and whānau on a number of parenting topics. Topics include eating, sleeping, health and behaviour, as well as early learning and early childhood education (ECE). The resources are focused on newborns through to the end of primary school years.

The stories can be accessed in a number of ways:

- Website - [www.raisingchildren.org.nz](http://www.raisingchildren.org.nz);
- TVNZ OnDemand - stories can be viewed on-line from 1 August 2015.
- By downloading the 'Raising Children' app which is free for apple and android phones;
- DVDs -
  - an 'Early Years' DVD focusing on 0-2 year olds is currently being given to all first time parents/whānau free of charge by their Plunket nurse or other Well Child Tamariki Ora provider. These will be available until May 2016.
  - a 'Middle Years' DVD, focusing on 3-10 year olds will be given to all first time parents free of charge by their Plunket nurse or other Well Child Tamariki Ora provider at the 3 year old check or the B4School check. These will be available from August 2015 to August 2016;

**The Ministry of Education** has some great resources for supporting your child's learning at home. Maths in the preschool years is all about learning to count, right? It's actually so much more than that! Even at this age maths is about measurement, geometry, algebra, statistics and numbers. Children come up against these mathematical concepts all the time in everyday life. You can help them get to grips with these concepts and build a strong foundation for future mathematical learning.

#### *Top 5 Tips*

1. Measurement - talk about how high the plane is, how far it is to Grandma's house, or how heavy the bucket of water is.
2. Geometry is about shapes, but it's also about where your child fits in space. Talk about what shape that window is, or the plate is. Talk about where your child is - "you're under the blanket," "you're on top of the branch", "you're inside the box".
3. Algebra - Sing songs and play music; this builds an idea of what a pattern is.
4. Statistics is all about classifying, so ask your child to put all the yellow pegs together when you're hanging out the washing, or all the socks together in a pile when you're folding it.
5. Numbers - incorporate number learning into everyday life. Ask your child to get four knives and forks when you're setting the table together, or to pass you six pegs when you're hanging out the washing.

### **Sleep Study**

Laurie McLay (PhD) from the University of Canterbury is currently undertaking a research study on the effectiveness of various treatments on sleep for children who are between 3-12 years of age, and who have limited verbal language (i.e., communicate using a maximum of 1-2 words at a time). This research will examine both the effectiveness of non-traditional

approaches to treatments for sleep disturbance (e.g. massage therapy and white noise) and the effectiveness of behavioural treatments. The treatment approach implemented will be chosen by the parents, in discussion with the research clinician they are working with. If you are interested in participating or would like more information phone: (03) 364 2987 ext. 7176 or email: laurie.mclay@canterbury.ac.nz.

### Parent Focus Group

These get-togethers happen during sessions each term. This term they will be in the week of **3-7<sup>th</sup> August**. Last term our parent groups had discussions around toileting and dressing. It was a great opportunity to share resources, celebrate success stories and gain ideas for you to try with your child. This term there will be representatives from the McKenzie Centre Trust join the group to share a bit about what happens behind the scenes. We are also reviewing our assessment process so would appreciate any feedback on how this has been for you; what was good about it, were your expectations met, could it be done in a different way?

### Fundraiser

Hamilton East Rotary Club is supporting McKenzie Centre and other Hamilton charities by holding an exciting **Race Night** on Friday 31st July 2015 at St Andrews Link Community Centre, starting at 7.30pm. Tickets are \$25 and include a finger food buffet. A cash bar is available. Please come along to support McKenzie Centre and have a flutter on the horses and some fun. To purchase tickets, please talk to Sandra or Lillian in the office.

### New Faces at McKenzie Centre:



Welcome to Johan Watson. He is a third year occupational therapy student from Auckland University of Technology. In order to complete his final year of study he is required to undergo practical work experience in occupational therapy settings. He's genuinely excited to be joining the team of professionals at McKenzie Centre for a 10 week period. A keen interest in the area of paediatrics was ignited during his years studying occupational therapy. Johan says: "I believe the profession can aid in fostering many significant benefits for children experiencing developmental difficulties. Working at McKenzie Centre will be a great opportunity for me to implement my current knowledge and skills into practice. I also look forward to utilizing the experience for developing and advancing my abilities as an occupational therapist. Above all, I am eager to contribute to the life enhancement of children and families involved in the service. I believe the work is valuable and will be substantially rewarding, therefore I will relish the opportunity I have been presented with."



Welcome also to Leona Birss: "Hi, I am a second year occupational therapy student. As part of my training I am required to complete practical learning placements within the community. I am very fortunate to have been allocated a place at McKenzie Centre, starting on the 20<sup>th</sup> of July. I have lived in Hamilton all of my adult life and currently live in Te Kowhai with my husband and children. I look forward to spending time with the children and their whanau over my seven week placement at McKenzie Centre. I hope to have the chance to meet you soon."

### Some General Housekeeping:

- **Absences:** We do appreciate you ringing or sending us a text when you are not going to attend your session. Key Workers plan activities and prepare resources for your child in advance so a quick message would be very helpful. If your child is unwell often during the term we may need you to sign an EC 12 form. Your Key Worker will talk with you about this if needed.
- The flu season has hit with a vengeance and it is expected it to be the worst one we have had in a while. Both the A and B strains are very strong this year, and both are very bad news for the most vulnerable of us, namely children and oldies. The season doesn't end until September, so there is still a long way to go until we are "safe"! People who do become sick should do their utmost not to spread it, particularly

those of us who work with vulnerable people. So that means staying at **home until you are no longer contagious**. Please let us know if you are not coming into session.

- To help reduce the spread of bugs and to reinforce hand washing as part of the routine we like to encourage hand washing before kai time. Please use the bathroom rather than the water trough for hand washing. It is also important to reduce the spread of germs by catching your cough or sneeze with your elbow, using tissues and hand washing.
- Top tip: If you have forgotten the name of a parent in session or perhaps you haven't met them yet, you can look on the back of their child's photo. Staff photos and names are displayed on the blue wall. One of the great benefits of attending session is getting to know other parents, so make yourself known.
- Before you and your child move to the next area of play at McKenzie Centre, please spend a moment to tidy up resources that you have used. This means staff spend much less time tidying up at the end of session which is much appreciated. It also makes the environment safer and reinforces tidy up as part of the routine for our children. Children can learn a lot through participating in tidy up- talk to your Key Worker about this.
- We would like to focus on developing peer interactions and social communication skills so will be looking to make connections between children during sessions and encourage activities that promote these skills. Look at our Curriculum plan!
- **Immunisation Certificates:** please bring these in as part of our enrolment procedure and bring it in as your child/children have their immunisations so our records are updated.
- **Birth Certificates or Passports:** this documentation is required as part of our enrolment procedure and are early childhood requirements. Check with your Key Worker that we have a copy on your child/children's files. Siblings too.
- Remember to **sign in and out** as this is important for our records and legal requirements. Remember, the sessions are 4 hours and 5 minutes long so please stay to enjoy the entire session.
- Please be vigilant when entering or reversing out of the carpark area, as it can be very hard to spot little people there. Thank you!

#### **Of Interest:**

Reading Out Loud, tips from Leah Curry Rood from her book, "Literacy".

- Be selective – Choose stories to read aloud that you like.... The effectiveness of the way you read the story will be in some measure related to your own enjoyment of the story.
- Practice reading the story, making additions and deletions to the text, turning the pages at the appropriate time, holding the book in such a way that you can still have eye contact with the children.
- Pace your reading. Most of us read too fast when we read aloud.... Children need time to paint their own mental pictures from the words you are reading. Adjust your pace to fit the story and bring the listeners to the edge of their chairs or to their feet at the appropriate time.

#### **Thank you to all of our wonderful volunteers.**

- Thanks to Richard Bennett for doing lots of important building jobs around the Centre this term. He has tidied up some niggling handyman jobs for us and has really helped us get some new systems in place, which have made things flow much better as a result.
- Thank you to John Bary, a long-time supporter of McKenzie Centre. John has been unwell and we wish him all the best for his recovery.
- Thank you to Mitchell Construction for hanging the whiteboard in the admin area.
- Thanks to Liam Malloy, McKenzie Centre's friendly neighbour, for taking over mowing our lawns, and doing such a great job of it, whilst our regular volunteer Richard

Stewart is out of action following a motor bike accident (fortunately he is recovering well).

We really do appreciate the goodwill of volunteers as they help us to keep our costs down so we can continue to provide our essential services to the children and families.

Best wishes from; Trisha, Claire, Sue, Anita, Estelle, Suzanne, Teresa, Ruth, Jacqui, Helen, Sandra, Lillian, Steph, Marcia and Richard.

**Funders:**

*THANK YOU to our wonderful funders, sponsors, friends and supporters:*



**As well as:**

Ministry of Education, Special Education  
Hamilton City Council  
Tidd Foundation

Ministry of Health  
Grassroots Trust  
Sir JL Campbell Trust

Community Post  
DV Bryant Trust

**And our donors and sponsors (private donors names not published for privacy reasons)**

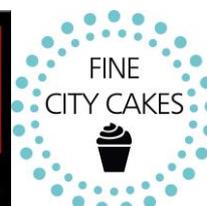
Cooper Aitken and Partners  
Business Enabling Systems Ltd  
New World Rototuna  
Proform Plastics  
A1 Commercial Cleaning  
Everest Airconditioning Ltd  
Ricoh  
Stainless Design

Blakes Hire Company  
X3 Utility Services  
Meyer Gouda Cheese  
BNZ Partners  
Crombie Lockwood  
BNZ Closed for Good  
Rotary Club of Hamilton  
Waikato Diocesan School for Girls

Spike @School  
Holdfast  
Cemac Interiors  
Andrew Malcolm  
Lido Cinema  
CF Reese Plumbing  
Southwell School

**30<sup>th</sup> Gala Dinner Sponsors:**

Gwen Lyon, Ruby Lyon, Zoe Lapwood, The Hummingbirds, Brian King - Harcourts, Mark Bunting



KAHURANGI  
ESTATE



SOUTHWELL  
SCHOOL

Est. 1911



TROUT VALLEY  
RESERVE



**Jim's Test & Tag**  
0800 454 654

Health & Safety OHSAS 18001  
Health & Safety AS/NZS 4801  
Quality ISO 9001

HAMILTON  
VETERINARY  
SERVICES



WAIKATO DIOCESAN  
School for Girls

visual evolution  
illustration + design



WAIKATO RIVER  
EXPLORER

BUG OFF NOW  
Your insect control specialist

OR  
HAIR

Donovans  
NZ EST. CHOCOLATE 1991

FOUNDATION  
bar kitchen lounge

phb  
PROFESSIONAL  
HAIR BRANDS

FASTLANE  
FITNESS

SPIROS POROS  
PHOTOGRAPHY

OPUS

LIDO CINEMA

Line group

PRECIOUS  
METALS

CELEBRATING  
100  
YEARS

cooperaitken  
accountants  
creating freedom in your business

FOSTER  
CONSTRUCTION  
WE BEGIN WITH THE END IN MIND

HEALTHY  
VENTURES

RICOH  
imagine. change.

Sincerity  
Laundry Group

SPLURGS  
dream - inspire - experience

eftco.