

Parent Newsletter
Term Four, 2016

An obstacle is often a stepping stone...William Prescott.

Dates to Remember Term Four 2016

Term 4 starts	10 October
Labour Day	24 October, no session
AGM	25 October at 7pm
Parent Focus workshops	7-11 November
ESW finish date	16 December
Last session	19 December
Family end of year party	20 December 10 - 12.30pm
Premmies group	2nd Thursday of month 13-10-16, 10-11-16 and 8-12-16 11am

Dates 2017

Term starts	31 January, Tuesday sessions
Waitangi Day	6 February no session

Welcome back to Term 4. Although the weather has not been kind over the holidays we hope you have all managed to have a great break and are enthusiastic in the 'run up' to the Christmas break. Term 4 has come around so quickly! Remember to have hats handy for everyone as the sun can be quite strong this term. This also means that the grey playground matting can get hot to stand on for bare feet. Please take care.

McKenzie Centre AGM is on 25 October 2016 at 7pm. All are welcome and we appreciate any parents and interested people who may want to attend.

Family End of Year Party (20 Dec): everyone is welcome, current and past families, friends and colleagues. Bring a plate of food to share and relax with your friends at the Centre.

As noted in the previous newsletter there are a number of resources available for parents;

- IHC Library resources for parents- are now available as e-books which can be downloaded and expire after 7 weeks. Check out www.ihc.org.nz/library.
- Parent library at McKenzie Centre, speak with your Key Worker about loans.
- We have various links on our website.

Thanks to Furnware who very generously donated these lovely shelving units for our art supplies. We are thrilled to have more accessible storage for the children to explore art activities.

Thanks to our awesome volunteers: Richard Bennett for removing our ramp, building our new frame for outside water exploration and for general handy man assistance, **Liam Malloy** for mowing our lawns and **David Brown** for maintaining our gardens.



Thanks to everyone who supported our *Jason Bourne Movie Night* and the *Hamilton East Rotary Race Night* fundraising events. They were both lots of fun and over \$5,000 was raised for the Centre. We realise many of you are unable to come to these events, but if you are able to spread the word, or get family and friends to come instead, then that is a great way to support McKenzie Centre.

Thanks to **Alison Short** (a past McKenzie Centre parent) from the *Bin Inn in Dinsdale*, who kindly donates all the wheat for our wheat trough. If you're in Dinsdale, do pop and say hi to Alison as she has many food items that are useful if your child has allergies and intolerances.

Congratulations to **Yuliya Pollock**, a past parent who was a volunteer helper at the Tuesday afternoon sessions, on finishing her study and getting a full time job. We wish you all the best with your new work.

Welcome to **Maxx Alcobilla** who is using her publishing skills to create great visual presentations of past families' stories that were collected for our 30th celebrations.



Also a warm welcome back to **Andree McGibbon** who is volunteering her valuable knowledge and experience on Tuesday afternoons. Andree was an Early Intervention Teacher at McKenzie Centre before retiring in 2014.

Susan from Assistance Dogs New Zealand came in with Nellie. Thank you to McKenzie Centre mum **Claire Dowsett** for organising this for us. The children, and whanau, enjoyed patting such a lovely, placid dog. If anyone is interested in finding out more about assistance dogs their website is very helpful.



<http://assistancedogstrust.org.nz/>

Benefits and Allowances we usually outline these at our first meeting but as there is so much new information sometimes it is hard to remember everything. You may be entitled to a CDA, Child Disability Allowance, or CCS, Child care subsidy. Talk to your Key Worker about this or contact WINZ directly. Families who live more than 25km from McKenzie Centre may be entitled to a travel allowance.

Stress-free Haircuts: Professional hairdresser, and former McKenzie Centre mum, Sue Fletcher, from Urban Hair in Dinsdale, is happy to come to your home to cut your child's hair if going to a salon is too stressful. All for just \$20! Please phone Sue on 847 2591. Thanks, Sue!

Free, imaginative play is crucial for normal social, emotional and cognitive development. It makes us better adjusted and less stressed." This proclamation came from Melinda Wenner Moyer in her article, "The Serious Need for Play" in [Scientific American Mind](#) (Volume 25, Number 2). In concluding this article, Moyer noted...

"Many parents today believe they are acting in their kids' best interest when they swap free play for what they see as valuable learning activities. Some mothers and fathers may also hesitate to let their sons and daughters play outside unattended, and they may fret about the possibility of scrapes and broken bones that sometimes arise during rambunctious play... Although those parental instincts are natural, protecting children simply defrays the costs to later, when those same children have difficulty in dealing with an unpredictable, complex world.... A better 2015 systematic review reported that risky outdoor play - climbing on high playground structures, for instance, or engaging in rough-and-tumble play - was associated with better physical health among kids, not worse, and that it was also linked to greater creativity and resilience...Parents should let children be children - not just because it should be fun to be a child but because denying youth's unfettered joys keeps kids from developing into inquisitive, creative creatures."

Enabling Good Lives (EGL) Waikato: is a new and exciting way the disability community and the Ministries of Education, Health and Social Development are working together to make funding and supports more accessible for disabled people and families. EGL is a 2 year demonstration in Waikato.

Any children or disabled people who are eligible for MOH funded disability support services can choose to use EGL Waikato. With EGL families get to work with a connector/tūhono who gets to know them, links them with people and opportunities that make sense for them and assists them in planning their disability supports. Disabled people and families are allocated individual budgets that they can either manage themselves or choose someone to assist them with. Many people and families currently participating in EGL are employing their own staff,

buying their supports and putting their ideas into action. Participants have welcomed the increased choice and control EGL has offered. During the second year of the demonstration EGL is wanting to reach out to more families with younger children so they know EGL is an option for them. The EGL team would be happy to discuss EGL with any families or team members who are interested. Contact them through Loren Corbett 07 957 1561 or Enabling_Good_Lives_Waikato@msd.govt.nz

Emergency Fire Drill: We will have a practice in session every term. Please follow instructions from staff and vacate the building. We gather on Hamilton West School playground using the back gate near the concrete bike track. This is our evacuation place. During Term 4 Hamilton West will be building new classrooms, and our temporary evacuation place will be to gather under our swing area. From there, in a real emergency, we can move together further away from the building.

Poisonous plants: We have moved the Swan plants from the open area near the bikes to the fenced area near the ramp. This is due to them being toxic if eaten. They are still viable so attract your child's attention to them when we have caterpillars and butterflies! If you have any concerns about whether a plant is poisonous in your garden then go online and look up 'Poisonous Plants in NZ'. If your child has eaten a plant that you are not sure about, then contact the National Poisons Centre on 0800 764 766.

Clutter free: At the beginning of Term 3 we decided to 'de-clutter' the environment to make it less visually distracting. During the term we have had several people make comments about how they enjoy the feeling of clear walls. As a staff we have enjoyed the calmer space and the change of environment with the mat time space being in the larger room. Each term we re-evaluate the environment and aspects of the programme, to enhance learning for our children. We are receptive to any suggestions given from families. We also appreciate the assistance given by children and parents in tidying at the end of their play session. These are opportunities to teach children about routines i.e. tidy up and to develop skills in taking responsibility for their own play areas.

Music time: During our planning week we discussed music and how to improve the learning experience offered at music time. Music is a great time to learn about routines, making choices, taking turns, language and social skills. It is important that as adults we are able to model to the children how to join in and participate in the music, singing and actions. It is a fun time to share with our children. Take care to finish conversations with others prior to coming to the mat so that there are less distractions and you can be fully present to engage with the children. We will have a few new songs to learn and we will continue encourage children to come to the mat by using a range of strategies, some of which are sensory based e.g. using cushions or wraps to calm children to enable them to sit for music time. Thank you for your patience and understanding for the children who struggle with mat time. There will be an individual plan in place, and it is exciting to see the progress when the children become more familiar with the routine and enjoy being part of music alongside their peers.

Parent Focus: In sessions the week of 7-11 November, Key Workers will take care of the children to enable parents and carers time to gather and get to know other families who attend. During the first part of Term 4 we will be updating each child's photo. Note that if you are unsure of another parents name, it should be written on the back of their child's photo.

Health and Safety Reminders

Please remember that we have some children who are at greater risk of becoming very unwell with common illnesses. It may be wise to have another session off rather than coming, if you are unsure if your child is well enough to come to play. Regular hand washing with soap remains an effective way to keep the germs away.

Reminder Nut-free Wednesday and Friday morning sessions: Any food which states "May contain traces of nuts" is okay. Thank you for your support with this, and please remember to tell your Key Worker if your child has an allergy so that we can ensure steps are taken to manage this.

Remember that we have changed our bank account: McKenzie Centre now banks with the BNZ so we are asking everyone to make all future payments into our new bank account. The number is **02-0316-0466333-00**.

PayRoll Giving and Fundraising: Although we are very grateful for our government funding we have a short fall each year which we make up by fundraising. We need help with this so McKenzie Centre is available to families in the future. Please talk to Trisha or Helen if you, your extended family or workplace would like to be involved or would like more information.

Students: This term we continue to support a student at McKenzie Centre. Jaime is a Speech Language Therapy student in her final placement. You have met her during Term 3 and she finishes here on 18th November. Thanks to parents and children for helping us to provide many opportunities to assist our students to learn. Without your support this would not be possible.

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

THANK YOU to our wonderful Funders, Sponsors, Friends and Supporters:



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