



## Welcome back to Term 2, 2010

Welcome back, another term is starting as we are heading into the cooler months of autumn and winter. We all hope that you have had a relaxing and happy holiday time together as a family. We are all well rested and looking forward to catching up with families and excited to hear how your holiday went and see what your children are doing now!

### Dates to remember this term are;

- **Term 2 dates:** Begins Monday 19 April and ends Friday 2 July. Term 3 starts 19 July.
- **Parent Focus Group Week: 31 May - 4 June.** Our topic this term is **Playing to Learn**. It will focus on ways families can provide safe and stimulating play opportunities to promote children's learning. This is linked to the Triple P Positive Parenting Programme. These groups will commence at 10am for morning sessions and 1pm for the Thursday session, we schedule in an hour for this. As usual, the individual times with your key worker will not occur on this day as general supervision of the children is required in the play room. The benefit of this is that another key worker will get an opportunity to play with your child and share ideas from their differing professional perspectives.
- **ESW workshop: Friday 18 June, 12.30- 2.30pm.** Our topic this term is 'Get Ready for School'. It will focus on pre-requisite skills that are typically developed and required for children entering school and McKenzie Centre's role in supporting children's transition to school, including the range of resources and funding options that are available for children. The ESWs are required to attend this meeting as part of their professional development and support, however this may affect some children's attendance at their local early childhood centre, if so please talk to your Key worker.
- **True Colours: Wednesday 16 June, 10am.** True Colours is a Charitable Trust that supports children and young people living with chronic, serious or life threatening illness and their families. The Team provides specialist nursing care and counselling/therapy as ongoing emotional support for family members. A Counsellor from True Colours, Kim Hurrell, facilitates a McKenzie Centre support group for Parents, Grandparents and Caregivers once a term. This forum provides an excellent opportunity for families to acknowledge the personal impact on themselves as carers and to share the celebrations and the struggles with others who have experienced a similar journey with their child. If Wednesday is not your usual session and you want to join the support group please come in. Again the individual times with your key worker will not occur on this day as general supervision of the children is required in the play room.
- Anita and Estelle are completing the Hanen programme 'It Takes Two to Talk' early this term with families who began prior to Christmas. Estelle will

be starting the Hanen programme, 'More Than Words' with a number of families this term. This programme focuses on promoting children's social, communication, and play skills.

- **Wellness morning for parents** - This will take place on a Thursday morning this term. Richard Harris, personal trainer and nutrition expert, will give a talk about self-care and the role that exercise and nutrition play in this. Looking after yourself is good for your children! Jillienne Kennedy, from Hukanui Body Therapies, will be available that morning to give mini-massages (shoulder, back and neck or Indian head massage - you can keep your clothes on!). She is offering reduced prices for our parents. (Our staff have tested her services for you and we really enjoyed our massages...) Staff will look after the children while you attend the session and have a massage. Once we have chosen a date, your key worker will give you a form where you can RSVP for the talk and/or a massage. It is important to have numbers so we can ensure the right staffing for child-minding.

### General Reminders;

- **Education Support Workers.** If your child has an ESW they are not employed to work during school holidays. So if your child continues to attend their early childhood centre please be aware of this. If this causes difficulty for your child's attendance please discuss this with your Key worker.
- **Parking.** As you know spaces are limited in our car park and down Hammond Street. Please double park in our car park. If cars are blocking your exit come inside and ask them to move as we would like to prevent accidents.
- **Visiting Students & volunteers.** Medical Students will be in the Centre some Wednesday sessions this term. Anita and Estelle are supervising a Speech Language Therapy student, Cathy du Toit, 2/3/10- 24/5/10; Cathy is here 2 days each week.

Hi, my name is Cathy du Toit and I am a 4<sup>th</sup> year Speech and Language student at Massey University in Auckland. I am a South African born New Zealander and have been living in Te Aroha since 2002. My family and I initially lived in Whangaparoa - we moved to Hamilton 5 years ago. I have been given the opportunity to work at



McKenzie Centre and will be here until 28 May - I am told the children and families who attend McKenzie Centre are awesome people. I am looking forward to meeting all families and to be part of the McKenzie Centre team!

Claire will be supervising an Occupational Therapy student; starting 31 May. We are also hosting two EIT students on Monday 3 May and on Tuesday 1 June 2010. Ursula will be supervising and Early Childhood Teacher from May 3 until May 21. We have a new volunteer assisting with Tuesday and Wednesday sessions, Mariet. Look on the parent notice board where we will arrange for students/ volunteers to provide a short introduction about themselves.

While students and volunteers are in the centre they are under the supervision of staff, and they are never to be alone or in sole charge of children. This is the responsibility of the parent/caregiver and/or the staff of McKenzie Centre.

- **Items on loan.** These need to be recorded in the 'Loan book' when they are taken and returned. Discuss with your Key worker whether there may be certain resources or toys that you can loan during term or term breaks for your child/ren. You may have items out on loan now, if you still require their use let your Key worker know, and if you have finished please return to McKenzie Centre, other children may benefit from having a turn.
- **Tidy-up routines.** These are important to keep the centre clean and tidy. Please encourage and assist your child/ren to tidy up and put away as they finish playing, put toys that have been mouthed in the wash bag in the large playroom, use the cleaner and cloths to clean the kai table as needed, use the towels to wipe up any spills or water around the water trough, and put your dirty dishes in the dishwasher when you have finished. End of session and tidy up time for morning sessions starts at 11.45am and for the afternoon session at 3.15pm.
- **Crombie Lockwood** Thanks to the staff of this business who sent 16 people for an afternoon of cleaning and general maintenance. This is this firm's way of 'paying it forward' in the community by volunteering their time to support community organisations. We extend our grateful thanks to the team who did a wonderful job and have supported you families by supporting McKenzie Centre.
- **Missing.** Items that we would like returned are the Switch It- Bob the Builder, and Farm Animals & People software. Remember that you are welcome to loan the software that is kept on the entrance desk, however it must be recorded in the loan book that sits beside the software box. If you are not sure please see your Key worker.
- **Sun safety.** Sunscreen and hats may still be needed this term. Please remember to bring a hat for your child. If you forget, there are a few McKenzie Centre hats. If you use one of these then please put it in the laundry basket when you have finished with it. Last term we reviewed our Sun Smart Policy.
- **Illnesses.** As winter approaches we may be prone to more bugs and illnesses. Please to inform McKenzie Centre of any infectious illnesses and keep your child/ren away until they are well and/or no longer infectious. Remember that children must not return to the centre any sooner than 24 hours after illnesses like vomiting and diahorrea. We have many children who are medically at risk or have fragile health, and no one wants to get sick if they can help it. So if in doubt check it out and stay away until the bugs have gone away.
- **Kai time.** Please encourage your child to wash his/her hands prior to eating. Hand basins are located in the toilet areas at each end of the building. This is an essential skill for children to learn in developing independence and hygiene skills. Also we ask that you name your child's bag, lunch box and drink bottle so that we can assist during Kai time and ensure that children have their correct belongings. This will also be useful to encourage children's literacy skills, including being able to recognise their name and their belongings. Thanks. Last term we reviewed our Kai Time Policy.
- **Emergency Procedures.** Please make yourself familiar with the emergency plans in the event of earthquake and fire. These are located in the kitchen and large playroom walls for your information.
- **Respite Care.** At workshops many of you have suggested having a regular, planned break; sometimes it is difficult for you to find people to provide respite for your children. One option is Drake Medox, they have a division called Caring Companions. Contact Jo Kendall, Development Manager 0800 MEDOX 9 (0800 633 699). Jo has been into the Centre and is willing to work

with families to see if an appropriate solution can be reached. Brochures are available in the whanau room.

- **Volunteer needed.** If you know anyone who could help us do general support duties then please see Lillian. We need help with duties such as cleaning, shredding, scanning, gardening. This would involve several hours each week. Thank you to the Middleton family who regularly pop in and do our lawns and gardens and also to Dawn Kuunders and her friend Corinna for assistance in the administration area. We really appreciate your help.
- **Counseling.** From time to time we all need someone outside our situation to talk to. At the Centre we have Richard and Marcia but we also know of a range of services in the community. Ask your key worker if you need this type of support.

**No Smoking Policy.** We have recently reviewed the Centre's No Smoking Policy. Staff and some Parents were consulted and all agreed that the Centre and all our grounds would remain a No Smoking area. If anyone would like to see the revised policy they can ask Sandra or Lillian in the Office.

**B4 School Checks.** Waikato children celebrating their fourth birthday can now look forward to five exciting and very important activities to complete before starting school as part of Waikato Primary Health's free B4 School Health Check.

**A Very Important Project:** Every child turning four will be sent a 'Very Important Birthday Card' as well as their 'My Very Important Book'. In My Very Important Book they begin the Very Important Project to complete five tasks before they turn five.

The five tasks are:

- having their eyes and ears checked,
- getting their own library card,
- having their B4 School Health Check,
- enrolling with the School Dental Service and
- visiting their new school to meet their teacher.

At each location visited, the child is given stickers to place in the book to show they've reached these milestones. At the conclusion of the health check children are given a "Very Important Lunchbox" full of exciting goodies.

**More Information:**

[Become a friend of the Very Important Project on Facebook](#)

[Follow the Very Important Project on Twitter](#)

[B4 School Check - Waikato District Health Board](#)

Remember if you have feedback/ comments about services at the Centre please talk with your key worker or Trisha.

**Round the Bridges 2009 result** - the combination of our own fundraising, donations from participants in the event, and a sponsorship from U-Leisure (who

ran the event) netted us \$7,600. We will put this money toward a planned revamp of the building, or some of our other “unfunded” projects.

**25<sup>th</sup> Anniversary Celebration and Auction result** - this event, aside from involving delicious food and drink and lots of fun, raised just over \$10,000 for McKenzie Centre. These funds will be put toward operational expenses. Thanks to everyone who helped make the evening possible.

**Did you Know?**

McKenzie Centre is a charitable trust, governed by 10 volunteer Trustees, which include current and past parents of McKenzie Centre children. About 75% of our funding comes from government, but we work hard to fundraise the remainder so that we can continue to provide the best possible services, equipment and assessments for the families and children who attend. To do this, we must apply to private trusts for funding, run fundraising events such as Round the Bridges, and solicit donations.

**Payroll giving** is a new government initiative to make it easier for people to donate. You can help by asking your employer and other businesses you interact with to offer payroll giving to their staff, and by encouraging staff to suggest McKenzie Centre as a local charity to choose as a done organisation. Payroll giving allows donations to be deducted automatically from your pre-tax income, so you do not have to gather receipts and wait until the end of the tax year to claim your tax refund - you get the tax refund immediately. Depending on your personal tax rate, for every 62 - 87 cents you donate to McKenzie Centre, we will get \$1. Employers should already have plenty of information about this, but you can also get more information from Nan in the office.

**How you can help** - Encourage others to choose McKenzie Centre as their done organisation. Encourage reluctant employers to offer payroll giving to their staff. If they are concerned about having to make payments to too many different charities, encourage them to select one or two “preferred charities” (and suggest us!). Encourage local businesses to choose local charities as their preferred charity.

**Other ways you can help** - join Friends of McKenzie Centre. This is a group of supportive people who will help with fundraising ideas and initiatives - there is no obligation to help out at times when you are too busy.

Best wishes

Trisha, Claire, Sue, Anita, Estelle, Ursula, Andree, Teresa, Ruth, Nan, Sandra, Lillian

## Funders

As always we would like to acknowledge our funders, who make it possible for us to provide an affordable and high quality service to families.



As well as:

Ministry of Education, Special Education  
Lotteries Community Fund  
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ANZ Staff Foundation  
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