Dear Milford Lodge Families & Friends,

Apologies in the delay in having our Term Two news out for 2019. In exciting news, we have just submitted our application for the Excellent Rating. In 2016 our application was 33 pages. This year, we managed to put together a staggering 66 pages.

We would like to thank all of our team for their reflections over the past 3 years, as well as all of the amazing words and letters of recommendation written by our families and also our community. Whilst very time consuming, it was very enjoyable to write about our journey over the past 3 years since receiving the Excellent Rating, and in more detail about all of the amazing things that make us "Milford" every single day.

We will not know the outcome of our application for a few months, however we are so proud of being able to call ourselves one of only 47 Excellent Rated services from the almost 16,000 Australia wide for the past 3 years.

Fingers crossed!

X Team Milford.

As everyone will have noticed, work has well and truly commenced on our new kitchen & dining room. Thank you to all of the families for the continual positive feedback.
We look forward to sharing a coffee with you after completion ☺

Accounts Information

Please be advised that the following fees will apply from Monday 1st July 2019:

Avocado Cottage	School House	Wandiny Room	Art Shed	Library (Kindergarten)
$118.00	$118.00	$113.00	$113.00	$113.00

Public Holiday Reminders

Term Two has plenty of Public Holidays – please diary date the following:

Good Friday: Friday 19th April
Easter Monday: Monday 22nd April
ANZAC Day: Thursday 25th April
Labour Day: Monday 6th May
Sunshine Coast Agriculture Holiday (Nambour Show Day): Friday 14th June

Please also remember that these days are removed from your account just prior to submitting attendance at the END of the week they fall in. This means that Monday 22nd April (for example) will not be removed until Friday 26th April. This is so that the CCSS matches the full fee.

In the Kitchen with Marianne

A few weeks ago, Molly and I were chatting in the kitchen. It was during this conversation we both realised that some of our families have seen me in the kitchen but don't know my background in catering. So, we decided it would be nice to fill you in on my (life before Milford) and how my role has developed due to the unexpected departure of Steve our Thursday and Friday Chef.

I come from a family of food lovers and from a young age I knew I wanted my own Café, after gaining my qualifications I set off back packing around South East Asia and Australia. Learning along the way about different cultures and food, I was certainly inspired by the quality and diversity in Sydney and on my return to the UK I opened my business. My Café was a success and I ran it as one of the chefs for 16 years, however being self-employed in hospitality takes its toll and I decided to retrain. Being a Mum of 3 I naturally gravitated towards working with children and I haven't looked back since.

THE TIMES

Read the full article

Road hog

Tiffney's Cafe, Halifax

Marianne Tiffney has been serving proper coffee from a hissing Caggia since the days when Nescafé Gold Blend was the height of sophistication and no self-respecting Yorkshire lad would be seen within a country mile of a mocha frappuccino.

A short hop off the A646 Burnley Road into Halifax, Tiffney's is reminiscent inside of a Habitat bistro circa 1983, but this shop-front cafe is cosy and friendly. There's always something good on the stereo and a pile of magazines and newspapers to read as you wait for the wholesome, home-cooked, value-for-money food to be served.

Milford is well known for the quality of its meals, freshly prepared every day, the smells wafting from the dining room are a topic of conversation every morning. Families read the menu and often take photographs saying they wish they could eat lunch too. I have free reign on the menu and there isn't a food budget so I can order what I want which is pretty amazing after working in child care where the children bring their own lunch box. The chefs have always been awesome, so I have a lot to live up to, but the feedback from the children and my colleagues has been great, so I think I'm doing okay!

Obviously having a skill which I can use within my program working with children has always been of interest to me, I have been cooking and baking with the children at Milford for the three years I have been there. I really enjoy this aspect of my job and being in the kitchen for two days has not stopped me, I now have an army of bakers waiting to help me. Baking on a Thursday is open to any of the children who are interested, I am usually joined by between 6 to 8 children who don their aprons and begin the hard work of mixing by hand all the ingredients. It is lovely to be a part of this experience, listening to the children chatting away about baking at home with their families, or talking about the ingredients, smells and textures and (bodily fluids, worms and…) I'm sure you can imagine. Often some of the same children join me and I am able to see the progression many of them make in their strength, knowledge and technique, it is lovely when the more experienced then begin to help and advise their friends and the younger children in the group. For the immediate future I am continuing in my role as educator in the Wandiny room on Monday and Tuesdays and the kitchen Thursday and Fridays, if you have any questions you know where to find me,

Regards, Marianne.

From Babies to Beach Patrol

By Melissa Siller

Before Christmas, we were at the beach with the kids when I realised just how little I knew about beach safety. We had already decided that they should start Nippers in 2019 but, to my mind, that just wasn't enough; they aren't and won't be old enough to be able to look after themselves at the beach for some time yet – but was I really able to either? I had joked some years ago about needing nippers for adults, however when someone suggested to me that I should become a Surf Lifesaver myself, I laughed it off thinking it would be impossible. I do a fair bit of swimming, but never in the ocean, except with scuba tanks and flippers… not **quite** the same thing.

I decided there, on the beach, that I would join Alex Surf Club and try to do my Bronze Medallion – my back up plan being to get a Surf Rescue Certificate (less physically rigorous than the Bronze). I had quite a few worries though. At 43 and after 3 kids in quick succession I was concerned that I was too old, too unfit and, quite frankly, just not capable. My motivations were clear, I felt I needed to learn about the ocean and how to keep myself and others safe and if something went wrong have at least a basic idea of what to do. As a Bronze holder (or SRC) I could also serve as Water Safety for the kids when they started Nippers too, easing some of their anxiety over starting a new and completely different activity. Parents are asked to help out in some way if they can and this seemed like a good one.

The course is taught over 8 Saturday mornings from 7am 'til roughly 12pm and in order to take part you need to be able to swim 400m in a pool in under 9 minutes. That's over a minute per lap and is very do-able. During the course we were introduced to surf swimming, body surfing, board riding and much more. Some of these like, the surf swimming and the body surfing were enormous amounts of fun straight away, still challenging at times for someone utterly unused to the sea but with the help of our amazingly patient and extremely confident, competent instructors we learnt the basics very quickly. I did feel like I was surrounded by maniacs for the first few weeks though. I had spent most of my life being told to stay away from rips and all of a sudden was being told to jump into them deliberately! As for boards, well I think I may always have a love/hate relationship with them. They are huge amounts of fun, and they go amazingly fast, but I have had some incredible bruises and they remain my biggest challenge. I have also managed some quite spectacular dismounts in, I think, every possible direction. My first time ever on a board led to some minor hysterics, having got out the back (behind the breakers) on the dratted thing, I had no idea how to get back to the beach without (in my mind) killing myself (or someone else!) doing it. The kindness of the instructor was incredible, and he coaxed me back to shore without once losing patience. We also spent time learning/refreshing our first aid and CPR – both vital skills to have in everyday life not just at the beach.

On our assessment day we had to complete a run-swim-run (200m-200m-200m), then were tested on rescuing conscious and unconscious patients with tubes and boards, spinal casualty handling, signals, first aid and CPR. Everyone passed with flying colours and we were given our uniforms – the red hats, quartered skullcaps, yellow shirts and red shorts that everyone recognises.

I went on my first patrol last Saturday. There are 2 patrols each day (weekends and holidays, weekdays are covered by the professionals) at Alex during the season (except in the Christmas holiday, when there are 3) a day, either morning (7-12) or afternoon (12-5). Mine was the afternoon. I met up with the rest of my patrol, signed in and went off to my first job which was checking the First Aid room, oxygen kits and defibrillators (I have also done additional First Aid and Resuscitation training) and collecting ice in case of stings. Others were assigned to the tower, the beach tower and roving patrols both on foot and in the SSV (side by side vehicle aka beach buggy which I still can't quite believe I get to drive!). By the time that was done, the weather was looking distinctly dodgy, so we were prepping the beach for a storm by taking all the non-essential gear in and keeping a leery eye on the BoM radars. If there is lightning the beach has to be closed, so I spent quite a lot of my first patrol sheltering under the balcony. There were quite a few disappointed kids on patrol; they take turns board riding for fun and the waves were great, but even the surf lifesavers stay out of the water when the beach is shut. We reopened after a couple of hours and there were, surprisingly, still people about who rushed to get back in the water. Although it was short, I loved my first patrol, and am looking forward to the next one.

Once you have completed your Bronze, you are assigned a patrol, and are rostered for duty (you can swap days). This amounts to approximately 10 half days over the course of the season (late September 'til late May) which isn't a lot. There are many different reasons people join the Surf Lifesavers and they come from all walks of life. There are electricians, paramedics, lawyers, chippies, retirees, dieticians, pilots, schoolkids, students, SAHPs – pretty much everything is represented. There is a place for everyone, and if you don't feel up to doing a Bronze, you can do a Surf Rescue Certificate (SRC) instead – which has much of the same training but shorter runs and swims of 100m instead of 200m (the prerequisite is 200m in 5min). Quite a few people do their SRC first and then convert to a Bronze later when they feel more confident. Otherwise, you can train as a first aider if you prefer to stay dry but still be part of the team. If you have ever considered joining and becoming a lifesaver (or even if you hadn't!), please give it a try. You will definitely surprise yourself with what you can do. Doing my Bronze was definitely a challenge but well worth it and I am looking forward to doing more courses in the future – next up is my IRB crew certificate! The next BM/SRC course at Alex will held July/Aug in time for the new Nippers season – and the other clubs around will likely have one at about the same time.

More information:
https://sls.com.au/role/surf-rescue-certificate/
https://sls.com.au/role/bronze-medallion/

Congratulations Melissa! A wonderful message for others who may have considered completing their bronze medallion. Having had years of dragging my own children to training, carnivals and other beach events – they actually enjoyed being there when I was on patrol the most. It's not a bad way to spend time on your weekend ☺ Molly

What new experiences are you planning for your family in 2019?

We have some fantastic French students arriving at the end of May to study at a private high school near you and are looking for suitable families who would be interested in hosting a student for 12 weeks.

Welcoming an overseas exchange student into your home is a very rewarding experience. Host families help provide students with the chance to experience life in Australia. It's a great way to practice your French, share your stories and establish a lifelong link to a family in France.

Each student has a wide range of interests such as sports, music & art and are all looking to make a lifelong connection with their host family.

If you are interested in sharing your life and our wonderful country with a student please call Sandra Harders on 1300 135 331, 0448 286 461 or info@studentplacement.com.au

Professional Development

January ~ February ~ March

- ECW 'Valuing Educators' Conference
- Caloundra Coalition Early Year's Educator's Conference 2019
- Educational Leadership Network Meetings
- DETE Network Meeting: Quality Improvement Plans (Effective Self-Assessment)
- Centre Support: Assessment and Rating Seminar
- Early Childhood Australia: Introduction to Floor books
- Team Catch Ups: "Reflections – Excellent (Re)application" & "Philosophy Review"
- **PhD Study:** "Towards a Re-Conceptualisation of Risk-Taking in Early Childhood Education & Care Practices (Mandy Cooke, Charles Sturt University)
- **PhD Study:** "Examining provider perspectives on governance and leadership in Long Day Care in Queensland" (Lisa Keegan, Griffith University)
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April ~ May ~ June

- Team Catch Ups
- Educational Leader Training
- First Aid Renewal Training

ECW

ECW Professional Body Valuing Educators Conference

Friday 1st & Saturday 2nd March 2019

Written by Mary

On the 1st of March, Molly and Mary participated in a bus tour and visited three Early Childhood Services on the Sunshine Coast who are chosen for their exemplary practices. Hosted by ECW Collective Members Lindy Dollar and Dana Heslin, joining us on the excursion, they provided us with an overview of the services and facilitate some reflective conversations following the service visits.

Tyler Inglis 'Ecological storytelling' during beach kindy

First stop was Pelican Waters Beach and Bush Kindy. They embrace the broad research that supports the value of children being out in nature. It is recognised that the children have repeated opportunity to interact with the natural world they are provided with rich educational opportunities that enhance their overall development and provide wonder, wellbeing and calm. "I like that they embraced their outdoor environment and everything is reflected and visually evident in their day," one of the delegates commented.

Pelican's Nest Early Learning Centre, our second stop, understands that all children are unique so we nurture an atmosphere in which our children feel secure and happy whilst caring for each child's individual wants, needs and interests. Located in the grounds of Caloundra City Private School, Pelicans Nest ELC is ideally situated for an immersive nature based program. Their program has been officially recognised by Nature Play QLD as a Bush Kindergarten Education Provider, with a team of passionate educators who share their love of Nature with the children.

Milford Lodge being our last centre to explore, welcomed all our delegates with delicious lunch prepared by Marianne. We were welcomed by our homely settings. The delegates, "Oh wow, I haven't seen anything like it" as one of the delegates expressed.

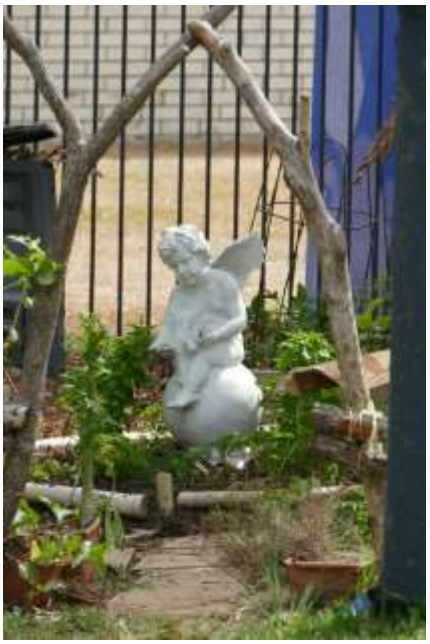
It's rewarding to see and hear from other people the advocacy we all have for children's right to be children, to be part of a successful community that enables them (children) to be part of it. The services have reflected our united vision and voice that "It Takes a Village to Raise a Child".

Our experience that day allowed us, the delegates to reflect upon our practices and be inspired to be better for the benefit of the children we all cared for. They are the central to all things we do.

The second day of the Conference was designed and programmed to network and chat with Educators and delegates from Early Childhood Centres, Outside School Services and Care, and Department of Education across Australia. There was a diverse wealth of knowledge that we have the opportunity to engage in. On this day, Ann, Nancy, Catrina, Mary and Molly enjoyed a variety of key topics presented by passionate Early Childhood Educators, Leaders and Advocates.

The Key Presenters and topics were:
Jennifer Ribarovski - No More Gaps
Stephen Gallen - Making Educating Visible - 'Shining the spotlight on ourselves'
Wendy Shepherd - Gender What does it have to do with me?
Loretta Davis - Advocacy in Action - Small Changes for Big Benefits - **Leadership opportunities for Educators and Teachers through Advocacy Roles**
Vanessa Wainwright - Challenging Perspectives Changing Practices - **How has having an Outdoor Classroom changed me as a Teacher?**

Angus Gorrie - Loose Parts - The How and Why
Narelle Dawson & Molly Stewart - Valuing the Village
Sue & Tyler Inglis - Exploring the Pedagogy of Respectful Inclusion



2019 Caloundra Early Years Educators' Coalition Saturday 30th March

by Nancy Andrews

It was with great excitement and anticipation that the majority of our team attended this one-day conference with the big draw card of Nathan Wallis from New Zealand as a keynote speaker.

The day got off to a great start with Lyndon Davies preforming a heart-warming and informative Welcome to Country. We have heard Lyndon talk about the history of Buderim and the surrounding areas on the northern end of the Coast before so it was really nice to hear the history of the Southern Caloundra area.

Nathan Wallis delivered an inspiring keynote address delving into trauma based practice as well as the first 1000 days. Nathan reminded us of the stark difference in maternity/paternity leave in Nordic counties compared to Australia were parents are paid to stay at home for the first year of a child's life -I'm sure many of you will agree that in an ideal world this would be afforded to everyone, sadly it is not the case. The last twenty years has seen an explosion of brain development research which Nathan broke down into bite size pieces. He then rather boldly announced that the vast majority of children will tolerate childcare but not benefit from it. As the audience included mainly educators working in Long Day Care services this was hard hitting and really made everyone sit up and listen more intently as a statement like this is not often heard in any professional development conferences /workshops we attend. Nathan's work is backed up by recent research in neuroscience so rather than just brush this statement off as someone's opinion on childcare it was the perfect opportunity to reflect on our roles here at Milford Lodge.

We heard more about the risk and resilience spectrum which many of you may already be aware of. Examples of risk factors include family breakdown, domestic violence, living in low socio economic environments whilst resilience factors include a happy family life with educated parents etc.
In a long day care setting we can support the child and family by putting relationships at the heart of our practice. It was very affirming to hear that the practice of children having the same teacher for two years was a sign of excellent practice. This is something we have implemented at Milford Lodge in recent years and we have seen firsthand the positive benefits this brings for children, families and educators alike. We really try to have at least one educator continue to care for their key children for a number of years.

Nathan noted that primary schools are now looking to early childhood services when looking at student engagement as the number one most crucial factor is the quality of the relationship with the teacher in early childhood, primary and high school. If children/students are constantly told they are not good enough this increases the risk factor of needing to be included in reading recovery programs, or in later life these would be more likely to be sent to prison, yes very hard hitting facts but all research based.
We enjoyed many light hearted moments too throughout Nathan's keynote as he explained in layman's terms how the brain works. Again this is something many of us have studied and it is often delivered in a boring manner that doesn't help us to store this information on a long term basis. Because Nathan has worked as an early year's teacher and is a parent and grandparent now he relayed lots of funny stories to help us remember important facts about the four parts of the brain including how a two-year old's limbic brain is still developing so if they are offered a broken biscuit and their friend has a whole biscuit it can feel like the end of the world. A scenario we can all relate to. Nathan gave us some great advice about how to set children up for success in life which included been surrounded by books, fostering oral language skills and most importantly to develop good dispositions towards learning. Children/Students who believe they are good learners are statistically likely to go to university. He reminded us of the very important role we have in early childhood supporting social and emotional needs which is something we whole heartily

agree with and the optimal environment is child led and includes lots of opportunities for free play. It was so nice to finish on such a positive note knowing we are on the right track.

Any speakers after Nathan were understandably nervous but we enjoyed a number of informative workshops including a Breath and Mindfulness practical workshop with Helen Boniface. She described meditation as akin to medicine for the mind helping to relive the stress of our modern society. Helen mentioned how schools are now including both yoga and mindfulness into their day and having introduced this daily practice at Milford Lodge last year with Emily Spurling it is something we are seeing the benefits of too. Casey was lucky enough to win a number of prizes on the day one of which was a yoga & Mindfulness session at Milford Lodge which we are looking forward to arranging in Term 2

Felicity Day facilitated the third workshop, she supports children with developmental delays at Meridan State school as they transition from kindergarten to formal schooling. It was very informative to hear the schools approach and intervention strategies.

Our final workshop on Attachment and the impact on Early Education was delivered by Jill de Vries and Judy Jasinski. They shared the Circle of Security framework identifying the impacts of attachment styles in learning environments which many of our team are already familiar with but it is always beneficial to do a refresher course.

We all came away from the conference with an eagerness to implement some new strategies but most importantly acknowledging the wonderful work we carry out on a daily basis caring for your precious children.

I have attached a blog that I wrote last year that our new families might not have read which mentions Nathan's research and the importance of attachment that I hope you will enjoy.

http://www.milfordlodge.com.au/blog

Milford Mother's Night Off

Diary Date: Friday 18th May

(and sort out dad / grandma / uncle / babysitter! ☺)

HAPPY BIRTHDAY MACCA!

Ann & Margie decided after conversations with the children that Macca really deserves to have a birthday too.
We are very excited to announce that this June we will be dedicating an entire week for Macca's 13th birthday celebration.
What a great lead up to the Sunshine Coast Agricultural Show! Stay tuned…

Wishing our families a very

Happy Easter