

RICE REFLECTIONS



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FROM THE DIRECTOR

Here we are at the end of Term 1 and my goodness, the weeks have flown by to get us here! A slow wind up to March, saw a hive of activity in the RICE office. I was once again fortunate to attend the CCSA Rural and Remote Forum, this year being held in Mudgee, along with Deb Tuip, Creche Team Leader, and Renee Bell, Educator.

We had a jam packed 2 days learning all things educational, but most of all, extending our networks by making wonderful connections with likeminded organisations. Working remote and as a travelling business, it's great to chat with other services with similar goals and challenges.

Straight back from the forum and I headed to Woomera to attend the ICPA state conference with Tania George, Preschool, and Adele Broadbridge, Wellbeing. Attending and supporting the ICPA is a wonderful opportunity to meet with members, connect with organisations and see the passionate families put forward many worthy motions to support their children and the children of the future. RICE has once again been supported in a number of motions that we hope come to fruition. Joining your local ICPA branch is a great opportunity to advocate not only for your children, but also your community and supporting other branches in their advocacy work.

Easter has seen a well-earned break for staff and Educators, with a few days left as we move into school holidays. The holiday period is a great time for us to re-group and plan for the months ahead.

Although we have seen a slower uptake of the Activity Day program, we now head into our busy period with a few booked in the coming months. If your committee is looking to book this amazing program, head to the RICE website or give the office a call to see how we can support your next event.

The new year has seen our new Board of Management meet regularly via zoom, with our first face to face planned for the end of May. These meetings are a great opportunity to engage in group training, ensuring that the Board is well supported as they continue to keep the best interests of RICE at the forefront.

I hope everyone enjoys the school holiday break and we look forward to seeing you all in Term 2.

Chloe Hunter
Director



FROM THE CHAIRPERSON

Play is often talked about as it were a relief from the serious learning. But for children play is serious learning. Play is really the work of childhood.

- Fred Rogers.

At the William Creek Gymkhana in March I took a moment to take in the busyness of the RICE activity area, children who mostly only see each other at these kind of events, sometimes months apart, all 'working' harmoniously as they role played real life with the animals and machinery. There was problem solving, teamwork and storytelling, all serious learning for these small children.

These activity days are such an important service that RICE has to offer rural and remote South Australian children and one we should not take for granted; these activity days can only take place due to generous donations given to RICE throughout the year as this is not funded by any government body.

The board is continuing to meet monthly, and we are looking forward to meeting face to face in Port Augusta for two days in May to undertake some financial training and have a board meeting. These face-to-face meetings are always very successful, and it is nice to all be in the same place.

We have new board members to welcome, Jill Greenfield and Rachael Hilder, who will be excellent additions to an already strong board who are excited about the future of RICE in 2023 and beyond.

Looking forward to the 'busy season' taking off now the weather is cooler and seeing the RICE vehicles out and about on their way to events and activity days.

Anna Nunn
Chairperson



WELLBEING

A big warm welcome to 2023!

What a jam-packed Term 1 it has been at RICE - the office and staff have been a hive of activity with Playdays, Activity Days, welcoming new Preschool families, conferences, new staff and more - I also celebrated my 1 year with RICE and I'm excited to see where the next 12 months head!

One of my goals for the next 12 months is to get out and about a bit more and meet some of those families I haven't met in person yet! I'm excited to say, so far, I've been to 2 Playdays in Woomera and Nonning in conjunction with our Playday Educator Renee and Preschool Teacher Tania. These are fun, interactive and social days for both children and parents. These days have been great to reconnect with some of the families I've met and to say hi to new families and members.

In January, we had Karen from Speech on Eyre - provide a free Zoom session for RICE families, Karen presented on Communication Milestones for 0-5 years. Information presented on the day was also emailed to all RICE members. Again, we thank Karen for providing her time and expertise free of charge to RICE.

RICE's new Welcome Packs were provided to RFDS and CaHFS - with many joint collaboration activities on the cards with new RFDS Occupational Therapist, Rachael. The Wellbeing Program has also been working closely with Rachael and a RICE family around the family accessing OT and other RFDS supports.

An Occupational Therapist can support in many ways towards your child's development:

- Independence through play
- Improved social skills
- Feeling more confident
- Better able to manage big emotions
- Poor sleep

Feel free to contact Rachael at the RFDS with any questions or concerns Rachael.Bentley@flyingdoctor.net

ICPA Conference - I was excited to be able to attend the annual SA ICPA Conference this year in Woomera! What a fantastic day in a room filled with passionate and driven individuals that represent the rural and remote SA communities. Well done to all involved!

On top of the above I have also been working with families and staff on an individual level - this can be supporting families with referrals or finding out where to go, finding out specific information on a topic, sharing of upcoming webinars, events and other agency services and supports. Also working with families on social stories, routine charts or just contacting families regularly who would like a chat and check in.

Give me a call or email if you would like support in any of the areas mentioned, hope everyone enjoys their upcoming school holidays!

Adele Broadbridge
Wellbeing Officer



WELLBEING



Introducing our office
Egg Heads,
look at them grow!

All RICE Members were sent Egg Head packs to decorate, plant and watch the grass
“hair” grow!

Thank you to those who have shared photos of their little creatures – you still have
time to send yours in!

Here in the RICE Office we have our own 4 creatures growing!
Check out our photos - we are looking for names for all 4,
what do you suggest....?

Send your photos & name ideas to wellbeing@rice.org.au

Keep an eye out in our next edition
& on our Facebook page for updates



Egg Heads

RICE Members watch out in the
post for your grass seeds and
accessories.



Plant, water and watch them grow!

Send us some photos of you
and your Egg Heads to
share: wellbeing@rice.org.au



WELLBEING

Communication milestones



At 12 months children can usually..

understanding

- understand about 10 words
- respond to their name
- recognise greetings and gestures, such as 'hi' and 'bye-bye'
- recognise a few familiar people and objects (e.g., mummy, blankie, teddy)
- make eye contact.

speaking

- start to use sounds, gestures, and
- say a few words
- continue to babble
- copy different sounds and noises.

When you talk to me, WAIT for me to respond before you say more.



At 18 months children can usually..

understanding

- understand up to 50 words and some short phrases
- follow simple instructions (e.g., 'throw the ball')
- point to familiar objects when named
- point to some pictures in familiar books.

speaking

- say 6 to 20 single words – some easier to understand than others, but becoming more consistent
- copy lots of words and noises
- name a few body parts
- use objects in pretend play (e.g., hold toy phone to their ear and say 'hello?').

Get face-to-face with me when we communicate.



At 2 years children can usually..

understanding

- follow simple two part instructions (e.g., 'give me the ball and the car')
- respond to simple wh-questions, such as 'what' and 'where'
- point to several body parts and pictures in books when named
- understand when an object is 'in' and 'on' something.

speaking

- say more than 50 single words
- put two words together (e.g., 'bye teddy', 'no ball')
- use their tone of voice to ask a question (e.g., 'teddy go?')
- say 'no' when they do not want something
- use most vowel sounds and a variety of consonants (m, n, p, b, k, g, h, w, t, d)
- start to use 'mine' and 'my'.



At 3 years children can usually..

understanding

- follow more complex two part instructions (e.g., give me the teddy and throw the ball)
- understand simple wh-questions, such as 'what', 'where' and 'who'
- understand the concepts of 'same' and 'different'
- sort items into groups when asked (e.g., toys vs food)
- recognise some basic colours.

speaking

- say four to five words in a sentence
- use a variety of words for names, actions, locations and descriptions
- ask questions using 'what', 'where' and 'who'
- talk about something in the past, but may use '-ed' a lot (e.g., 'he goed there')
- have a conversation, but may not take turns or stay on topic.

Figure out what I want to say, and put it into words for me.



At 4 years children can usually..

understanding

- answer most questions about daily tasks
- understand most wh-questions, including those about a story they have recently heard
- understand some numbers
- show an awareness that some words start or finish with the same sounds.

speaking

- use words, such as 'and', 'but' and 'because', to make longer sentences
- describe recent events, such as morning routines
- ask lots of questions
- use personal pronouns (e.g., he/she, me/you) and negations (e.g., don't/can't)
- count to five and name a few colours.

No need to always read the whole book. Talk about pictures that interest me.



At 5 years children can usually..

understanding

- follow three part instructions (e.g., put on your shoes, get your backpack and line up outside)
- understand time related words (e.g., 'before', 'after', 'now' and 'later')
- start thinking about the meaning of words when learning
- understand instructions without stopping to listen
- begin to recognise some letters, sounds and numbers.

speaking

- use well formed sentences to be understood by most people
- take turns in increasingly longer conversations
- tell simple, short stories with a beginning, middle and end
- use past and future verbs correctly (e.g., 'went', 'will go')
- use most speech sounds, but still may have difficulties with 's', 'r', 'l' and 'th'.



To download this poster as handy information sheets visit www.speechpathologyaustralia.org.au/milestones





RFDS

Wellbeing & Mental Health

The Royal Flying Doctor Service (RFDS) offers an accessible and responsive Wellbeing & Mental Health Care Service to people in rural and remote South Australia.

Services are delivered by a combination of telephone / video consultations and face-to-face appointments at regular fly-in and drive-in health clinics.

ROYAL FLYING DOCTOR SERVICE

Wellbeing & Mental Health



Royal Flying Doctor Service
The furthest corner. The finest care.

ABOUT OUR SERVICES

Living in remote areas presents many challenges and can test resilience on many levels. The emotional impact of chronic drought, combined with isolation, bereavement, financial stress, managing livestock and supporting families, cannot be underestimated.

Our team provides culturally-appropriate emotional and wellbeing support to people in outback communities via a Stepped Model of Care, which means we match your needs to the services provided. This can mean short or long term support for times of mild distress or more in-depth support and care coordination for conditions such as anxiety, depression, or more complex illnesses.

How we can help

Our team visits communities on a regular basis to deliver educational and preventative support, as well as proactive intervention where needed. Counselling and intervention services offered include cognitive behavioural therapy, narrative therapy, mindfulness, women's and men's groups, family support, community education and social support. We ensure a holistic approach to your emotional wellbeing, which includes consideration of psychosocial needs and the role of family, carers and community in your recovery.

Support to suit you

Face-to-face support is available at our regular clinics in addition to telephone and video appointments.

ABOUT THE TEAM

Our Wellbeing & Mental Health Service is delivered by a team of experienced and professional Psychologists, Mental Health Nurses, Social Workers and Aboriginal Community Liaison Officers. Staff are supported by General Practitioners, Primary Health Care staff and an administration team.

Our team is integrated with the RFDS Primary Health Care team and therefore our availability is Monday to Friday within business hours.

RFDS PRIMARY HEALTH CARE SERVICE

RFDS Port Augusta Base
1/96 Airport Road
Port Augusta Airport
Port Augusta SA 5700

T 08 8648 9500

F 08 8648 9591

E portaugusta.wellbeing@flyingdoctor.net

W flyingdoctor.org.au/sant

Office Hours

Monday to Friday 8.30am to 5:00pm

EMERGENCIES

For emergencies or 24/7 urgent mental health support in SA call **1800 RFDS SA** (1800 733 772) and ask to speak with the on-call RFDS Doctor.

Health Partner



ELIGIBILITY

The RFDS Wellbeing & Mental Health Service is available to adults and young people. A referral is not needed.

Drop-in attendance at regular clinics is welcome or appointments can also be made in advance.

Services are available for all those who live, work and travel in remote South Australia, including districts of the Flinders Ranges, Gawler Ranges, Birdsville Track and Far North, and the communities of Yalata and Oak Valley.

Fees and Billing Arrangements

No fees are payable by patients for these services. Your Medicare number is required for prescriptions, pathology, radiology, and some specialist referrals.

Patient Information

Any person who has access to your personal health information held by the RFDS is bound by the RFDS Privacy Policy and by a duty of confidentiality. This policy is available at flyingdoctor.org.au/sant



PATIENT FEEDBACK & INFORMATION

Patient Feedback

If you have any suggestions or feedback please contact the Manager Primary Health Care on (08) 8648 9500 or enquiries@flyingdoctor.net.

The RFDS takes complaints, compliments and general feedback seriously. The details you provide us will be treated confidentially and will only be used by the RFDS to improve our service delivery.

Alternatively, you may prefer to contact the office of the South Australian Health & Community Services Complaints Commissioner on (08) 8222 6866 or 300 232 007 (Toll Free Country SA).

Patient Rights

As a health service we encourage you to work with our doctors, nurses and allied health practitioners in setting goals and making decisions regarding your health care.

We have a range of patient information available, including health care education and self-help resources. Please ask our staff if you would like specific health information.

Interpreter Services

Patients who require communication assistance are asked to let administration staff know at the time of booking an appointment.

Other Services and Referrals

Our practice regularly engages with local health services such as specialists and allied health practitioners. If required, your doctor and/or nurse can provide information including a referral letter to help you plan or arrange any additional care that you may need.

USEFUL CONTACT NUMBERS

- ☎ **Parent Helpline - South Australia**
 - 1300 364 100
 - * 7 days a week
- ☎ **Pregnancy, Birth and Baby**
 - 1800 882 436
 - * 7 days a week
- ☎ **SA Health Direct**
 - 1800 022 222
 - * 24/7
- ☎ **RFDS Emergencies/urgent Mental Health Support in SA**
 - 1800 733 772
 - * 24/7 on call RFDS Dr
- ☎ **Lifeline Australia**
 - 13 11 14/ sms: 0477 131 114
 - * 24/7
- ☎ **1800 RESPECT (domestic, family and sexual violence support)**
 - 1800 737 732
 - * 24/7

- ☎ **Kids Helpline**
 - 1800 55 1800
 - * 24/7
- ☎ **PANDA (perinatal anxiety and depression)**
 - 1300 726 306
 - * Monday- Saturday
- ☎ **Mensline Australia**
 - 1300 789 978
 - * 24/7
- ☎ **Beyond Blue**
 - 1300 224 636
 - * 24/7
- ☎ **Headspace**
 - 1800 650 890
 - * 9am-1am (7days AEST)
- ☎ **Suicide Call Back Service**
 - 1300 659 467
 - * 24/7
- ☎ **Regional Access (counselling regional SA)**
 - 1300 032 186
 - *24/7

CRECHE

This term we have started the year with good numbers at both crèches. Orroroo we are at capacity with 19 children enrolled. Hawker, we do have some spots available for permanent children but still have a large group most weeks with our casuals coming occasionally.

We have welcomed some new faces to crèche. Grace, Jude, Zoe and Cali have all joined us this year and have settled in amazingly.

We have been gauging children's interests and needs this term and programming accordingly. Some of our program themes have been Space, where we learnt about the planets and spaceships. Fine motor movement activities such as using tongs and scissors as well as gross motor activities such as ball activities and physical movement games. The children have loved the sensory play with play dough and cloud dough being very popular as well as the water activities we have set up which encourage scooping and pouring and learning about full and empty which is the first steps for mathematical language describing volume.

During group times we have been focusing on name recognition. The children have done a great job recognising their own name as well as others. Some children have even transferred this knowledge into writing their names on paper. We love to sing and dance as well so we have incorporated this into group times. The children are able to follow the tune and actions of the songs accurately and with confidence.

Construction is always a big interest amongst all ages, we have continued to extend these interests by bringing resources such as trains, roads, magnetic tiles, Duplo and blocks to keep children using their creative brains.

Renee and I got the opportunity to head to Mudgee recently and participated in the CCSA Rural and Remote forum. We listened to keynote speakers talk about leading every day for children and how to keep children at the centre of everything we do. We got to participate in educator sessions about the new changes to the Early Years Learning Framework, supporting diverse families and incorporating music and movement into our learning environment. We listened to the education minister talk about upcoming changes to early childhood, which was interesting to hear the next steps when it comes to early education especially in the remote setting. This was also a great opportunity to network with other educators working in similar rural and remote settings and exchange ideas. Renee and I definitely got a lot out of it and are so glad we got to experience it.

With school holidays fast approaching and Easter done and dusted, we hope the children have had a great first term back and we are looking forward to seeing all their smiling happy faces return next term.

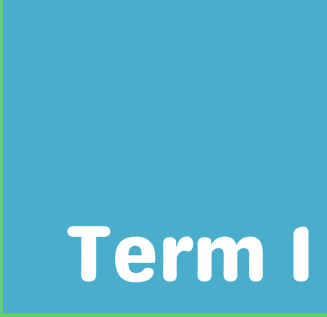
Deb Tuip
Creche Team Leader



A quick hello from the "newest" Deb to join us here at RICE as an educator.

"I would like to say thank you to the staff and families for making me feel so welcome. I have thoroughly enjoyed my first few weeks and look forward to the upcoming events working at Creche and Play Days."

CRECHE



Term 1



KINDY

What a busy term we have had in preschool with Lenny, Cameron, Jackson and Thomas coming into Port Augusta in Week One, spending time building relationships. Together we have looked at the topics 'All about Me', 'My Family' and 'Where do I live' as we all got used to talking on WebEx. Next, we moved on to fairy tales – The Three Little Pigs, Goldilocks and the Three Bears, The Gingerbread Man, The Three Billy Goats Gruff, Jack and the Beanstalk and Little Red Riding Hood. During this unit of work children discovered colours, numeracy concepts, fine and gross motor skills, language development, memory recall and much more.

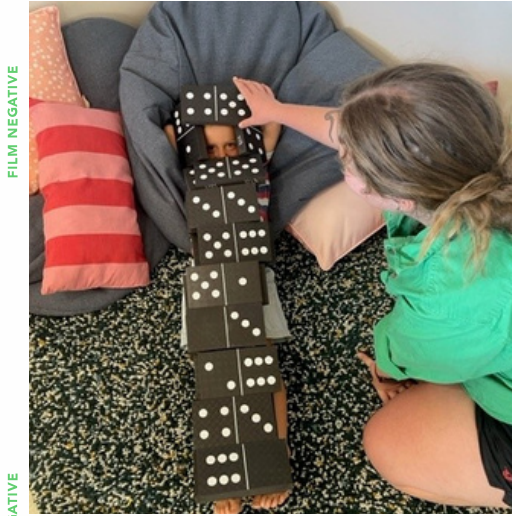
Everyone received a home visit and a social experience through a Play Day during Term 1. Thank you to families for putting in such an awesome effort supporting their children to transition into the preschool program positively. Also, a huge thank you for welcoming me into your homes to share learning experiences.

Term 2 will be exciting as we have our first mid-year intake as children begin pre-entry. This will change the way the program is run slightly as we navigate integrating children into the program productively.

Tania George
Preschool Teacher



KINDY



MID-YEAR INTAKE PRESCHOOL

*If your child was born between
1st May - 31st October 2019
they are eligible to begin
preschool in Term 3*



ENROL_NOW



RESOURCE CENTRE

Hello families.

Hope everyone has had an amazing start to the year.

We have had a busy start to our year, with a number of Toy boxes being requested and already borrowed by families. They have been very popular with parents customising their orders for toy boxes and it has been an overall positive experience.

We have got our first midyear intake of children beginning, so their pre entry boxes will be sent out in Term 2. We hope that families like what we have packed for them, with some changes that myself and the Preschool teacher have made to them this year.

I have been busy expanding the Resource Room incorporating the changes from the Being, Belonging and Becoming framework. I've been purchasing more diverse resources for the children to engage with and to support diversity within families. These resources are to share with our children during Creche, Preschool or borrowing out to families.

If you would like to borrow a toy box or for any enquiries about preschool resources, please feel free to email resources@rice.org.au

Teagan Karger
Resource Educator

Have an upcoming event
in your community?

Register your interest in
having us attend
[rice.org.au/programs/
activity-days/](https://rice.org.au/programs/activity-days/)



ACTIVITY DAYS

We'll be on the road & setting up at the following events soon!

SAT

15

APRIL

Copley Gymkhana & Motokhana

SAT

29

APRIL

Yunta Gymkhana & Motokhana

SAT

13

MAY

Oodnadatta Gymkhana

SAT

20

MAY

Nonning Gymkhana & Motokhana

SAT

15

JULY

Oodnadatta Bronco Branding



PLAY DAYS

Play Days for 2023 have been off to a steady start and we kicked off the year with our first event in Carrieton in January. It was excellent to see a few older faces there who would not normally be able to attend during the school term. We are hoping to continue to run a few Play Days during the school holidays going forward so that school aged children can attend.

It has been wonderful to catch up with many of you throughout the term and we have been fortunate enough to have over 43 children attend our various Play Days throughout remote South Australia. We have had Play Days at Carrieton, Wintinna Station, Leigh Creek, Wilmington, Woomera, Nonning and Blinman.

Our Preschool teacher Tania George and Wellbeing officer Adele Broadbridge have been in attendance at a few of these days and have enjoyed interacting with our families.

Next term is looking busy already with a few big trips planned. We are hoping to get away to Cowarie Station first up in the school holidays. Later in the term we have plans to visit Mt Sarah Station, Callanna Station, Orroroo, and Hawker among others.

If you missed out on a Play Day this term, please don't hesitate to contact us and we can arrange something closer to you. The best way to do this is to submit an expression of interest form via our website at <https://rice.org.au/programs/playdays/> I'm looking forward to seeing you in your area soon!

Renee Bell
Educator



UPCOMING PLAY DAYS

April 19th
COWARIE

April 27th
ORROROO

May 16th
HAWKER

May 17th
CALLANNA

May 24th
MT SARAH

Come along & join the fun!

**Play days are FREE
for all RICE members**

\$10 per non-member family





Outback Childcare

Outback Childcare is a program
*solely funded by RICE.

The program employs Educators to deliver
live-in care for families who are unable to
access
mainstream childcare programs.

Families can access up to 12 days at a time
(includes travel time for Educators to and from
the families home).

*Families are required to
contribute a daily fee



For more information
contact RICE on:
admin@rice.org.au
www.rice.org.au



Outback Childcare



SOUTH AUSTRALIA

WE ARE HIRING

Are you looking to re-enter the workforce?
A school leaver after some extra money?
After work within school hours?
Want to work with an amazing, motivated
group of people?

We have positions available at our Orroroo
& Hawker creche - school terms only.

No qualifications required
Above award pay
Opportunity for additional hours

For more info:

Call Chloe on
8642 4477 or
director@rice.org.au

Outback Childcare



SOUTH AUSTRALIA



kids corner

Easy Chocolate Brownies

A yummy way to use up any leftover Easter eggs!

INGREDIENTS

- 200g butter
- 200 g dark chocolate chips
- 1 cup brown sugar
- 3 eggs , lightly beaten
- 1 tsp vanilla extract
- 1/2 cup plain flour
- 1/4 cup cocoa powder
- Pinch of salt
- Assorted leftover mini Easter eggs

INSTRUCTIONS

- 1.Preheat oven to 160°C fan forced
- 2.Line a 20cm square tin.
- 3.Melt butter & chocolate chips in a heatproof bowl, microwave in 30 second bursts.
- 4.Add sugar & vanilla, mix, then add eggs and mix well until smooth.
- 5.Add flour, cocoa & salt and stir until smooth. Spread into pan, top with Easter eggs!
- 6.Bake 30 minutes.
- 7.Rest for 10 minutes before lifting out of the pan.

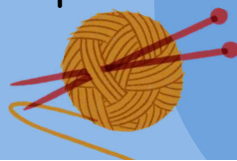
Did you know?

- Snakes can't blink - they don't have eyelids!
- An emu's eyeball is bigger than it's brain



Joke time

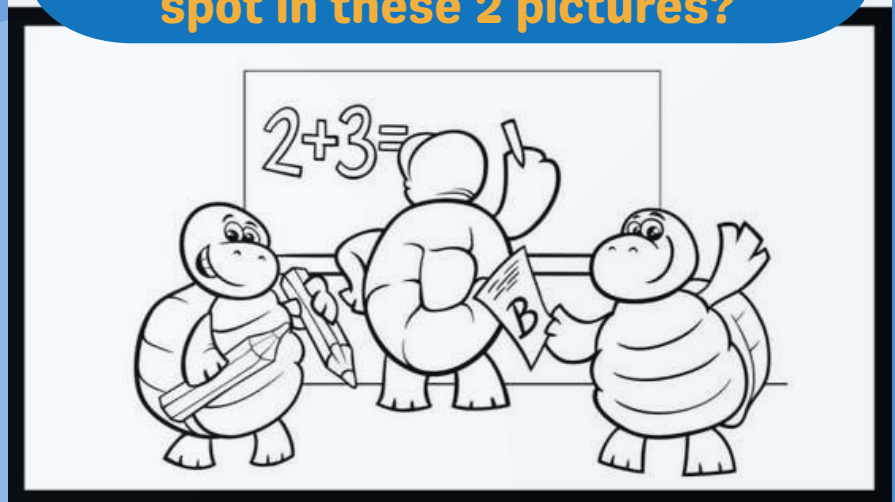
What do you get when you cross a sheep and a kangaroo?



A woolly jumper!



How many differences can you spot in these 2 pictures?



CONTACT US

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Tori Mould
Deb McKinnon
Tasmin Key

