



## What's Inside

PAGE 2: FROM THE DIRECTOR

PAGE 3: FROM THE CHAIRPERSON

PAGE 4 - 8: WELLBEING

PAGE 9-11: CRECHE

PAGE 12-13: KINDY

PAGE 14: RESOURCE CENTRE

PAGE 15: ACTIVITY DAYS

PAGE 16-18: PLAY DAYS

PAGE 19: OUTBACK CHILDCARE

PAGE 20: KIDS CORNER

PAGE 21: CONTACT US



# FROM THE DIRECTOR

I know I thought March went quick, but well ... these past 3 months have been nothing short of chaotic – in a good way! Post school holidays saw a return to creche and our first face to face board meeting for the year. Abbie & Cristina did an amazing job in organising Non For Profit Training to provide financial governance training for our Admin team and the Board of Management. Not only was the training tailored to the needs of RICE, but it has enabled both Admin & the Board, to work together to make strong financial decisions to lead RICE into the future.

As we head into winter, I'd like to remind families if your child is unwell or hasn't fully recovered from a cold, please keep them at home. This small act helps prevent the spread of common colds amongst the children and staff.

The Hawker and Orroroo communities are very fortunate to receive our Creche service but unfortunately, we have had a number of families that have shown a disregard to our Creche operating times and would like to remind parents and caregivers of the arrival and departure policies. We understand things come up, but if you are running late or extra early, please communicate with staff.

Term 3 will see the introduction of the mid-year Preschool intake. Tania is doing an amazing job coordinating the current curriculum, as well as pre-entry for our new children. With the support of Teagan assisting with the many kits coming and going, it's like a well-oiled machine!

With Renee's continued dedication, the Play Day program continues to grow. Although Renee is currently on placement for her study, she still managed to secure a few Play Day's throughout the regions for our members until she returns. The days are a great opportunity for children and parents to socialise. Don't forget that these events are also an opportunity for staff to hand deliver resources or toy boxes for families to borrow.

Finally, it is with great excitement that we are able to announce that we have secured funding until 2025 with BHP for our Activity Day program. This generous contribution from BHP will allow the Activity Day program to continue to service outback communities.

Enjoy the July holidays and we look forward to seeing our families throughout the second half of the year.

**Chloe Hunter**  
Director



# FROM THE CHAIRPERSON

It's hard to believe that half a year has passed and what a busy one it was.

We continue to meet monthly via Zoom meetings but in May we got the opportunity to meet in Port Augusta to undertake financial training with Non Profit Training and were joined by the administration staff. It was highly informative and we all learnt a lot.

We met the next day for a board meeting, the opportunity to meet face to face always allows for more in depth conversation and brainstorming and we are all excited for what the rest of 2023 has in store.

Thank you to the staff for their continued efforts to continue to grow and better the services RICE has on offer.

## **Anna Nunn**

Board Chairperson



Chloe Hunter, Director; Anna Nunn, RICE Board Chairperson & Adele Broadbridge, Wellbeing Officer at the ICPA State Conference in Woomera, March 2023.

Photo courtesy of the Stock Journal



# WELLBEING

How are we in July already?! Here's what's been happening in the Wellbeing space over the last term:

Self-Care packs for our wonderful Mum's went out in the post, I've had positive feedback from our members that it was nice to receive something just for them!

I've spent a bit of time working with and supporting families on their individual goals and needs as well as attending the Hawker Playday, meeting new and existing families. I've also visited the Orroroo & Hawker Creches and it's been great getting to know some of the children.

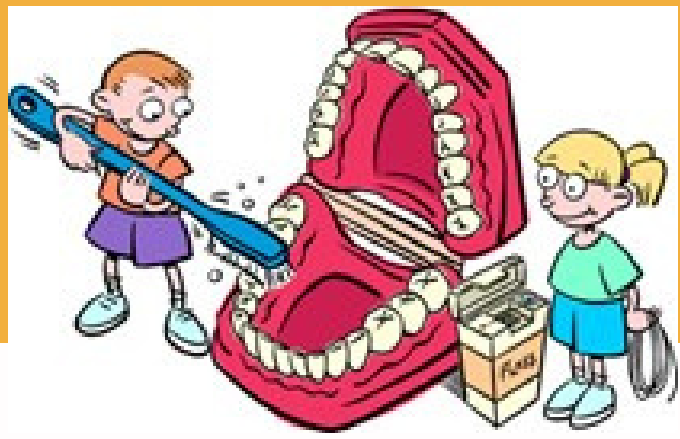
I was excited to be able to organise the Australian Bush Buddies to attend Orroroo and Hawker Creche, the children (and staff) had a wonderful experience learning about different species and getting up close and personal with some unique Australian bush friends! We had some very brave kids when it came to holding the snake! Louise was a delight to have, and RICE looks forward to working with Bush Buddies again in the future.



Recently I was involved in a review of how RICE supports Innamincka and Yunta Communities with these regions transitioning from RFDS South-eastern Section (based out of Broken Hill) to RFDS Central Operations (based out of Port Augusta). We see this is a positive for these communities and the families we work with and look forward to strengthening our ties with the RFDS.



# WELLBEING



We were thrilled to have Dianne George from Dental on Commercial visit Hawker Creche, for an informative chat and basic lift the lip/visual examination of the children. The children really enjoyed the session and loved their take home goodies. We are working with Di to have her also attend the Orroroo Creche; however, her Mondays are a little busier so may take a little longer.

Staying Connected – we have a personalised Postcard project underway between RICE Members, a bit like the old Pen Pal, see the flyer on the following page- it's not too late to register your interest with the project commencing in Term 3.

Finally, a big thank you to Cristina, Administration, for developing a new PowerPoint Presentation for RICE, we look forward to using this with our promotional packs when out and about in the community, at conferences and alike.

**Adele Broadbridge**  
Wellbeing Officer

**\*If any of our RICE Members are heading to town and want to organise a dental check-up, give the team at Dental on Commercial a call to arrange an appointment - they are wonderful with children (and adults!)**



6/79 Commercial Road

Ph: 86966315

[dentaloncommercial@gmail.com](mailto:dentaloncommercial@gmail.com)



# You've got mail!



**Would you like to be apart of our staying connected activity?**

**Last chance to register by emailing  
our Wellbeing Officer:**

**[wellbeing@rice.org.au](mailto:wellbeing@rice.org.au)**

**Children will receive a pack to make their very own  
Postcard, these Postcards will then be sent to  
another RICE family.**



**We really appreciated reading this feedback in the  
"Goyders Line Gazette,"  
Newsletter No 327, June 2023**

"This last month has marked my 1 year anniversary at the District Council of Orroroo Carrieton.....My little family has settled in really nicely, our 3 year old daughter is creating friendships whilst attending the Remote Creche at the Orroroo School which is facilitated by the 'Remote and Isolated Children's Exercise,' otherwise known as RICE. We are so lucky to have this service in Orroroo, in what would otherwise be a childcare desert, they (RICE), provide such a great service for our community; and all the staff who look after our kids are just awesome."  
**Paul Simpson, CEO Orroroo Carrieton Council**





# How to sleep better

## Online short course

### Are you having trouble falling asleep?

Put your insomnia to bed with this free online four-week course that teaches you various healthy sleeping habits.

Delivered by an experienced therapist, this course will cover many ways to ensure you wake up refreshed, offering tips to build a 'positive sleep philosophy' and how to increase your odds of getting a good night's sleep.

At the end of the night, better sleep means better health!

### Course delivery

**Location:** Online via video link

**Date:** Commencing late July 2023

**Duration:** 4 weeks x 1.5 hours (1 evening session per week)

### Express your interest

For course enquiries and more information, contact:



**Rachael Bentley, Occupational Therapist**  
RFDS Port Augusta Base  
rachael.bentley@flyingdoctor.net  
0460 586 564

Call 0460 586 564  
to book your place.



Royal Flying Doctor Service  
SOUTH AUSTRALIA & NORTHERN TERRITORY

# 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

Although the cold weather has come to creche in term 2, we haven't let that stop us from having the best time with the children. We have welcomed Kate our new educator at Orroroo. She has fit right in and already built some great relationships with the children.

We were lucky enough to have Bush Buddies visit at the beginning of the term which was a great experience for all the children. They were able to learn about the animals that were on show as well as get up close and hold and pat them. We were very proud of the children for their great listening skills and for their bravery when holding some slithery scary creatures.



Hawker had a special dentist visit in Week 8 where the children all had their teeth checked and received a new toothbrush and toothpaste. Di from Dental on Commercial, spoke to the children about how to brush our teeth correctly and regularly as well as healthy options of food to keep our teeth free from decay. We are in the process of organising a dentist visit for Orroroo, possibly next term.

This term has seen us celebrate Reconciliation Week and NAIDOC Week. We have brought along some traditional learning activities for the children to experience; painting, beading, instruments, and clay have all been popular. We read some stories during group time to further the children's knowledge in this area and tried our hand at replicating Aboriginal symbols onto whiteboards during the mat time, which they were really very good at. We plan to incorporate these activities throughout the year in our usual program.

# CRECHE

At creche we have been gauging children's interests and trying to plan activities and resources to extend them in these areas. We have had a lot of sand pit play with big shovels and cooking equipment to enable them to role play, use their social skills and communicate with their peers and educators. Construction has been a big area of enjoyment and we have seen some creative things being built with the different resources we bring along. Sensory play is always popular amongst the children, so we have tried to change up the activities with the Playdoh and introduced different sensory ideas such as rice, moon sand and clay. If there is a particular area your child has an interest in, please let us know and we can add it to our program.

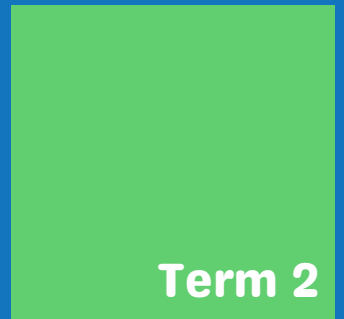


As the cold weather continues, please refrain from sending children to creche if they are sick or unwell. We don't want the spread of germs through the centres or amongst the staff. We love seeing all our children happy and healthy and enjoying creche.

I hope all the children have had a wonderful term at creche and we will be busy organising activities for next term during the holiday break.

**Deb Tuip**  
Creche Team Leader

# CRECHE



Term 2

# KINDY

Preschool children have had a busy term focusing on the topics 0-10, colours and emotions (connecting to the child protection curriculum). We also looked at patterns (including patterns in the story 'Brown Bear, Brown Bear'), transport, time and made our own book 'Driving Through The Outback'. Jackson, Thomas, Cameron, and Lenny had a lot of fun with the transport topic, building trucks with boxes.

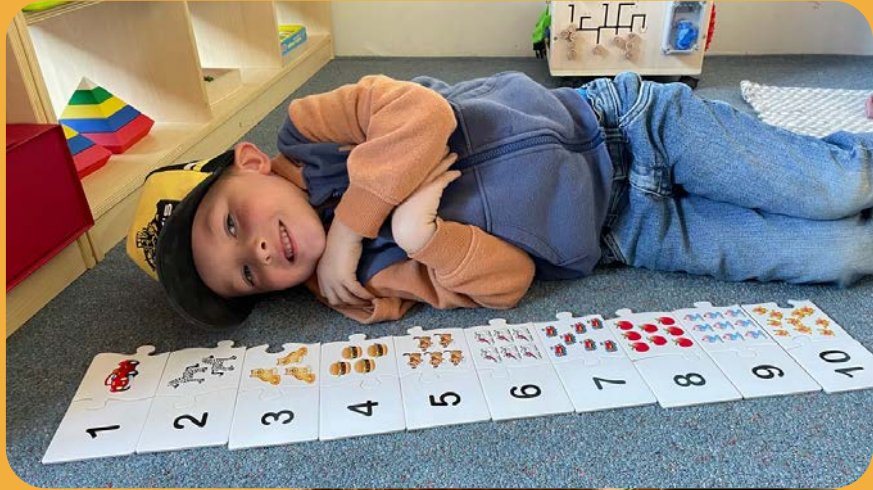
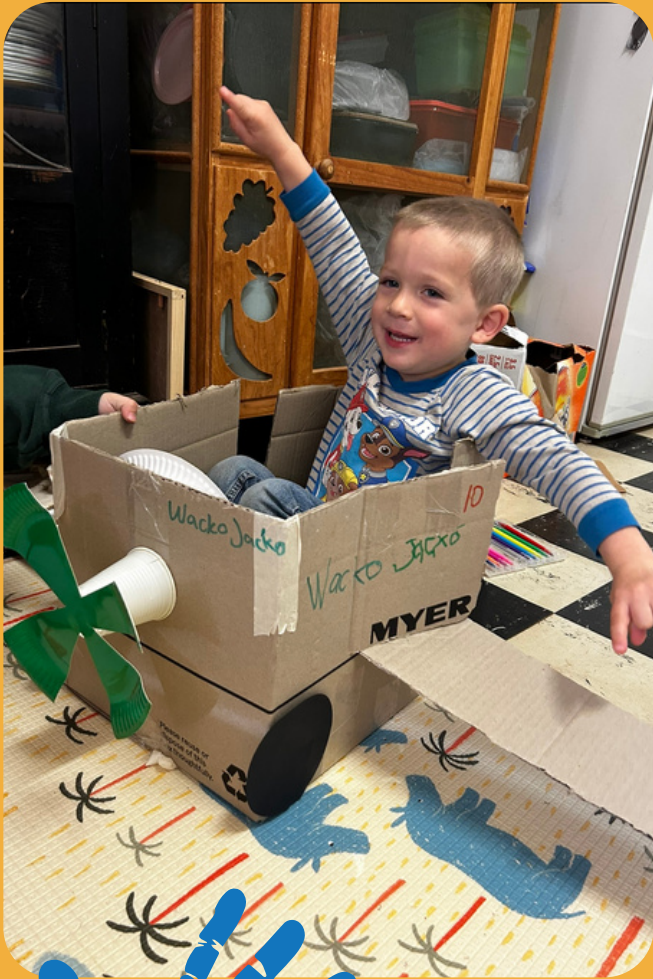
Teagan and I have been busy adding resources to the preschool program. I will be bringing some of the musical instruments on home visits next term when we look at music. We are also overhauling the book packs, which needed a lot of tidying up with missing, broken and outdated resources. We hope to have finished them by the end of this term, so they are ready to go early Term 3.

A big welcome to the children starting their preschool journey in the RICE Preschool Program with the new Education Department midyear intake. Children turning 4 years between 1st May and 31st October 2023 can choose to start preschool in Term 3. At this stage I will be running the two groups separately. Confirmation of the WebEx times for both groups will be sent during the school holidays. New children will be welcomed with Kindy Experience Days for all our Preschool children in Week One of next term.

**Tania George**  
Preschool Teacher



# KINDY



# RESOURCE CENTRE

Hello families,

We have been busy making positive changes to RICE again this year; making way for new resources, new book packs and creche room changes. I have been working to rearrange the Resource Centre and back room; donating the old, ordering, building & bringing in plenty of new items and placing fresh labels on boxes to keep it all organised.

I have also been busy preparing for the Pre-entry children to receive their craft boxes and STEM box 1 before the school holidays start and finalising the STEM kits box 2 to go out to our existing Preschool children. We have made further changes to the STEM kits this term, introducing more small construction blocks and new number and alphabet resources. Tania and I have spent much time changing the book packs too, introducing more topics for the children to learn about like family, feelings and environment just to name a few.

We have had 6 toy boxes go out to different families these past few weeks, so I'm hoping they are enjoying their boxes.

**Teagan Karger**  
Resource Educator



# ACTIVITY DAYS

We're attending these events!

July  
8

**ORROROO**

Roasting in the Roo

July  
15

**ODNADATTA**

Bronco Branding

Aug  
19

**WILLIAM CREEK**

Bronco Branding

Aug  
19

**QUORN**

Races

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



# PLAY DAYS

It has been such a pleasure to see many of you again this term throughout remote SA. The team and I have enjoyed coming along to a few family stations this term. It is wonderful to see the kids in their home environment and get a taste of what they love to do day-to-day.

On our trip to Mt Sarah, Kate and I had fun sharing some outdoor equipment with the kids. The rocking horses and binoculars were a hit, and it was wonderful to see the kids' imagination running wild as they went searching for bears.

It was a privilege to have some interaction with the Marree Preschool at Callanna Station's Play Day also. We are looking forward to developing a strong relationship with the preschool and are hoping to collaborate with them in the future.

We are so appreciative of how warm and welcoming the families have been and we love seeing the children's faces light up when we come to visit. It has also been good to hear from a few new families who are interested in having us visit next term and we look forward to getting out to see them.

In other news, I am going to be away from the office for a few weeks but am pleased that the RICE girls are going to keep the Play Day program running with days planned for Depot Springs Station, Cradock, Wilmington and Blinman. Don't forget to RSVP to [admin@rice.org.au](mailto:admin@rice.org.au) so the team know to expect you.

We thank the families for their ongoing support towards the Play Day program and hope to get out and see more of you soon!

**Renee Bell**  
Play Day Educator





# PLAY DAYS



# UPCOMING PLAYDAYS

**11th July**

**Depot Springs  
Station**

**20th July**

**Cradock**

**3rd August**

**Wilmington**

**10th August**

**Blinman**

**Come along & join the fun!**

**Play days are FREE  
for all RICE members**  
(\$10 per non-member family)

**Further details will be posted  
on our Facebook page!**





# 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](mailto:admin@rice.org.au)  
[www.rice.org.au](http://www.rice.org.au)



Outback Childcare



SOUTH AUSTRALIA

# kids corner

## Make Your Own LAVA LAMP

### YOU WILL NEED

- Baking soda
- Vegetable oil
- Vinegar
- Food colouring
- Clear plastic bottle/ tall clear glass
- Spoon
- Small cup

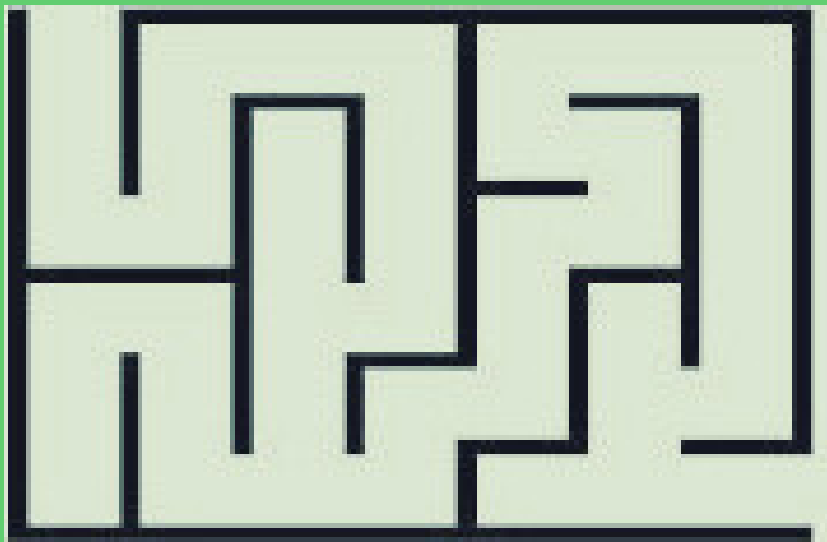


### INSTRUCTIONS

1. Add 3 tspns of baking soda to the bottom of your bottle
2. Add oil on top to fill your container to approx 2/3rds. DO NOT MIX
3. In the small cup mix some vinegar with 3 drops of food colouring
4. Slowly pour the coloured vinegar mix into the oil. Do this in stages to extend the fun.
5. Watch the magic happen! You can use a torch to help light up the container.



Can you help Hank find his way through the maze & home to his kennel?



## Joke Time

What do you call a snowman throwing a tantrum?

A meltdown!



# CONTACT US

59 Power Crescent  
PO Box 1729  
PORT AUGUSTA SA 5700

**P:** (08) 8642 4477  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **DIRECTOR**

Chloe Hunter  
**E:** [director@rice.org.au](mailto:director@rice.org.au)

## **ADMIN**

Abbie Cimarosti  
Cristina Paul  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **WELLBEING**

Adele Broadbridge  
**E:** [wellbeing@rice.org.au](mailto:wellbeing@rice.org.au)

## **OUTBACK CHILDCARE**

Lucy Nicholls  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **RESOURCE CENTRE**

Teagan Karger  
**E:** [resources@rice.org.au](mailto:resources@rice.org.au)

## **PRESCHOOL**

Tania George  
**E:** [preschool@rice.org.au](mailto:preschool@rice.org.au)

## **CRECHE TEAM LEADER**

Deb Tuip  
**E:** [admin@rice.org.au](mailto:admin@rice.org.au)

## **EDUCATORS**

Renee Bell  
Deb McKinnon  
Viv Johnson  
Tasmin Key  
Kate Smith

