



In Home Care

SUPPORT AGENCY TASMANIA



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Newsletter

May 2020

Dear Educators,

In March families and educators transitioned to new IHC Service Providers, *Wanslea In Home Care* and *Leor In Home Early Learning*. Your cooperation and collaboration throughout each step of the transition process is very much appreciated and we sincerely thank you for your timely response to the timeframes required for the transition to occur.

COVID-19

In mid-March Australia was struck with the news that positive Coronavirus cases had been confirmed within Australia, inevitably bringing about huge changes that have been particularly tough for all, however, as a community we have risen to the occasion and have seen a side to humanity which we may not always see, such as the kindness and generosity of others, the strength in our solidarity as a community, to cherish those around us, and not take our lives and opportunities for granted.

National Reconciliation Week (NRW): 27th May – 3rd June

The *In Home Care Support Agency Tasmania (IHCSA)* would like to acknowledge the Traditional Owners and Custodians of the many lands that we live, work and play and pay our respects to the Elders across the nation; past, present and emerging. 2020 marks twenty years of *National Reconciliation Week*, the theme for this year being '*In This Together*'. NRW has been pivotal in contributing to Australia's journey towards creating a more '*just, equitable and reconciled nation*'. Head over to

<https://www.narragunnawali.org.au/curriculum-resources> for fun and culturally educational experience ideas for all ages.

Spreading Positivity

With all the uncertainty within the world at the moment, it can be difficult to maintain a positive outlook. You may have heard the saying 'negativity breeds negativity', the same can be applied to *positivity*. Now more than ever, it is important to cultivate positive thoughts, as our thoughts create a ripple effect within family connections, workplaces and the broader community. Research supports the overwhelming effect positivity has, particularly during times of adversity. When positivity is practised it has been scientifically proven to strengthen immunity, physical health and have benefits to one's resilience & cognitive wellbeing.

Some ideas for actioning this include, using technology to stay connected, getting enough sleep and exercise, writing down 3 things you are grateful for each day, listening to happy and uplifting music, and laughing as much as possible. Should you (or someone you know) require further support during this time, Beyond Blue have a dedicated support line for anyone requiring support as a result of COVID-19, please call 1800 512 348. Alternatively, you can head to the Beyond Blue website for further information, advice, and strategies, as well as an information regarding an online community forum.

<https://coronavirus.beyondblue.org.au/>

Fun and Educational Resources

With many educators not being able to access community resources at the moment to compliment your daily programs for children in your care, Gowrie Training and Consultancy have compiled web links to a range of child friendly on-line excursions and activities.

<https://www.gowrieconsultancy.com.au/.../Virtual-Excursions-2...>

If you haven't already, why not visit and like the Gowrie Training and Consultancy Facebook page; that way you will be able to stay informed of upcoming professional development opportunities, online resources and much more.

<https://www.facebook.com/gowrie.training/>

Did you know if you are a member of Libraries Tasmania you can use your membership number to log into 'Story Box Library', which contains a huge range of children's books shared through online storytelling? Use the filter system (Themes) within 'Story Box Library' to access a range of options e.g. counting, colours and so many more! With National Reconciliation Week from May 27 – June 3 it's a great opportunity access Story Box Library and share an Indigenous Story book with children to support understanding and learning.

Story Box Library can be accessed via the following link [Story Box Library](#).

If you're not already a member, you can join Tasmanian Libraries using the following link and it takes less than a minute to join!

<https://talis.education.tas.gov.au/cgi-talis/oureg.php>

Gratitude in Early Childhood Education

Tasmanian *Kerry Howells* has spent years undertaking ground-breaking research on Gratitude in Education. The findings demonstrate how educator – child relationships are enhanced greatly by adopting an 'attitude of gratitude' in your educational practice. See link below to find out more about this well recognised and forward-thinking concept, which can be applied widely throughout various areas of one's life. Broader context, blogs, podcasts, video presentations (including a TEDx presentation) and work done with the United Nations:

<https://www.kerryhowells.com/>

Roadmap to Recovery

The Tasmanian Government has recently released information outlining the phases in which the state will return to business as usual.....well maybe a new normal! Whilst we must not become complacent, this is a strong indication that our efforts as a community are showing a positive flattening of the curve. Further information Further information can be found here;

<https://coronavirus.tas.gov.au/facts/important-community-updates>

Advising IHC Support Agency of IHC bookings for families who work on a variable roster.

We remind educators to please email the IHC Support Agency with your upcoming IHC bookings, dates and hours for families who work on a variable roster (different days/hours each week or fortnight). This ensures

families have been approved for the correct amount of IHC hours for any individual week/fortnight. It is also linked to your payments as only approved hours can be reported. It also assists to report accurate usage of In Home Care places to the Australian Government.

Email: info@ihcsupportagencytas.com.au
or ihc.admin@ihcsupportagencytas.com.au



"Stay positive.
Better days are on their way"
Unknown

*Annette, Roxanne and Amrita
In Home Care Support Agency Tasmania*