



grenfell preschool & long day care centre

newsletter
8th April 2013
Issue 6

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Hand and Foot and Mouth Disease

Parts of NSW are currently experiencing an increase in reports of Hand Foot and Mouth Disease (HFMD) in young children

Description

Hand, foot and mouth disease is a common viral infection. It is not related to the disease in cattle with a similar name (foot-and-mouth disease). Symptoms of hand, foot and mouth disease include tiny blisters on various parts of the body, including in the mouth, and on the fingers, palms of hands, buttocks, nappy area, soles of the feet, upper arms or upper legs. The blisters last a little longer than a week. Some children may also have a fever, sore throat, runny nose or cough. Vomiting or diarrhoea are uncommon. The most troublesome symptom is often the blisters in the mouth, which make it difficult for the child to eat or drink.

How does it spread?

The virus is in the fluid of the blisters and can be spread by becoming airborne during coughing, singing, talking, etc. The virus is also found in the child's faeces, and can be present in faeces for several weeks after the child has recovered.

Incubation period

The incubation period is usually 3–5 days.

Infectious period

People are infectious as long as the blisters contain fluid. Faeces can remain infectious for several weeks.

Exclusion period

Children with hand, foot and mouth disease should be excluded until all blisters have dried.

Responsibilities of educators and other staff

- Advise the parent to keep the child home until they are feeling well and all blisters have dried.
- Make sure staff and children practise cough and sneeze etiquette and hand hygiene.
- Ensure that appropriate cleaning practices are being followed in the education and care service.

Responsibilities of parents

- Keep the child at home until all the blisters have dried and the child is feeling well.

- Encourage cough and sneeze etiquette and hand hygiene at home.

Controlling the spread of infection

- Teach children about cough and sneeze etiquette.
 - Cough or sneeze into your inner elbow rather than your hand.
 - If you used a tissue to cover your nose or mouth when sneezing or coughing, put the tissue in the bin straight away.
 - Clean your hands.
- Ensure that staff practise cough and sneeze etiquette and hand hygiene.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.

Treatment

Usually no treatment is required.

The Grenfell Preschool and Long Day Care Centre and the Weddin Mobile Preschool Service HAS NOT been advised of any child attending the service who has the disease

Change in Program

Next Term we start our Winter Program which means that we stay inside at the start of the day and go outside after morning tea. The days will start and get cooler so remember to pack jumpers. Please label all clothing.

123 magic

The 123 Magic books have been returned however we are still missing the DVD's. Please could you all check to see if they are among your own DVD collection?

Kidsafe

On the kidsafe website you will find information about current news and events, information sheets, resources and program information to help keep children safe.

One section 'Grow me safely' was developed to provide information for educators, parents and carers to engage children in gardening activities. If you would like to check it out go to this website.

<http://www.kidsafensw.org/growmesafely/>

Lunch Boxes

The staff have concerns over children bring lollies and chocolate to the centre in their lunch boxes.

Please pack a healthy lunch, eg. a meat, cheese or salad sandwich, fruit, yoghurt, muesli bar or cracker biscuits. Please do not pack lollies or roll-ups, chewing gum, nuts or red or green cordial.



Rainbow Room

Kim has asked that if your child has a special book that they would like to share with the children in the Rainbow

Room to please bring them in. The children have been enjoying the staff reading their own books from home and love to share their favourite stories with their friends.



Weddin Mobile
Preschool
Service

Quandialla Venue

School Holidays start Monday 15th April. Preschool resume on the 29th April.

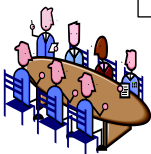
Caragabal Venue

School Holidays will start 16th April and preschool will resume on Tuesday 30th April.

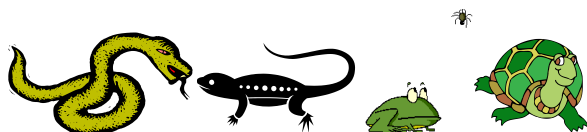
Phone Number

Mobile Service **0488 045 584** or Grenfell Pre School and Long Day Care Centre on **0263431743**

Committee Corner



**Policy under review –
Philosophy**



Deadly Australians –Snakes and Spiders turtles and lizards travelling show

The show has been postponed. They do hope to come this way again soon and we will inform you when they do.



Get ready to Earn & Learn

The Woolworths Earn & Learn program is back! This community program enables early learning centers throughout Australia to earn educational resources simply through the school community shopping at Woolworths.

From Monday 8th April until Sunday 9th June 2013, when you shop at Woolworths you will be given a Woolworths Earn & Learn Point. There'll be one Woolworths Earn & Learn Point for every \$10 spent, excluding cigarettes, liquor and gift cards. Collect these Woolworths Earn & Learn Points and our center will be able to redeem these for educational resources.

You can leave your Earn & Learn points in the box in the foyer at the centre.

POSITIONS VACANT

Applications are invited for a permanent part time cleaner and a relief cleaner at The Grenfell Pre School and Long Day care Centre

Working a rotating 2 week shift (2 days one week 3 days the following week) 3.5 hours a day

Essential: Ability to work unsupervised

Salary: Award conditions

Please forward your application to:

**The Management Committee
Grenfell Preschool & Long Day Care Centre
PO Box 35, Grenfell NSW 2810**

Applications close on Friday, 26th April 2013.



Easter Raffle

Thank you to all our families for the wonderful support for the Easter Raffle. We were able to have 45 small prizes and raised \$598.00. A big thank you to Tamara Ingrey who drew the raffle.