



DEKTA EXECUTIVE COMMITTEE 2020

PRESIDENT

Kim Brodribb

9439 2183

VICE PRESIDENT

Annmaree Watkins

9435 8694

SECRETARY

Kaye Perry

9439 7014

TREASURER

Ros Quinn

9718 1571

RESOURCE LIBRARY

Jo Barker

0425 747 425

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DEKTA Newsletter

APRIL 2020

Hi everyone and welcome back to Term 2!

What an unprecedented time we are living through. For all of those who have chosen to self-isolate please remember to stay connected to friends and family.

For those who have returned to work, you are not alone. If you are feeling that you are doing this on your own, need someone to chat to or just to compare notes please contact anyone from the committee.

WE are all teachers just like you and we are working through everything that is being thrown at us just like you are. Sometimes reassurance is all that is needed. Let us know "How Can We Help?"

Some suggestions for taking care of yourself

- *Prioritise sleep and rest*
- *Make time for exercise. Even if it's just a walk around the block*
- *Take up a new interest*
- *Sensible eating*
- *Stay connected – family, friends, neighbours*
- *Listen to music or read a book*
- *Use social media mindfully*
- *Find what works for you as a stress buster*

If it's all getting a bit much don't forget to reach out.

If you or anyone you know needs help:

- [Lifeline](#) on 13 11 14
- [beyondblue](#) on 1300 224 636
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Kids Helpline](#) on 1800 551 800
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527

Membership list

Please check the list attached. If your name is on the list or the number of people listed as being registered to your centre is correct, then please for the time being take that as an indication of membership. We are testing a new platform and unfortunately, we are still experiencing some difficulty with this. Please let us know if you are experiencing a problem with membership, it is still open. We will get this sorted ASAP. So, while this is not ideal, we do really appreciate your understanding.



*This year's conference
is simply titled
'Wellbeing'*

Conference

During this uncertain time we hope to be able to go ahead with our Annual Conference. This is planned for Friday 11th September.

Our keynote speaker is Toni Christi from Childspace New Zealand

Toni and her husband are inspirational. It is something to look forward to. Don't forget that if you are a member of DEKTA there is a special membership rate for the Conference.

IT IS NOT TOO LATE TO BECOME A MEMBER



Keeping up with what's happening

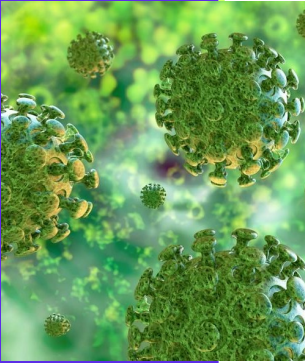
Keeping up with what's happening in our industry is not always an easy task to do or where do you start. Below is a link to the Victoria State government Education and Training page that has information on things like scholarship and PD opportunities, understanding behaviour, resources, training and programs to support children with disabilities and additional needs. All of the topics that are listed on this link are to do with our sector.

It might be worth a look if you get the opportunity

<https://www.education.vic.gov.au/childhood/Pages/default.aspx>



COVID-19 Information and Advice



Stay connected by accessing up-to-date COVID-19 information and advice from the following resources:

Websites:

[Advice from Department of Health and Human Services \(DHHS\)](#)

[Advice from Department of Education and Training \(DET\)](#)

[Specific advice for ECEC services visit DET's dedicated page](#)

[Advice from Smartraveller](#)

Telephone lines:

DHHS Coronavirus hotline is available 24 hours, 7 days – 1800 675 398.

DET Coronavirus phone advice is available Monday to Friday during business hours on - 1800 338 663.

Resources:

Learning from Home Webinars

The Department of Education and Training are currently developing a series of webinars to assist Kindergarten educators to further develop and embed a learning from home approach to support children's learning. Details on when these webinars will be held will be available on the [Learning from Home webpage](#) on Thursday 23 April 2020.

COVID-19 infection control training

This 30-minute online training module is for health care workers in all settings. It covers the fundamentals of infection prevention and control for COVID-19.

[COVID-19 infection control training webpage](#)

Sample Risk Assessment – COVID-19

Thanks to Leap Ahead Learning for sharing their Risk Assessment Plan (see Word doc attached to the newsletter.)

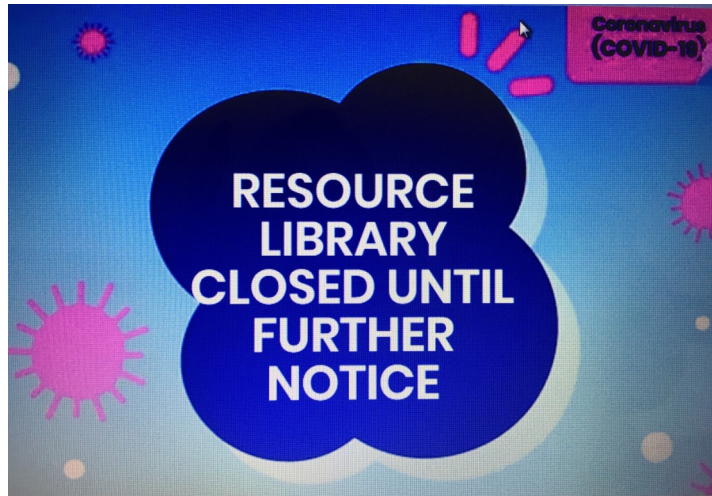
Please read and modify to your center's needs.



Notice to members

Please note that the DEKTA Resource Library is currently closed due to COVID-19

DEKTA website
password: ivoryfruit



Stay strong and well....

Day 14 of quarantine...finally got to the bottom of my freezer!!!



"Happiness can be found even in the darkest of times, if one only remembers to turn on the light."

— Albus Dumbledore

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom 🤔😂😂

DEKTA MEMEBERSHIP LIST 2020



Panorama Heights Preschool

enquiries@panoramaheights.org.au

Rose DeLeo, Luluk Hanifah, Jo Laver, Kaye Perry, Nicole Horne, Amanda Walsh, Jacqui Harley, Luluk Hanifah, Leigh Bakkum, Melissa Newey & Cynthia Walker



Research Preschool

research.kin@kindergarten.vic.gov.au

Monique Jarman



Sherbourne Preschool

Narelle Allen, Megan Duff, Kim Evans & Jessica Reilly



St Paul's Anglican Kindergarten

Rita Earl



Watsonia North Preschool

Zara Barnes & Rebecca Pulleyn



Watsonia Preschool

Zara Barnes & Rebecca Pulleyn



Whittlesea Preschool

whittlesea.kin@kindergarten.vic.gov.au

Gina Repic



Yallambie Park Preschool

Carol Doran, Katie Berryman, Gabrielle Collis, Jo Galvin, Melanie Lier & Frances Wood



Yarra Warra Preschool

Carla Tice-Hay, Kaye Versteegan, Connie Soltz & Sue McIntyre



Apollo Parkways Pre-School
apollo.parkways.kin@kindergarten.vic.gov.au

Laura Collings, Tamara McGregor, Pauline Poursanidis, Janine Smith & Jo Plunkett



Briar Hill Preschool
briar.hill.kin@kindergarten.vic.gov.au

Myra Moretto & Natasha Elkington



Bundoora Preschool
bundoora.kin@kindergarten.vic.gov.au

Anne Harvey, Cathrine Kroussoratis, Dani Andros & Marijke Mondin



Delta Road Preschool
deltaroad@ecms.org.au

Shelli Giosis



Diamond Hills Preschool
diamond.hills.kin@kindergarten.vic.gov.au

Nicole De Cata, Annmarie Watkins, Christine Muscat, Brenda Anderson, Bronwen Harrington Geer, Kim Walker & Tania Mantovani



Eltham North Preschool
eltham.north@try.org.au

Julie Lees



Eltham Preschool
eltham.kin@kindergarten.vic.gov.au

Larysa Sutherland, Leigh Bakkum & Michelle Frost



Eltham South Preschool
info@elthamsouthpreschool.org.au

Michelle Hughes

Lower Plenty Kindergarten.png



Ferguson Park Preschool
ferguson.park.kin@kindergarten.vic.gov.au

Kerrie Allen & Kaye Gray



Kangaroo Ground Preschool
kangaroo.ground.kin@kindergarten.vic.gov.au

Jane Cohen - Gibbs & Kathy Graham



Leap Ahead Learning
keryn@leapaheadlearning.com.au

Keryn Johnson



Lower Plenty Kindergarten
Lower.plenty.kin@kindergarten.vic.gov.au

Emma Francis & Christine Makridis



Mitchell Shire Council
 Suzy Papaioannou



Ness Reserve Preschool
ness.res.kin@kindergarten.vic.gov.au

Angela Winduss & Julie Smith