



grenfell preschool & long day care centre

newsletter

24th November 2008

End of Year Celebration

Our annual Christmas Party and Graduation Night will be held at the Grenfell Bowling Club on Tuesday 16th December 2008. The sausage sizzle will start at 6pm followed by a little concert and graduation. Santa Claus is also hoping to make a visit. You are all invited to attend. Bring the family, grandparent's aunts, uncles and friends and enjoy the celebrations. To help with the catering, we are asking you all to let us know who will be attending. Please put your name on the list at the office.

Parent/Staff Interviews

Staff will be available to talk to parents about their child's progress during the week of 1st to 5th December. Please make an appointment with staff by adding your name to the class list at the front of the sign in book.

Portfolios

Staff are currently evaluating each child's objectives. Children who are leaving the centre will be given their portfolios at the end of year celebrations. The portfolios of children who will continue to attend the centre in 2009 will remain at the centre. Parents are welcome to look at their child's portfolio and if you wish to borrow it please inform staff.

Enrolments for 2009

If you have not returned your note regarding enrolment for 2009 we ask you to do so as soon as possible to allow us to set our staffing. All children need to re-enrol for 2009. Confirmation enrolment notes will be sent home in the next few weeks to confirm your enrolments.

Holding Fees and Accounts

Please ensure to have all outstanding fees paid before your child's last day of attendance. This will ensure all children leaving the centre can collect portfolios and families returning will have their accounts up to date for 2009. The 2008 holding fee will be reimbursed for children leaving the centre.

For children who will be re-enrolling, the holding fee will be carried over and adjusted to the new attendance pattern. The holding fee is based on a 2 week fee payment. A holding fee must be paid before your child will be given a permanent position for 2009.

Website and New Email Addresses

The website is still under construction and the address is www.grenfellpreschool.com.au.

Along with the new website we now have new email addresses for the Centre. Emails can now be sent to the following addresses:

General Enquiries: mail@grenfellpreschool.com.au

Director: sharon@grenfellpreschool.com.au

Admin Officer: christine@grenfellpreschool.com.au

Committee: committee@grenfellpreschool.com.au

Work Experience

Jessica Lavis from the Quandialla Central School will be doing work experience at the centre starting 24th November 2008

Mark your Diary

Christmas Party and Graduation Night

Tuesday 16th December 2008 at 6pm

Parent Staff Interviews

1st to 5th December 2008

The centre will close on the 22nd December 2008 and reopen on the 5th January 2008.

Contact Us



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SCALDS

Scalds Are Often Severe

Of young children admitted to hospital for scalds, 1 in 5 are injured so severely that they need to be in hospital for at least a week. Most hospitalised children need repeat visits, and often, multiple operations.

How Scalds Happen

A scald is a burn injury caused by hot liquid, hot vapour or steam. For babies and young children, scalds are commonly associated with:

- Hot drinks
- Water being boiled for drinks
- Cooking and hot food
- Hot tap water

Hot Drink Scalds

Hot drink scalds usually involve a young child pulling a cup down on itself; pulling down on an item (e.g. a tablecloth) that causes a drink to fall; or running into/being held by someone who has a drink and spills it.

Injuries are usually to the head, face, chest and hands.

Hot drink scalds can happen quickly, often with adults nearby who do not realise a child is reaching for the hot drink until it is too late to stop them.

Children aged 1 to 2 years are most likely to be scalded in this way.

Around 1200 Australian children under 5 years of age come to hospital emergency departments each year for the treatment of scalds. This is equivalent to 23 young children a week, or more than 3 a day.

About 1 in 4 of these children (300 annually) go on to be admitted to hospital.

Hot Tap Water Scalds

The bathroom accounts for 80% of all hot tap water scalds.

36% of these scalds are caused by hot water already in a bathtub, e.g. when a child falls or is placed into it. A further 27% occur when a child is in the bath and the hot water is turned on. Smaller numbers occur in the shower and the hand basin.

Scalds in the Kitchen

Many scalds occur in and around the kitchen when younger children pull down hot items, or slightly older children try to "help".

Electric kettles pulled by the cord, saucepans or cooking implements pulled by the handle, and plates of hot food on the table are often involved.

These scalds can involve relatively large amounts of very hot liquid falling onto the child's head and upper body.

More 'Real life' Cases

1. Playing, toddler knocked coffee table; scalded by cup of tea.
2. Three-year-old accidentally pushed into mum while she was making formula; scalded by hot water.
3. Six-month-old in baby walker reached up and pulled on cord of kettle; spilt boiling water over self.
4. Watching grandmother, toddler pulled handle on pot with boiling water.
5. Crawling in kitchen, 10 month old pulled self up using tablecloth; hot soup fell on her.

Prevention

Young children love to explore, touch, climb and grab, but do not understand dangers like hot water or hot drinks. Here are some ways to keep them safe from scalds:

Safety with Hot Tap Water

- Control the temperature of your bathroom hot tap water to a maximum of 50°C. This temperature is required for new homes under the plumbing code. Your licensed plumber can tell you how best to achieve this.
- Always test the water's temperature before bathing a child. Use the inside of your wrist. Hold it in the water for a slow count of five. It should be comfortably warm, not hot. Note: the maximum recommended temperature for bathing a baby is 38°C.
- Child resistant taps/tap covers can help, but won't stop a child falling into a bath that is already run.
- When running a bath always run the cold water first (and turn it off last).
- Always stay with children when they are in the bathroom. Take them with you if you have to leave the room. Avoid leaving them in the care of older kids.
- Turn taps off tightly, and keep the bathroom door closed when not in use.

Safety in the Kitchen

- Separate young children from scald hazards. In particular, keep them out of the kitchen or cooking areas during meal preparation.

- Keep kettles, jugs and teapots away from the edge of benches and tables.
- Use cordless kettles, curled cords or hook cords up to keep them from dangling within children's reach.
- Get in the habit of emptying kettles immediately after use.
- Install a stove guard to prevent children pulling objects off the cook top.
- Turn saucepan handles away from the stove-front. If possible, use the rear hot plates on the stove, rather than the front ones.
- Carry plates to the stove, rather than the pots to the plates.

Safety with Hot Drinks

- Keep hot drinks out of reach. Place drinks up high, rather than on low tables. At the table, use non-slip place mats rather than tablecloths, and keep drinks toward the centre.
- Avoid nursing your baby when having a hot drink. Take tea breaks when your toddler is resting or sleeping.
- Use a stable, broad-based mug.
- Avoid putting hot drinks in a cup your child usually drinks from, or allowing your child to sip from your hot drink.

First Aid for Scalds

- If your child is scalded, **every second counts**. Cool the scald immediately in or under cool running water for 30 minutes and seek medical attention.
- Remove any clothing at once if you can. Clothes hold in the heat and can cause a deeper scald. Leave clothing on if stuck to the skin.
- Never use ice, oil or butter, soy sauce or ointments. These can damage the skin further.
- Keep the child warm with a clean blanket and comfort them. Seek medical advice.
- Seek medical advice if the burn or scald is inside the mouth.

Importance of First Aid

A burn can actually be less painful the further it burns into the skin. Imagine a cigarette burning down: the ash is the skin burning away. As the pain lessens, we assume that the burn or scald has stopped, but it hasn't.

By maintaining cold running water onto the injured area, you can stop the degree of the injury and prevent possible scarring and on-going medical attention.

Did You Know?

1. Hot water burns like fire. At 65°, hot water will severely scald a child in less than ½ a second. The temperature of the hot tap in most Australian homes is about 65°. This is 15° more than the ideal maximum safe temperature of 50°. At 50°, hot water takes 5 minutes to cause a major burn.
2. Most adults shower at only 38° to 42°.
3. Hot water can scald for up to 30 minutes after it has boiled. A fresh, piping hot drink can scald in a second.
4. A cup of hot liquid spilled over a baby or toddler is equivalent to a bucket being spilled over an adult.

First Aid Burns and Scalds

- **Remove any wet clothing**
- **Run COLD water over the burn for 30 minute**
- **Keep the rest of the child warm**
- **Seek medical advice**
- **No bandaids**
- **No creams or toothpaste'**
- **No butter or margarine**
- **No fish sauce, soya sauce or tahina**
- **No ice**

ONLY USE COLD WATER

Hot Water Safety Tips for the Bathroom

- Never leave children alone in the bathroom
- Always take the child with you to answer the phone or door
- Never leave toddlers in the care of older children
- Keep bathroom door closed when not in use
- Turn the cold water on first and mix in the hot water.
- Test the water temperature before putting your child in the water
- Talk to a hardware store about hot water safety devices for your home. Talk to a plumber about reducing the hot water temperature in your bathroom to 50°C

In an emergency dial 000 for an ambulance

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