

DON'T LET WHAT YOU CAN'T DO, STOP YOU
FROM DOING WHAT YOU CAN DO – JOHN WOODEN

Aussie Kids Fun & Fitness

MAY
2020

ON *this* MONTH

AROUND THE COUNTRY

Ramadan	-----April 23-May 23
Play Outside Day	----- 2
International Star Wars Day	----- 4
International Compost Awareness Week	----- 3-9
World Migratory Bird Day	----- 9
Mother's Day	----- 10
National Families Week	----- 15-21
National Sorry Day	----- 26

FREE CHILDCARE:

WHO IS ELIGIBLE FOR FREE CHILDCARE? Parents who are currently sending their kids to childcare will be able to do so for free and don't have to lift a finger. Those who will get first priority are essential workers and parents of vulnerable children. Childcare centres that receive the payments from the Government must try to re-enrol children who have recently been taken out of childcare. If our service has spaces open, parents who hadn't previously had their kids in childcare can enrol them for free.



The plan for term 2

27-28 April 2020 Pupil-free days

Teachers will be planning for the term ahead

First day of term for students is Wednesday 29 April 2020

- 1 From 29 April to 8 May 2020
Learning from home**
 - Term begins with students learning from home
 - Visit the Learning from home hub for more information
- 2 From 11 May 2020 return to school**
 - Students will attend school one day a week
 - Specific days vary from school to school and your school will let you know
 - Days will increase progressively throughout the term
- 3 At all times**
 - Schools will remain open for students who need them and no child will be turned away.

These arrangements will be assessed and reviewed, taking into account the latest health advice.

For more information
education.nsw.gov.au/covid-19/advice-for-families





NATIONAL FAMILIES WEEK – MAY 15-21

The aim of National Families Week is to celebrate the vital role that families play in Australian society. The enduring theme '*Stronger families, stronger communities*', highlights the important role that families play as the central building block of our communities and

that community wellbeing is enhanced by family wellbeing. Celebrate families week this year by focusing on the wellbeing of your family. The following link will provide you with helpful tips and ideas to support you. **Find our more here.**

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report *Bringing them Home, May 1997*. **Find out more here**

BANANA CAKE



PREP 20 min | COOK 30 min | SERVES 16

INGREDIENTS

3 overripe **bananas**, *mashed*
 2 **eggs**
 3/4 cup **olive oil** (or vegetable oil)
 1 cup Greek or natural **yoghurt** (or sour cream or buttermilk)
 1/2 cup **brown sugar** (or coconut sugar)
 1/3 cup **pure maple syrup** (or brown sugar)
 1 tablespoon **vanilla bean paste** (or extract)
 1 cup **buckwheat flour** (or plain flour)
 1 cup **plain flour**
 1 1/2 teaspoons **baking powder**
 1 teaspoon **cinnamon**, *ground*
 1/2 teaspoon **nutmeg**, *ground*
 1/4 teaspoon **ginger**, *ground*
 pinch of **salt**

ICING

2 cups **fresh ricotta** (deli-style) **cheese**
 1/2 cup **pure maple syrup**
 2 teaspoons **vanilla bean paste** (or extract)
 1/2 cup **cocoa powder**

METHOD:

Preheat oven to 180 C and line a 20 cm x 20 cm brownie pan with baking paper. Set aside. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined. **Pour** the batter into the prepared tin. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly. **Allow** the cake to cool completely.

To make the whipped ricotta maple and chocolate frosting:

Place the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious. **Smother** the cooled cake with a thick layer of frosting. **Cut** into 9 or 16 squares. Enjoy x

Recipe and Image from 'mylovelylittlelunchbox.com'

App reviews

Educational pre-schooler apps that will engage and challenge.



BEE-BOT

TTS Group | Ages: 4+

The Bee-Bot® App from TTS is based on the well-loved and award winning Bee-Bot® floor robot. The App makes use of Bee-Bot's key functionality and enables children to improve their skills in directional language, programming sequences of forwards, backwards, left and right 90 degree turns.

HOMER READING: LEARN TO READ

HOMER | Ages: 2-8

Homer Reading is the fun, interactive way to spark your child's passion for reading. Help your child build critical skills with a personalized learn-to-read plan! When kids read about what they love, they love learning to read. HOMER Reading combines your child's passions and current reading level to create a personalized learn-to-read plan. It includes thousands of lessons on phonics, sight words, ABCs and more and grows with your child from age 2 to 8.

MAD LIBS

PENGUIN GROUP USA | Ages: 4+

Have fun creating wild and wacky stories using mad libs. This app provides children with access to 21 free stories, complete with definitions, tips and suggestions for filling in parts of speech. Bring stories to life by adding the nouns, verbs, adjectives and adverbs yourself. Take turns and create a story together as a family.

FOCUS: Continuing social connection for children during social-distancing

As social-distancing rules continue and confirmed cases and deaths rise, children's daily rhythms and routines have been obliterated. Some are struggling with this brave new world in which they must remain six feet apart from the people they love. So parents are loosening strict limits on screen time, hoping virtual playdates will spare their house-bound children the anxiety and trauma the pandemic is spreading from coast to coast and restore a sense of community when they need it most.

Screen time in the time of coronavirus

Is all this screen time OK? The American Academy of Paediatrics normally recommends no screens before 18 months, one hour a day of quality programming for 2- to 5-year-olds and limits for older kids. But, of course, these are not normal times.

Jenny Radesky, assistant professor of paediatrics at the University of Michigan C.S. Mott Children's Hospital and author of the American Academy of Paediatrics' 2016 screen time recommendations, has been getting a lot of questions from parents about screen time during the coronavirus. Radesky, a developmental behavioural paediatrician, tweeted some new recommendations last week.

"These social connections are incredibly important. Schooling offers children not only time to interact and play with their peers but also a larger community that they belong to, with its own culture and norms. Children are constantly practicing their social skills with each other – testing what sort of behaviour is appropriate, what goes too far, and what gets reciprocated by other children – and this dynamic process is hard to replicate at home," Radesky told USA TODAY in an email. "Using video chat to play games, catch up with each other, talk about boredom, or even just be ridiculous will help kids cope."

Screen time should still have limits. Make sure time is set aside for going outdoors, playing board games, drawing, or giving kids unstructured time to figure out what they'd like to do, Radesky advises.

Virtual playdates bridge social distancing

Almost anything kids used to do offline before COVID-19 can now be done online with a few clicks or taps and a little creativity, says Sierra Filucci, editorial director of Common Sense Media, an advocacy group for kids. Dance and homework parties. Birthday celebrations. Movie and game nights. Storytime and circle time. Virtual lunch hours with classmates. Scavenger hunts and charades. No matter what age, activities abound that ease the solitude of sheltering in place while keeping kids at a safe physical distance, Filucci says.

Pre-school age children can draw together, Primary school-age kids can tackle marshmallow-and-toothpick building challenges with pals over video chat. Older kids can meet up in multiplayer online games.



"Any opportunity to keep up social contact between kids is good just overall for mental health," Filucci says. "For younger kids, social interaction can be a very important part of education, and for older kids, social interaction is an important part of their social development."

Here are some ideas for online activities to connect with friends and family from Filucci at Common Sense Media:

Pre-school/Primary aged children

Apps

Caribu

Social games

Mario

Maker 2

Roblox

Activities on video chat with supervision

Board games (Chutes & Ladders, Candyland, Sorry, Battleship)

Play-dough

Scavenger hunts

Marshmallow/toothpick building challenges

Story time

Show and tell

Charades

Circle time

Legos, Beyblades, other toys

Share songs and videos on YouTube

Guynn, Jessica. (2020, March 27). USA Today.
<https://www.usatoday.com/story/tech/2020/03/27/coronavirus-covid-19-social-distancing-screen-time-parents-children-zoom-facetime-fortnite-minecraft/5084998002/>

Mindfulness

Did you know 1 in 7 primary students are experiencing mental health problems and 1 in 3 young Australians are experiencing high or very high levels of psychological distress. Triple the number since 2007.

Mindfulness is an incredible practise a child can use to **develop foundational skills**. Better emotion and behaviour regulation, lower depression and anxiety scores and better social skills just to name a few. Smiling Mind is a free app you can download and use with your children for 10 mins every day. It will take practise but it will be worth it.

<https://www.smilingmind.com.au/smiling-mind-app>



HEALTH & SAFETY: Managing main meals and snack times

If we can take a positive out of this social isolation (if you are at home), it's that this certainly is a brilliant time to start having more family mealtimes together and reconnect as a family over food.

All too often we are rushing between work, sport, getting homework done, and very little time is given to sharing quality time together around the table. We also have the opportunity (albeit a messy one!) to cook more with our children, which is another great way to get them involved with food.

Before we get started, it would be remiss of me not to mention the most important safety precaution of all which is handwashing regularly throughout the day. Certainly, enforce hand washing before any food prep or meal/snack.

PLANNING – Avoid aimlessly wandering the grocery store for large periods of time by planning all meals and snacks as much as possible in advance. When you return from the supermarket wipe over foods and ensure you wash all fresh fruit and veggies.

BREAKFAST – A nutrient dense breakfast will help children stay fuller for longer and hope-fully ask for snacks less often between main meal times. As the weather cools down involve them in making egg dishes together or oats. If you're in need of a quick breakfast veggie/fruit smoothies are always a great option. If possible, eat breakfast together and set your intentions for the day and ask your children theirs.

SNACKS – Here are two snack strategies worth trialling in your home if you feel like you're constantly being asked, or the pantry is now a free for all.

The **"just have it all right now"** strategy. This idea comes to us from *Random Thoughts Uncensored* on Facebook. Each child gets their own basket. Each basket contains the day's snacks for that child. Want to eat it all before 9 a.m.? Fine, but that's all the snacks you get for the day, so you might want to think about how hungry you really are.

For older children **"Turn snack time into a maths lesson"** I wish I could attribute this genius to its rightful owner, but it was posted in the COVID-19 and Keeping Kids Busy Facebook group



last week. Want a snack? You have to pay for it — with money (or tokens for younger children) you earned by doing some jobs, academic work etc. And junk food is pricier than healthy snacks: "I don't know if anyone's shared this but I thought it was a great way to incorporate a math lesson in all of this as well as make the kids think "do I really want this?" Or "Am I really hungry?" Posted by Heather Robinson on Friday, March 20, 2020. I like this because they have to do some work anyway, they don't have to do much of it to earn a healthy snack but if they really want that lollipop, they can dig in and ramp up the learning.

LUNCH / DINNER – Children love being involved in 'adult' activities, so have them help you cook whenever possible. It is an activity you can't avoid and an activity they will enjoy doing with you. If you are busy trying to work from home and feeling guilty you aren't interacting with your child on a meaningful level this is a perfect time.

Savage, Karina. (2020, March 31). Kidspot.com.au. <https://www.kidspot.com.au/health/family-health/real-life/food-you-shouldnt-eat-during-isolation/news-story/a4620b0301dd59591f347342337e106b>

Moravcik Walbert, Meghan. (2020, March 28). MSN. <https://www.msn.com/en-au/lifestyle/foodanddrink/how-to-manage-snacks-while-the-kids-are-home-all-day/ar-BB11EJBc>

HOME COMPOSTING

Each year over half of our household garbage is made up of food and garden waste. Most of this organic waste can be recycled by composting it. By turning food scraps and organic garden waste into compost you are:

- Improving soil quality and garden vitality by releasing rich nutrients into the soil.
- Suppressing plant diseases and pests, this reduces or eliminates the need for chemical fertilisers and manures helping you save money.
- Reducing the amount of organic waste going to landfill therefore preventing greenhouse gas emissions and leachate.
- Helping soils retain moisture – you do not need to water that often.
- Helping absorb and filter runoff, protecting streams from erosion and pollution.

What to add in your compost bin:

Vegetable and fruit scraps, vegetable oil, pruning and lawn clippings, tea bags and coffee grounds, vacuum dust, shredded paper and cardboard, used potting mix, egg shells, flowers.

Setting up a compost bin:

The only resource you have to purchase is a compost bin of some kind. You can buy the traditional kind from your local hardware store or try a below ground version from companies like Subpod.com or powerplanter.com.au/ Below ground composters boast a simpler and faster way to compost.

Image: Subpod compost.

Watch Costa's Guide to Home Composting here: <https://youtu.be/HngvowScx6g>





NEW Covid – 19, Health & Safety Posters Displayed at the Service

POLICY UPDATES:

A friendly reminder that Policies are available now only via email. If you would like to view the draft and provide feedback, please contact the service.

Policies being Reviewed for the month of May are:

Administration of First Aid Policy

Excursion Policy

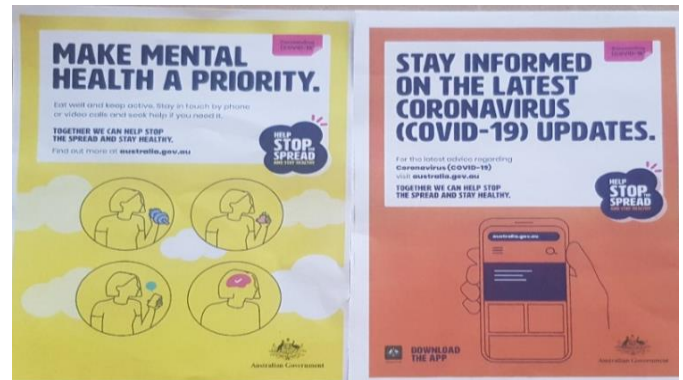
Nutrition & Food Safety Policy

Behaviour Guidance Policy

Interactions with Children, family & Staff Policy

Inservice & Staff development Policy

Our Monthly Question to families has been postponed until a later date.



Feature Article

Welling Workout - May

'These times are showing us how little we need, how much we have and how important our connections are'

Jazz up your work space at home. Make it comfortable & inviting.

Watch some good news: try 'Good news network', 'Hope 103' or 'Some good news'.

Start a new book series or re-read one you really enjoyed.

Make a regular time to call a friend with a beverage/treat of your choice.

Try a new herbal tea or add slices of citrus to your water bottle.

Pot up a plant that purifies the air for inside. Try Mother in law's tongue, Aloe vera or Ribbon plant.

Have a da nice off alone or with your family. Try 'Just dance'.

Face time a loved one or try the 'House party' app or Zoom.

Burn some essential oil while you work or display a bunch of flowers.

Tackle a creative project that you can revisit when you have spare minutes.

Take the kids or a pet for a walk to spot flowers or butterflies.

Eat lunch outside or with the window open.

Colour in an adult mindfulness page using pencils.

Trace head, shoulders & arms on paper. Paint & mail a hug to a

Take phone calls while walking in the garden or sitting on a

'Give up the idea that you have to be constantly working to be successful. Embrace the idea that rest and relaxation will help

INFORMATION ON CORONAVIRUS (COVID-19)

If you're looking for health information on COVID-19, visit the [Australian Government Department of Health](https://www.health.gov.au) website.

Information for families and activities to do at home

<https://www.startingblocks.gov.au/covid-19/>

April Vacation Care



5 Minute MOVES

Roll of the dice

Short simple activities to get some active minutes in the day.

You will need two die (different colours if possible). Assign each number on the die an exercise and write these down or draw a symbol for each one. Choose simple exercises everyone taking part can do. For example: Crab walk, squat, varied push ups, run, jumping jacks, leap, duck walk, skip etc.

One die will be your exercise dice and one your reps. Roll them together or if you only have one die, the first roll will choose the exercise, the second roll the reps.

How long you exercise for is completely up to you. Set a timer for 5 minutes or choose how many exercises you're going to do or simply go until you can't stop! Have fun.

Feedback
is always welcome

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