

WHILE WE TRY TO TEACH OUR CHILDREN ALL ABOUT LIFE, OUR CHILDREN TEACH US WHAT LIFE IS ALL ABOUT – ANGELA SCHWINDT

AUSSIE KIDS FUN & FITNESS



ON *this* MONTH

Aussie Kids Fun & Fitness

Gardening - Connecting with our Natural Environment

Using Nature in Arts, crafts and cooking exp.

Homeless Week - Raising funds for the Community
Science Week – Fun and Educational STEM Experiences

AROUND THE COUNTRY

National Aboriginal & Torres Strait

Islander Children's Day----- 4

Homeless Persons Week----- 4-10

Dental Health Week----- 5-11

National Science Week ----- 10 -18

International Day of the World's

Indigenous Peoples-----9

World Elephant Day----- 12

International Youth Day----- 12

HOMELESS WEEK -

During the Vacation Care Program Children engaged in Tie Dye Workshops creating wonderful Tie Dyed Pillow Cases for themselves and for a Homeless Charity OP Shop Located in Tweed Heads South called **You Have A Friend**. The Charity is 100% not for profit organisation. The charity has 80 volunteers and an OP Shop. You Have A Friend Supports Homeless, marginalised and single parents and their children. The charity provides over 300 meals plus fruit/vegetables and grocery items each week on the streets in areas such as Tweed Heads, Coolangatta, Murwillumbah, Chinderah, Wooyung, Mt Warning and Uki.

Our wonderful Tie Dye Pillow Cases will be donated to the Charity to help raise money for such a wonderful cause. The charity also accepts clothing, toys, footwear, bric a brac and tin food donations. AKFF service has placed a box located at the sign in area if families would like to donate to this wonderful Charity. We will be taking in our Rainbow Pillowcase slips this month to sell.





NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUG 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

This year's theme is **We Play, We Learn, We Belong** 'We play on our land. We learn from our ancestors. We belong with our communities.' Find out more at: aboriginalchildrensday.com.au

KEEP AUSTRALIA BEAUTIFUL WEEK – AUG 19-25

Keep Australia Beautiful Week raises awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. 'Respect our Roadsides' is the theme for 2019. Roadside litter is something we can all help reduce and eliminate. Simply recycle or dispose of your rubbish respectfully! If there is nowhere to dispose of your rubbish take it with you. Find out more at kab.org.au

NO-BAKE BROWNIES



PREP 10 min | SET 60 min | MAKES 12-16

INGREDIENTS

| | |
|-----------------------------------|--------------------------|
| 1 cup rolled traditional oats | 1 cup desiccated coconut |
| 1 cup pecans (walnuts or cashews) | 1 cup cacao powder |
| pinch of sea salt | 10 medjool dates, pitted |
| ¼ cup pure maple syrup | 1 tsp vanilla bean paste |

Frosting:

| | |
|--------------------------|------------------------------|
| 100 grams dark chocolate | ¼ cup (60 ml) milk |
| 1 tablespoon coconut oil | 1 Tsp vanilla bean paste |
| pinch of sea salt | Dried rose petals (optional) |

METHOD:

Line a 20cm x 20cm square tray with baking paper. Set aside. Place the oats, coconut, pecans, cocoa powder and sea salt into the large bowl of a food processor. Blitz for 2-3 minutes or until very finely chopped. Add the dates, maple syrup and vanilla and blitz again for 2-3 minutes, or until lusciously combined and smooth. Place mixture into prepared tray and spread evenly. Place in the fridge for an hour or to 'set'.

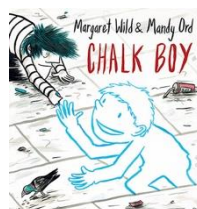
To make the frosting: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan. Place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this whisking creates a gloriously smooth frosting). Once cool, spread the frosting over the brownies. Cut into 12 or 16 bars and serve. Store no-bake brownies in fridge or freezer.

(NUT FREE VERSION: replace pecans with an extra ½ cup oats and ½ cup coconut)

Recipe and Image from 'mylovelittlelunchbox.com'

Book reviews

Children's Book Council of Australia's shortlisted books for 2019



CHALK BOY

Margaret Wild

A soulful and heart-warming story about what happens when a pavement artist's drawing comes to life.

Barnaby is a pavement artist. This morning he started drawing me. I have a head that can think, eyes that can see, ears that can hear and legs that can run. Best of all, I have a heart that can feel. Thank you, Barnaby. Award-winning writer Margaret Wild compresses epic themes into a poetic, poignant story, vividly brought to life by Mandy Ord's distinctive, dynamic art.

THE FEATHER

Margaret Wild

"Hope is the feathers that perches in the soul" – Emily Dickinson.

This is a story about hope, kindness and redemption set in a grey dystopian world. When a great feather drifts from the leaden sky, two children recognise its extraordinariness and take it to the village for its protection. The villagers, however want to encase it, upon which the feather loses its radiance.

GIRL ON A WIRE

Lucy Estela & Elise Hurst

Girl on Wire is a simple yet brilliantly uplifting allegory of a young girl struggling to build her self-esteem and overcome the anxiety that many children feel as they grow – she walks the tightrope, afraid she will fall, but with the support of those she loves, her toes grip the wire and she walks forward, on her own, with a new confidence.

FOCUS: Less is more when it comes to kid's toys



A recent trip to the movie theatre had me brimming with excitement to reunite with Woody, Buzz, and the crew of Andy's (Bonnie's?) toys in the *Toy Story* franchise's new instalment. Sure enough, my family laughed at the adventures of the cast, but it was a newcomer to the gang that really stole the show: a plastic spork named Forky.

While his reluctance to accept his place was charming and sweet, Bonnie's creation of Forky, and her subsequent attachment to him as her new favourite toy, points at a bigger picture—what constitutes a toy? Likewise, what does a child really need to be entertained?

The film's inclusion of such a common, utilitarian object as a chosen plaything serves as a reminder that children's imaginations are a powerful thing, and—when left to their own devices—kids are quite capable of having fun with far less than our society typically deems necessary. Forky is a throwback to a time when less was more, and when families' homes weren't miniature toy stores.

I remember recently being spellbound as I watched my daughter engrossed in play with a handful of rocks. Each pebble had its role—mummy rock, daddy rock, baby rock, etc—and she carried on with a captivating scene encompassing equal parts comedy and tragedy. It was a rock family saga, and frankly, I was mesmerized.

Despite a house full of flashy, modern, (and sometimes expensive) toys, I've found that some of the most creative play comes from the most unexpected "things" that most adults would consider non-toys.

Kids have a unique way of looking at things, and often the items they gravitate toward as their preferred toy may leave parents not only scratching their heads, but also howling in laughter.

Kitchen accessories seem to be a favourite for many little ones, as I remember my own niece insisting on carrying a serving spoon everywhere with her. These inanimate objects function as the perfect plaything for children, as their minds are free to create whatever story or fantasy they desire. The make-believe is endless.

Other favourites for my kiddos include shoelaces, ropes, or yarn, which have infinite aliases—stuffed animal leashes and zip-lines being their go-to. And who can forget the magic of cardboard boxes and of course bubble wrap. We're talking *hours* of fun and play.

After watching the film, I looked around my house at the abundant number of toys that my own children possess. Then I turned around and watched as they chose to stack Tupperware containers and throw foam koozies (stubby holders) at them in a competitive game of kitchen bowling.

So yeah, we're all probably a little guilty of overindulgence with it comes to our kids. To be honest, it's fun to watch their eyes light up upon receiving a new toy at their birthday or other holiday. And I'm not arguing that those practices need to change completely. Rather, let's not forget the power of minimalism and its place in our lives. Let's encourage resourcefulness and creativity.

Behind the fun and nostalgia of the *Toy Story* series are important lessons and messages. In today's culture where more is more, Forky is a reminder that parents don't necessarily have to break the bank in purchasing toys for the little ones in our lives. In many cases, a "spork" will do.

Source: Craven, Jennifer (2019, July 10). Watching 'Toy Story 4' reminded me that less is more when it comes to my kid's toys
Retrieved from <https://www.mother.ly/life/watching-toy-story-4-reminded-me-that-less-is-more-when-it-comes-to-my-kids-toys>

HEALTHY
KIDS

CHILDREN & HYDRATION



Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming **dehydrated**. Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.

How much water does my child need? The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended. If your child is playing sports or is very active they will need extra fluid. Kids will also need more fluid on hot days or when unwell.

To read this article in full go to www.healthy-kids.com.au/parents/children-hydration/

HEALTH & SAFETY: Sleep, Move, Play

The Australian 24-Hour Movement Guidelines show there is an important relationship between how much sleep, sedentary behaviour and physical activity children get in a 24-hour period.

Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved Body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.

General Advice:

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

Physical Activity

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS: Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities— they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!

Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.



Sedentary Behaviour

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does *not* include screen- based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS: Parents: be your child's role model and keep your own screen time to a minimum and be active too.

Parents: leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.

Sleep

Sleep is essential for optimal health. Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night. To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS: To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes. **Avoid screens** one hour before going to bed. • Make bedrooms a **screen free zone**.

Australian Government Department of Health (2019, June 10). Guidelines for Healthy Growth and Development for your child. Retrieved from [www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](http://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)



SAVE THOSE LIDS

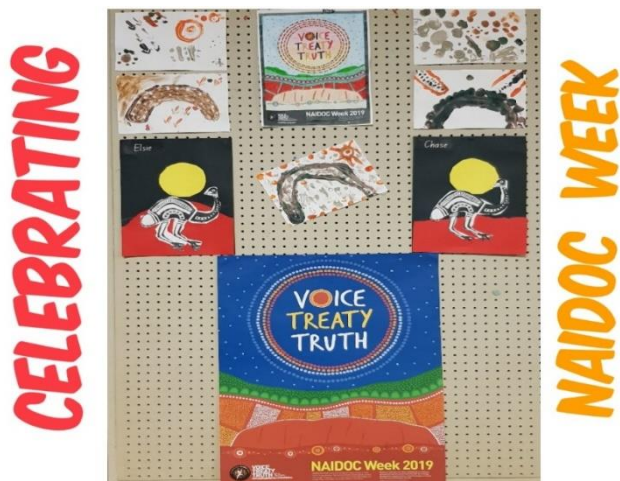


Most of us don't think twice about binning our bottle caps, but Sean Teer had a better idea. Saving them from landfill, the innovator began creating a product that will change the lives of children everywhere.

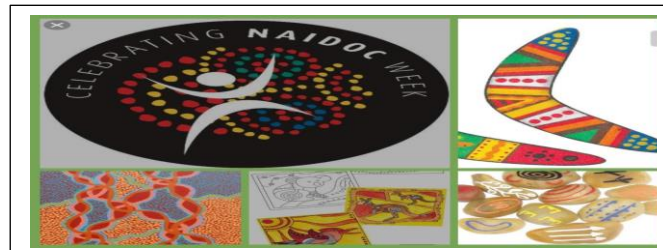
Envision Hands is a not-for-profit community initiative that uses 3D printing to turn plastic waste into mechanical hands and arms for kids, with the products being sent around the world.

Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle - and the community have helped to collect over one million bottle caps to date.

Save your bottle tops, wash them and drop them into our container located at the sign in desk.
Thank you for your support



This Month Children engaged in a variety of Fun, Educational Games, Arts, Crafts, Music and exploring the Schools Bush Tucker garden. We engaged in the celebrations twice this month during the Vacation Care and again when ASC resumed. Naidoc Week Celebrates the achievements and culture of the Aboriginal and Torres Strait Islander people. It is a celebration of history, culture and their achievements. Children explored the diversity of culture where it provided them opportunities for new understandings while connecting with natural and man-made environments.



TECHNOLOGY????

Collaborative Partnership with Families and Communities

Aussie Kids Fun & Fitness in Partnership with families are always looking for ways to improve our service. We would value your feedback to our ongoing monthly question by placing a shell in the yes or no pot and providing an explanation to assist our service by contributing to the Quality Improvement Plan. Your feedback is greatly appreciated.

This Month's Question:

Would you like more Technology – such as iPad, Wii and PlayStation Games Introduced as a part of the After School Hours Care Program?



JULY VACATION CARE



VACATION CARE

Children's feedback was very positive in regards to the July Vacation Care Program.

We made new friendships with children from Murwillumbah, Dungay, Crystal Creek and Cudgen Schools.

Children were curious and enthusiastic learners in their new fun and stimulating environments.

We engaged in Challengers, Games, Gross Motor activities, Construction, Cooking, STEM, Art & Crafts, Roleplay, Life Skills and Connected to the wider Community in a variety of planned and spontaneous activities and excursions.

Upcoming Vacation Care:

AKFF would love to hear from families in regards to our upcoming Vacation program. If you have any ideas and suggestions please fill in the Survey located at the sign in desk. Your input would be greatly appreciated.



**OUTSIDE SCHOOL
HOURS CARE
FREE AFTER SCHOOL
CARE SESSION
PHONE: 0413974775
CONDITIONS APPLY**

**AKFF is offering NEW enrolments one
ASC free day Trail – SPREAD THE
WORD!!!!**



KEEPY UPPY

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

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.