

FEBRUARY  
2020



## ON *this* MONTH

### AROUND THE COUNTRY



Sustainable Living Festival	1-29
World Wetlands Day	2
Safer Internet Day	11
Anniversary of National Apology	13
World Day of Social Justice	20

**February Policy Reviews:** A folder located at the sign in desk is readily available for viewing the Notification to change of Policies & Procedures. Your feedback and ideas are most welcome.

- Physical Environment Policy QA2
- Sleep and Rest Policy QA2
- Environmentally Responsible Policy QA3
- Staffing Arrangements Policy QA4
- Non-English-Speaking Background Policy QA6

### 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 the ongoing monthly questions 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. Thank you*

#### THIS MONTH'S QUESTION:

**Did your child enjoy the Vacation Care Program?**

Please state what Excursions your child enjoyed or did not enjoy. Your Feedback will be used for future Program planning.

#### LAST MONTH'S QUESTION:

Do you know that AKFF Connects with the wider local Community in various ways, such as the School Community Garden, Donating Recycled items to a local charity – 'You Have a Friend' and being a part of the wider Community during Excursions?

AKFF would appreciate your feedback on other ways our service can be a part of the wider local community.

**FEEDBACK:** 5 Children & Families provided Feedback

#### CHILDREN'S FEEDBACK:

- We wrapped presents for the homeless, is that what you mean? - For sure when we go on excursions
- My Mum donated my toys not long ago and they were given to that charity, remember, Kim? (Yes, the donation box we have at the service)
- We go on heaps of excursions, so yes!

**PARENTS FEEDBACK:** - Yes, that is such a beautiful idea you have, getting the kids to wrap presents for the less fortunate families. - My child loves gardening, it's fantastic how you share with the school, I think it's really important to have that community feeling. It really connects your service and the school. **EVALUATION:** The question was read and simplified for children to understand. Feedback was very positive.

**QIP:** Program – Community Gardening, as it has been a little neglected due to the drought.



## SUSTAINABLE LIVING FESTIVAL (SLF) – FEBRUARY 1-29

Everything we care about is now under threat. To enable a sustainable world, we must urgently address the climate emergency. In 2020, SLF explores the impacts of the climate emergency and

will pitch new social, economic and political responses essential for creating the transition to a safe climate.

Find out more at [www.slf2020.org](http://www.slf2020.org)

## WORLD WETLANDS DAY – FEBRUARY 2

Wetlands are rich with biodiversity and are a habitat for a dense variety of plant and animal species. Latest estimates show a global decline of biodiversity, while wetlands are disappearing three times faster than forests. This year's theme is 'Wetlands and Biodiversity' it's a unique opportunity to highlight wetland biodiversity its status, why it matters and promote actions to reverse its loss. Find out more at [worldwetlandsday.org](http://worldwetlandsday.org)

## SPICED SWEET POTATO & CHICKPEA FRITTERS WITH HARD BOILED EGGS



PREP 15 min | COOK 15 MINS | SERVES 6

### INGREDIENTS

1 x 400 g can of chickpeas, drained and rinsed thoroughly  
500 g sweet potato, peeled and grated  
¼ cup chives, finely chopped  
100 g feta, crumbled  
1 heaped tbsp tikka masala spice blend  
2 eggs

1/3 cup (50 g) plain flour  
½ tsp baking powder  
Sea salt and pepper, to season  
Olive oil, to fry in

### Soft boiled egg and salad:

6 eggs  
Salad greens

### METHOD:

#### To make fritters

1. Place the chickpeas into a large bowl and mash slightly using a fork. Add the grated sweet potato, chives, feta, tikka masala spice blend, 2 eggs, flour, baking powder, salt and pepper and mix thoroughly to combine.
2. Heat a fry pan to medium heat. Cover the base of the fry pan with a thin layer of olive oil. Gently place tbs of the mix into pan and cook for 4 mins or until golden and the fritter is holding together.
3. Gently flip each fritter and cook for another 3 mins or until golden and cooked through.
4. Place the fritters on a plate lined with kitchen paper and continue frying until no batter remains. Set aside.

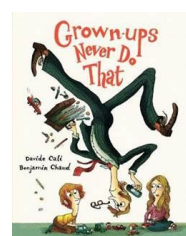
#### To make soft boiled eggs

1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 6 eggs to the pot of simmering water and cook for 7 minutes.
3. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and slice in half.

Recipe and Image from 'australianeggs.org.au'.

## Book reviews

Beautiful books full of heart and fun.



## TOMORROW I'LL BE KIND

JESSICA HISCHE

In a follow-up to *Tomorrow I'll Be Brave*, award-winning illustrator Jessica Hische brings to life another series of inspirational words and scenes with her lovely hand-lettering and adorable illustrations. This uplifting and positive book encourages kids to promise that tomorrow, they will be grateful, helpful, and kind. It's a reminder to all readers, young and old, that the smallest kind gesture can make the biggest difference in the world—we just have to remember to be kind to one another.

## GROWN-UPS NEVER DO THAT

DAVIDE CALI

Adults never misbehave. They never make funny faces, blame stray dogs for their mistakes or drop ice-cream on their shirts. Adults are perfect – aren't they? Determined to document adults doing precisely all these things, a gang of kids spy on adults as they go about their days, breaking all the rules they impose on children.

## GRANDMA'S GARDENS

HILLARY CLINTON AND CHELSEA CLINTON

From mother-daughter team Hillary Clinton and Chelsea Clinton comes a celebration of family, tradition and discovery, and an ode to mothers, grandmothers and the children they love.

Grandma Dorothy shared her love of gardens with her daughter, Hillary, and her granddaughter, Chelsea. She taught them that gardens are magical places to learn, exciting spaces for discovery, quiet spots to spend time with family and beautiful areas to share stories and celebrate special occasions. But most of all, she taught them that in her gardens, her love grew and blossomed.



# FOCUS: How to Empower Your Child to Deal with School Anxiety.

**School anxiety is awful for children and heart wrenching for parents. It's so common, but it doesn't always look the same. Sometimes it will dress itself up as illness (headaches, tummy aches), sometimes as a tantrum or fierce defiance, and sometimes it looks exactly as you would expect.**

## School Anxiety. What it's not.

If I could write this across the sky, I would: *Separation anxiety and school anxiety have absolutely nothing to do with behaviour, defiance or poor parenting. Nothing at all.*

Anyone who is tempted to tute, judge, or suggest a toughening up of parents or children, don't. Hush and hold it in. The assumptions on which you've built your high ground are leading you astray. It's likely, anyway, that parents dealing with school anxiety have already tried the tough love thing, even if only out of desperation. It's understandable that they would. They'd try anything – parents are pretty amazing like that.

They are great parents, with great kids. If only being tougher was all it took, they all would have done it yesterday and we'd be talking about something easier, like how to catch a unicorn – or something.

## School Anxiety. What it's not.

School anxiety isn't a case of 'won't', it's a case of 'can't'. It's anxiety. It's a physiological response from a brain that thinks there's danger. Sometimes the anxiety is driven by the fear that something will happen to the absent parent. Sometimes it's not driven by anything in particular. Whether the danger is real or not is irrelevant. Many kids with anxiety would know somewhere inside them that there is nothing to worry about, but they're being driven by a brain that thinks there's a threat and acts as though it's true.

When this happens, the fight or flight response is triggered, and the body is automatically surged with neurochemicals to deal with the threat. That's why anxiety can look like a tantrum (fight) or resistance (flight). It's the physiological, neurochemical response of a brain on high alert. It's hard enough to control your own brain when it's on high alert, let alone someone else's, however much that someone else wants to do the 'right' thing.

We humans are wired towards keeping ourselves safe above everything else. It's instinctive, automatic, and powerful. This is why tough love, punishment or negotiation just won't work. If you were in quicksand, no amount of any of that would keep you there while you got sucked under. You'd fight for your life at any cost. School is less dramatic than quicksand but to a brain and a body in fight or flight, it feels the same.

When you're dealing with an anxious child, you're dealing with a brain that will fight with warrior daring to keep him or her safe. It's not going to back down because of some tough words or tough consequences.

The good news is that there are powerful ways to turn this around. Let's talk about those.

## But First...

Before we go further, it's important to make sure that the anxiety isn't from bullying, friendship problems or problems with schoolwork that might need their own response. Teachers generally know what's going on so it's always worth having a chat to get a clearer idea of what you're dealing with. In many cases, there are no other issues at all. On paper, everything looks absolutely fine. That's anxiety for you.

## Empower them.

Anxiety has a way of making people feel like they have no control. It's inexplicable and feels as though it comes from nowhere. Explaining to your kids how anxiety works will demystify what they're going through and take away some of the punch. It's powerful. Here are some ideas for how to explain it in a way they can understand:

**Why does anxiety happen? The words.** – Follow the link below and use Karen's script to explain why anxiety happens.

**Your brain and anxiety – what you need to know.** – Again, follow the link for a conversation with your brain. What is actually happening in there when the anxiety builds.

**Anxiety the feeling** – Racing heart, hot and sweaty, puffed and breathless. These are just some of the ways your body might react to anxiety. Learn more via the link.

School anxiety never just swipes at one person. It affects kids, parents, siblings and the teachers who also invest in the children in their care. One of the worst things about anxiety is the way it tends to show up without notice or a good reason. For kids (or anyone) who struggle with anxiety, it can feel like a barrelling – it comes from nowhere, makes no sense and has a mind of its own. The truth is, the mind that anxiety has is theirs, and when they can understand their own power, they can start to establish themselves firmly as the 'boss of their brain'. Understanding this will empower them, and will help them to draw on the strength, wisdom and courage that has been in them all along.

Young, Karen. (2020, January 15). How to empower your child to deal with school anxiety. Retrieved from [heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/](https://heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/)

## THIRSTY? CHOOSE WATER

**Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.** Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones. **DID YOU KNOW:** In NSW, 55% of boys and 46% of girls in Year 6 drink more than one cup of soft drink a week. By Year 8, these figures rise to 68% of boys and 50% of girls.

<https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink>



HEALTHY  
KIDS

# HEALTH & SAFETY: Internet Safety for 6-10 Year Old's

Early use of digital technology has been shown to improve language skills and promote children's social development and creativity.

But it's not without risks for young children, who may come across inappropriate content or begin to copy what older children do online. Use this list of practical tips to help children aged 6 to 10 to have a safer online experience and build up their resilience to get the best out of the digital world as they grow.

## Agree on boundaries

Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

## Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online

## Put yourself in control

Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

## Use airplane mode

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

## Stay involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.



eSafety Commissioner



Safer Internet Day 2020

## Talk to siblings

It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

## Search safely

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

## Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. Although sites aimed at under-10s like Moshi Monsters and Kudos also have social networking elements.

**February 11 is 'Safer Internet Day'.** Use this day to start a conversation with your child about internet safety. Got to [esafety.gov.au/safer-internet-day/families](https://esafety.gov.au/safer-internet-day/families) to find a wide range of resources to assist your family's internet use and register your support for 'Safer Internet Day' while your there.

Internetmatters.org (2020, January 11). Young Children: 6-10. Retrieved from <https://www.internetmatters.org/advice/6-10/>



## AIR QUALITY

Prior to our recent bushfires air quality was never really a concern for most Australians. We are lucky, generally we look outside and the skies are clear and the air is fresh and breathable. Bushfire air pollution has changed that so much so that some days it is actually dangerous to be outside. So how do you check air quality and how can you prevent adding to the problem.

To check air quality in your area go to:

<https://www.dpie.nsw.gov.au/air-quality/current-air-quality>

You may need to change your planned activities when considering your families risk factors and the current reading.

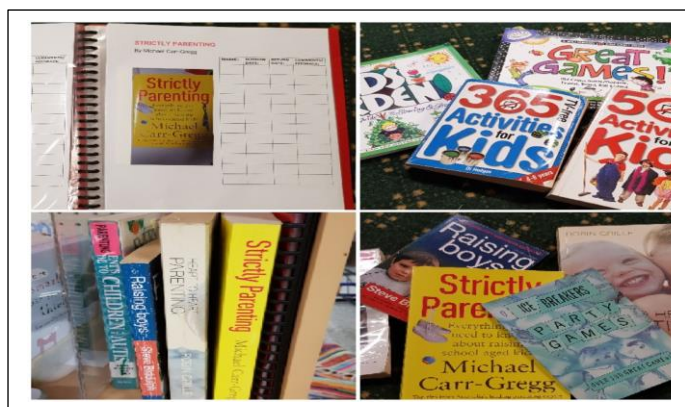
## Prevent air pollution:

**In your home:** Do not smoke, ensure your oven ventilates properly, use non-toxic cleaning product, Use a dehumidifier or/and air conditioner to reduce dampness, reconsider your use of any aerosol sprays. Dust regularly, keep lids on scented candles.

**Outside:** Drive less, ensures engines run properly, reduce fireplace use, don't burn rubbish, use environmentally safe paints.

<https://www.consumerreports.org/health-wellness/avoid-the-negative-health-effects-of-air-pollution/>

## FRIENDLY REMINDERS



JUST A REMINDER THAT OUR RESOURCE BORROWING LIBRARY IS AVAILABLE AT THE FRONT SIGN IN DESK TO SUPPORT FAMILIES PARENTING, FAMILY WELLBEING AND PROVIDE INFORMATION ON CHILDCARE, HEALTH AND SAFETY.

### BELOW ARE SOME USEFUL WEBISTES:

<https://www.kidsafensw.org/>

- Home & Community Safety
- Playground Safety
- Road Safety
- Water Safety
- Recalls & Safety Alerts

<https://thefamilycentre.org.au/>

- Child & Family Services
- Playgroups
- Real Skills Primary School
- Parenting Courses

### Feature Article

## Road safety



### Children's Safety

During the Vacation Care period Children were educated daily on their Safety and their wellbeing of themselves and their peers. This was implemented through meaningful conversations during group each morning. We discussed Safety within the Service and on excursions.



Children are educated as on ongoing routine to engage in effective hand washing procedures, prior to eating, toileting and after playing outdoors.

The best way to protect yourself and your child from germs is proper hand hygiene. Wash your hands frequently with soap and water for at least 15 seconds, scrub every surface and rinse off all trace of soap.



The Service's Yellow Recycling Bin is placed in the service area containing a variety of recycled items for children to use at their own leisure, for Arts & Crafts and other ideas initiated by children. We would love families to contribute to this by bringing in clean recycled items for children to use, enhancing their imagination and enabling them to show appreciating for our environment by reusing items in creative experiences.

Children shared their feedback and knowledge on safety practises.

- Road Safety
- Taking care and looking out for our peers
- Scooter & Ezyroller, wearing helmets & enclosed footwear
- Safety playing in and around water
- Sun Safety
- Stranger awareness
- Boundaries
- Toileting procedures
- Being apart of the wider community, (Child Protection)
- Use of equipment

Most children have profound knowledge on safety practises and behaviours. Topics about Safety, will be ongoing in everyday group discussions.

Visit <https://www.kidsafensw.org/> for information on children's Safety



## VACATION CARE



### LAST MONTH WE...

Had a fantastic time during vacation care. Here are some of our experiences and activities we engaged in. Just A reminder that all photos are available for viewing in the Photo Program Folder

### Drumming Workshop



### Hoopla Circus

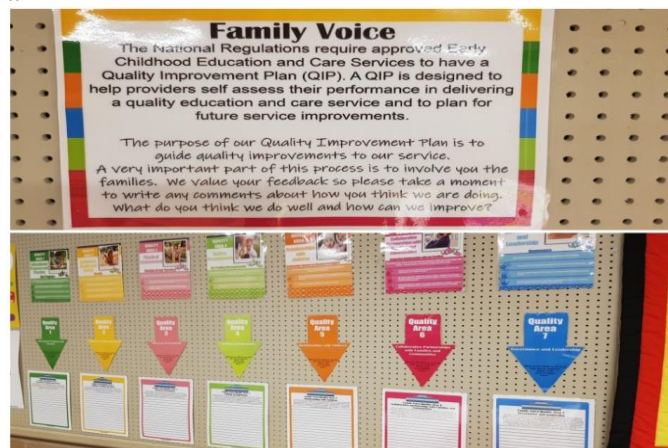


### Doodlebugs



## QUALITY IMPROVEMENT PLAN

a



Aussie Kids Fun & Fitness is seeking feedback from Families in the 7 Quality Areas. This display is readily available on the service wall. Each area is summarised in an easy to read format enabling families to read provided ideas and feedback, which is most welcome to improve on our service and to provide the best quality care and education for your child. Whiteboard makers are available at the front sign in desk.

**FAMILY SURVEY:** minor changes have been made to our Feedback survey which is visually located at the front sign in desk for families to provide valuable feedback and to rate the program.

**We would love families to contribute**



### Simon Says

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

This is a very simple fitness activity using the basic 'Simon Says' framework. Take turns being Simon and setting the fitness challenges. Here are a few examples to get you started:

Simon Says: Shake your whole body, jump up and down, spin around, walk like a bear on all 4s to the clothes line, hope like a frog, pretend to sit on an invisible chair 5 times, Hop on your left foot, Jump as far forwards as you can then jump back again.

**Feedback**   
is always welcome

### Aussie Kid Fun & Fitness

Email: [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com)

Phone number: 0413974775