

JULY
2020

A FRIENDLY REMINDER: Families are reminded that Social Distancing of 1.5m still applies with Adults entering the Service areas. Please ensure that you do not enter the Service hall. The Sign in & Out sheets are located on the service desk outside the hall along with hand Sanitiser. Please place the used pen in the container for sanitising. Thank you for your cooperation.

ON *this* MONTH

Aussie Kids Fun & Fitness

AROUND THE COUNTRY

Asalha Puja Day	05
World Population Day	11
National Pyjama Day	17
International Day of Friendship	30
Schools Tree Day	31

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.

- Anaphylaxis Management Policy - QA2
- Asthma Management Policy - QA2
- Enrolment Policy - QA6
- Incident Illness Accident Trauma Policy - QA2
- Work Health Safety Policy - QA2
- Clothing Policy - QA2
- Control of Infectious Diseases Policy - QA2
- Hand Washing Policy - QA2
- Medical Conditions Policy - QA2
- Sick Children Policy - QA2
- Work Health and Safety Policy - QA2
- Pregnancy in Early Childhood Policy - QA4

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 and explanation to assist our service by contributing to the Quality Improvement Plan. Your feedback is greatly appreciated.

We would love to hear from families in regards to ways we can enhance your child's social and emotional skills through education and play activities. Your feedback is valuable to our service. A feedback, comments and suggestions box are available at the front sign in desk.

Last Month's Question:

Do you feel that Aussie Kids Fun & Fitness has provided families with ongoing and up-to-date information on Free Childcare and Information on the Current Pandemic?

Parents Feedback:

Yes – The newsletter has some great reading, I feel supported by the service

Yes – I get regular information

Yes – The information is great; you have shared some great wellbeing ideas and activities for kids.

Yes – The newsletters cover a lot of information with some great links

Evaluation: Families who gave feedback, were content with the current information provided on the Covid -19 Pandemic and free childcare fees.

This Month's Question: Are you satisfied with the Fun & Educational program that the service provides?

FREE CHILDCARE: Free Childcare ceases on the 12 July

As the package is now scheduled to conclude at midnight 12 July 2020, we are beginning to plan for the return of the Child Care Subsidy (CCS). If you received Child Care Subsidy (CCS) for 2018-2019 you are required to confirm your income with Centrelink for 2020 -2021 This includes CCS paid directly to you and CCS paid on your behalf to your childcare provider.



NATIONAL PYJAMA DAY – JULY 17

National Pyjama Day is all about wearing your favourite and comfiest Pyjamas or onesie to work or school to help raise funds and awareness for children in foster care. The aim of the day is to raise vital funds for The Pyjama Foundation's Love of Learning Program

which is offered to children in foster care. You can help by attending or hosting a PJ party! You can also take part in **#inmypjs** by completing a challenge in your PJ's to raise awareness and funds for kids in care. **Find our more here.**

SCHOOLS TREE DAY – JULY 31

Each year, around 3,000 preschools, kindergarten, primary and high schools across Australia take part in Schools Tree Day. Students nation-wide have learnt how to plant, and care for the seedlings they grow. Schools Tree Day 2020 will be on Friday July 31, although events can be held at any time during the year. National Tree Day will be held on August 2. **Find out more here**

PUMPKIN MAC AND CHEESE



PREP 25 min | COOK 25 min | SERVES 12

INGREDIENTS

Pasta: 500 grams orecchiette pasta

Pumpkin cheese sauce:

4 tablespoons **butter**
4 tablespoons **plain flour**
2 cups (500 ml) **milk**
1 can (400 grams) **pumpkin puree**
1 teaspoon **granulated garlic**
1 teaspoon **dry mustard**
1/4 teaspoon **cayenne**
white pepper, to season
grating of fresh **nutmeg**
125 grams **mozzarella**, *grated*
100 grams **parmesan**, *grated*

Panko topping:

1 1/4 cups **panko style breadcrumbs**
100 grams **mozzarella**, *grated*

METHOD:

Cook pasta according to packet instructions, **Drain** and set aside.

To make the pumpkin cheese sauce: **Place** the butter into a large saucepan over medium heat and melt. **Add** flour and **whisk** to create a smooth paste. **Slowly add** milk, whisking continuously. Continue to **whisk** until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. **Reduce** the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne and pepper. **Add** the cheeses and stir until melted. **Take** off the heat. **Add** cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine. **Pour** the pasta mixture into a large baking dish (approx. 45cm x 45cm).

To make the panko topping: **Sprinkle** the panko breadcrumbs and mozzarella cheese evenly over the pasta. **Bake** for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.

Recipe and Image from 'mylovelylittlelunchbox.com'

App reviews

Creative apps that encourage learning through imagination and play.



TODO TELLING TIME

Minilab Ltd \$7.99 | AGE 6-8

Todo Telling Time provides playful opportunities for children in kindergarten through second grade to learn all aspects of time telling through fun, interactive mini games. With this app, children will learn to tell time to the hour and minute, calendar concepts, digital time, and the components of a daily schedule. Telling Time also addresses secondary factors necessary for mastering time telling. These include practice with ordering numbers around a clock face, counting by 5s, elapsed time, and estimates of time.

A PARCEL OF COURAGE BOOK FOR KIDS WITH PUZZLES

Mariya Stavinskaya Lite FREE or full \$4.49 | AGE 4-7

Parcel of Courage is a highly interactive graphic book app filled with robust learning activities and unique educational games based on two proven teaching methods: Montessori method and Shichida method. Many interactive activities within the heart-warming story is paired to reinforce the storyline so that kids can better comprehend the content and improve their spatial orientation, listening skills, and visual-motor skills.

SLICE FRACTIONS

Ululab \$3.99 | AGE 6-8

Kids between 5 and 12 slices through ice and lava to clear the mammoth's path, unravelling the mystery of fractions!

Creators teamed up with university education experts to craft an intuitive and incredibly fun way to learn fractions — the bottleneck of early math education.

FOCUS: How a kid's brain works. The meltdown explained.

How different is a kid's brain from an adult's? The short answer: extremely. We've always known that a child's brain spends its early years absorbing and processing information, but it's only recently that we've begun to understand what exactly it is about a kid's brain that allows it to be so receptive to new stimuli.

First, a quick overview of the brain. Most of us grew up with a pretty simplistic model of the human brain – left-side logical, right-side emotional. There's a kernel of truth to this, but we're discovering that the reality of the brain is far more complex than we could have ever imagined. Only last year*, scientists with the Human Connectome Project announced that they had created the most detailed map of the brain yet, and in doing so had discovered almost 100 previously unknown regions, taking the total to around 180, each with their own unique function. The great miracle of life is that somehow, we've managed to get all these zones working in unison to produce what we know as our own minds. What we're now realising is that in children a lot of these zones aren't yet talking to one another. They're all functioning independently, but they don't quite know how to sync themselves up.

What occurs as a kid's brain develops? The epic journey from birth to full brain maturity occurs via a gradual and ongoing process called integration, which stretches from the moment a child is born through to their mid-twenties. But to understand why your four-year-old just threw a rock at their brother and now both of them are crying you first need to come to grips with exactly how dis-integrated kids' brains are. Under the whole-brain model, the brain is carved up into four basic sections: the left and the right sides; and the upstairs and the downstairs. As noted, there is a kernel of truth to the left-right brain split, although the idea that someone can be "right-brained" or "left-brained" is a total furphy. Instead, it's more about the fact that a lot of the functions pertaining to logic, language and order occur in the left hemisphere of the brain, while the right hemisphere deals more with images, emotions and memories. The left is very narrowly focussed, while the right tends to deal in more holistic, intuitive stuff. Together they balance one another out and allow us to see both the specifics of something and the big picture. Then there's the downstairs-upstairs split. The area around our brain stem is often called the primitive brain because it deals with instinctual reactions and basic functions. When you're startled by a loud noise, or even when you breathe or blink, it's your downstairs brain in action. Meanwhile, the area of the brain just behind your forehead handles all the higher order functions that we might consider unique to humanity – thinking, imagining and planning for the future. When we talk about a child's epic journey to maturity, this is what we're talking about – the cerebral cortex doesn't fully settle down until around the age of twenty-five. Indeed, it goes through major renovations each time a child passes from infancy to childhood to adolescence to adulthood. So, when your children – whether they're age 2 or 22 – make terrible decisions, or when they take absurd risks, or when they became inexplicably emotional about small things, or when they



become affixed to a certain schedule, this occurs because one part of their yet-to-be-fully-integrated brain has taken charge of a situation and isn't letting the other parts have their say. (And yes, this can also be applied to some adult behaviour too.) Fortunately, a child's brain is primed to unify these different components of the brain, thanks to a phenomenon called neuroplasticity.

What is neuroplasticity? Another of the game-changing discoveries neuroscience has made in the past decade has been the concept of neuroplasticity. Basically, neuroplasticity refers to the fact that the brain is always evolving and changing in response to its environment and the tasks required of it. For a simple example of how this works, think about how you lived before you owned a smartphone. Now think about how easy you find it to navigate and use that phone, how simple it is to move between apps, to find information, to like something on Facebook. Your fingers and mind are working in remarkable harmony, yet when you first held the phone in your hand you would have been clumsy and confused. Everything took conscious, considered thought. Through the creation and reinforcement of new neural pathways, you have literally rewired your brain to adapt to the presence of the smartphone, to the point where using it is next best thing to instinctual. But adult brains take a lot more rewiring than a kid's brain. The mere fact of full integration means that any change in function requires considerably more architectural rearrangement of your neurons. It is literally harder to teach an old dog new tricks. Kids' brains, on the other hand, are springy and mouldable, like Play-Doh. They're just working out how A connects to B, or perhaps why A should connect to C instead. That's why every interaction a child has with the world becomes meaningful, no matter how banal it might seem to the parental observer. They're constantly primed to make new connections – just look at how quickly a three-year-old learns how to use an iPad. But the malleability of these connections also means that they're inherently fragile. They can be easily rewired – hence how easily children adapt to new circumstances – or the connection can become fuzzy or weak. It's this latter phenomenon that *The Whole-Brain Child* is concerned with: the way a child's lack of neural integration can lead to difficult and outlandish behaviour and, perhaps more importantly, how to deal with it.

TIME TO GIVE BOREDOM A TRY

When children are left to their own devices, they're forced to be more creative and imaginative in finding ways to amuse themselves. 'Giving them opportunities to try things of their own volition builds their sense of discovery and curiosity and helps them explore what brings them joy,' says Melissa. If your child is used to having their time micromanaged, making the shift to a way of life where they're responsible for amusing themselves some of the time can be tricky. 'It will be difficult at first because they don't know how to do it, and you'll have to be their imagination coach, but once the spark has ignited, it will get better,' Melissa says. **For ideas on how to inspire them check out www.theschoolrun.com/benefits-of-boredom-for-kids**

HEALTHY
KIDS



So, it's possible to avoid this kind of behaviour? Well, no. Some degree of day-to-day insanity is part and parcel of being a child. That's what happens when the brain isn't sufficiently integrated. Kids can't provide enough context for their feelings or thoughts, so they spin out of control, hence the tantrums, sulking, fights and meltdowns. Instead what Siegel and Bryson are interested in is how you can use this knowledge to rethink the way you approach your child's crazier episodes. The fundamental philosophy of *The Whole-Brain Child* is that rather than seeing these crisis points simply as necessary obstacles to be endured – though they are certainly that – they're actually opportunities to connect with your child and to conjure something consequential out of the turmoil. They believe that by identifying and then responding from the same intellectual or emotional position as your child, you can start on to the same page and then help bridge the divide, thus helping them reinforce the connections between the different sections of their brain.

For instance, if a child falls over and starts crying uncontrollably, our first instinct is to try and soothe them: "It's alright. You're fine." They are fine, and we can see that, but kids aren't operating like us. At that moment, the child is consumed by the right side of their brain. The powerful emotions of fear and pain are holding court, so they can't put the trauma in perspective. Siegel and Bryson argue that a more productive way of responding to the eruption is to acknowledge the emotion, and then to try and activate that left side by helping the child to talk about it – to tell the story of what happened and why it made them feel like they do. That way, you're helping them wed

together those right and left aspects of their brains and giving them better tools with which to react when something similar happens again.

Strategies like these aren't intended as a cure-all panacea for behavioural excess, but rather a way of reframing the moments that challenge you most as a parent, and to find in them a new opportunity for connection. There's so much focus on providing children with "meaningful" experiences these days that it's easy to lose sight of the fact that, for a child, every moment is filled with meaning. That's simply how their brains are wired. Give them enough food, sleep and stimulation and these developing brains will build themselves.

But by the same token, this isn't to say that parents themselves need to be in a state of constant hyper-vigilance, making sure that every interaction with their kids is productive. Quite the opposite: by understanding the fundamental principles on which a child's brain operates, you can better offer your energy where it's needed, rather than running yourself ragged trying to put out spot fires before they arise and creating some mythical "perfect" nurturing environment for your young ones. Most of the time, simply being present with your child, listening to where they're coming from and responding in kind, is more than enough. Their remarkable brains – maturing, mysterious and kind of magical – will take care of the rest.

Follow the link for more of this article and useful links How a kid's brain works, The meltdown explanation. (2019, July 18). Hello Lunch Lady Issue 5 From <https://hellolunchlady.com.au/parenting/kids-brain-works/>

HEALTH & SAFETY: Dental Care

It is important to look after your child's teeth from the moment they start teething. Keeping your child's teeth and gums clean will protect against infection, cavities and pain. Decayed baby teeth can damage the permanent teeth underneath.

Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed using toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay. Make sure they brush for at least 2 minutes and remind them not to swallow the toothpaste.

Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8. After that, supervising them is still important.

- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well.
- Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that are in contact with each other. You should supervise flossing until they are about 10.
- To develop strong teeth, make sure your child eats a healthy, balanced diet and avoids foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always choose fluoridated tap water. Source: www.healthdirect.gov.au/dental-care-for-children



LIBRARY: 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.



LET'S RE-FOCUS ON REDUCING

Has COVID-19 changed your sustainable focus? Amid understandable concern over health and hygiene during the pandemic, the problem of disposable plastics has taken a back seat. Demand for products such as disposable wipes, cleaning agents, hand sanitiser, disposable gloves and masks is at a record high. Unfortunately, they're also being thrown out in unprecedented volumes.

So, what can you do now that the immediate threat is beginning subside? reuse what you have, and try to store rather than throw out items for donation or recycling.



Try to re-engage your old routines.

- Remember your reusable coffee cups (if your local café allows it).
- Use your own shopping bags, if need be wash them or use bags on rotation allowing 3 days between uses.
- Purchase bulk fruit and vegetables from local growers.

<https://theconversation.com/using-lots-of-plastic-packaging-during-the-coronavirus-crisis-youre-not-alone-135553>

VACATION CARE - PROGRAM

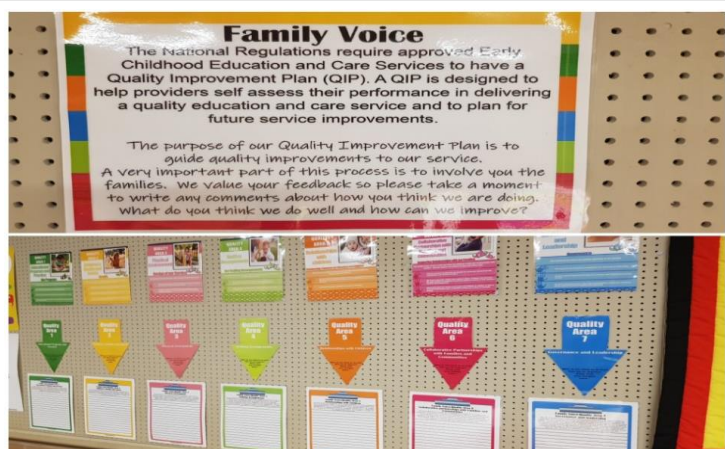


An Exciting new July Vacation Care Program, Book online www.aussiekidsfunandfitness.com

The Department of Education has some Information for parents/carers on what they can do if their child is being bullied is available in varied languages. Follow the link

Anti-bullying – Parents and Carers tips – Fact sheet

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/anti-bullying-information-for-parents-and-carers-fact-sheet-and-tips>



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. Our QIP is readily available at the front sign in desk or can be emailed upon request.

Coronavirus (COVID-19) information

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

Child Care Family Helpline – 1800 291 041

A [national toll free helpline](https://www.acecqa.gov.au/covid-19) is now available to assist families to find an early childhood education or child care service during the COVID-19 pandemic.

ASSESSMENT & RATING

We have been provided with written notification from our regulatory authority that our service will be undergoing Assessment and Rating in the next 3 months.

Education and care services are assessed and rated by their state and territory regulatory authority against the National Quality Standard. The aim of Assessment and Rating is to promote continuous improvement in the provision of quality education and care and to assist services to implement and comply with the requirements of the National Quality Framework, and Education and Care Services National Regulations 2011 (National Regulations).

Services are given a rating for each of the seven quality areas and an overall rating

based on the combined results. Each of the quality areas listed below comprise of a series of standards and elements that are important to children's learning and developmental outcomes.

Quality Areas

- 1: Educational program and practice
- 2: Children's health and safety
- 3: Physical environment
- 4: Staffing arrangements
- 5: Relationships with children
- 6: Collaborative partnerships with families and communities
- 7: Governance and leadership

During the Assessment and Rating visit, the assessing officer from the regulatory authority will discuss components of each quality area with management as well as observe educators and their interactions with the children.

The Assessment and Rating process will not affect our daily routine or program. However, if you have any questions or would like to see a copy of the National Quality Standard please contact management.

Thank you for your continued support. We look forward to sharing our final rating once we receive notification from the regulatory authority.



Sock Wrestling

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

Try sock wrestling for a fun and physical challenge either indoors or outdoors. Trying to remove one another's sock isn't as easy as it sounds – it can be energetic and at times hilarious.

Mark out the wrestling area using soft items. Explain to your child that play is to be kept within the ring to keep everyone safe. You also need to agree how to stop the wrestling match at any time, e.g. by using a clear command word such as 'stop'. Explain the rules to your child – that the object of the game is to remove the other person's socks. Wrestlers must try to stay on their knees and not stand up at any time. The winner is the first person to get the other person's socks off. Sit opposite each other and put on your socks. Once ready, say: 'On your marks, get set, go!'

Source: www.grapevine.org.nz/articles/teacher-talk-sock-wrestling

CHILDREN GOALS: To help us program individually for each child, we would like your family's input on what milestones you would like to see your child achieve during this year. These goals may be as varied as you like. A goals sheet is readily available at the service or it can be emailed.

Feedback
is always welcome

AUSSIE KIDS FUN & FITNESS

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