



MARCH
2020

ON *this* MONTH

AROUND THE COUNTRY

Clean Up Australia Day	3
Japanese Girls Day	3
National Ride '2' School Day	13
Harmony Week	16-22
St Patricks Day	17
International Day of Happiness	20
World Poetry Day	21
International Day of Forests	21
World Water Day	22
Earth Hour	28
Schools Clean Up Day	28
Neighbour Day	29

March 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.

Multicultural Policy Children's Belongings Policy

Cyber Safety Policy Immunisation Policy

Incident, Illness, Accident and Trauma Policy

Privacy & Confidentiality Policy

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 – March 2020

Do you know that you can keep up to date with the current information on Children's Safety via the Kidsafe website? On this website you will find information about current news and events, information sheets, resources and information to help keep children safe. Visit their website for some great reading website <https://www.kidsafensw.org/>

Last Month's Question – February

Did child/ren 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.

FEEDBACK: 15 Children & Families who took part in the Survey

CHILDRENS FEEDBACK:

- I liked doodlebugs and elastics there the best. Can we go to chipmunks again it was really fun too, especially the big slide
- Umm, I would say The Pool, Yeh it was nice cause it was so hot.
- Indoor Parks, they are always fun
- Definity Hoopla Circus, Mums going to start taking me, I love hoopla circus!!
- Mine was Tenpin Bowling. I'm really good at it
- I like fossicking. I found some really nice crystals
- Not the drumming that was so boring. I thought it would have been better
- Yeh the drumming wasn't any good
- I loved Zumba, that lady was really nice

Parents/Guardian Feedback:

- The Program was fantastic. (Child) liked everything
- (Child) was not too impressed with the drumming workshop
- My girls loved Hoopla Circus. I'm looking into taking them there. Definity Hoopla Circus again.
- Enjoyed the Pool, especially the water slide he did not stop raving about it.
- My girls loved looking for the crystals, that was such a great idea.
- Both Kids really enjoyed everything, even though most days they were at the school. I know they loved the obstacle course.

EVALUATION:

It has been very positive feedback on the Vacation Care program. Chn seemed to enjoy most excursions and inclusions programmed. Some of which will be programmed again during the April School Holidays.

Follow-up/QIP:

Program for April due to positive feedback and children's interest.

- Hoopla Circus
- Fossicking
- Pool - Chipmunks



NATIONAL RIDE '2' SCHOOL DAY – MARCH 13

National Ride2School Day is held around Australia in March every year. It provides an opportunity for students, parents and teachers to try riding, walking, skating or scooting to school as well as celebrating the regular walkers and riders.

Join more than 350,000 students across the nation who will ride, walk, scoot and skate to school on Friday **Find out more at www.bicyclenetwork.com.au**

INTERNATIONAL DAY OF HAPPINESS – MARCH 20

“...International Day of Happiness is more than just a fun celebration; it also reminds us all that the world is a better place when we connect with and care about the people around us”— Dr Mark Williamson. This year's theme is **Happier Together**, focusing on what we have in common, rather than what divides us. **Find out more at worldwetlandsday.org** www.dayofhappiness.net

CREAMY CARBONARA WITH PEAS & BASIL



PREP 15 min | COOK 15 MINS | SERVES 6

INGREDIENTS

- 6 slices prosciutto
- 500 grams short pasta
- 1 cup peas
- 250 ml cream
- 2 eggs plus 2 egg yolks
- 3/4 cup parmesan, grated
- 1 cup basil leaves, torn

METHOD:

1. Preheat oven to 180 degrees Celsius (350 F). Place prosciutto on an oven tray lined with baking paper and bake for 5 minutes or until the prosciutto is golden and crisp. Roughly chop and set aside.
2. Meanwhile, bring a large pot of salted water to the boil. Add pasta and cook for a couple of minutes. Add peas and cook until the pasta is al dente and peas are tender. Drain and set aside.
3. In a small jug place the cream, eggs, egg yolks and parmesan and whisk to combine.
4. To assemble: place the pasta, peas, prosciutto, basil and creamy sauce in a large bowl and mix to combine. Serve with a little extra grated parmesan and a few extra torn basil leaves.

Recipe and Image from mylovelylittlelunchbox.com



Apps to help you navigate the noise, be accountable for your actions and achieve your goals.



30 MINUTES – GOAL PLANNER

VLADIMIR LYSEEV

What if you spent 30 minutes a day on your big goal, or dream? What could you achieve in a week, a month, or a year if you consistently completed small tasks? Set the amount of days for each goal, decide on the time and view detailed statistics on each goal as you work on them.

stick: GOALS & ACCOUNTABILITY

STICKK.COM, LLC

No matter what your goal is - meditate, learn a language, lose weight, quit smoking or drinking, watch less TV, exercise more often... stick can motivate and help you achieve it! Created by a Behavioural Economist and a Law Professor from Yale University, stick is a goal-setting platform, habit tracker and online community of goal-setters.

STRIDES: HABIT TRACKER

GOALS LLC

Track all your Goals & Habits in one flexible free app. With Strides you can track anything - good or bad habits and SMART goals - with reminders to hold you accountable and charts to keep you motivated. Recommended in The New York Times, Strides has been called "the most comprehensive, user-friendly, beautifully designed goal tracking app available." Imagine having all of your most important habits, routines and goals together in one simple to do list. Now you can. :)

FOCUS: 5 phrases that help kids express big emotions

When your kid is in full Ron Burgundy-style "I'm in a glass case of emotion" mode, it's easy to match their level of anxiety—thanks to the crying, the screaming, the jumble of words made unintelligible because of the crying and screaming...

"For a lot of parents, when they see the meltdown, it's easy for them to notice the behaviour: the falling out, the crying, the emotion," says Brandy Wells, licensed independent social worker specializing in childhood mental health and the creator of My Motherhood Magic. "But usually underneath all of that is a need that needs to be met." Being in tune with your child's needs requires a lot of patience and communication. Yet in an attempt to calm your child as quickly as possible, you might focus on the behaviour, and not whatever's causing it.

"Parents ask their children: What's wrong with you?" says Jacob Kountz, a family therapist in Bakersfield, California. "A more helpful question would be: 'Help me understand what happened.' This type of curious language primes children that they aren't being accused of something, it stays away from unhelpful language such as *wrong*, and it allows children to share their thoughts and feelings."

Raising thoughtful and emotionally intelligent children starts with teaching them how to share their thoughts and feelings.

The following phrases can help you teach your kids how to express themselves—and help prevent meltdowns.

1. *"I can see that you are upset. You are allowed to feel that way. I'm here when you're ready to talk."*

Why it works: Letting your child know that you see them—that it's okay to have feelings and that you're there for them—helps them feel safe. And having that safety gets them out of melting down and into communicating.

2. *"I would feel [insert emotion] if that happened to me, too."*

Why it works: "When kids know that someone isn't going to tell them to feel differently or that their feelings are wrong, they'll seek out that kind of comfort more often," Kudla explains.

3. *"I see that you had a hard time with [x], what can we do to make it easier next time?"*

Why it works: Encouraging kids to come up with their own strategies for dealing with frustration is part of a strategy that social worker and mom of three Brandy Wells calls FLIP IT: Identify the feeling (that's the F), then if needed, set an appropriate limit for how to express the feeling (for example, "it's okay to cry, but we don't hit"). I - stands for inquiry, encouraging kids to come up with solutions and strategies of their own. "And then P is prompting—helping them problem-solve," Wells explains. "You want them to practice asking, 'What do I need to do?' And if they're not able to do that, then you are able to give them that assistance."

4. *"Your words help me understand you better."*

Why it works: Pope's daughter knows she has the power to make herself heard and understood through her words. Imagine teaching that powerful, empowering lesson to your kiddo!

5. *"It seems like you're having a hard time finding the words to explain what you're feeling. Is there another way that you can show me what's going on?"*

Why it works: Kids don't always have to "use their words" to be understood, and listening isn't the only tool parents have to understand their children's needs. "Creative expression has been an incredible tool for us," says Sterling.

Akitunde, Anthonia (2020, February 15). 9 phrases that help little kids express big emotions Retrieved from www.mother.ly/child/phrases-that-prevent-tantrums

THE BIG VEGGIE CRUNCH

DID YOU KNOW: Only about 6% of Australian children and 7% of adults eat enough vegetables?

SO HOW DO YOU ENCOURAGE YOUR FAMILY TO EAT MORE VEG?

Be a role model. All the adults in the house have an impact on what the kids eat. So, eat lots of different types of vegetables in lots of different colours – and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the bright colours, the varying tastes and textures of vegetables and how people feel after eating vegetables.

Avoid telling your kids to eat veg because they are healthy. Kids live in the moment! How they feel right now means more to them than long term health outcomes.

Keep putting them out there. If you avoid putting veggies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient, the more you offer them, the more likely they'll try them eventually. **Make it easy and available...especially when they are hungry!**

HEALTHY KIDS

RECOMMENDED NUMBER OF VEGETABLE SERVES PER DAY



What is a serve?



<https://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/vegetable-week-the-big-vegie-crunch-2020-resources/>

HEALTH & SAFETY: Germs for Kids: Making It Fun, Making It Real, Making It Stick

The concept of germs, for kids, is very abstract. Explaining hygienic concepts to children in an easy-to-understand way can be key to keeping them healthy.

How do you explain the concept of germs for kids to understand? Should you just focus on the actions behind hygiene -- washing your hands, catching your sneeze with your elbow, and not sharing utensils or food -- without dwelling on the explanations? According to health experts, giving kids explanations behind these basic hygiene practices can go a long way towards helping them become more germ-conscious.

Know the Nuts and Bolts of Germ Education

Even young children can understand the basic concept of germs, according to Dr. Dina Kulik, a paediatric emergency medicine specialist and assistant professor at the University of Toronto's Department of Paediatrics. She describes germs as tiny "bugs" that live on all things, and explains to kids that sometimes these bugs can make you sick. When you're sick, you miss out on having fun, going to school and going to friends' homes. You can explain to older kids that these germs are called bacteria, she advises, and they're so small they can only be seen with a microscope. While they're not actually insects, they are living organisms that can grow and multiply quickly.

Dr. Danelle Fisher, vice chair of paediatrics at Providence Saint John's Health Centre, agrees on the importance of teaching even very young children about germs. In her opinion, it's important to explain to kids, as they get older, that some germs are good -- for example, probiotics -- and that others are bad, such as cold viruses. When they get even older, you can explain the difference between viruses and bacteria to them, so they understand why antibiotics can help with some illnesses, but not others.

Point out several examples of ways that your child can avoid becoming sick from germs, such as coughing into her sleeve or washing her hands after blowing her nose. And there's one important step of teaching about germs for kids that many parents miss: having your child repeat back to you what you said, so that you know that she understands it. Dr. Fisher believes that this step can help you clear up any misunderstandings before they take root.

Having a hard time figuring out how to explain such an abstract concept to your child? Consider using outside sources. "As paediatricians, we're always happy to help parents explain complex ideas to their children," says Dr. Fisher. If parents aren't sure what to say, they can ask their paediatrician for advice, or even ask their paediatrician to broach the topic with the child.



Play Germ Games and Activities

Glitter Germs Sprinkle a little glitter on your child's hands in this activity from the Columbus Public Health website. Have him wash with just water. Repeat the experiment, washing with soap and water the second time. Have your child observe which method removes more glitter. Then put glitter on your hand and touch your child's shoulder, hands and hair. Have him see how the glitter (germs) can spread by touch.

Everything You Touch Also from Columbus Public Health, this activity has children make and colour their own germs and then tape them to anything they touch to see how widely germs spread by touch.

Watch Out for Hygiene Overkill

While it's important to teach our kids about basic hygiene, some kids are prone to going overboard. In general, parents should have a relaxed, matter-of-fact attitude towards germs and cleanliness -- while washing your hands after using the bathroom should be sacrosanct, keeping your hands completely clean at all times is not only unreasonable, it also may be unhealthy. Dr. Kulik believes that the way you introduce germs for kids can affect whether they become overzealous about hygiene. "I try not to instil fear, as this can lead to over-washing," she says. "If kids think of them as cute little things, like a cartoon, they can understand we need to stay clear of them, but not be fearful." In addition, if your child seems to be obsessing a bit over hygiene, make sure that you're modelling normal germ control and not going overboard yourself.

Perles, Keren (2020, February 11). Teaching About Germs for Kids: Making It Fun, Making It Real, Making It Stick Retrieved from <https://www.care.com/c/en-au/stories/4211/teaching-about-germs-for-kids-making-it-fun/>



AUSTRALIAN FORESTS

Australia has 134 million hectares of forest, which is 17% of Australia's land area. This is about 3% of the world's forest area, and the seventh-largest reported forest area worldwide. Visiting and admiring your local forests is one of the best ways to ensure these incredible resources are cared for! When was the last time you visited a local forest, for a bush walk or a picnic? A quick google search will lead you to your local forest. forestrycorporation.com.au allows you to easily find forests and associated activities in NSW.



<https://www.agriculture.gov.au/abares/forestsaustralia/profiles/australias-forests-2019>

PHILOSOPHY REVIEW



This Month **Aussie Kids Fun & Fitness** is reviewing the current Philosophy to ensure The Service is reflecting on all practises. We endeavour to make changes where required and would value your feedback. Below is our current Philosophy. The Philosophy is available at the front sign in desk with a section below for Families to provided ideas & feedback.

OUR PHILOSOPHY

Aussie Kids Fun & Fitness provides a Safe, Stimulating & Nurturing service where Children can engage in a range of Fun, Fitness Recreational and Leisure Experiences. These Experiences will allow them to feel safe, happy and comfortable while developing life and social skills, build relationships and try new exciting activities to enhance learning and curiosity.

We respect children and families, knowledge and support their uniqueness and believe the child's family and community plays a significant influence in the child's learning. We will actively pursue information on each child, their family background, current knowledge, ideas, culture, abilities and interests to make it a foundation of our program.

Our service is guided by 'My Time, Our Place' – National Quality Framework for School Aged Children and is committed to providing Quality Programs which incorporate elements of play and daily real-life experiences. Programs are designed to cater for all Children's needs, strengths, abilities, interests and cultural backgrounds. We value and build on the Children's life skills and knowledge to ensure their wellbeing, motivation and engagement in experiences.

Our service aims to create a warm and friendly atmosphere allowing children to have the choice of a range of activities that interest them such as Art, Craft, Games, Cooking, Technology, Excursions, Themed Days, Sport and Fitness.

We will Endeavor through our interactions with children to nurture their optimism, happiness and sense of fun and we will aim to recognise and respond to barriers which may impact on children achieving a positive sense of self identify.

Aussie Kids Fun & Fitness believe that our environment plays an important role within our program. This includes both indoor and outdoor settings. Within our program we educate children about environment awareness including sustainability.

Staff and families work together to devise a Quality Improvement plan to guide our Goal with the intent of improving the quality of care we provide to families. Welcoming contributions towards the program at all levels.

Aussie Kids Fun & Fitness recognises freedom of choice, promotes children's wellbeing and shows respect, privacy and dignity towards children and families. We have an 'Open Door' approach whereby Families are welcome at the Service and any queries or concerns are treated with confidence.

A FRIENDLY REMINDER THAT FAMILY SURVEYS ARE DUE BACK:

We would love to hear your thoughts about The Service and will value your feedback. The survey won't take long to complete. When complete, please drop it into the service or they can be emailed back to aussiekidsfunandfitness@hotmail.com

We would love families to contribute

Information for Families - Coronavirus (COVID-19)

Coronavirus (COVID-19) is a respiratory illness caused by a new virus. Symptoms range from a mild cough to pneumonia. Some people recover easily, others may get very sick very quickly. There is evidence that it spreads from person to person. Good hygiene can prevent infection.

What is coronavirus (COVID-19) Coronaviruses are a large family of viruses that can make humans and animals sick. They cause illnesses that can range from the common cold to more severe diseases. Coronavirus (COVID-19) was first reported in December 2019 in Wuhan City in China.

Symptoms can range from mild illness to [pneumonia](#). Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience: - fever - flu-like symptoms such as coughing, - Sore throat and fatigue, - shortness of breath

Who is at Risk? Most cases of coronavirus (COVID-19) are in Wuhan City in Hubei Province, China.

In Australia, the people most at risk of getting the virus are those who have: - recently been in mainland - China been in close contact with someone who is a confirmed case of coronavirus.

How it spreads - There is evidence that the virus spreads from person-to-person, especially in Hubei Province. The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

Prevention - Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

Find out more in our fact sheet about the [use of surgical masks](#).

Everyone should practice good hygiene to protect against infections. Good hygiene includes:



- washing your hands often with soap and water. Using a tissue and cover your mouth when you cough or sneeze
- avoiding close contact with others, such as touching

Read more about [protective measures against coronavirus](#) on the World Health Organization website.



The Floor Is Lava

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

This is a simple game often lots of fun when surprised on those you intend to play with. Before you do play though, make sure the area you intend to play it in is free from breakables.

To play, one person yells "The floor is lava!" and then starts counting down from five. Every other person must be completely off the ground by the time the counter reaches zero. What, they climb on is up to them, but if any part of them remains on the ground, then they'll be burnt to a crisp. Continue the challenge by asking players to reach a certain place without touching the ground. Watch as each player creatively devises a plan for crossing the dangerous lava without burning their toes.

Feedback 
is always welcome

AUSSIE KIDS FUN & FITNESS

Email: www.aussiekidsfunandfitness.com

Phone number: 0413974775