

CHILDHOOD IS A STATE OF MIND WHICH ENDS THE MOMENT A  
PUDDLE IS FIRST VIEWED AS AN OBSTACLE INSTEAD OF AN  
OPPORTUNITY. – KATHY WILLIAMS

**AUSSIE KIDS  
FUN & FITNESS**



## ON *this* MONTH

### AROUND THE COUNTRY

International Day of the Older Persons -----	1
World Animal Day -----	4
World Smile Day -----	4
World Space Week -----	4 - 10
World Teachers Day -----	5
National Nutrition Week -----	13 - 19
World Food Day -----	16
Loud Shirt Day -----	18
National Children's Week -----	19 - 27
Great Aussie Bird Count -----	21 - 27
Day for Daniel -----	25
Grandparents Day -----	27

### 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:**

**Do you feel that the service supports Children's Nutritional needs?**

(Each child's Health and physical activity is supported and promoted Standard 2.1)

#### **Last Month's Question:**

**Do you feel AKFF supports your child to feel respected, secure and included in the services program that reflects on your child's needs and interests?**

**FEEDBACK: Eight people who took part in the Survey**

#### **Feedback comments from children:**

- Yeh, we go on the play equipment a lot. I like it!
- You always have the Beyblades out and that's what I like.
- Yeh, you do stuff I like, like talent shows, singing, dancing. I really like being here, it's fun!
- For sure you have heaps of stuff

#### **Feedback comments from Parents:**

- The program is fantastic there's always great activities that reflect on my children's needs and interests. My children come home happy and that's the main thing
- Our children are respected and in return our children show respect for Kim., she is very nurturing and provides a great program for my kids.\
- I feel very happy with my kids here with Kim, maybe more sports



## DAY FOR DANIEL – OCTOBER 25

Day for Daniel is a National Day of Action hosted by the Daniel Morcombe Foundation (DMF) to raise awareness of child safety, protection and harm prevention.

Held on the last Friday of October each year, it is about educating children and adults about keeping kids safe through child safety and protection initiatives. 'Wear Red and Educate' is the theme for the day. Find out more and get involved at [www.danielmorcombefoundation.com.au](http://www.danielmorcombefoundation.com.au)

## WORLD TEACHERS' DAY – OCTOBER 5

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Find out more at <https://en.unesco.org/commemorations/worldteachersday>

## RASPBERRY & LEMON YOGHURT LOAF



PREP 10 min | COOK 25 -30 min | FEEDS 8

### INGREDIENTS

- 2 cups plain flour
- ½ cup brown sugar
- 2 teaspoons baking powder
- ¾ cup (180ml) vegetable oil
- 2 eggs
- 1 cup thick natural yoghurt
- 1 teaspoon vanilla essence
- 1 ½ cups of raspberries (fresh or frozen)
- 1 tablespoon finely grated lemon rind

### METHOD:

Preheat oven to 180°C (350°F). In a large mixing bowl sift flour, sugar and baking powder and make a well in the centre.

Place the oil, eggs, yoghurt and vanilla in a jug and whisk to combine. Pour wet ingredients into dry and mix to combine.

Add raspberries and lemon zest and gently fold to combine.

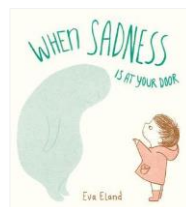
Pour the mixture into a loaf tin lined with baking paper and bake for 25-30 minutes or until cooked when tested with a skewer.

Enjoy! x

Recipe and Image from 'mylovelylittlelunchbox.com'

## Book reviews

Books to support the development of emotional literacy.



## WHEN SADNESS IS AT YOUR DOOR

EVA ELAND

*Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are—an overwhelming, invisible, and scary sensation.* In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves.

## YOU CAN NEVER RUN OUT OF LOVE

HELEN DOCHERTY

*A heart-warming and funny tale about the different kinds of love, and how no matter how much love you give you can never run out.*

You can't measure love in a bucket or cup. You don't have to worry you'll use it all up.

Because love's not a game where you have to keep score.

Whenever you give some, you'll always have more.

When you've run out of everything else, you'll still find . . .

You can never run out of love.

## BIG BOYS CRY

JONTY HOWLEY

*Let boys cry! This picture book imagines a world in which boys are encouraged to express their full range of emotions.*

Jonty Howley's gorgeous debut paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should "let boys be boys": let them express the full range of their emotions, vulnerable parts and all!

## FOCUS: Play-based Learning can set your child up for success...



Preschools and schools offer various approaches to early education, all promoting the benefits of their particular programs. One approach gaining momentum in the early years of primary school curriculum is play-based learning. Research shows play-based learning enhances children's academic and developmental learning outcomes. It can also set your child up for success in the 21st century by teaching them relevant skills.

**What is play-based learning?** Children are naturally motivated to play. A play-based program builds on this motivation, using play as a context for learning. In this context, children can explore, experiment, discover and solve problems in imaginative and playful ways. A play-based approach involves both child-initiated and teacher-supported learning. The teacher encourages children's learning and inquiry through interactions that aim to stretch their thinking to higher levels. For example, while children are playing with blocks, a teacher can pose questions that encourage problem solving, prediction and hypothesising. The teacher can also bring the child's awareness towards mathematics, science and literacy concepts, allowing them to engage with such concepts through hands-on learning. While further evidence is needed on cause and effect relationships between play and learning, research findings generally support the value of good quality play-based early years programs.

### How does it compare to direct instruction?

Play-based learning has traditionally been the educational approach implemented by teachers in Australian preschool programs. It underpins state and national government early learning frameworks.

Research has shown the long-term benefits of high-quality play-based kindergarten programs, where children are exposed to learning and problem solving through self-initiated activities and teacher guidance.

In contrast to play-based learning are teacher-centred approaches focused on instructing young children in basic academic skills. Although this more structured teaching and learning style is the traditional approach to primary school programs, research is emerging that play-based learning is more effective in primary school programs. In these recent studies, children's learning outcomes are shown to be higher in a play-based program compared to children's learning outcomes in direct-instruction approaches.

Research has also identified young children in direct-instruction programs can experience negative effects. These include stress, decreased motivation for learning, and behaviour problems. This is particularly so for children who are not yet ready for more formal academic instruction.

### What can be gained through play-based programs?

Teacher-led learning and direct instruction methods have their place in educational contexts. But the evidence also points to the benefits of quality play-based programs for our youngest learners. In play-based programs, time spent in play is seen as important for learning, not as a reward for good behaviour. In such classrooms, children have greater, more active input into what and how they learn. Research shows play-based programs for young children can provide a strong basis for later success at school. They support the development of socially competent learners, able to face challenges and create solutions.

Read the article as a whole at the link below. Source: Martinko, Katherine (2019, April 8). Play-based learning can set your child up for success at *Retrieved from* <https://theconversation.com/play-based-learning-can-set-your-child-up-for-success-at-school-and-beyond-91393>

## 24 HR PHYSICAL ACTIVITY GUIDELINES

**For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, mental health and quality of life, emotional regulation, and pro-social behaviours.**

### A healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities;
- Several hours of a variety of light physical activities;

- Limiting sedentary recreational screen time to no more than 2 hours per day;
- Breaking up long periods of sitting as often as possible;
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years; and
- Consistent bed and wake-up times.

Source: The Department of Health (2019, October 10). Australian 24-Hour Movement Guidelines for Children and Young People (5–17 years) – An Integration of Physical Activity, Sedentary Behaviour and Sleep. *Retrieved from* [www1.health.gov.au/internet/main/publishing.nsf/Content/health-24-hours-phys-act-guidelines](http://www1.health.gov.au/internet/main/publishing.nsf/Content/health-24-hours-phys-act-guidelines)

HEALTHY  
KIDS

## HEALTH & SAFETY: Eat a Rainbow

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

### What's in a colour?

**Red** - Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

**PURPLE /BLUE** - The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

**ORANGE/YELLOW** - Carotenoids give this group their vibrant colour. A well-known carotenoid called Betacarotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

**GREEN** - Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

**BROWN/WHITE** - White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

**Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a great variety of nutrients. Here are some healthy ways you can interest children into the marvellous, colourful world of fruit and vegetables:**



### Create your own Fruit and Veg Rainbow

A great way to keep track of the colour's children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable, they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.

### Create a Rainbow on Your Plate

Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries. Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.

### Read a book – I can eat a rainbow by Annabel Karmel

I can eat a rainbow teaches kids how to eat healthily by enjoying a 'rainbow' of food, from purple plums to red apples to greens like spinach and celery. Each two-page spread focuses on food of a different colour.

Go to the link below for more information and a Fruit & Vegetable colour chart.

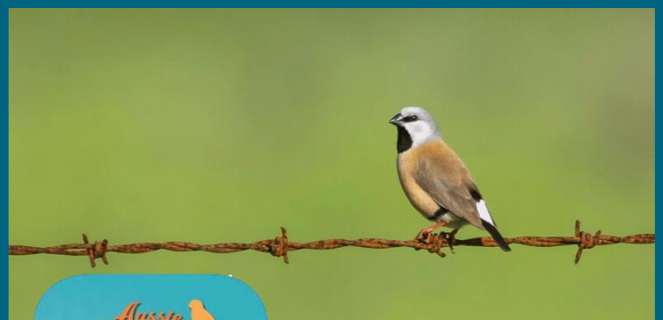
Nutrition Australia (2019, October 20). Eat a rainbow. Retrieved from <http://www.nutritionaustralia.org/national/resource/eat-rainbow#attachments>



## THE GREAT AUSSIE BIRD COUNT

Given that it is impractical to monitor all groups of organisms on a wide scale, birds provide valuable indicators of the state of the environment. They are usually high in food chains and so particularly susceptible to environmental changes. You can help monitor bird populations by taking a part in the #AussieBirdCount.

No matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town you can participate. By taking part in the Aussie Backyard Bird Count, you will be helping Birdlife Australia find out about the common species and populations that live where people live. [www.aussiebirdcount.org.au](http://www.aussiebirdcount.org.au)



Get counting from October the 21<sup>st</sup> to the 27<sup>th</sup>. You can either use the online form or Download the app to take part.

# Play-based Learning can set your child up for success...



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## Feature Article



## COMMUNITY GARDEN

Wow!!! Look at our produce ready to eat. Over the past few months children have been active members of the school community garden we have watered, weeded and mulched the garden as part of our weekly Program. Children picked and have taken home some, tomatoes, lettuce, herbs, spinach and kale.

### How does it compare to direct instruction?

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**KEEP SAVING THOSE LIDS:** 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.



## Adventurous Play / Risky play

*Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.*

**Risky play is important because:**

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their capacities. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop, they will have to make choices about what is safe to attempt and what is not.

**Develops self-confidence and well-being.** It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

**National Quality Framework | Quality Area 3:**  
*Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.*



## ***Aussie Kids Fun & Fitness Promotes Healthy Eating Habits as apart of only Daily After School Care and Vacation Care Menu.***

Children and Families are welcome to provide input on ideas of healthy recipes, afternoon menu and share your cultural recipes.

Families are welcome to come in a share their favourite recipes as a part of our cooking program.

Our resource Library located at the front sign in table has some great reading for healthy lunchbox ideas which are ideal for the upcoming Vacation Care.

## **AKFF Healthy Recipe Book:**

We welcome families to contribute to our Healthy Recipe Book we are implementing over the upcoming months. If you have any great recipe ideas you would love to share, they can be dropped into the service or emailed to [aussiekidsfunandfitness@hotmail.com](mailto:aussiekidsfunandfitness@hotmail.com)

Quality Area 2 & 6



**I'll time you**

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

Say to a child "I'll time you" and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn't matter, choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn't matter, have fun with it.

**Feedback**   
is always welcome

**Aussie Kids Fun & Fitness**

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