

WINNING DOESN'T ALWAYS MEAN BEING FIRST.
 WINNING MEANS YOU'RE DOING BETTER THAN YOU'VE
 DONE BEFORE – BONNIE BLAIR

NOVEMBER
2019



ON *this* MONTH

AROUND THE COUNTRY

Melbourne Cup-----	5
Outdoor Classroom Day -----	7
Australian Food Safety Week -----	9 - 16
Orangutan Caring Week -----	10 - 16
National Recycling Week -----	11 - 17
Remembrance Day -----	11
World Kindness Day -----	13
Universal Children's Day -----	20

CHRISTMAS DONATIONS



Aussie Kids Fun & Fitness is taking Toys donations for 'You have A Friend' for Christmas. If you have any unwanted toy's we would love you to bring then into the Service to support this wonderful Charity.

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 know that we have an open-door Policy in which families are welcome to visit the Service when it is convenient for them? (6.1.1)

Aussie Kids Fun & Fitness invites you to participate in our program by sharing your skills with Chn eg Story Telling, Sharing Cultural Traditions, Cooking, Musical Instruments and Workshops.

Last 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)

FEEDBACK: 15 people who took part in the Survey

Feedback comments from children:

- Yes, I think it's very healthy
- There's no sugar so it must be healthy
- Its yummy and good for us
- I like orange and sandwiches they are good for us too.

Feedback comments from Parents:

- Yes, for sure the menu on display has a variety of healthy foods.
- My Chn comment on 'There's only healthy food for afternoon tea, so yes, it is definitely supports their nutritional needs.
- The afternoon tea provided by viewing the photos in the program photo book definitely looks nutritious. Kim always provides a variety of healthy foods and cooking experiences too.



AUSTRALIAN FOOD SAFETY WEEK – NOVEMBER 9 - 16

The theme for Australian Food Safety Week 2019, will be 'Excellent Eggs – Handle them safely'. Eggs are a simple, cost effective and

nutritious part of our diet. Protect you and your family by following a few simple guidelines such as: Don't buy or use eggs that are cracked or visibly dirty. **Go to foodsafety.asn.au to find out more.**

NATIONAL RECYCLING WEEK – NOVEMBER 11-17

In November 1996, Planet Ark founded National Recycling Week to bring a national focus to the environmental benefits of recycling. Now in its 24th year, this established and highly regarded annual campaign continues to educate and stimulate behaviour change. **Find out more at recyclingnearyou.com.au.**

ONE BOWL BLUEBERRY LEMON POPPY SEED MUFFINS



PREP 15 min | COOK 15 min | MAKES 12

INGREDIENTS

- | | |
|---|---|
| 2 eggs | 1 cup (100 grams) fresh or frozen blueberries, PLUS extra to decorate |
| 3/4 cup (180 ml) light olive oil | zest and juice of 2 lemons |
| 1 cup (250 ml) sour cream | 1/3 cup (40 grams) poppy seeds, PLUS extra to decorate |
| 1/2 cup (85 grams) brown sugar | Lemon drizzle (optional): |
| 1 teaspoon vanilla bean paste | 1 cup (130 grams) icing (confectioners' sugar) |
| 1 cup (125 grams) buckwheat flour | juice of half a lemon |
| 1 cup (150 grams) plain wholemeal flour | |
| 2 teaspoons baking powder | |
| pinch of salt | |

METHOD:

1. Preheat oven to 180 C, line a 12-hole muffin tin with papers.
 2. Place the eggs, oil, sour cream, sugar and vanilla into a large bowl and whisk to combine. Add the buckwheat flour, plain flour, baking powder and salt and using a wooden spoon gently stir to combine. Do not over mix.
 3. Gently fold through the blueberries, lemon zest and juice and poppy seeds.
 4. Evenly divide the mixture between the prepared tin. Top each muffin with extra blueberries.
 5. Bake for 10-12 minutes or until a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely.
- To make the lemon drizzle,** place the icing sugar and lemon juice into a small bowl and stir to combine. Drizzle over the cooled muffins and top with extra poppy seeds to decorate. Serve immediately.

Recipe and Image from 'mylovelylittlelunchbox.com'

App reviews

We are in the pointy crazy part of the year. Use these apps to relax and take control of your time.



SANTA'S BAG

CREATE & SHARE CHRISTMAS LIST

Revolutionize your Christmas shopping experience!

Santa's Bag is a fun and easy-to-use app to help you manage your Christmas gift recipients, planning, shopping, and budgets. Each detail of the app is carefully designed to make sure you don't forget anyone or anything. Christmas shopping has never been easier or more fun!

HEADSPACE: MEDITATION & SLEEP

MINDFULNESS & STRESS RELIEF

Headspace is a cutely designed guided meditation app and so much more. With targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life. A consistent mindfulness practice with Headspace can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers. Use the app to track your time in mindfulness training and invite friends to join in with you.

REMEMBER THE MILK

SMART TO-DO APP

Remember the Milk is the smart to-do app for busy people. You'll never forget the milk (or anything else) again.

- Get to-dos out of your head, and let the app remember for you
- Get reminded via email, text, iM, Twitter, and mobile notifications
 - Share your lists and give tasks to others to get things done faster
 - Stay magically in sync on all of your devices
- "Remember the Milk is a veritable Swiss Army knife of to-do list management." - Lifehacker*

FOCUS: Kids Who Do Chores Are More Successful Adults



Want your kids to grow up to be successful? Make them do chores. When they balk (and trust me: they will probably balk), you can tell them that scientific research supports you.

It sounds great, and it's true--but there is a catch. (We'll get to that in a minute.) For now, the science. In the Harvard Grant Study, the longest running longitudinal study in history, (spanning 75 years and counting--from 1938 to the present), researchers identified two things that people need in order to be happy and successful: The first? *Love*. The second? *Work ethic*. And what's the best way to develop work ethic in young people? Based on the experiences of the 724 high-achievers who were part of the study (including people like future-President Kennedy and Ben Bradlee, the Watergate-era editor of *The Washington Post*) there's a consensus.

A "pitch-in" mindset

"[The study] found that professional success in life, which is what we want for our kids ... comes from having done chores as a kid," says Julie Lythcott-Haims, in her 20XX TED talk.

(Lythcott-Haims is the author of *How to Raise an Adult*, and the former dean of freshman at Stanford University. You can read more about her advice in my free-ebook, *How to Raise Successful Kids*.)

"The earlier you started, the better," Lythcott-Haims continued. (You can see her whole TED talk here.) "[A] roll-up-your-sleeves- and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me ... that that's what gets you ahead in the workplace."

The catch

Okay, here's the drawback. It's that having your kids do chores doesn't necessarily wind up being less work for you as a parent. My colleague Valerie Williams at *Scary Mommy* recently put it succinctly and memorably:

"That's cool, research lady. It really does make sense. But do you have any idea how much [stuff] we already have to beg our kids to do any given day?"

I called today a victory because both of my kids brushed their teeth the first time I asked and haven't killed each other yet on this, the fifth day of their week off from school. If I asked them to do chores, they'd listen, but they'd whine. And they'd do a shoddy job. Ain't no mamma got time for that noise. ... Have you seen the results when a child sweeps the floor?"

Yes, it's tougher than it seems at first glance. But--and here's an analogy I'll probably never get to make again--it reminds me of my days writing about military counterinsurgency and the U.S. occupation of Iraq.

Sometimes, even if you could do a job perfectly, you have to let someone else do it *just-barely-passably*, if you want the other person learn from the experience. It's the same principle whether we're talking about U.S. soldiers training the Iraqi Army, or parents letting their kids empty the dishwasher. Because, as Lythcott-Haims told *Tech Insider*: "By making them do chores -- taking out the garbage, doing their own laundry -- they realize I have to do the work of life in order to be part of life. It's not just about me and what I need in this moment."

Source: INC, Murphy, Bill (2019, October 17). Kids who do chores are more successful adults. Retrieved from https://www.inc.com/bill-murphy-jr/kids-who-do-chores-are-more-successful-adults-according-to-science.html?fbclid=IwAR0eOvnNKaiWInUivCZgaPBsGtMDwgoFsNI5o6Cp1_3E1rHOL0bhmh-vwimg

PHYSICAL ACTIVITY

The recommendations for 5-12-year old's is at least 60 minutes a day of moderate and vigorous activities. It's even better to be active for up to a three hours every day. Strengthening activities, like climbing or jumping, at least three days of the week.

What is moderate exercise? This level of exercise gets your child gently huffing and puffing. Moderate activities are about as intense as a quick walk. For example: bike riding, skateboarding, dancing and playing on park equipment.

What is vigorous exercise? This level of exercise gets child huffing and puffing a lot, and sweating. This could be running games or riding a bike fast. For example: Organised sports, running/ chasing friends, swimming laps, star jumps, skipping.



Encourage your child to be active in lots of different ways. Sometimes this can be difficult and they may become frustrated learning new skills. Remember to remind them that it can take time to learn a new sport. Practise make a game incorporating new skills. Check out this website for some good idea on incorporating new skills in activities fitkidshealthykids.ca/basic-skills

Source: Healthy Kids NSW (2019, October 10). Get Active Each Day. Retrieved from <https://www.healthykids.nsw.gov.au/kids-teens/get-active-each-day-kids.aspx>

HEALTH & SAFETY: Wear Sunscreen

Australia has one of the highest rates of skin cancer in the world. Two in three Australians will be diagnosed with a skin cancer by the age of 70. Sunscreen use is one of five important ways of reducing the risk of skin cancer.

Many people apply sunscreen every day, often over large areas of their body. Cancer Council recommends using sunscreen every day on days when the **UV Index is forecast to be 3 or above**. Sunscreen should be incorporated into your daily morning routine on these days.

When UV levels are below 3 sun protection is not recommended, unless you work outdoors, are near reflective surfaces (like snow), or outside for extended periods.

Sunscreen needs to be applied 20 minutes before going outdoors. When applying sunscreen, you need at least one teaspoon per limb, one for the front of the body, one for the back and one for the head. A full body application for an adult should be at least 35mL or seven teaspoons.

Sunscreen should be reapplied every two hours if you are spending time outdoors and after swimming, sweating or towel drying.

Cancer Council does not recommend the use of sunscreen in babies under six months. The main forms of sun protection for babies should always be protective clothing, hats and shade.

Sunscreen should not be used as the only line of defence against UV. When the UV Index is 3 or above, be sure to protect yourself in five ways by slipping on sun protective clothing, slopping on SPF30 or higher water-resistant sunscreen, slapping on a broad brim hat, seeking shade when possible and sliding on sunglasses.

Always remember to: SLIP, SLOP, SLAP, SEEK, SLIDE.



UV index

The UV Index is a tool you can use to protect yourself from UV radiation. It tells you the time during the day that you need to be SunSmart.

How can I find out the UV index each day?

The Index is reported in the weather page of all Australian daily newspapers, on the Bureau of Meteorology website, and on some radio and mobile weather forecasts.

For smartphone users, the **free SunSmart app** is a great way to check the UV Index when you are out and about. iPhone users can download it at the iTunes App Store and Android users at the Google Play store.

Cancer.org.au (2019, October 20). Sunscreen. Retrieved from <https://www.cancer.org.au/preventing-cancer/sun-protection/about-sunscreen.html>



DO YOU RECYCLE RIGHT?

When you recycle, you help save important natural resources like minerals, trees, water and oil. You also save energy, conserve landfill space, decrease greenhouse gas emissions and reduce pollution. Recycling closes the resources loop, ensuring valuable and reusable resources do not go to waste.

Do you know what can and cannot be recycled? These items are often put in recycling bins but they don't belong there. If in doubt leave it out. Putting the wrong thing in the wrong bin can ruin your recycling efforts.

Don't put these in your recycling bin:

Plastic Bags: Plastic bags and other soft plastics should be kept out of the kerbside recycling bin. These items such as bread bags and confectionary bags can be recycled in a Recycle bin, which are located at participating supermarkets.

Crockery and glassware: While broken glasses, plates and ovenware may seem recyclable, they're not. Glassware melts at a different temperature to glass bottles and jars and will contaminate a load.

Polystyrene: Cannot be recycled. Sorting facilities aren't equipped to deal with this material. It can contaminate the paper recycling stream. Small polystyrene beads and pellets are too small to process and again contaminate other recycling streams.

E-Waste: Batteries, mobile phones and printer cartridges not only contaminate recycling streams, but can actually be a health hazard at sorting facilities. These items can be recycled at special drop off points.

Nappies: A surprising number [of nappies] get put into recycling bins. They cannot be processed and are a hazardous material. Anything that is made of composite materials cannot be processed, like Pringle tubes. The technology used cannot break the item down into its component materials.

SBS.com (2019, October 20). Five things that shouldn't be recycled. Retrieved from www.sbs.com.au/news/five-things-you-shouldn-t-be-recycling



Vacation Care

Feedback on the Vacation Care was very positive from both Children and Families.

We engaged in a variety of fun and Educational Activities. Our next program will be available Mid November with some great new exciting excursions and inclusions. We welcome ideas for the upcoming Vacation Care Program.

Cudgen Public School Fete

Children were eager and busy making Cakes, Slices and Earring rings for the School fete. Supporting and raising money for the P&C last month.



CELEBRATING HALLOWEEN

Children engaged a variety of Fun & Scary Halloween activities - Face Painting, Sand Art, Crafts, Photo Props and Cooking



POLICIES

- Families will have the opportunity to revise and help plan Policies. Families are welcome to discuss the policy or a draft of the proposed policy. All policies that are being either reviewed or developed will be available in the **Notifications of Change Policy & Procedure Folder** at the front sign in desk. Notifications of this provided in the Monthly Newsletter so all stakeholders are aware of progress at all times and can be involved in the review.

This MONTH'S POLICY REVIEWS

- Celebration's Policy – QA1 Termination of Enrolment Policy – QA2 Orientation of New Families Policy – QA6 Open Door Policy – QA6 Withdrawal of a Child Policy – QA7 Governance Policy – QA7 Child Care Subsidy (CCS) Policy – QA7 Child Safe Environment Policy – QA2

DENTAL HEALTH- Aussie Kids is Promoting

SWIG, SWISH & SWALLOW in our everyday practices



Often a meal or snack will leave food particles in the mouth. The aim of the Swig Swish Swallow activity is for the children to learn how best to rinse their mouth out with water after meals and snacks.

- Step 1 - Swig** • Children have drink bottles with tap water (fluoridated water). Have children 'swig up' a mouth full of water and hold it in their mouths.
- Step 2 - Swish** • Have children 'swish' or swill the water around their mouth (i.e. shake head from side to side or use cheeks to do so).
- Step 3 - Swallow** • Ask children to swallow the water.

Located at the front sign in desk in our Library is some great reading for Dental Health Information for families to borrow.

5 Minute MOVES

Dance time

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

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up.

You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.

Feedback 
is always welcome

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