

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING WHAT YOU CAN DO. - JOHN WOODEN

Aussie Kids  
Fun & Fitness

# VACATION CARE



## ON *this* MONTH

AROUND THE COUNTRY

Father's Day -----	1
Wattle Day -----	1
National Child Protection Week -----	1-7
Sea Week -----	2-8
National Flag Day -----	3
Early Childhood Educators Day -----	4
Indigenous Literacy Day -----	4
Sustainable House Day -----	15
Talk Like a Pirate Day -----	19
World Rivers Day -----	22
World Maritime Day -----	26
Save the Koala Day -----	28

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

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

**Would you like more Technology, such as iPad, Wii and PlayStation Games Introduced as a part of the After School Hours Care Program?**

**FEEDBACK:** Out of 7 people who took the survey 6 out of 7 said that they would not like to see iPad introduced into the program.

#### **Here are some feedback comments from children:**

- Everyone's going to fight over them and just go on them and not play
- Who needs technology when we have a beautiful world
- That would be just boring, I like just playing

#### **Here are some feedback comments from Parents:**

- They really enjoy playing, you have a really great program
- Educational programs and home readers on iPad would be good.



## NATIONAL CHILD PROTECTION WEEK – SEPTEMBER 1-7

Kicking off on Fathers' Day, National Child Protection Week is a wonderful opportunity for everyone in the community to think about how we can work together to keep all children safe.

Child abuse and neglect is one of Australia's most significant social problems. Last year over 35,000 Australian children were proven to have been abused or neglected. Child abuse is rarely a one-off incident and is always harmful. Find out more at: <https://www.napcan.org.au/national-child-protection-week/>

## TALK LIKE A PIRATE DAY – SEPTEMBER 19

Talk Like a Pirate Day™ is nationally recognised as the major fundraiser for Childhood Cancer Support, is an opportunity to polish ye hook and say "AHOY there, me hearties" to all ye mates, school crew and work mates. Find out more at [talklikeapirateday.com.au](http://talklikeapirateday.com.au)

## SPRING TIME PIZZA



PREP 10 min | SET 60 min | MAKES 12-16

PREP 10 min | COOK 10-15 min | FEEDS 4

### INGREDIENTS

- 1 cup (250 grams) ricotta
- 2 heaped tablespoons parmesan, grated zest of 1 lemon
- 4 sprigs thyme, leaves picked
- 4 wholemeal pita breads
- 1 zucchini, cut into thin ribbons using a speed peeler
- 6 stalks of asparagus, cut into thin ribbons using a speed peeler
- 1 tablespoon extra-virgin olive oil
- 3/4 cup (75 grams) shredded mozzarella (or tasty cheese)
- 100 grams turkey breast, shaved
- 1/2 cup (125 ml) basil pesto
- tomato wedges and extra pesto, to serve

### METHOD:

Preheat oven to 200 degrees Celsius (390 F). Line 2 oven trays with baking paper and set aside. Place the ricotta, parmesan, lemon zest and thyme into a small bowl and mix to combine. Place the pita breads onto the oven trays. Divide the ricotta mix between the pita bread and spread evenly to cover each base. Place the zucchini and asparagus ribbons into a bowl, add the olive oil and toss to combine. Top each pita with the zucchini/asparagus mixture, shredded cheese and turkey. Dot each pizza with pesto and bake for 10-15 minutes or until golden and cooked. Allow to cool slightly before slicing into chunky pieces and serving alongside tomatoes wedges and pesto.

Recipe and Image from 'mylovelylittlelunchbox.com'

## App reviews

Apps for learning and challenging fun.



### BANDIMAL

\$5.99 | YATATOY

*Introduce your kid to the joy of making music!*

BANDIMAL is a fun and intuitive music composer that lets kids discover the creative world of making music. Set up a drum loop, swipe through animals to change instruments, compose melodies, change loop speeds and add a quirky effect on top.

### 10 MINUTES A DAY: TIME TABLES

Dorling Kindersley

*Spend 10 minutes a day and become a maths star*

Race against the clock with your maths skills! Young learners excel in short bursts, so DK's 10 Minutes a Day Times Tables app is the perfect introduction to maths for children. Times tables games take a short amount of time - maximum fun for maximum effect.

### QUICK MATH

Shiny Things.

*Practice your mathematics while racing the clock in this innovative app.*

Quick Maths is perfect for students in grades 2 to 6, or for anyone wanting to improve their general maths skills. With multiple difficulty levels and a focus on self-improvement, Quick Maths provides increasing challenges as your skills develop.



## FOCUS: Climbing trees is safer than organised sport



### So why are parents so scared of it?

There's a big pine tree in our side yard. It's around 50 feet tall and holds a magnetic attraction for my children and their friends. It's not uncommon for me to step outside and hear a small voice from up in the sky, shouting, "I'm up here!" Sure enough, a small body waves enthusiastically from a high branch. Eventually they come down, covered in sap and scratched by branches, but delighted by their conquest. (Then I show them how to rub butter into the sap, and then wash it off with soap and water.)

I never stop them from climbing that pine tree (or the magnolia or the pear) because I believe it's so important for them. On a physical level, climbing trees builds muscular strength and flexibility, develops motor skills and depth perception, teaches them to assess a branch's size and ability to hold them, and forces them to concentrate.

On an emotional level, it's a pure thrill to attain such heights, to be out of reach of parents and safety, to be in control of pushing their own boundaries. It gives them a space for imagination to run wild and to feel connected to nature. It instils confidence and, in a way, makes them safer overall because they become more capable humans.

**But what about injury? This is the niggling doubt at the back of every parent's mind.**

Falling out of a tree is always a possibility (I did it as a kid and broke my arm, which I later perceived as a badge of honour in the kid world), but compared to other injuries, tree-climbing is a non-issue. Rain or Shine Mamma cites a 2016 study from the University of Phoenix:

"Researchers surveyed 1,600 parents who let their children climb trees and found that the most common injury by far was scraped skin. Only 2 percent of the parents responded that their child had broken a bone and even fewer had suffered from a concussion. Meanwhile, more than 3.5 million American children under the age of 14 receive medical treatment for injuries from organized sports every year." This shows that if a parent were truly serious about injury prevention, they'd never sign their kid up for organized sports. But that's a ludicrous thought. Most parents wouldn't for a second doubt that the benefits of sport outweigh the risks. So why don't we do that with tree-climbing and other free play activities in nature?

It's time to let go and "let grow" (as Lenore Skenazy's free-range play organization is called). Don't get hung up on statistically negligible injuries and let your kids climb trees to their hearts' content. Maybe even join them once in a while. I have yet to scale the pine, but you never know...

Source: Martinko, Katherine (2019, April 8). Climbing trees is safer than organized sport, Treehugger.com  
Retrieved from <https://www.treehugger.com/family/climbing-trees-safer-organized-sports.html?fbclid=IwAR2-B6dtnx1cruk2toX8ax-3iCp6SK55oEAZR-yeBWwMfocCBCzjDCmU78bl>

## CHILDRENS MENTAL HEALTH

**Mental health is the way children think or feel about themselves and the world around them. It's related to how children cope with life's challenges and stresses.**

### What does good mental health in children look like?

Children with good mental health:

- feel happy and positive about themselves
- enjoy life
- learn well
- have healthy relationships with family and friends
- can manage sad, worrying or angry feelings
- can bounce back from tough times.

Your child needs good mental health to develop in a healthy way socially, emotionally, mentally and physically. Good mental health in childhood also provides the foundation for better mental health and wellbeing later in life.



### Relationships and good mental health for children

A strong relationship with you directly and positively affects your child's mental health. Tell your child that you love him, no matter what. You can also show him love through your body language and nonverbal communication – and by giving him lots of cuddles too!

- Praise and encourage your child when she does something well or behaves in a way that you like.
- Make time every day to talk and listen to your child. If your child wants to talk, try to stop what you're doing and give him your full attention.

Source: Raisingchildren.net.au (2019, August 17). Good Mental Health for Children. Retrieved from <https://raisingchildren.net.au/school-age/health-daily-care/mental-health/children-s-mental-health>

# HEALTH & SAFETY: Water Safety

Whether at home, visiting family and friends or on holiday, it is always important to keep safety in mind when children are in or near water. Drowning is the number one cause of death for children under five. Drowning can occur quickly and quietly, without any warning noises. Sadly, on average, one child dies each week in Australia as a result of preventable drowning.

## Toddlers are most at risk near water

Toddlers aged between one and three years are most at risk, because they are mobile and curious, but don't understand the danger of water. You can considerably reduce the risks by supervising your child around water at all times and by teaching them to swim.

Taking precautions to reduce the risk of drowning around your home is also very important. A toddler or child can drown in five centimetres of water. Every exposed water source, no matter how shallow, poses a significant danger.

It is important to provide barriers to prevent access to water sources. You should also learn resuscitation techniques so that you know what to do if you are faced with an emergency.

**Supervise your children around water** The most important preventive tactic is to supervise your child around water at all times. This means actively watching them, keeping them within arm's reach and not just glancing up every now and then. Don't assume they will splash and yell for help if they get into trouble. **Twenty seconds is all it takes for a toddler to drown.**

**Learn first aid** Emergency medical treatment for young children or babies isn't always the same as for adults, which is why all parents should take an infant or child first aid course that includes cardio-pulmonary resuscitation (CPR).

## Water safety around the house

Suggestions for reducing the risks of your child drowning in and around the home include:

- Never leave an older child to supervise the younger child in the bath.



- Always supervise your child in the bath.
- Take your child with you if your telephone or doorbell rings while supervising your child in the bath.
- Empty the bath immediately after use.
- Always keep the doors to the bathroom and laundry securely closed.
- Use a nappy bucket with a tight-fitting lid, and keep the bucket closed at all times and out of your child's reach.
- Cover ponds, birdbaths and similar water sources with mesh.
- Keep pet water bowls, aquariums and fish bowls well out of little children's reach.

**Learn to swim** Swimming programs are available for children and babies, the emphasis is on building confidence and encouraging the child to enjoy water in the youngest programs, rather than teaching them to swim. Children can take formal swimming instruction from the age of four years. Water safety skills make up part of the tuition. Swimming is an extremely important life skill. Regardless of your child's ability never leave them unattended in or near water.

Better Health VIC (2019, July 10). Water safety for children. Retrieved from <https://www.betterhealth.vic.gov.au/health/healthyliving/water-safety-for-children>

## Sustainability CORNER

### SPRING PLANTING

Growing your Herbs and vegies is such a rewarding activity. Children have taken part in the experience as a weekly routine, it is such a nice way to get outside and spend quality time together. And being a part of the school's community garden.

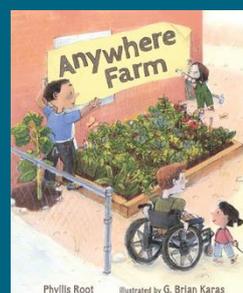
We have planted a variety of herbs, such as coriander, mint, basil, thyme, mushroom herb and parsley.

We have also planted broccoli, curry kale, beetroot, Buk Choy and beans.

What we are growing has depended on the soil conditions and climate where we live. With a climate as diverse as Australia's, it's important to know which plants are best suited to your region so that you get the best results of our garden.

Bunnings has a great list that details which plants grow best in your region, check it out here:

<https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/what-to-plant-in-spring>



### Anywhere Farm – Phyllis Root

Is a beautiful story to read alongside building your own garden. Enjoy the rhymes and bright pictures.

Be inspired by the creative gardens and maybe even try out an odd pot yourself!



CUDGEN PUBLIC SCHOOL Vacation Care Program – October 2019

<p><b>MONDAY 30<sup>th</sup> SEP.</b> Adventure Playground Knox Park - BBQ lunch Cinemas – MOVIE TBA Popcorn &amp; Popper</p>	<p><b>PUBLIC HOLIDAY</b></p>
<p><b>Tuesday 1<sup>st</sup> OCT</b> Aussie Bouncing Bites Party – Party Games &amp; Prizes, Fun Foods, Giant Yard Games, Disco, Mascots, Water Slide, Cupcake Decorating</p>	<p><b>Tuesday 8<sup>th</sup> OCT</b> Hawaiian Party Games, Jumping Castle, Water Slide, Photo Booth, Sand Art Workshop</p>
<p><b>Wednesday 2<sup>nd</sup> OCT</b> Tenpin Bowling Hungry Jacks Extra \$6 Movie Afternoon with Popcorn Bar</p>	<p><b>Wednesday 9<sup>th</sup> OCT</b> Chipmunks – Indoor Playland Centre Claydough Workshop</p>
<p><b>Thursday 3<sup>rd</sup> OCT</b> Wet &amp; Wild – Fun &amp; Challenging Water Activities, Huge Double Dive &amp; Slide, Snow Cone Kinetic Sand Workshop</p>	<p><b>Thursday 10<sup>th</sup> OCT</b> Hoopla Circus Adventure Playground Knox Park – Picnic lunch</p>
<p><b>Friday 4<sup>th</sup> OCT</b> Hosanna Farmstay Animal Feeding, Bush Walking, Making Damper, Adventure Playground</p>	<p><b>Friday 11<sup>th</sup> OCT</b> Aquatic Centre Murwillumbah – Huge Water Slide Design your own Pillowcase</p>



**Sun** – This month we will be focusing on the sun with some fun educational activities such as Solar construction, Sun catchers, drying flowers to make book marks, discussions on Sun Safety and what the sun provides us with e.g., Light, heat, energy.

**OUR BEAUTIFUL HANDMADE RAINBOW TIE DYE PILLOW CASES**



**ON SALE @ YOU HAVE A FRIEND, TWEED HEADS HELPING RAISE FUNDS FOR A WONDERFUL CHARITY**



If you have any unwanted items (Clothes, tin food, bric-a-bac, shoes, toys) we would love for you to bring them in and place them in our 'You Have A Friend' donations box. The Charity Loved and appreciated our beautiful Tie Dye Pillow cases.

A survey that was distributed to families enabled the Service to gather information for this Vacation Care. A fun and stimulating Program has been implemented that reflects on children's interests and feedback. Our exciting New Vacation Care Program is also available online @ [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com)

BOOK ONLINE [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com) PHONE: 0413974775

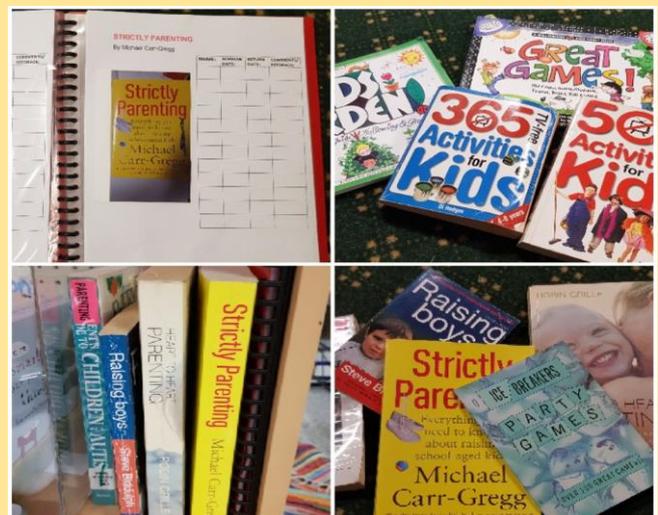
**Feature Article**

**ELEMENT 6.1.3**



**FAMILIES ARE SUPPORTED**

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





## Healthy Choice

### CHOOSE WATER AS A DRINK

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?

Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.

- **Try:** Packing a water bottle whenever you go out,
- don't keep sweetened drinks at home, when playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- 
- READ MORE AT <https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink.aspx>

### DANCE PARTY

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

When was the last time you turned on some music and let loose on the dance floor? Or for this purpose the lounge room floor with your kids? For the next 5 minutes turn on some music and get down and boogie.

Bust out some serious Dad moves! Not only does dancing burn calories but it also encourages connection, breaks down barriers, awakens and uplifts moods.



## HEALTH & SAFETY: The Importance of CPR

**Most people know what CPR is, but are you ready to perform CPR in an emergency?** Understandably, needing to perform CPR in an emergency can be very daunting. But CPR is neither difficult to learn nor perform. Many who have been in that situation will tell you that all the training just clicks in. But there's something else – **doing something is a lot better than doing nothing.**

In a recent interview, Royal Life Saving Society – NSW CEO, David Macalister, talked about the importance of learning CPR. He mentions a study conducted by the Children's Hospital at Westmead, in Sydney, Australia that looked at eight child drowning cases. In **four** cases, CPR had been attempted by the rescuers as soon as possible. In the other cases, the rescuers chose to wait for emergency services to arrive. The four children who received CPR in the first instance survived. The four who did not receive CPR died.

While far from cut-and-dried, the study does lend credence to the importance of CPR and the need for trained responders. Royal Life Saving uses the catch-cry 'Everyone can be a lifesaver', and the above point lies at the core of that slogan. Put simply, the more people out in the community with first aid training—including CPR—the greater the chance that there will be trained and effective responders to assist in an emergency.

**Royal Life Saving offers Cardio Pulmonary Resuscitation (CPR) courses all over the country. Go to their website for more information and resources, [royallifesaving.com.au](http://www.royallifesaving.com.au).**

Source: <http://www.royallifesaving.com.au>



### LET'S PLAY HANDBALL

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

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.

**Feedback**   
is always welcome

**Aussie Kids Fun & Fitness**

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