

PEACE IS NOT WHEN EVERYONE AGREES. IT IS WHEN WE CAN
RESPECT OUR DISAGREEMENTS AND STILL PLAY IN THE SANDBOX
TOGETHER - UNKNOWN

Aussie Kids Fun & Fitness

AUGUST
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 or alternately bring along your own pen. Thank you for your cooperation.

ON *this* MONTH

Aussie Kids Fun & Fitness

AROUND THE COUNTRY

National Tree Day	2
National Aboriginal & Torres Islander Children's Day	4
Homeless Persons Week	3-8
Dental Health Week	3-9
International Day of the World's Indigenous People	9
International Youth Day	12
World Elephant Day	12
National Science Week	15-23
Keep Australia Beautiful Week	17-23

POLICY REVIEWS

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.

Arrival and Departure Policy QA2

Acceptance and Refusal Authorisation Policy QA2

Head Lice Policy QA2

Transportation Policy QA5

COVID-19 Management Policy QA2

Child Protection Policy QA 2

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:

Are you satisfied with the Fun & Educational program that the service provides?

Parents Feedback:

Yes – My child had a fabulous time at vacation care, he loved the fossicking

Yes – Fantastic! Even though my child was eager to go on an excursion she still had a fantastic time.

Yes – I think your programs are great, you provide so many fun things.

Yes – My kids loved it, they would go everyday if I could afford it.

This Month's Question:

Do you feel the that service has implement adequate strategies and changes, in regards to Covid – 19 to ensure the hygiene, safety and wellbeing of all Children, Staff and Families.



NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUGUST 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for

Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every child. Our theme *Elders of Tomorrow* highlights the uniqueness and importance of the knowledge and wisdom of Aboriginal and Torres Strait Islander peoples, starting in childhood. **Find our more here.**

KEEP AUSTRALIA BEAUTIFUL WEEK – AUGUST 17 - 23

Keep Australia Beautiful Week is held late August each year, to raise awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. **Doing your part is simple, find our more here.**

LEMON, THYME & HONEY CHICKEN



PREP 25 min | COOK 35 min | SERVES 3-4

INGREDIENTS

Chicken

6 chicken drumsticks
zest of 1 lemon
6 sprigs of fresh thyme
2 tablespoons olive oil
sea salt and freshly ground pepper
1 tablespoon honey ***Not suitable for bubs under 1 year, leave drumsticks honey free

Pesto pasta salad

500 grams short pasta (such as fusilli, penne or rigatoni)
3-4 heaped tablespoons of basil pesto
1 punnet of cherry tomatoes, halved
1 cucumber, thinly sliced
2 cups rocket
1/3 cup pecorino/parmesan, shaved
4 bocconcini balls, roughly torn

METHOD

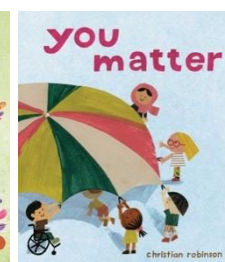
Chicken - **Preheat** oven to 200.C. **Place** the chicken on a lined oven tray. **Zest** a lemon over the chicken, adorn with thyme sprigs, drizzle with olive oil and season with sea salt and freshly ground pepper. **Roast** for 30 minutes, drizzle with honey and cook for another 5 minutes or until cooked, golden and caramelised. **Serve** with pesto pasta salad.

Pesto pasta salad - **Bring** a large pot of salted water to the boil and cook pasta. **Drain** and rinse under cold water. In a large bowl place, the cooked pasta and pesto and mix to combine. **Add** the cherry tomatoes, cucumber, rocket, pecorino and bocconcini balls and toss to combine. **Serve** with golden roasted lemon, thyme and honey chicken.

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

Beautiful picture books that promote strength, courage and unity.



THE BUG GIRL

Sophia Spencer and Margaret McNamara | AGE 4 - 8

Real-life 7-year-old Sophia Spencer was bullied for loving bugs until hundreds of women scientists rallied around her.

Now Sophie tells her inspiring story in this picture book that celebrates women in science, bugs of all kinds, and the importance of staying true to yourself.

THE DAY YOU BEGIN

Jacqueline Woodson | AGE 5 - 8

There are many reasons to feel different. Maybe it's how you look or talk, or where you're from; maybe it's what you eat, or something just as random. It's not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it. Jacqueline Woodson's lyrical text and Rafael López's dazzling art reminds us that we all feel like outsiders sometimes- and how brave it is that we go forth anyway. And that sometimes, when we reach out and begin to share our stories, others will be happy to meet us halfway.

YOU MATTER

Christian Robinson | AGE 4 - 7

This sensitive and impactful picture book about seeing the world from different points of view. In this full, bright, and beautiful picture book, many different perspectives around the world are deftly and empathetically explored—from a pair of bird-watchers to the pigeons they're feeding. Young readers will be drawn into the luminous illustrations inviting them to engage with the world in a new way and see how everyone is connected, and that everyone matters.

FOCUS: The incredibly simple secret to making mornings in your house more harmonious

I am definitely a crabby Mum first thing in the morning!
I don't want to be talked to. I don't want to talk back. I don't want to make breakfast; I don't want to hear the cartoons. I just want to be left alone until I'm ready.

This is not because I've woken up on the wrong side of the bed. It's because I have a brain, and brains are computers and they need to load before they can work. When we turn on our computer, we don't expect that we can immediately get stuck into that spreadsheet or Google search, we know it needs time to load. Our brain is no different! It needs to become active. It needs to get ready before we can do all the things.

But with our modern-day, rushed and urgent lifestyle, we make very little time or space first thing in the morning to prime our brain before we need to start using it.

And if we, as adults, experience this crabby, anxious morning feeling just imagine how much harder it must be for a child, especially a young child who doesn't yet have the emotional regulation skills that we as adults generally do. And yet they're expected to get up, get dressed, sit at the table, have their breakfast, do their teeth, remember their library book, pack their lunch and all the other morning jobs. Imagine the crabbiness, the anxiety that they must experience.

All of these morning tasks require what we call 'executive functioning' and the brain needs to be active before it can make these things happen.

If our kids haven't had sufficient time in the morning to play, to do some stretching, to move, to have some music, use their imaginations, a little bit of creative time or fresh air — then their brain is not necessarily going to be primed in the way they need it to be so that they can function easily.

But fear not! Because it is super simple to prime our brains, and one of the best ways to do this is with music.

Research tells us that when we experience music, more of our brain activates than it does when we experience any other thing. And this can happen from listening to music, making music, or even just thinking about it.

So, simply listening to music in the mornings as part of your daily routine will help activate your brain and your child's brain so that everybody can work together more harmoniously in the mornings. I recommend choosing songs that your children love, make a playlist, listen to your favourite CD. You could opt for an early morning disco



party — just turn on the music and all have a quick dance around the lounge room together.

A really important element of music is its physicality. Movement, dancing, stretching. This, in conjunction with rhythm and melody, absolutely does wonders for getting the brain active and ready to work!

These strategies are super simple, they don't take a lot of time and you don't need to be musical to be able to achieve them.

So, if you or your children are finding that you're crabby in the morning, anxious, worked up, not functioning at your best, not able to get the jobs done on time then these simple, music based exercises are a must — and a fun one at that — to get you walking out the door harmoniously and calmly.

This article is a guest post by Allison Davis on maggiedent.com
Allison Davies is a Registered Music Therapist who specialises in brain care, and a National 2016 AMP Tomorrow Maker. Ali lives in regional NW Tasmania with her young family. She is joining Maggie Dent and Dr Kaylene Henderson for Maggie's one-day conference Calming Today's Anxious Children happening in Wollongong (26 September 2020).
www.maggiedent.com/calminganxiouskids

Davis, Allison. (2019). FOCUS: *The incredibly simple secret to making mornings in your house more harmonious*. Retrieved from <https://www.maggiedent.com/blog/the-incredibly-simple-secret-to-making-mornings-in-your-house-more-harmonious/>

POSITIVE EATING BEHAVIOURS

Teaching kids positive eating behaviours during childhood can set them up with healthy eating habits for life. Developing a positive relationship with food, as well as a balanced approach to eating, can lead to better health outcomes in the long run.

So what can you do: Parents often underestimate their role in the development of healthy eating habits. Speaking positively to your children about healthy foods and role modelling balanced eating is the first step in helping kids develop a healthy relationship with food. And remember, actions speak louder than words! Children watch, listen and learn through observation, and then follow what they see. Set your children up for life by being a positive role model and create healthy habits from the start. **For a list of what these modelling behaviours look like click here.**

HEALTHY
KIDS

HEALTH & SAFETY: How much sugar is hiding in your trolley?

Everything you eat and drink can have a major effect on the health of your teeth and gums. Tooth decay is a diet-related disease that commonly develops in response to our consumption of sugar. Sugar from the foods and drinks we consume is taken up by decay-causing bacteria that live on the surfaces of our teeth. These bacteria process the sugar, turning it into acid which is then excreted on the surface of our teeth where it draws out minerals from the tooth. If this process happens over and over, without any effort to prevent or stop the disease process, it can eventually result in the formation of tooth decay. So, what can you do?

Drink lots of water Water is the best choice for your teeth. It is good for you; it is sugar free and in most areas in Australia it contains fluoride. Drinking fluoridated tap water is one of the most cost-effective ways to try to prevent tooth decay.

Sugar-sweetened beverages such as soft drinks, energy drinks, sports drinks and even fruit juices are packed with sugar. These drinks provide no nutritional content and increase your risk of developing tooth decay as well as a range of other health conditions like Type 2 diabetes. Even the sugar-free varieties can cause damage to your teeth as these drinks have a low pH, making them acidic, which can cause the tooth's surface to soften and become worn.

Spotting added sugar in the food we buy should be easy, right?

Just read the label. Actually, it is very tricky indeed. That's because food manufacturers call sugar by more than 60 different names. Names range from the scientific sounding dextrose and maltodextrin, to attractive terms like sugar cane crystals or sorghum syrup.

Top tips for reading food labels:

Start at the very beginning. Items on food labels are listed in order from largest to smallest by weight. If one or more of the names for sugar feature towards the start of the list, that's a sign that the product is high in added sugar.

Red alert words. Words like "syrup" and "sugar" are highly likely to mean added sugar. Anything described as "crystals" or "concentrate" is suspect as well.



An "ose" by any other name.... Words ending in "ose" often mean added sugar. Dextrose, maltose, sucrose are just a few.

How much is too much? Do you know that one 600ml bottle of soft drink, on average, contains 16 teaspoons of sugar? This is over twice the recommended daily sugar intake for adults. The World Health Organization (WHO) recommends that adults and children's sugar intake be equal to 5% of the recommended daily total energy intake (kJ) to decrease your risk of developing tooth decay as well as other health benefits. For the average adult, this equates to *6 teaspoons (equal to 24 grams) of free sugar per day*.

Calculating sugar consumption based on 5% of total energy intake: *Kilojoules are the measurement of energy from foods and drinks used in Australia. In some countries, calories are still used as the unit of measure. For reference, 8360kJ = 2000Kcal.*

$$\begin{array}{rcl} 5\% \text{ of } 8700\text{kJ} & 0.05 \times 8700\text{kJ} = 435\text{kJ} & \\ \hline & 435\text{kJ} & = 6.3 \\ & \text{teaspoons of sugar per day} & \\ & 68\text{kJ (approximate kilojoules in 1 teaspoon of sugar)} & \end{array}$$

Note: The kJ value in the above equation is the average adult intake. To give you a guide of your recommended daily kilojoule intake go to <https://www.8700.com.au/kjs-and-kids/how-many-kjs-do-kids-need/> If you would like to now more information about what is right for you and your health, talk to doctor or dietician.

Australian Dental Association (2020). Sugar & Nutrition, retrieved from <https://www.ada.org.au/Dental-Health-Week-2020/Oral-Health-for-Busy-Lives/You-are-what-you-eat-and-drink>

Sustainability CORNER

NATIONAL TREE DAY

National Tree Day started in 1996 and has grown into Australia largest community tree-planting and nature care event. Due to the impact of the COVID-19 pandemic across Australian communities, no public events will run. This year plant a tree with your family in your yard.

There are so many reasons to plant a tree:

- To tackle climate change, trees absorb CO₂, a greenhouse gas that contributes to climate change.
- To clean the air, trees clean the air we breathe, by absorbing harmful pollutants like nitrogen oxides, ammonia and sulphur dioxide.
- To prevent soil erosion and improve water quality
- To create and restore habitats.
- To improve your mental and physical health, being in the presence of nature reduces stress and anxiety in humans, in addition to other health benefits such as lowering blood pressure and reducing risk of diabetes, cardiovascular disease and stroke.

Choosing the right tree for your yard is important, find out what to choose by following this [link](#)

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





COVID-19 Support

Talking to children about coronavirus (COVID-19)

Your child is probably seeing and hearing a lot about coronavirus (COVID-19) on TV, radio, and social media, as well as from other people. Talking with your child about coronavirus (COVID-19) can help your child understand and cope with what's going on.

Make Time to Talk:

Find the right time to talk with your child. This might be when your child gets home from school, at bedtime or in the car. When your child is ready to talk, give your child your full attention.

Coronavirus Mental Wellbeing Support Service - BEYOND BLUE

1800 512 348

Online forum

<https://coronavirus.bevondblue.org.au/>

Find out What your Child knows:

It's a good idea to start by asking your child what she knows about the virus and whether she has any questions. For example, 'On the news today, they were talking about coronavirus. Were people at school talking about that? What were they saying?'

Explain Corona Virus in a way your Child can understand:

- Use a calm, reassuring tone and stick to the facts.
- For younger children, keep it simple and brief. For example, 'That's right, some people are getting sick with a germ. It makes them cough and sneeze. The sick people are being looked after well by doctors and hospitals.'
- For older children, offer more detail. For example, 'I heard you talking with your friends about how you catch coronavirus. The virus spreads through things like sneezing, coughing and touching infected things. That's why good hygiene and hand-washing are really important. They help to protect everyone.'

Tune into your child's feelings:

Some children might not be worried about coronavirus (COVID-19). But some might be frightened, upset or worried. They might be worried about the virus itself or about how it might affect their lives.

Ask your child how they're feeling and listen to what they say. You can also ask them what they need to feel better. It might reassure your child if you share your own feelings and let them know what you're doing to cope.

LIFE LINE

Life Line Telephone Support 13 11 14 available 24/7

AUSTRALIA PARENTING WEBSITE

<https://raisingchildren.net.au/>

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.



LAST MONTH WE...

Children enjoyed a Fun and Educational Vacation Care program



5 Minute MOVES

Thunderstruck

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

Find an open area to jog laps in or simply jog in place at a moderate pace. Find the song "Thunderstruck" by AC/DC on YouTube and play it. During the song, you should listen closely for the words "Thunder" or "Thunderstruck". Every time these words are said, perform a burpee (or a version of that your child/ren can perform). This will go on for the entirety of the song!

You can choose any song you like; simply choose the word/phrase in the song you will perform the burpee on and press play.

Source: successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/

Feedback 
is always welcome

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