



# ON *this* MONTH

Aussie Kids Fun & Fitness

Vacation Care-----7<sup>th</sup> – 28<sup>th</sup> January

## AROUND THE COUNTRY

Kid Inventors Day ----- 17  
Aboriginal Cultural Showcase ----- 21-24  
Chinese New Year ----- 25  
Australia Day ----- 26

**January 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.**

- Educational Program Policy **QA1**
- Aggressive Parent Policy **QA2**
- Acceptance and Refusal Policy **QA2**
- Arrival and Departure Policy **QA2**
- Cyclone Management Policy **QA2**
- Earthquake Management Policy **QA2**
- Flood Management Policy **QA2**
- Emergency Evacuation Policy **QA2**
- Lockdown Policy **QA2**
- Unidentified Dog Policy **QA2**
- Code of Conduct Policy **QA4**

## 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 MONTHS QUESTION:**

**Do you know that AKFF Connects with the wider local Community in various ways, such as the School Community Garden, Donating Recycled items to a local charity – ‘You Have a Friend’ and being a part of the wider Community during Excursions?**

**AKFF would appreciate your feedback on other ways our service can be a part of the wider local community.**

**LAST MONTHS QUESTION:** Do you feel that the service promotes children’s social and emotional competence?

**FEEDBACK:** Four families who took part in the Survey

### **PARENTS FEEDBACK**

- **Yes, my daughter has grown emotionally so much in the last year. She wouldn’t even get up on stage. She has so much more confidence and is even going on excursions. Thank you, so much.**

- She has socially and emotionally become more confident. I think because you are in her room (TLC) that she feels safe and supported the time you give her.

- **Socially and emotionally, yes. You provide a fantastic program for the kids**

- Yes. So many ways through roleplay, games, group activities. I feel socially and emotionally my child has grown, even by seeing the pictures you take, she is more confident.

**EVALUATION:** Feedback from four families taking part in the survey was very positive, where their children’s social and emotional confidence has grown with activities and support provided.



### KID INVENTORS DAY – JANUARY 17

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens

invent gadgets and games each year We celebrate to acknowledge past and present accomplishments of kid inventors and to encourage the creativity of future kid inventors everywhere. **Find out more at [kidinventorsday.com](http://kidinventorsday.com)**

### CHINESE NEW YEAR – JANUARY 25

In 2020 the Chinese New Year officially begins on January 25. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. 2020 is the year of the Rat.

**Find out more at [chinesenewyear.net](http://chinesenewyear.net)**

## CREAMY CHIA PUDDING



PREP 10 min | COOK 1 hr. | SERVES 8

#### INGREDIENTS

1/4 cup white chia seeds  
2 cups milk of your choice  
1 cup frozen raspberries  
1 cup frozen blueberries  
1/2 cup. pure maple syrup  
2 heaped tbs almond butter  
1 tbs vanilla bean paste (or extract)  
good pinch of sea salt

#### To serve:

2 cups home-made muesli or granola  
1 cup (250 grams) Greek (or coconut) yoghurt  
1 cup fresh berries  
edible flowers (optional)  
2 tbs honey

#### METHOD:

##### To make the creamy chia pudding:

1. **Place** the chia seeds into a blender and blitz until finely ground. Remove from the blender and measure 2 heaped tablespoons of ground chia. Set aside. (*Save remaining ground chia seeds for next time*).
2. **Place** the 2 tablespoons of ground chia seeds, milk, raspberries, blueberries, maple syrup, almond butter, vanilla and sea salt into the jug of a blender.
3. **Blitz** for 2-3 minutes or until thoroughly combined and smooth.
4. **Pour** the mixture into a bowl and pop into the fridge for an hour or two.

#### To serve:

1. **Place** a layer of muesli into a serving glass, layer with chia pudding and yoghurt, top with fresh berries, muesli, edible flower and honey. Enjoy x

Recipe and Image from 'mylovelylittlelunchbox.com'

## App reviews

*New Year and great apps that will begin your year on the right organised foot.*



### POCKETBOOK

#### POCKETBOOK

*Pocketbook makes personal finance and budget planning really easy.* It is the only personal finance app that gives you the option to synchronise with Australian Banks – so no more manual entry- and teaches you how to budget with 3 simple rules. Loved by over 700,000 Australians.

### MOMATU

#### SHOEBOX TIMELINE

*The best moments happen in the blink of an eye but leave a lasting impression on our lives.* Momatu makes it easy to capture, share and enjoy those moments in a private space for you and your loved ones. Create a timeline for your child, your family or yourself: Keep your moments safe and organised so you can look back on them whenever you like. View your timelines by days, months or years.

### MEALIME MEAL PLANS & RECIPES

#### MEALIME MEAL PLANS INC

*Mealtime is a simple way for busy singles, couples, and families to plan their meals and eat healthier.* Our meal plans & recipes are highly customizable so you can easily personalize a plan that works with your unique tastes and lifestyle.

# FOCUS: 6 important tools to raise body positive children

**In prior decades, body image issues usually didn't hit the scene until kids reached adolescence. But thanks to social media, and our culture's relentless pursuit of thinness, we now have to find creative ways to teach young children how to develop healthy body images.**

Before I dive into some practical tips to help kids improve body image, I want to first diminish any shame that you might be feeling if you have body issues of your own. It's so important to remember that you downloaded every internal message from somewhere else. Of course, it's critical to work on your own issues, but it's also important to know it is *not* your fault that you developed them in the first place! So, whether you are struggling with your own body image, or you love your body, here are some tools to help your child feel better about the precious body he or she lives in:

**1. Break the spell** How do you know if your child has a bad body image? Perhaps they've begun making negative comments about their size or shape. Maybe they are comparing their body to others. Maybe they are avoiding foods or activities they once enjoyed because they feel uncomfortable about their body. Often the most common response a parent has is to reassure their child that they are "fine," or "beautiful" or "perfect." And while there is certainly nothing wrong with some reassurance, it simply may not be enough to overpower the cultural messages kids are surrounded by. Reassure them that they are perfect just the way they are.

**2. Unkind mind, kind mind and quiet mind** This little menu of options encourages kids to identify and differentiate between three different thinking states within themselves. I refer to them as "mind moods." Try teaching your child about these three states of mind and brainstorming examples of each. For example, unkind mind = "I hate my thighs." Kind mind = "I love singing." Quiet mind = Peacefully resting or playing. This will raise their awareness of their thoughts and help them to choose their mind moods more consciously. As they learn to turn up the volume of their kind minds and spend more time in their quiet minds, they begin to feel more present and peaceful. Once you have helped your child identify their unkind mind as a distinct voice, they can then try on some different responses and see which ones help bring them some relief. Try asking them to write or say all the messages their unkind mind is saying and practicing using strong, soft, silly or silent responses. Kids can learn that their unkind mind is not all of who they are, and that it doesn't have to run the show.

**3. Get to the root** This concept helps kids discover what triggers their body dissatisfaction. You can help your child by asking questions or taking guesses about what might have started their bad body image. For example, I helped one 7-year old get to the root of her body



obsession by noticing it started when there was a death in her family. Right around that time, her best friend started talking about dieting, so she latched onto food obsession as a distracting coping tool. Once we uncovered this, she was able to learn about healthy grieving and truly healthy eating (as opposed to what the diet culture deems as healthy—which can actually be *unhealthy*).

**4. Mind movies vs. really real** Try asking your child to show you some things around them that are real (i.e. things they can see, touch or hear). Then ask them if they can show you one single thought in their minds. You can playfully challenge them to take a thought out of their head and show it to you or fold it up and put it in their pocket. This tool teaches kids how to be more present. Of course, they might use their imagination to do this, but with some finesse, you can teach your child to distinguish between the *mind movies* that cause them stress and the *really real* things around them. This is an immensely helpful tool that will not only help them with body image (since body image is one long *mind movie*) but will also improve the quality of their lives in general.

**5. Dog talk and cat chat** Many kids cannot relate to the concept of being kind to themselves but ask a child how they feel about their favourite pet, and a doorway to their compassion, kindness and unconditional acceptance opens. For non-pet lovers, you can ask your child to imagine how they would speak to a baby or their best friend. *Dog talk and cat chat* can help teach youngsters how to take the loving words and tones they use toward a beloved pet, and direct these sentiments toward themselves and their bodies.

**6. Do an internal upgrade** in addition to helping your child combat the messages they receive out in the world; you can also work on the messages they get in your home. Again, if you struggle with body image, it is not your fault, but you can work on healing—and not only will you feel more peace, but your child will benefit as well.

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Wachter, Andrea (2019, December9). Mobile. Retrieved from <https://www.mother.ly/child/how-to-raise-kids-with-a-positive-body-image>

## NEW YEAR NEW SPORT?

**Playing a sport helps children develop social skills, teaches teamwork and cooperating with others. Sport broadens friendship circles and improves communication skills.**

Does your child play sport, or are they looking to get started and not sure what to play? 2020 will see the Summer Olympics take over Tokyo from July to August. Why not try a sport they will later see showcased at the Olympics?

**Go to** – [www.olympics.com.au/sports/](http://www.olympics.com.au/sports/) and be inspired to try something new.



# HEALTH & SAFETY: Fussy eaters

**If your child is a fussy eater, you're not alone. According to a new survey, 85 per cent of parents of young children feel the same. Here's how to cope with the phase and help your child get the essential nutrients they need for good health.**

Parents who are struggling with the frustration of trying to feed a picky child, who refuses to eat healthy food or any food at all, shouldn't feel alone. According to a study conducted by YouGov Galaxy Research on behalf of Blackmores found 85 per cent of parents of children aged two-to-12 believe their children are fussy eaters. **"It can be very challenging for some parents to have to coax their children into eating nutrient dense foods."**

According to the Australian Bureau of Statistics national health survey, only 5.4 per cent of children aged two-to-18 years are eating the recommended five serves of vegetables a day. Almost 70 per cent are meeting the guidelines for fruit, having two serves a day. But only one-in-20 children across the nation is meeting the requirements for both fruit and vegetables, having less than what is recommended by health professionals for good health for their age group. Meanwhile, the ABS also show that one-in-four children aged 5-17 years are currently overweight or obese. "What we are saying is that our children are over-fed but undernourished," says Dr Debb Levy.

## So how do you know when there's a problem?

**1. Get informed and be empowered** There's plenty of information about nutritional guidelines and healthy eating tips for children online. "Parents can empower themselves with knowledge. So, increase your knowledge of what your child is eating by seeking out information."

**2. Lead by example** "Kids should see their parents make healthy food choices. So, it's about saying 'I'm the mum [or the dad] and I need to sit down with my child and enjoy eating the same healthy foods'."

**3. Empower your children** Get your children involved in making healthy food choices by taking them grocery shopping and letting them choose the fruit and vegetables. Children may also be able to help with cooking or food preparation, if supervised to do so.

**4. Add extra nutrients to their meals** Switch to healthier food choices and, if you need to, sneak vegetables into pastas and smoothies. "That said I am not a huge advocate of only sneaking nutrient dense foods into your child's meals. Because you don't want them to be age 16 and you still have to blend their foods so that they don't see the vegetables in their meals."

**5. Stress-free dining** "Work towards shifting the focus away from 'why aren't you eating this' to 'let's sit down as a family and eat a healthy meal together'. "You can also remove the stress from the situation by making mealtimes enjoyable and fun.

**6. Cut back on sugar-laden and processed foods** Dr Levy explains that, often, fussy eaters are willing to give up vegetables but seek out foods that are high in salt and sugar.

**7. Don't give up** "You really have to maintain a broad picture of your child's eating habits and not just focus on one day. "If your child is consistently avoiding nutrient-dense food – they are only eating white foods like pasta and milk and not eating any green or red vegetables at all – you might want to consider nutritional supplementation to help get them through this period of time." **Dr Levy advises parents to always consult a health professional for tailored medical advice.**

Noone, Yasmin (2019, December 11). Coping with a fussy eater: 7 tips to get your child to eat well. Retrieved from <https://www.sbs.com.au/food/article/2018/04/18/coping-fussy-eater-7-tips-get-your-child-eat-well>

## Sustainability CORNER



### CRAFT: MOBILE

Do you watch Bluey? Why not make your very own nature mobile to hang in your bedroom just like Bluey and Bingo!

#### YOU WILL NEED:

- 2 cups of plain flour – 1 cup of salt
- 3/4 cups of water
- Star cookie cutters – Paint
- Thick string or wool
- Nature finds such as shells or gum nuts/ Wooden beads
- A thick stick

#### INSTRUCTIONS:

- Mix together the salt and flour then add the water gradually till the ingredients are combined. Knead the dough with your hands till it forms a nice, even consistency.
- Roll out the dough on a board and press some stars.
- Poke a hole in each one then place on baking paper and bake in the oven for 2 hours on 120 degrees.
- While your stars are baking go on a nature hunt! Collect shells, pinecones, gum nuts or anything else you can find. Keep an eye out for a thick stick to hang your treasures on.
- Paint your shapes in different colours and for an extra special touch, add some painted beads.
- To make a tassel cut between 10-20 threads of wool and fold them in half. Take an extra piece of wool and wrap it around the top of your bundle leaving about 2cm at the top. Tie in a knot and trim the ends.
- Assemble the mobile by tying the stars, tassel, beads and nature finds onto the big stick.
- Find the perfect place in your room, hang and enjoy!

Bluey (2019, December 5). Mobile. Retrieved from <https://www.bluey.tv/make/mobile>

## FRIENDLY REMINDERS!!!



### PROGRAMMING PHOTO FOLDER:

Just a reminder that our Program Photo Folder is on Display at the Front Sign in desk for families to view their child/ren engaging in activities and experiences during their stay. We welcome any feedback on the Program both positive and/or negative to help us improve our service and ensure that your child/ren are being provided with the best quality care and education.

Program Feedback surveys are readily available at the sign in desk for families to share their thoughts and suggestions. Feedback will be assessed and quality improvement plans implemented when required.

Your feedback will be greatly appreciated.



### Feature Article

### PROVIDING HEALTH SNACKS AND LUNCHES:

Our OSHC Service recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the Out of School Hour's Care setting has an important role in supporting families in healthy eating. *AKFF Policy discourages the provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, some muesli bars, breakfast bars and fruit filled bars, and chips.*



### MERRY CHRISTMAS

Children engaged in wrapping gifts for the less fortunate families in the Local Community. Gifts were purchase by the Coordinator for Children to

wrap. This is the third year this loving gesture of giving to the less fortunate has been running. Gifts were wrapped and labelled with the child's age, gender and placed at a generosity stairway at location 2484. It was lovely to read positive comments from the community, at this time for giving. Children display concern for others as they learned about the growing number of homeless people in need within their Community.



Around here lately



LAST MONTH WE...

## Celebrating Christmas

A great start to the Vacation Care Program. Children have enjoyed a variety of activities such as Tenpin Bowling, Aussie Bouncing Bites Party, Celebrating Christmas with a traditional Christmas lunch, Christmas crafts, face painting & Games. January Program is action packed and still has booking available.



JANUARY VACATION CARE PROGRAM – BOOK  
ONLINE [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com)



## 5 Minute MOVES

### Core Strength: Pass the ball

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

All you need for these activities is a ball or another objects.

1) To start you and your child/ren need to find a clear space and get into plank position. A carpeted or grass area would work well to protect forearms. All you need to do is stay in the plank position, lift one arm (while still hovering) and roll the ball to one another without collapsing. See how long you can pass the ball for before falling down. Try again, can you beat your number of passes? Challenge yourselves by making the distance between both of you greater.

2) This time you need to be in a bridge position. (Lying on your back, knees bent, lifting your bottom off the floor). Make sure you are close together. While in this position pass the ball under your bridges to one another and again challenge your selves, how many times can you pass the ball without collapsing. Make it harder by passing the ball under one bridge, over the other, making a figure 8 with the ball.

**Feedback**   
is always welcome

**Aussie Kids Fun & Fitness**

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