

ONE CHILD, ONE TEACHER, ONE BOOK AND ONE PEN CAN CHANGE THE WORLD – MALALA YOUSAFZAI

Aussie Kids Fun & Fitness

JULY  
2019

CELEBRATING NAIDOC WEEK

# ON *this* MONTH

Aussie Kids Fun & Fitness

Vacation Care ----- 8 - 19

## AROUND THE COUNTRY

NAIDOC Week ----- 7-14  
World Population Day ----- 11  
Asalha Puja Day----- 16  
National Pyjama Day----- 19  
Schools Tree Day----- 26  
National Tree Day----- 28  
International Day of Friendship----- 30

## 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 and explanation to assist our service by contributing to the Quality Improvement Plan. Your feedback is greatly appreciated. Thank you





### WORLD POPULATION DAY – JULY 11

The global population is expected to reach 8.6 billion in 2030, 9.8 billion in 2050 and 11.2 billion in 2100. For more than 25 years,

July 11 has been an occasion to mark the significance of population trends and related and economic realities, challenging norms and values, and building the foundation of the world's future. Find out more at: [www.un.org/en/events/populationday/](http://www.un.org/en/events/populationday/)

## Marinated Rump Steak with Yummy Veggies & Lime Yoghurt



**PREP 20 min | COOK 20 min | FEEDS 4**

#### INGREDIENTS

500g sweet potato, cut into wedges	3 tbs olive oil
3 zucchini, cut into ½ cm ribbons	1 tsp honey
500g rump steak	1 tsp Dijon mustard
2 tbs balsamic vinegar	1 garlic clove, minced
3 tbs extra virgin olive oil	1 cup Greek yoghurt
zest and juice of a lime	mint leaves, to serve

#### METHOD:

Preheat oven to 200c and line an oven tray. Add sweet potato, season with salt and pepper, drizzle over 2 tbs of olive oil and toss to combine. Bake for 25-30 mins or until golden and cooked. Set aside. Heat a chargrill to high heat. Toss zucchini ribbons in 1 tbs olive oil and place on the grill. Cook for 3-4 mins (each side) or until gorgeously charred and golden. Set aside. Season steak with a little sea salt and pepper and place on the hot grill. Cook for 3-4 mins (each side) or until cooked to your liking. Whilst the steak is cooking, place the Dijon mustard, honey, balsamic vinegar, garlic, olive oil, a little sea salt and pepper into a large flat bowl (big enough to nestle the cooked steak into) and whisk to combine. Place the cooked steak directly into the prepared marinade, flipping the steak a few times to ensure its covered in the balsamic sauce. Allow steak to rest for 10 mins. Meanwhile, place the yoghurt, lime zest and juice into a small bowl and stir to combine. To serve, place the thinly sliced steak onto a wooden board, drizzle over a little of the resting marinade the steak has been nestled in, add sweet potato wedges, ribbons of charred zucchini and lime spiked yoghurt. Garnish fresh mint leaves and enjoy family style.

Enjoy x

*Remember to always supervise kids in the kitchen.*

*Recipe and Image from 'mylovelylittlelunchbox.com'*

## App reviews

THE COOK, THE ORGANISER AND FAMILY GAMES NIGHT SORTED!



### PAPRIKA RECIPE MANAGER 3

**HINDSIGHT LABS LLC | \$7.99**

**Organize your recipes. Create grocery lists. Plan your meals. Download recipes from your favourite websites. Seamlessly sync to all your devices.** This app will allow you to find recipes you've liked or screenshot from days/weeks before. Save them all in one place and follow the recipe without the screen going dark. Tick off ingredients as you go, highlight your current step and so much more. This is the must have cooking app for everyone.

### TASKFUL: THE SMART TO-DO LIST

**TASKFUL, INC. | FREE**

**Taskful is a smart to-do list and task manager app that helps you stay on track and meet your deadlines.** It breaks down all of your tasks and only shows you what you need to do today, so you can stay focused and motivated. Whether you are trying to track your steps, drink more water, or read that book you haven't picked up in a while, Taskful is designed to help you get stuff done.

### HEADS UP! KIDS

**WARNER BROS. | FREE**

**"Heads Up! Kids," is a fun and exciting charades game you can play with your little ones, no matter their reading level!**

From animals to actions to items around the house -- give clues to help your teammate guess the picture that's on their head before time runs out!

# FOCUS: Let them play! Kids need restriction free play to develop



You may have heard of play. It's that thing children do – the diverse range of unstructured, spontaneous activities and behaviours. Children play in many ways, including by exploring movements, constructing with equipment, creating games, using imagination and chasing others around a playground. The UN Convention on the Rights of the Child recognises play as every child's basic right. But play is becoming extinct. Global studies, across generations, have confirmed outdoor children's play has been declining, across all age groups, for decades.

Unstructured play improves learning and social and physical development. Providing a variety of play options, improved play access and fewer restrictions can encourage children to engage in physical activity with peers in line with their imaginations.

## Play is becoming extinct

Australian children's active or independent travel has been declining over the past two decades, consistent with other countries. There are many reasons researchers are describing child's play as "endangered" and "extinct". These include more use of electronic devices and parents wanting to protect children from strangers, traffic, pollution and bullying. Research also points to a low awareness of the importance of play, more pressure on children to do well in class and more restrictions on play. Hectic schedules, such as parents' jobs and children's extra-curricular activities, may also contribute. Parents have reported their children are playing outdoors far less than they used to when they, themselves, were children. Parents are noticing fewer children walking and cycling to school or actively playing after school.

Modern parents are more likely to accompany children, by driving them to school, attending their excursions, supervising them on school grounds, or keeping them indoors altogether. More than half of the world's population lives in cities. Urban environments are prone to decreasing play opportunities with less open, natural spaces for outdoor play.

## Why this matters

Children have fewer opportunities to engage with nature. Providing more contact with nature can enhance children's creativity, boost their mood, lower stress, improve well-being, promote physical activity and improve attention spans.

Nature play is also becoming more important as a counterbalance to children's technological saturation. It is important for children to connect with nature early, as they are then likely to learn to appreciate nature into adulthood. In primary school, children spend around 30 hours per week at the school and have more than 4,000 recess periods. If play opportunities are becoming limited around the home and community, schools are the best place for children to meet their play requirements.

## How schools can help

Research shows introducing simple objects from around the home (such as milk crates, pipes and wooden planks) into school playgrounds may influence children to work cooperatively. They discover new ideas and solve problems by constructing, observing, designing and learning from each other.

Providing more options for children to play outdoors ensures they are intellectually challenged and engaged to find new ways to use such spaces for discovery. If loose play equipment, such as balls, bats and blocks, isn't available children can still use what nature provides, such as twigs, leaves, rocks, feathers, petals, mud and sand.

The diversity of outdoor objects and features offers children a variety of shapes, sizes and locations they can use to discover, explore and invent games or designs. It's better for play objects not to be fixed as this helps with exploration, discovery and creativity.

Replenishing play opportunities are important for children. In your play space try to include: **Spaces for thinking**, so children can make discoveries, learn and be intellectually engaged. **Spaces for doing**, so children can take moderate risks, undertake play challenges and extend themselves physically. **Spaces for being**, so children can be themselves away from the confines of classroom walls or overly restrictive rules, regulations and routines. **Spaces for feeling**, so children can explore and independently embrace their senses and play decisions with a diversity of colours and features.

Source: Child in the City (2019, June 10). A 'Let them play: Kids need freedom from play restrictions to develop *Retrieved from* <https://www.childinthecity.org/2019/06/10/let-them-play-kids-need-freedom-from-play-restrictions-to-develop/>

## EAT A VEGETABLE RAINBOW



**Vegetables, just like fruit, contain vitamins and minerals that keep our bodies healthy. Veggies of different colours have different vitamins and so it is important to eat a variety of colours.** Veggies also contain fibre, which keeps us full and helps move food through our bodies after we eat it. There are also different types of vegetables. A carrot is a root of the plant, lettuce is the leaves of its plant and celery is the stalk! Try to include different types of veggies every day.

Activity and image from <https://handsonaswegrow.com/cereal-box-puzzles-counting/>

**HEALTHY KIDS**

# HEALTH & SAFETY: 10 Habits to shape a well-adjusted child

Parenting is a very complex task. If we're not careful, we will become too focused on one aspect and let the others fall by the wayside. Many times, I see parents who are intently focused on discipline, and I'm talking about the traditional use of the word here with regard to modifying behaviour. Sometimes we get very caught up in "What do I do when..." or "How do I get my kid to..." and we lose sight of the bigger picture. The truth is that there are many things that are more important in shaping our children than the methods and techniques we use to modify their behaviour.

**Here are 10 things that are more important than any method you choose, in no particular order.**

- **Relationship:** The relationship that we have with our children is the single biggest influence on them. Our relationship sets an example for how relationships should be throughout the rest of their lives. If we have a healthy relationship based on respect, empathy, and compassion, we have set a standard. They will grow to expect that this is what a relationship looks like and will likely not settle for less. If, however, our relationship is based on control, coercion, and manipulation, well you see where I'm going with this. In addition to that, our influence comes from a good relationship. Children are more likely to listen to and cooperate with an adult who they are connected to. In other words, if we build trust and open communication when they are small, they will come to us when they are not so small. Our attachment helps wire healthy brains, and our responses set the tone for how they respond to us (they're little mirrors).
- **Your lens:** When you look at your child, who do you see? Do you see the positives or the negatives? The way you think about them influences the way you treat them. Your thoughts also influence the way you feel emotionally and physically throughout the day. "He is in the terrible twos" will cause you to look for terrible things, to focus on them, and therefore try to correct them...constantly. Try to turn negative thoughts like this into positive thoughts, like, "He is inquisitive and fun!" Try to start seeing misbehavior as a clue that calls for help rather than something that needs squashed immediately. Correction is not needed nearly as often as you might think. Also watch your tone and language. Lori Petro of TEACH Through Love says, "Be mindful of the language you use to describe your children. They will come to see themselves through that filter you design." Be careful not to place labels such as "naughty" or "clumsy" on your child. They will come to see themselves the way you see them.
- **Your relationship with your significant other:** Your kids are watching and learning. The way you and your partner treat each other again sets a standard. Happy parents make happy kids.
- **The atmosphere in your home:** All of the things mentioned above come together to create the atmosphere in your home. If you have loving and connected relationships, you



likely have a warm atmosphere in your home.

- **How you relate to others:** How do you treat the bank teller, the store clerk, the telemarketer? What about your parents and your in-laws? They are watching your example. Albert Einstein once said, "Setting an example is not the main means of influencing another, it is the only means."
- **Community:** Are you involved in your community? Aside from setting an example, there are valuable lessons to be learned from volunteering, supporting a local cause, attending church, or donating items. Seeing a bigger picture, how their acts can influence many lives, will give them a sense of responsibility and reinforce good values.
- **School:** Whether you choose private school, public school, homeschooling, or unschooling, your choice will have an impact on your child. Choose with care. Peers have a big influence on children, but if our relationship is where it should be, our influence will still be stronger.
- **Your Cup:** How full is it? You have to take care of you so you can take care of them. If your cup is full, you are more patient, more empathetic, and have more energy. Not only that, but a child who sees his parents respect themselves learns to have self-respect. Put yourself back on your list.
- **Media. Television. Video games. Social media:** They are always sending messages to your kids. Now, I let my kids watch TV and play computer games, so I'm not taking a big anti-media stance here, but just be aware of what your kids are getting from what they're watching.
- **Basic Needs:** Adequate nutrition, sleep, and exercise are not only essential for the well-being of your child but also influence behavior. Finally exercise helps children learn to focus their attention, limit anger outburst and improve motor skills.

Eanes, Rebecca (2019, June 10). 10 habits to shape a kind, well-adjusted child *Retrieved from* 10 habits to shape a kind, well-adjusted child



## NATIONAL TREE DAY

**Trees provide some amazing services! They produce the air we breathe, they provide food and other resources many species need to survive, they offer wind and noise breaks, they control erosion and storm water runoff, and they reduce excess carbon dioxide in the atmosphere.**

[Tips for planting trees >>>](#)

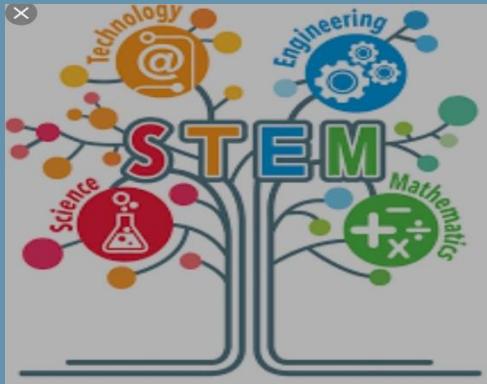
**Location, location location** - Ensure your tree is going to thrive now and in the future. Plan for growth in the future and make sure your tree is going to have all it needs.

**Timing** – Consider the species you are planting and what time of the year is best to support the tree in the early growing stages.

**Mulch** – Mulch can help your tree retain water, protect it from extreme temperatures, and prevent other plants from outcompeting your tree for resources.

**Water and Wait!**

Are you taking part in National Tree Day on July 28?



### LAST MONTH WE...

*Focused on STEM activities (Science, technology, engineering and math) Exploring, challenging and engaging in fun hands-on STEM activities such as*

- Magic Bubbles
- Mind Games
- Construction- sticks, balls, Lego & Bronicals
- Magnetics
- Uno, Snakes & Ladders
- Beyblade Construction & Challengers
- Slime workshop
- Super glider
- Remote Controls
- Cooking



**COOKING** from Around the World:  
This month children engaged in cooking experiences from around the world, we looked at different cultures and learnt some fun and interesting facts.  
Children enjoyed preparing, cooking and eating a variety of foods.  
Due to the positive feedback we will program once again after the Vacation Care period

AKFF will be celebrating NAIDOC Week from the 7 – 14 July with a variety of fun and educational experiences.



### NAIDOC WEEK – JUNE 7 - 14

The theme for NAIDOC week 2019 is VOICE. TREATY. TRUTH. The Indigenous voice of this country is over 65,000 plus years old. They were the first words spoken on this continent. Languages that passed down lore, culture and knowledge for over millennia.

Find out more at: [www.naidoc.org.au](http://www.naidoc.org.au)

### VACATION CARE – JUNE 8 - 19

Is fast approaching please check Aussie Kids Fun and Fitness OSCH Facebook page as daily information regarding what to bring and what times we will be leaving the Service is available.  
Just a friendly reminder that Aussie Kids Fun & Fitness promotes healthy eating and we encourage families to provide healthy lunchboxes.



### WINTER WARM UP

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

How often do your children say "I'm cold?" Next time they do set them a challenge and join in too. Ask: How can you warm your body up? (It must be via movement) Anything they do you must copy. You could: Jump, skip, spin, run, hop, wiggle, roll, dance, chase, tickle... Before long you will all be warm and have done a little exercise in the process!