

ALL OUR DREAMS CAN COME TRUE, IF WE HAVE THE COURAGE  
TO PURSUE THEM—WALT DISNEY



# ON *this* MONTH

# 2019 WELCOME

## AROUND THE COUNTRY

- Sustainable Living Festival -----1 - 28<sup>th</sup>
- World Wetlands Day -----2<sup>nd</sup>
- Chinese New Year-----5<sup>th</sup>
- Safer Internet Day -----5<sup>th</sup>
- National Apology Day-----13<sup>th</sup>
- World Day of Social Justice-----20<sup>th</sup>

Welcome to our new families and our returning families. We welcome our new kindergarten children into the new term filled with fun and enjoyment for all.

Vacation care has just finished and we are now programming for an exciting new term.

We welcome new enrolments and for our returning families can you please check your permanent days and confirm them with staff as soon as possible please.





**CHINESE NEW YEAR – 5<sup>TH</sup>**

In 2019 the Chinese New Year officially begins on February 5<sup>th</sup>. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. Chinese New Year,

also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people. [www.chinesenewyear.net](http://www.chinesenewyear.net)

**NATIONAL APOLOGY DAY – 13<sup>TH</sup>**

This is the 11th Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten. The journey to national apology began with the *Bringing Them Home* report – the findings of an inquiry instigated by the Human Rights and Equal Opportunity Commission in **1995**. Find out more at [www.aph.gov.au](http://www.aph.gov.au)



**APRICOT & PISTACHIO QUINOA BARS**

PREP 20 min | COOK 50 min | SERVES 16

**INGREDIENTS**

- 1 cup (100 grams) quinoa flakes
- 1/2 cup (100 grams) white quinoa
- 1 cup (160 grams) almonds, finely chopped
- 1/2 cup (40 grams) shredded coconut
- 1/4 cup (35 grams) buckwheat flour
- 1/2 cup (70 grams) pistachio, finely chopped
- 1/2 cup (65 grams) dried apricots, finely chopped
- 1 egg
- 3/4 cup (270 grams) rice malt syrup
- 2 tablespoons coconut oil, melted
- 1 teaspoon vanilla extract

**METHOD:**

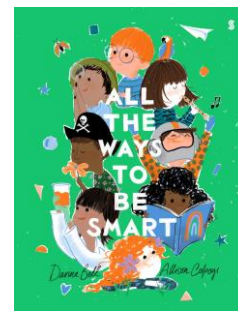
Preheat oven to 160 degrees Celsius (325 F). Place the quinoa flakes, quinoa, almonds and coconut onto an oven tray lined with baking paper. Toss to combine and bake for 10-15 minutes, stirring occasionally, until golden. Set aside to cool. Place the quinoa mixture, buckwheat flour, pistachios, apricots, egg, rice malt syrup, coconut oil and vanilla into a large bowl and mix to combine. Press the mixture into a 20cm x 20cm square tin lined with baking paper. Bake for 30-35 minutes or until golden. Allow to cool slightly before placing on a wire rack to cool completely. Use a sharp knife to cut into 16 squares. Enjoy x  
*Enjoy x Remember to always supervise kids in the kitchen.*



Source: Recipe and images belong to [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)



EMPOWERING  
READS FOR YOUNG  
PEOPLE



**ALL THE WAYS TO BE SMART**

DAVINA BELL

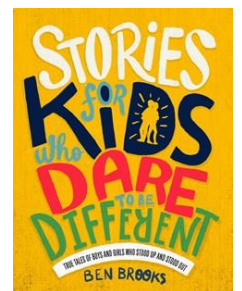
*'Every page of this book is joyous, imaginative and life-affirming ... All the Ways to be Smart is a celebration of what childhood can be, and it will likely become a classic.'*

From the award-winning creators of *The Underwater Fancy-Dress Parade* and *Under the Love Umbrella* comes this joyful ode to all the unique and wonderful qualities that make children who they are.

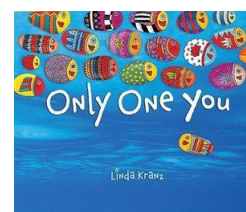
**STORIES FOR KIDS WHO DARE TO BE DIFFERENT**

BEN BROOKS

*True, inspirational and amazing tales of boys and girls who stood up and stood out.*



This is the book for children who want to know about the lives of heroes who have led the way, changing the world for the better as they go.



**ONLY ONE YOU**

LINDA KRANZ

*There's only one you in this great big world. Make it a better place.*

This exquisitely illustrated book explodes with colour and honest insights. Kranz's uniquely painted "rockfish," set against vibrant blue seas, make an unforgettable and truly special impression. Only One You will inspire parents and children of all ages as they swim through the sea of life.



## FOCUS ARTICLE: How reading impacts your child's brain.



*Reading with your child is a fun, bonding experience that offers many benefits – the most obvious being the development of child's language skills and providing an opportunity for them to learn how to read. Beyond boosting their learning potential, parent-child reading also has health benefits, says a recent study. Reading changes their brains for the better.*

The findings, published in the journal *Pediatrics*, offer hard evidence that reading feeds young brain development. Led by Dr John S. Hutton at Cincinnati Children's Hospital, the study used functional MRI scans to assess real-time changes in the brains of 19 pre-school children as they listened to stories being read to them.

Parents were asked about "cognitive stimulation," including their children's reading habits and how often they were read to at home. Researchers discovered that reading stimulates the side of the brain that helps with mental imagery, understanding, and language processing, and that brain activity, while hearing stories, was higher in the children who were read to at home more often.

"We hope that this work will guide further research on shared reading and the developing brain to help improve interventions and identify children at risk for difficulties as early as possible, increasing the chances that they will be successful in the wonderful world of books," Dr. Hutton said in an interview.

Studies have also shown that when a mind is consistently stimulated, the progress of mental illness slows. According to the U.S. Surgeon General, about 20% of children in the U.S., including pre-school children, suffer from a diagnosable mental illness during a given year. Children are prone to anxiety, ADHD, and other disorders. Reading keeps their brains active and engaged, and can help fend off mental illness.

Further research, conducted by cognitive neuropsychologist David Lewis and colleagues from the University of Sussex in England, showed that reading is also a major form of stress relief.

The study followed volunteers as they had their stress levels and heart rates increased, and were then tasked with trying a series of stress-reduction methods – with reading surpassing listening to music and going for a walk as being the most effective method. Reading was shown to reduce stress levels by 68%, according to the findings.

Since all children experience stress, sometimes significant amounts of it, reading seems like a natural method for easing their tension and anxiety. Again, pre-schoolers are not immune. Even very young children have worries and concerns. Separation anxiety, for example, is a major stressor among this age group.

Instilling a love of reading in your child can also increase their life expectancy. Research has shown that avid readers live an average of two years longer than those who do not read. Those who read for up to 3.5 hours a week had a 17% lower risk of dying over the next 12 years, and people who read more than that were 23% less likely.

The American Academy of Paediatrics advises parents to read to their children every day, starting at birth. Dr Hutton's study notes, "Parents are a child's first and most important teachers. The quality of cognitive stimulation in the home, especially before school entry, strongly influences achievement and health outcomes."

The first six years of life are the most important for healthy brain development, but a brain needs stimulation and new experiences to grow cells and make connections. You can have a positive influence on your child's mental growth. Reading is to the mind what exercise is to the body. Help them flex their brains with a great story – every single day.

Source: Motherly; Crystal Ponti (2019, January 16). How reading impacts your kid's brain, Retrieved from <https://www.mother.ly/parenting/how-reading-impacts-your-kids-brain>

### PATTERN PLAY

**YOU NEED:** A mixture of items you have available, for example: Lego pieces, different shaped pasta, pencils and crayons, coins, spoons and forks, hands and feet...

Basic math skills in preschool and kindergarten set the foundation for learning more advanced math concepts later on. Patterning is one of those important early skills. Thankfully, patterns are easy and fun to teach!

How do we teach patterns? We can notice them, hear them, and physically make them.

Here's a simple progression you might want to use when you teach patterns:

**ABAB** (red, blue, red, blue)

**ABC** (car, truck, plane, car, truck, plane)

**AABB** (crayon, crayon, pencil, pencil, crayon, crayon, pencil, pencil)

**AAB** (Cheerio, Cheerio, raisin, Cheerio, Cheerio, raisin)

**ABB** (stomp, clap, clap, stomp, clap clap)

Try making some of these pattern progressions with the items you have collected. Make a pattern and ask your child what they can see. Point patterns out when you see them in nature or on clothing and in every day life. Source: [themeasuredmom.com](http://themeasuredmom.com)



# HEALTH & SAFETY: Internet Safety



Information technology is now used in virtually every home in Australia. Ninety-seven per cent of households with children aged under 15 years have access to the internet, with an average number of seven devices per household. Parental involvement in the safe use of technology should start from a child's first use, and parents continue to be a critical influence in children and young people being responsible digital citizens and engaging in online activities safely.

**Why internet safety matters:** Children like going online to look at videos or to play games. They can do this using computers, mobile phones, tablets, TVs and other devices. There are safety risks for pre-schoolers online, although pre-schoolers won't usually be exposed to as many risks as older children because they're less likely to be using the internet independently.

When you take some practical internet safety precautions, you protect your child from risky or inappropriate content and activities. And your child gets to make the most of her online experience, with its potential for learning, exploring, being creative and connecting with family and friends.

## Internet safety risks for children:

There are three main kinds of internet safety risks for children:

- **Content risks:** these risks include content that children might find upsetting, disgusting or otherwise uncomfortable. Examples are pornography, violence, images of cruelty to animals or programs meant for older children.
- **Contact risks:** these risks include children coming into contact with people they don't know. For example, a child might use a communication app and talk to a stranger.
- **Conduct risks:** these risks include children acting in ways that might hurt others. For example, a child might destroy a game his friend or sibling has created. Accidentally making in-app purchases is another conduct risk.

## Teaching safe and responsible online behaviour

You can help your child learn how to use digital media and the internet safely, responsibly and enjoyably. If you teach your child how to manage internet safety risks and worrying experiences for himself, he'll build digital resilience. This is the ability to deal with and respond positively to any risks he encounters online.

You can do this by: Going online with your child, by being a good role model, teaching your child about good and bad content and teaching your child about in-app purchases.

**Going online with your child** -Your child will get more out of being online if you're watching or playing with her. You can get her to show you websites that are fun or interesting, ask her to show you how to play the app or game that she's playing, talk about the videos she's watching. If you think the app or video isn't appropriate, you could say, 'This is a bit grown-up. Let's find something else'. Then help your child to find something more appropriate.

**Being a good role model** -Your child learns from you. This means you can model safe and healthy internet use by using digital media in the way you want your child to use it now and in the future. For example, you can keep internet-connected devices out of bedrooms.

**Teaching your child about good and bad content** -You can explain to your child that there's good and bad content on the internet, including content that isn't true. Encourage your child to talk to you if he sees something upsetting, scary or worrying. For example, you could say, 'Some videos on the internet can be upsetting or scary. Tell me if you see something that scares you or makes you unhappy'.

**Teaching your child about in-app purchases** -Lots of games and apps have in-app purchases for things like character costumes and new levels. You could teach your child about these by saying something like, 'People use the internet to make money and we have to be careful that we don't give them our money by mistake. If something pops up on the screen don't click it. Come and tell me'.



## WETLAND WARRIORS

Wetlands help us prepare for, cope with and bounce back from the impacts of climate change. They help buffer coastlines from extreme weather, they naturally absorb and store carbon, as well as reducing floods and relieving droughts. What can you do to help conserve these wetland environments?

1. Join programs that help protect and restore wetlands.

2. Report illegal activities.
3. Pick up all litter and dispose in appropriate bins.
4. Plant local tree species!
5. Use "living shoreline" techniques to stabilise the soil.
8. Use paper and recycled products made from unbleached paper.
9. Use non-toxic products for household cleaning.
10. Reduce, reuse and recycle household items and waste.

**Restore, use wisely, conserve.** World Wetlands Day Feb 2<sup>nd</sup>.



# 2019 Enrolment Forms

Reminding you enrolment forms for 2019 need to be handed in before children start next year. No bookings will be carried forward unless you have an updated enrolment form. We have to have these new enrolment forms to comply with regulations and law. Ignore drivers licence numbers and signatures for emergency contacts. Attached is the link to the new enrolment form.

Link to download is:

[http://www.northkiamaoosh.com.au/wp-content/uploads/bsk-pdf-manager/NKOOSH-Enrolment-Form\\_3.pdf](http://www.northkiamaoosh.com.au/wp-content/uploads/bsk-pdf-manager/NKOOSH-Enrolment-Form_3.pdf)

or check out the website.

Thanks Mel



## CRAWL CHASE

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

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped! Have fun.

## ART AND CRAFT

Play with purpose



Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

**Fine motor skills** - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

**Cognitive development** - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

**Math skills** – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

**Language skills** – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

**National Quality Framework** | Quality Area 1:  
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

**Feedback**   
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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