

YOUR TIME AND ENERGY ARE NOT WELL SPENT DWELLING IN THE PAST OR BEING ANXIOUS OF THE FUTURE. INSTEAD, LIFE IS BEST SPENT BEING FULLY PRESENT TODAY – DENAYE BARAHONA



MARCH
2019



ON *this* MONTH

AT North Kiama OOSH

RSPCA Fundraiser ----- 0-31st

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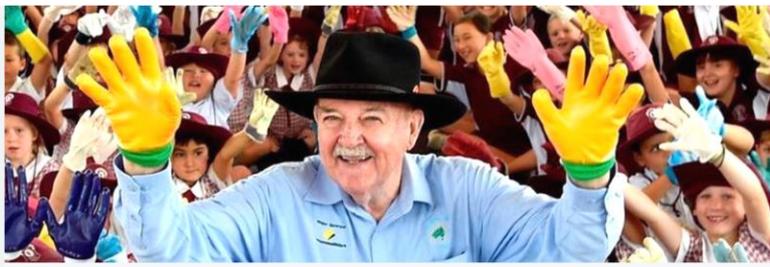
RSPCA Fundraiser

This term our children have been busy raising money for the Rspca. They decided to create a shop to sell items and make money for the cause. The children have been busy making cookies, cupcakes, rocky road and lemonade stalls, selling them to parents on collection time. They put signs up outside the centre and created their very own shop. It has been great watching the children creating goals and working as a team for the best outcome. They have raised over \$130.

National Quality Framework | Quality Area 1:

Descriptor 1.1.2 – *Each Child's current knowledge, strengths, ideas, culture, abilities and interests are the foundation of the program.*





CLEAN UP AUSTRALIA DAY – 3MARCH

In 1989 an 'average Australian bloke' - Ian Kiernan, had a simple idea to make a difference in his own backyard - Sydney Harbour. *Clean Up Australia Day* is the nation's largest community mobilisation event. 2019 is the perfect time to band together in Ian's honour, celebrate what has been

achieved, show your support and continue his dream to Clean Up Australia. www.cleanupaustriaday.org.au

EARTH HOUR – 30MARCH

Every year hundreds of millions of people around the world in more than 7,000 cities in over 180 countries take part in this amazing global conservation movement. People do a wide range of things around the hour to show they care about our planet's future. Millions choose to mark Earth Hour by going 'lights out' for 60 minutes at 8.30pm – a symbolic show of solidarity. #Connect2Earth Find out more at www.earthhour.org.au.



Pea, asparagus & mint pasta with lemony ricotta sauce

PREP 5 min | COOK 30 min | SERVES 4

INGREDIENTS

- 2 chicken breasts
- 500 grams short pasta
- 250 grams frozen peas
- A bunch of asparagus, woody ends trimmed and sliced into 3
- 1 cup fresh mint leaves, roughly torn
- 1 cup ricotta
- 1 cup shredded tasty cheese
- Juice and zest of 1 lemon

METHOD:

Preheat oven to 180 degrees Celsius. Place the chicken breasts onto an oven tray, drizzle with a little olive oil and bake for 18 minutes or until cooked through. Shred the chicken breasts using a couple of forks. Set aside.

Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Add the peas and asparagus half way through the pasta cooking time (they need 3-4 minutes in the water to cook). Drain and set aside.

Place the pasta, peas and asparagus into a large bowl along with the shredded chicken, mint, ricotta, tasty cheese, lemon zest and juice and stir to combine. Serve immediately. Enjoy x
Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com



LEARN, RELAX AND PLAY WITH THESE NEW EDUCATIONAL APPS



HOPSTER
FREE WITH IN APP PURCHASES

Hopster provides a safe place for young children to access educational and entertaining media.

Hopster provides video, music, books, simple games and creative activities specifically chosen for young children. Famous characters, actors, and writers all feature in its superb content.

STOP BREATHE & THINK KIDS
FREE WITH IN APP PURCHASES



Meditation and mindfulness made easy and fun for children, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.

Children can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions. Stickers reward their progress and keep the mindful activities



TONGO MUSIC FOR KIDS
\$4.49

Tongo Music is a fun, engaging educational app about music for children and the whole family. No ads, and no in-app purchases.

Children will discover excerpts of famous works by, Wolfgang, Mozart, Beethoven and many more while uncovering seemingly endless activities.



FOCUS ARTICLE: This is why your child can't actually 'calm down' during a tantrum



We are constantly absorbing emotions from those around us. That's part of the reason being around kids and teens, with their roller coasters of emotion, can be so exhausting. And when our own hearts and minds are clouded by emotion, we are not showing up and responding with our wisest mind and most open heart.

Our capacity for calm in the midst of a kid's emotional storm offers hope, because it signals that calm is possible in the midst of chaos.

Neuroscientist Dan Siegel and parenting expert Tina Bryson creatively describe "downstairs" and "upstairs" aspects of the brain. Our primitive brains—the limbic system and amygdala—are reactive and emotional, driven by impulsive, short-term interests, and primitive drives. This childlike, impulsive, instinctual system lives downstairs. Meanwhile, the outer cortices of our brains, which enable us to inhibit impulses, slow down, gain perspective, process emotional stimuli, and articulate these stimuli into thought and action, live upstairs. This upstairs area helps us plan, think before we act, take perspective, make moral decisions, and form relationships. The "wise mind" integrates both our emotional and our rational minds, according to Marsha Linehan, the creator of dialectical behaviour therapy. The four aspects of our brains—left, right, upstairs, downstairs—need strong connections to work together to build wise, healthy brains.

During a tantrum, when the amygdala and emotions flare up, it's almost impossible for logic to penetrate our kids' closed-off outer cortices. Helping them settle down from a tantrum to engage their wise mind takes wisdom, compassion, and plenty of patience on our part.

Our children are not miniature adults—their growing brains are actually incapable of taking an adult perspective on a situation and using that knowledge to calm down.

Remembering this can help us see that tantrums are not methodically manufactured manipulations. A child's tantrum operates at an instinctual level that simply won't respond to reason. Once we recognise this, we can make more effective choices about responding. Yes, sometimes challenging behaviours are premeditated, and in those cases, we should respond with intention, logic, and clear boundaries or consequences.

However, when our kids are experiencing a limbic system meltdown, what they need is connection and calming. When children descend into lower-brain chaos, parents need to work overtime to first calm our own prefrontal cortex (PFC), which is associated with planning and thinking and is located just behind the forehead—so we can view the situation clearly. When we show that we've regulated our own emotions, it signals to kids that it's safe for them to calm down. It also models and mirrors to them (often literally, through what are called mirror neurons) how to calm down. Thus, the quickest way to cultivate calm in a child is to practice being calm yourself.

As one meme I recently saw on Twitter says, "**Never in the history of calming down has anyone ever calmed down by being told to calm down.**"

Telling kids to relax doesn't work nearly as well as a soft voice or a gentle touch, both of which turn on the "attend and befriend" response, shut off fight or flight, thin out cortisol, and boost oxytocin, the so-called love hormone. Once we establish that fundamental connection with our child (or anyone, for that matter), we can open our hearts and minds to each other, see each other's perspective, and move on together.

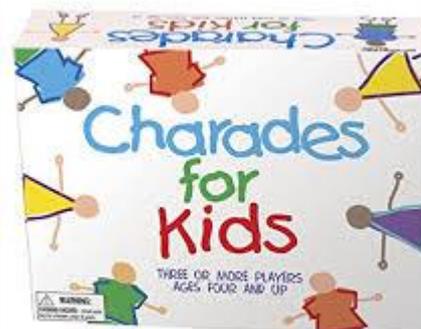
Once your child calms down, you can move toward processing and planning verbally. Here are some things to try: Continue to engage the prefrontal cortex (PFC), don't forget your kid's basic needs, sometimes you have to get creative and throw your kid a curveball. Try to jump-start their PFC with a seemingly random question. Decrease the dominance of the amygdala with games.

When we interrupt tantrums like this, it's vital that, once things calm down, we address what triggered the tantrum. You don't have to rehash the details of every conflict, but remember that consistency is always key to raising resilient and healthy kids. So if you say you are going to come back to something later, come back to it. This lets kids integrate the experience with their whole brain once it's fully back online.

Source: Motherly; Christopher Willard (2019, January 22). This is why your child can't actually 'calm down' during a tantrum. Retrieved from <https://www.mother.ly/child/this-is-why-your-child-cant-actually-calm-down-during-a-tantrum>

Charades

Charades is an activity that's ready to shake off its dusty, Victorian-parlor-game status and take on new life in the classroom. For students who like to get up and move, acting can be the ideal way to demonstrate how well they understand the lesson. Ask student volunteers to act out a vocabulary word for the other students to guess. Both the acting and the answers will reveal how well students understand the vocabulary.



Fun with
LITERACY

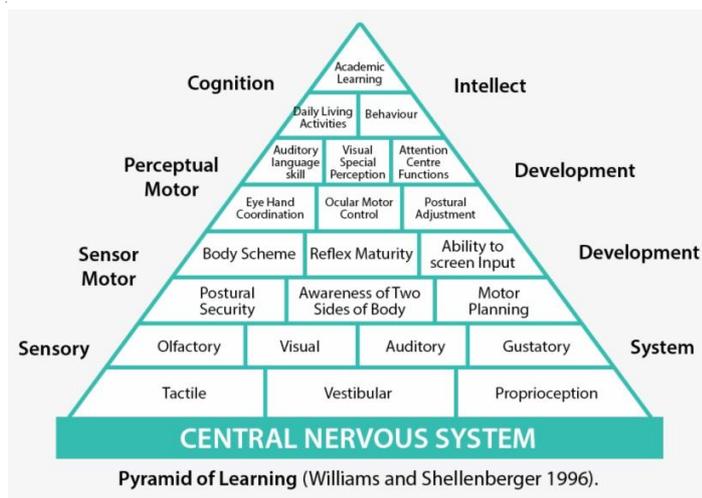


HEALTH & SAFETY: Core strength is more important than you know

This article was written by Nicole Rowan, a mother of three children and a paediatric Occupational Therapist.

For children, their “occupations” are play and school. This is how they learn, grow, and develop. Once I had my own children, my perspective and practice as an OT changed for the better. Likewise, my knowledge of development has enhanced my parenting.

The first thing I wish every parent knew about child development is **the importance of core strength and position as the foundation for fine and gross motor skills, speech and language, and academic skills.**



Often, parents seek support because they recognise that their child is having difficulty communicating. It is relatively easy to spot and critically important. However, speech and language skills are near the top of the “pyramid of development” (as pictured above) and intervention aimed there, while disregarding the foundation, will not be as effective. OTs along with our Physical Therapist colleagues (if we’re lucky enough to have one) look at a child’s sensory-motor function as a basis for growth and development.

Our bodies get information from our environments by moving and sensing which then gets processed for a physical response. This happens unconsciously all day long, but if there is a glitch in the loop, everything gets thrown off. Glitches happen for a number of reasons, many which are beyond your control. What you can do is ensure your child has plenty of opportunities to develop core strength, and pay attention to their position and movements.

Here are my top recommendations for working on Core Strength:

Starting with tummy time in infancy and continuing until they graduate high school, encourage your child to play in different positions. Lying on tummy propped on elbows, kneeling on haunches, tall kneeling, kneeling on all-fours, standing, criss-cross

sitting, side-sitting, and sitting on a child-sized chair to name some. Change it up! Many kids are comfortable in an upright position because that’s where they’ve spent their whole lives (in car seat, baby chair, swing, sling, etc.) but kids need other positions to develop balanced muscles and stability in their hips and chest, not to mention their visual system. Good core strength and stability allows us to have good movements and control with our limbs, hands and fingers.

Remember wheelbarrow walks from your childhood?! They are an oldie-but-goodie that improve core strength. Have some fun with your kids with daily wheelbarrow races, and throw in some animal walks too. Think, bear walks, crawling, slithering like a snake, leap frogs, bunny hops – all of these tap into the foundation skills in a playful, fun way.

Go to the park to climb, swing, slide, walk along a balance beam. In the midst of structured organized sports and recreation activities, don’t miss the chance to let your kids freely explore movement in the park environment. Can’t get to the park? Consider how you can replicate those moves indoors. Tape a “balance beam” on the floor, crawl up and down the stairs. Set some safety rules, then get moving. Even better, set up an indoor obstacle course using your household furniture and objects.

Core strength is connected to attention, anxiety and behaviour. When kids hold their breath and brace themselves or take big belly breaths (for example, in an attempt at deep breathing), this can trigger the fight/fright/flight response and heighten their awareness of everything in their environment, making it appear as if they are distracted and inattentive. Instead, encourage your child to sit or lie in a comfortable position and take deep breaths to expand the lower ribs: which engages the core muscles. Also encourage kids to breathe throughout their movements.

There are many resources available today for parents, and activities such as yoga classes, indoor soccer, and skating lessons. All of these are good but they are not “required”. For most kids, if you get down on their level, follow their lead, play and have fun, they will naturally engage in activities and positions that will develop foundational core strength.

If you’re a parent struggling to get your baby to do tummy time, or wondering whether they really need to crawl, or trying to muster the energy to hit the park, press on and know that you are investing in their foundational skills and setting them up for success as they continue to grow and learn.

Source: This Birds Day(2019, February 16). What I wish every parent knew: Core Strength Retrieved from This Birds Day



INTERNATIONAL DAY OF FORESTS

Did you know that forests cover one third of all land on earth and are home to 80% of the planet’s land animal and plant species? Forests and trees make vital contributions to our lives and to the planet, bolstering livelihoods, providing clean air and water, conserving biodiversity and responding to climate change.

The theme for 2019 is ‘Forests for Education’, so this year

We challenge you to create something to educate others. As a family you may like to create a poster, a song or create a short video to educate others on the importance of forests.

Working together on a project promotes communication and provides a platform to discuss sustainability with your children.

International Forests Day is March 21. Go to <http://www.fao.org/international-day-of-forests/en/> to find out more.



LANGUAGE DEVELOPMENT



Language development in children: 0-8 years

Language development in children is amazing, and it's a development that many parents really look forward to. The secret to helping your child learn language is very simple: talk together lots and listen lots.

Language development is a critical part of your child's overall development.

It supports your child's ability to communicate, and express and understand feelings. It also supports thinking and problem-solving, and developing and maintaining relationships. Learning to understand, use and enjoy language is the critical first step in literacy, and the basis for learning to read and write.

"In their first 12 months, babies develop many of the foundations that underpin speech and language development. And they keep developing language skills at an amazing rate in the first three years of life."

How to encourage your child's early language development

The best way to encourage your child's speech and language development is to do lots of talking together about things that interest your child. It's all about following your child's lead as he shows you what he's interested in by waving, pointing, babbling or using words. (Source: www.raisingchildren.net.au)

To read the whole article follow this link: http://raisingchildren.net.au/articles/language_development.html

VACATION CARE

North Kiama Vacation Care
 Friday 12th - Friday 26th of April Holidays
 7.30am-2.30pm Charles Ave Minnamurra

CCS IS AVAILABLE. BOOK BEFORE 8th OF APRIL TO RECEIVE EARLY BIRD FEE OF \$60.00.

Friday 12th of April
 Pupil Free Day!
 It's time to head to Symbio Zoo and test out their new splash park. Bring your swimwear and spending money. Stay happy to all the entering animals and catch them feeding the leopard. Be at the centre by 8am.
 Extra Fee \$20.00

WEEK ONE

Monday 15th Technology Day! Bring in your favourite technology and let's head to building two. Bring your spending money. Extra Fee \$8.00	Tuesday 16th Steel Works! We are heading to the Steel Works to see how they run. Come and join us! Extra Fee \$10.00	Wednesday 17th Tennis Clinic! Let's head to the reserve and practice our tennis skills followed by a BBQ and party play.	Thursday 18th Easter Craft! Time to get the easter craft out just in time. We will also have a chocolate water hunt.	Friday 19th Good Friday CLOSED!
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WEEK TWO

Thursday 22nd Easter Monday CLOSED!	Tuesday 23rd Whirlies Day! Come with your bike, scooter or skateboard. Race around the school, make like a mouse and more.	Wednesday 24th Party Day! Party day is here! Jumping castles and party games and party food. Extra Fee \$8.00	Thursday 25th ANZAC Day CLOSED!	Friday 26th Kiama Day Out! We are jumping on a train and heading to Kiama to park. Bring lunch money. Be at the centre by 8am.
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Our centre is licensed to be open from 7:30am to 5:30pm in vacation care. Please make sure you make arrangements for your children to be picked up by 5:30 sharp. Late fees will be applied for late pick up. This service is also covered EXCEEDING National Quality Standard (4) by the New South Wales Department of Education.

North Kiama OOSH is situated at Minnamurra Public School in Charles Avenue, Minnamurra. The centre has been operating for over 20 years. The centre caters for all ages from Kindergarten to year 6. For enrolment details for either Before and After school care or vacation care visit our website www.northkiamaoosh.com.au OR contact 42378988 AND/OR email nkoosh@bigpond.com.au

Children are to wear suitable clothing. Children MUST NOT wear single toes or thongs. MUST have a hat to play outside and sunscreen will be applied at the centre every hour. CHILDREN are to BRING ALL FOOD AND DRINKS for the day except if stated on the daily program.

NORTH KIAMA OOSH ARE PROUD TO BE A NON FOR PROFIT PARENT BASED MANAGED CENTRE.

Bookings are now open for April Vacation Care. Remember to book in early as we are now Regulated to 15 children to 1 staff there may not be a casual spot for your child if you do not let us know in time to organize staff.

Please be aware that some Afternoons are getting close to having no casual vacancies. Make sure you book early to avoid being told there is no space available.

5 Minute MOVES 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. Copy your kids moves and teach them some of your tried and true favourites!

Feedback
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

North Kiama OOSH

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