

WHILE WE TRY TO TEACH OUR CHILDREN ALL ABOUT LIFE, OUR CHILDREN TEACH US WHAT LIFE IS ALL ABOUT – ANGELA SCHWINDT



AUGUST
2019

ON *this* MONTH AROUND THE COUNTRY

Sustainability Helping our Community

Community Events

National Aboriginal & Torres Strait	
Islander Children's Day-----	4
Homeless Persons Week-----	4-10
Dental Health Week-----	5-11
National Science Week -----	10 -18
International Day of the World's	
Indigenous Peoples-----	9
World Elephant Day-----	12
Keep Australia Beautiful Week-----	19-25
RSPCA Cupcake Week -----	19

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

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.



This year's theme is **We Play, We Learn, We Belong** 'We play on our land. We learn from our ancestors. We belong with our communities.' Find out more at:

Plastic Free July 2019

We joined Crayola ColorCycle in July 2019 to stop the 15 pounds of dead markers that end up in landfills or our oceans. Crayola ColorCycle accepts all brands of plastic markers, this includes highlighters and whiteboard markers. We notify them when we have a stack of markers to return and they send us a shipping label so we can ship them back to Crayola to be recycled. We set up a Dead Marker Collection Point in our Service. Children delivered notes to teachers of the school advising them of their collection point.

July vacation care children and educators walked around the river and collected plastic waste that was in the area, this caused lots of communication about sustainability and the effects of plastic in the environment



NO-BAKE BROWNIES



PREP 10 min | SET 60 min | MAKES 12-16

INGREDIENTS

1 cup rolled traditional oats	1 cup desiccated coconut
1 cup pecans (walnuts or cashews)	1 cup cacao powder
pinch of sea salt	10 medjool dates, pitted
¼ cup pure maple syrup	1 tsp vanilla bean paste

Frosting:

100 grams dark chocolate	¼ cup (60 ml) milk
1 tablespoon coconut oil	1 Tsp vanilla bean paste
pinch of sea salt	Dried rose petals (optional)

METHOD:

Line a 20cm x 20cm square tray with baking paper. Set aside. Place the oats, coconut, pecans, cacao powder and sea salt into the large bowl of a food processor. Blitz for 2-3 minutes or until very finely chopped. Add the dates, maple syrup and vanilla and blitz again for 2-3 minutes, or until lusciously combined and smooth. Place mixture into prepared tray and spread evenly. Place in the fridge for an hour or to 'set'.

To make the frosting: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan. Place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this whisking creates a gloriously smooth frosting). Once cool, spread the frosting over the brownies. Cut into 12 or 16 bars and serve. Store no-bake

brownies in fridge or freezer.

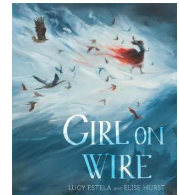
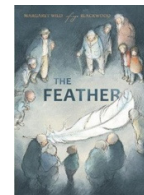
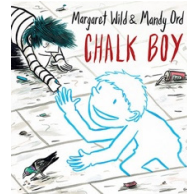
(NUT FREE VERSION: replace pecans with an extra ½ cup oats)

KEEP AUSTRALIA BEAUTIFUL WEEK – AUG 19-25

Keep Australia Beautiful Week raises awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. 'Respect our Roadsides' is the theme for 2019. Roadside litter is something we can all help reduce and eliminate. Simply recycle or dispose of your rubbish respectfully! If there is nowhere to dispose of your rubbish take it with you. Find out more at kab.org.au



Children's Book Council of Australia's shortlisted books for 2019



CHALK BOY

Margaret Wild

A soulful and heart-warming story about what happens when a pavement artist's drawing comes to life.

Barnaby is a pavement artist. This morning he started drawing me. I have a head that can think, eyes that can see, ears that can hear and legs that can run. Best of all, I have a heart that can feel. Thank you, Barnaby. Award-winning writer Margaret Wild compresses epic themes into a poetic, poignant story, vividly brought to life by Mandy Ord's distinctive, dynamic art.

THE FEATHER

Margaret Wild

"Hope is the feathers that perches in the soul" – Emily Dickinson.

This is a story about hope, kindness and redemption set in a grey dystopian world. When a great feather drifts from the leaden sky, two children recognise its extraordinariness and take it to the village for its protection. The villagers, however want to encase it, upon which the feather loses its radiance.

GIRL ON A WIRE

Lucy Estela & Elise Hurst

Girl on Wire is a simple yet brilliantly uplifting allegory of a young girl struggling to build her self-esteem and overcome the anxiety that many children feel as they grow – she walks the tightrope, afraid she will fall, but with the support of those she loves, her toes grip the wire and she walks forward, on her own, with a new confidence.



FOCUS: Less is more when it comes to kid's toys



A recent trip to the movie theatre had me brimming with excitement to reunite with Woody, Buzz, and the crew of Andy's (er, Bonnie's?) toys in the *Toy Story* franchise's new instalment. Sure enough, my family laughed at the adventures of the cast, but it was a newcomer to the gang that really stole the show: a plastic spork named Forky.

While his reluctance to accept his place was charming and sweet, Bonnie's creation of Forky, and her subsequent attachment to him as her new favourite toy, points at a bigger picture—what constitutes a toy? Likewise, what does a child really need to be entertained?

The film's inclusion of such a common, utilitarian object as a chosen plaything serves as a reminder that children's imaginations are a powerful thing, and—when left to their own devices—kids are quite capable of having fun with far less than our society typically deems necessary. Forky is a throwback to a time when less was more, and when families' homes weren't miniature toy stores.

I remember recently being spellbound as I watched my daughter engrossed in play with a handful of rocks. Each pebble had its role—mummy rock, daddy rock, baby rock, etc—and she carried on with a captivating scene encompassing equal parts comedy and tragedy. It was a rock family saga, and frankly, I was mesmerized.

Despite a house full of flashy, modern, (and sometimes expensive) toys, I've found that some of the most creative play comes from the most unexpected "things" that most adults would consider non-toys.

Kids have a unique way of looking at things, and often the items they gravitate toward as their preferred toy may leave parents not only scratching their heads, but also howling in laughter.

Kitchen accessories seem to be a favourite for many little ones, as I remember my own niece insisting on carrying a serving spoon everywhere with her. These inanimate objects function as the perfect plaything for children, as their minds are free to create whatever story or fantasy they desire. The make-believe is endless.

Other favourites for my kiddos include shoelaces, ropes, or yarn, which have infinite aliases—stuffed animal leashes and zip-lines being their go-tos. And who can forget the magic of cardboard boxes and of course bubble wrap. We're talking *hours* of fun and play.

After watching the film, I looked around my house at the abundant number of toys that my own children possess. Then I turned around and watched as they chose to stack Tupperware containers and throw foam koozies (stubby holders) at them in a competitive game of kitchen bowling.

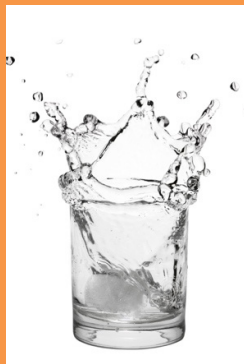
So yeah, we're all probably a little guilty of overindulgence with it comes to our kids. To be honest, it's fun to watch their eyes light up upon receiving a new toy at their birthday or other holiday. And I'm not arguing that those practices need to change completely. Rather, let's not forget the power of minimalism and its place in our lives. Let's encourage resourcefulness and creativity.

Behind the fun and nostalgia of the *Toy Story* series are important lessons and messages. In today's culture where more is more, Forky is a reminder that parents don't necessarily have to break the bank in purchasing toys for the little ones in our lives. In many cases, a "spork" will do.

Source: Craven, Jennifer (2019, July 10). Watching 'Toy Story 4' reminded me that less is more when it comes to my kid's toys
Retrieved from <https://www.mother.ly/life/watching-toy-story-4-reminded-me-that-less-is-more-when-it-comes-to-my-kids-toys>

HEALTHY
KIDS

CHILDREN & HYDRATION



Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming **dehydrated**. Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.

How much water does my child need? The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended. If your child is playing sports or is very active they will need extra fluid. Kids will also need more fluid on hot days or when unwell.

To read this article in full go to www.healthy-kids.com.au/parents/children-hydration/



HEALTH & SAFETY: Sleep, Move, Play

The Australian 24-Hour Movement Guidelines show there is an important relationship between how much sleep, sedentary behaviour and physical activity children get in a 24-hour period.

Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved Body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.

General Advice:

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

Physical Activity

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS: Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!

Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.



Sedentary Behaviour

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does *not* include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS: Parents: be your child's role model and keep your own screen time to a minimum and be active too.

Parents: leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.

Sleep

Sleep is essential for optimal health. Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night. To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS: To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes. **Avoid screens** one hour before going to bed. • Make bedrooms a **screen free zone**.

Australian Government Department of Health (2019, June 10). Guidelines for Healthy Growth and Development for your child. Retrieved from [www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](http://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)



SAVE THOSE LIDS



Most of us don't think twice about binning our bottle caps, but Sean Teer had a better idea. Saving them from landfill, the innovator began creating a product that will change the lives of children everywhere.

Envision Hands is a not-for-profit community initiative that uses 3D printing to turn plastic waste into mechanical hands and arms for kids, with the products being sent around the world.

Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle - and the community have helped to collect over one million bottle caps to date.

Save your bottle tops, and bring them into the service we are now a collection point.





Statement of Philosophy review

Our Philosophy of Care governs everything we do and everything we say. It reflects our professional attitude, operational behaviour and approach to early education. It should also reflect the mutual goals and forecast outcomes of our service community – YOU!. As part of our on-going quality improvement program and in keeping with the philosophy statement being considered a ‘living-breathing’ document, read carefully and submit any suggestions or questions on the back. Here are the steps we will take to complete the annual review:

1. Staff Review
2. Parents and family review
3. Parent Management Review
4. Review feedback from all above stakeholders
5. Complete draft copy and question relevance
6. Generate and share new Philosophy.

We look forward to your valuable input!



North Kiama OOSH's Philosophy

North Kiama OSHC endeavour to provide the highest level of care and education for each individual child in a warm, nurturing and safe environment. By creating a feeling of acceptance and sense of belonging, we provide an environment which enables each child to feel safe and secure.

"In school age care, and throughout life, relationships are crucial to a sense of belonging. Belonging acknowledges children's interdependence with others and the basis of relationships in defining identities. Belonging is central to being and becoming in that it shapes who children are and who they can become". MTOP

Our programs are educationally appropriate and stimulating, assisting the development of the whole child, their physical, social, emotional, cognitive, and creative domains, children are able to choose their experiences throughout their time at the centre. Indoor and outdoor experiences are offered in both small and group situations. Our programs cater for the needs and interests of the group and of individual children.

We endeavour to create a welcoming environment, where all children and families are respected and are encouraged to actively collaborate with educators about program decisions to ensure that experiences are meaningful.

We aim to maintain inclusiveness, accepting the appreciation of Australia's multicultural society, enhancing the children's awareness of, and respect for cultural differences and similarities.

We believe every child has the right to engage in play, recreation opportunities, and cultural and artistically diverse lifestyles. We maintain and foster positive communication and relationships between staff, children, families, schools and the community.

Through implementation of the My Time Our Place Framework (MTOP) we build on children's interests and knowledge as individuals within the group and wider community. We look at developing the child as a whole by linking their learning and environment to the MTOP's five Learning Outcomes, principles, and practices.





RSPCA Fundraiser children raised over \$200 for this great cause and enjoyed handing over the cash to the RSPCA volunteer who came in the school holidays to talk about the great work they do.

July Vacation care was very successful with all children enjoying the planned excursions and experiences.

Clean up Australia Day – Children enjoyed walking around the river cleaning up all the plastic they found littering the area.

This led to the Envision Hand Project. Families have brought in so many lids, to help make Prosthetic Hands for children.

*Which then led to the Crayola Color
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Feedback 
is always welcome

North Kiama OOSH's Goals

1. *Provide an environment that fosters imagination and opportunities for the development of risk analysis skills*
2. *Encourage respectful communication with everyone at the centre*
3. *Provide opportunities and encouragement for natural, spontaneous play*
4. *Work in partnership with families and value their diversity*
5. *Find ways to consistently implement our environmental policy*
6. *To develop a wider understanding of child development*
7. *To work on receiving consistent feedback from parents*
8. *Continuous reflective practice from educators.*



KEEPY UPPY

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

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.

NORTH KIAMA OOSH

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