

IT'S SOMETIMES IMPORTANT FOR CHILDREN TO ACT LIKE ADULTS. IT'S SOMETIMES IMPORTANT FOR ADULTS TO ACT LIKE CHILDREN. – UNKNOWN



ON *this* MONTH

AT YANKALILLA CHILDREN'S CENTRE

Photo Day -----Tues 3rd July
Last Day of Kindy Term 2 ----- Wed 4th July
School Holidays ----- 9th – 20th July
First Day of Term 3 ----- Mon 23rd July
Governing Council ----- -Wed 25th July

AROUND THE COUNTRY

NAIDOC Week----- 8-15th
World Population Day ----- 11th
National Pyjama Day ----- 20th
Asalha Puja Day ----- 27th
School Tree Day ----- 27th
National Tree Day ----- 29th
International Friendship Day ----- 30th



Farewell from Cathy

It is with so many mixed emotions that I prepare these words for my last newsletter as Director of the Yankalilla Community Children's Centre. What an amazing time I have had as leader of this site and where have the 15½ years gone!! I came to YCCC looking for the challenge of managing an integrated site (DfE preschool and a community based childcare program) and I have not been disappointed!!! I still enjoy the challenge that working at YCCC brings and it one of the many things I will miss. I will also miss the friendships and relationships that I have made with staff, children, families and the community. What I privilege it has been to part of so many staff, children and families lives over the last 15½ years and to watch you all grow, develop and flourish as your life's journey unfolds. I am so proud of the growth, redevelopment and achievements of YCCC and I know that it will continue to flourish under the new leadership of Bec Heath and with the support of a great staff team, amazing families and a wonderful community.

As for me, I'm taking a year off to enjoy some R&R, more family time, start on my "bucket list" and to trial the retirement lifestyle. Tough GIGBut I'll try my best to enjoy every minute!!
Cathy Tozer





SCHOOL TREE DAY – 27TH

Each year, around 3,000 preschools, kindergarten, primary and high schools across Australia take part in Schools Tree Day. Trees make happy healthy children by providing shade helping to reduce exposure to harmful ultraviolet rays. Trees provide fun

play opportunities through activities like climbing, swinging or creating a tree house. The benefits are endless. Learn more at www.treeday.planetark.org

NAIDOC WEEK – 8 - 15TH

As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play active and significant roles at the community, local, state and national levels. Their achievements, their voice, their unwavering passion give us strength and have empowered past generations and paved the way for generations to come. NAIDOC 2018: Because of her, we can! Learn more at www.naidoc.org.au



PESTO ROLLINI WITH BROCCOLI TREES AND BEANS

PREP 5 min | COOK 10 min | SERVES 4

Dinner on the table in 15 minutes or a quick healthy lunch option, this recipe packs in all the good stuff while enticing the fussiest eater.

INGREDIENTS

- 500gm short pasta, fusilli/penne/rollini
- 1 head of broccoli, cut into florets
- A big handful of beans, topped and tailed
- 3 tbs basil pesto (you may need a little more depending on how thirsty your pasta is)
- 2 bocconcini balls, torn into small pieces
- ½ cup parmesan, shaved

METHOD:

Bring a large pot of water to the boil. Add pasta and cook for 3 minutes, add broccoli and beans and cook until pasta is al dente. Drain and return to the saucepan. Add pesto, bocconcini and parmesan and stir to combine. Serve warm or cold.

SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox.com

App reviews

Learning Idea apps for parents and caregivers.



VROOM

VROOM | FREE

Vroom is a free app for parents and caregivers of toddler to 5 year olds that suggests everyday learning activities and tips appropriate for each child's age.

Fun activities are organized by topic, situation, or time of day, or adults can schedule a random daily tip to be delivered at the same time each chosen day.

PBS PARENTS PLAY AND LEARN

PBS | Free



This app is designed to be a parent resource to give adults ideas for activities to do with pre-schoolers in a range of environments.

Children are naturally curious about his or her everyday world this app encourages dialogue between kids and parents. It makes is easy to seize those daily 'teachable moments'.



DAY BY DAY

SAVE THE CHILDREN DEVELOPER

Day by Day is a fun and interactive app that gives you every day activities to help your child learn and grow!

Day by Day is broken down in to two key age brackets; 0-18 months and 18 – 36 months, so you are learning activities for the specific age of your child. You can also create your own user experience as you design the look and feel of you as the parent or caregiver and your child based on their age. Head in to the Day by Day house and select rooms within the house to learn new skills. As you enter each room you will see different areas to develop simple techniques to teach your child. They will love to look at the activities in the app with you!



FOCUS ARTICLE: Its science: Having a routine helps your family be happier



In the chaos of modern stress, life with young children can easily drift into a haphazard crazy survival mode. Dinners, activities and bedtimes start to resemble a fly-by-the-seat-of-your-pants style rather than an intentional one. However, science shows that routines and rituals can be one of the most important contributors to a joyful and connected family.

Research suggests that family routines are related to parenting competence, child adjustment and marital satisfaction. Studies have found that routines can also promote children's language acquisition, academic skills, social skills and emotional bonds with their parents.

Here are four ways routines reduce power struggles, calm stressful circumstances, and promote humour, stability, and closeness among families:

1. Routines invite cooperation Laura Markham of Aha Parenting notes that having set routines helps prevent kids from feeling "pushed or bossed around" because they know the activity "is just what we do at this time of day." Knowing what to expect helps them develop a sense of mastery and helps them be less oppositional, more cooperative and more independent. One way to develop routines is with when/then wording. For example, "When you have your pyjamas on, then we can read a book." To drastically reduce daily power struggles, set up expectations such as:

- "All homework must be done before an electronic device is turned on."
- "You must be dressed for school before you have breakfast."
- "Your room needs to be clean before you go out on Friday night."

The alternative—arbitrary amounts of T.V. time, random bedtimes, inconsistent responsibilities, haphazard dinners, or a jumbled order of activities—Markham argues, invites conflicts.

2. Routines offer safety, comfort and ease to the day Knowing what to expect and when to expect it helps kids feel safe and move through their days with greater ease.

For example, research suggests that children with regular bedtime routines tend to sleep better and longer. Elizabeth Pantley, author of *The No-Cry Sleep Solution*, details how being absolutely consistent about a baby's bedtime routine—such as bath, book, turning the same light on, singing the same lullaby, playing same white noise, and giving the same pacifier and lovey—in the same order every day "cues" a baby that it's bedtime, provides comfort and helps him or her fall asleep easier. Having a set routine for after-school or weekends also helps kids relax and cooperate.

3. Routines act as a "stability anchor" and relieve stress The comfort and predictability stemming from routines acts as a "stability anchor," according to research. It helps both parents and children relieve stress, reinforces emotional calm, and decreases anxiety. Routines also help comfort children in unfamiliar or tough circumstances. For example, if your child loves listening to you read a bedtime story before lights go out, doing so may help her sleep when she's in a different environment. In an early childhood setting, a routine can be developed between a parent and child or a teacher and child to ease separations. According to Steinglass and colleagues, family stress is often first noted by the disruption of family routines. However, if routines are maintained under potentially vulnerable conditions such as divorce or financial strain, families are able to adapt better to change. Routines can also help family members stay connected despite interpersonal conflicts.

4. Routines are made better with rituals, which ingrain sweet memories Adding rituals to routines makes them even more powerful. Rituals can be defined as "the sweetness, fun, or warmth that accompany routines." They are "acts that provide extra meaning, communicate 'this is who we are' (as a family), build family ties, offer a sense of belonging, and help build love and connection." A ritual can be a crazy handshake, a special song at bath time, or the way you always wink at your daughter and say the same thing each time you drop her off at school. It may be things that no one but your family understands—code words, inside jokes, a way you celebrate a holiday together, or your own rules for sports games. These repetitive, fun or creative behaviours strengthen family ties.

Source: Motherly. (2018, June 17). It's science: Having a routine helps your family be happier. Retrieved from <https://www.essentialparent.com/lesson/how-to-help-your-child-develop-a-growth-mindset-rather-than-a-fixed-mindset-2284/>

TIME TO RHYME

Nursery rhymes might seem like a silly, unproductive pastime, but volumes of empirical evidence suggest that they are actually invaluable pedagogical tools for small children. Rhymes help develop the memory, language skills, and reading skills in a way that slips in under kids' radars because, above all else, rhymes are just plain fun.

Reciting nursery rhymes is an excellent bonding activity, whether for a group of children or for parents and children. Memorizing and reciting nursery rhymes encourages self-expression and builds confidence because rhymes are so easy to learn. So the activity is simple, you don't need any equipment and it can be done anywhere, anytime.



Source: Learning Lift Off (2018, June 15). Take time to rhyme. Retrieved from <https://www.learningliftoff.com/take-the-time-to-rhyme-how-rhyming-benefits-early-education/>

Fun with
LITERACY



HEALTH & SAFETY: Sneeze into your elbow not your hand. Please.



When you feel a sneeze or a cough coming on, covering your mouth prevents the spread of infectious germs. You probably knew that. But the way you cover up also matters, and there are plenty of people who haven't yet heard the consensus guidance of health officials: If no tissue is available, you should aim into your elbow, not your hand. Even if that means breaking a long-held habit.

Germs are most commonly spread by the respiratory droplets emitted from sneezing and coughing. When they land on your hands, they're transmitted to things like doorknobs, elevator buttons and other surfaces the people around you are likely to also touch.

Cough and sneeze etiquette refers to simple hygiene practices everybody can take to prevent passing on respiratory infections like cold and flu to other people.

Hand Hygiene Australia director Professor Lindsay Grayson said people must learn to cough and sneeze into their elbow simply because it reduces potentially deadly influenza spreading.

"Sneezing or coughing into your elbow should be considered the new good etiquette. It's better than into hand or snotty handkerchief," he said.

Sneezing into your elbow or a clean tissue breaks the chain of transmission and you must wash your hands properly and regularly. You should sing Happy Birthday twice over while washing your hands with hot water and soap, a quick squirt of cold water will not do it.

Mythbusters explored the best way to sneeze to limit the spreading of

germs. Sneezing into a tissue or into your elbow prove the most effective methods. Go to ed.ted.com/on/2rST1A0d to see the Mythbusters experiment.

Not to be sniffed at

- A single sneeze produces more than 40,000 droplets of moisture and millions of germs, propelled over a distance of 32ft
- The fastest recorded sneeze was 103.6mph. The average speed is between 80mph and 100mph
- The longest recorded sneezing fit lasted 978 days

Source: The Sydney Morning Herald (2018, June 18). Do you use your hands to cover a cough or sneeze? You're doing it all wrong. Retrieved from <https://www.smh.com.au/healthcare/do-you-use-your-hands-to-cover-a-cough-or-sneeze-youre-doing-it-all-wrong-20170908-gydem6.html>



Sustainability CORNER

Trees combat climate change, clean the air, provide oxygen, conserve energy, save water, prevent pollution and erosion, provide habitats, shelter and food, heal, reduce violence, mark seasons and create economic opportunities. They are teachers and friends, bring diverse groups together, add unity...it is an endless list. Trees are vital to the future of our planet.

There are so many fun ways to learn about trees for kids. Try these appreciation activities to teach your children more.

1. **Go on a tree hunt:** How many different types of trees can you find?
2. **Explore the texture of bark:** Take magnifying glasses on a walk and take a closer look.
3. **Lay a sheet and shake a tree:** Lay a white sheet below the branches of a tree and shake. Investigate what has fallen from the tree. Bugs, leaves, bark, sticks, seeds?
4. **Leaves:** Go on a walk and collect a range of fallen leaves, take a closer look when you get home. Are they all the same? What makes them different?
5. **How old is a tree:** The thickness of a tree provides a rough estimation of how old a tree is. Next time you are in a park find 3 different trees and order them by age.

Source: Tree activities for kids (2018, June 17). Healthy Teeth. Retrieved from <https://www.fantasticfunandlearning.com/tree-activities-for-kids.html>



Free Positive Parenting Program



Do you sometimes find you have questions about your child's behaviour and development and not quite sure where to turn

→ Positive Parenting (Triple P) teaches simple and practical strategies to confidently tackle parenting challenges

→ aimed for parents of children aged between 3 and 12

Please join us for three FREE sessions where we will discuss and learn strategies relating to:

- Positive Parenting
- Raising confident and competent children
- Raising Resilient Children

Light refreshments and crèche will be provided

When:

Mondays 9.30-11.30am;
23 July, 30 July, 6 August 2018

Where: Yankalilla YOSHC
206 Main South Rd,
Yankalilla

To book: David; 8555 2509
Or David.Hammond2@sa.gov.au
or Tia; 8558 2387

Everyone is welcome to join us for these engaging and informative sessions, however bookings are essential

Feedback 
is always welcome

YANKALILLA COMMUNITY CHILDREN'S CENTRE GOVERNING COUNCIL NEWS

Backyard

Handover for stage 2 is scheduled to take place on Wednesday 18th July.

Fundraising

YCCC will be hosting the sausage sizzle at Seaford Bunnings on Saturday 18th August. Please place your name on the roster if you can spare an hour or two.

Bins

YCCC "skip bin" will be collected fortnightly to cater for the reduction in "council bin" pick-ups.

PRESCHOOL STAFFING UPDATE

Preschool staffing for terms 3 and 4 will be:

MONDAYS: Derek, Bec and Lucinda – odd weeks
: Derek, Bec and Amanda – even weeks

TUESDAYS: Derek, Bec and Lucinda

WEDNESDAYS: Derek, Tleah and Lucinda

THURSDAYS: Derek, Tleah and Lucinda

CARPARKING FOR PRESCHOOL FAMILIES

Yankalilla Area School has given permission for preschool families to park in the "YOSHC" carpark when they drop off and/or pick up their children from preschool.

CLASS DoJo

Please check your child's message pocket for their unique code to connect to the Dojo App.



5 Minute MOVES

Stuck in the mud

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

'Stuck in the mud' is a fun school yard game that kids love. It burns a lot of energy as you run around and move between levels.

When "it" tags someone, she is stuck in the mud and can't move. To get unstuck, someone else has to crawl through her legs. To make it harder, you can add this twist. If a player touches the stuck player's legs when crawling through them, then they are stuck too.

