

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life." – John Lennon

JUNE
2021

ON *this* MONTH

AROUND THE COUNTRY

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HELLO everyone well winter has really settled in and as I write this newsletter I am enjoying being snuggled up in the warm at home with a nice cup of hot chocolate.

Our new verandah is progressing well and while the builders have had to extend their expected completion date it is now close to finished. We are looking forward when the Joey and Kindy children will have use of it for the rest of winter.

Our new kitchens have been held up and will now be installed in the September school holidays. We are really looking forward to having kitchens with draws that close!

Welcome to Amanda who has joined us as a new relief staff member. Amanda has prior experience working in a small country integrated centre so we feel very lucky to have her, please make her feel welcome. We recently had an observation day carried out by our Education Director Ann Prime and Early Childhood Leader Kell Grear and **I am pleased to report that we received positive verbal feedback** about how we are working towards improving the children's oral language through sustained shared thinking. We have been undertaking a lot of critical reflection to improve our practices and support the children in their oral language through levels of questioning. Please feel free to have a read of our Quality Improvement Plan (QIP) in the front foyer under the sign in iPad's about our goals for this year.

Congratulations to Liza who recently won the position of Assistant Director and will be responsible for running the centre in my absence and rosters. Liza has proven herself to be a great asset to the centre and we feel this will be a step forward in our vision to make the centre a more professional organisation. **I am on long service leave** as of Week 10 28/6 and will be back as term 3 Tuesday 20/7. Liza will in charge of child care, Derek and Adele will be in charge of kindy in my absence.

Thanks Bec





WORLD ENVIRONMENT DAY – JUNE 5

World Environment Day 2021 calls for urgent action to revive our damaged ecosystems. From forests to peatlands to coasts, we all depend on healthy ecosystems for our survival. **REIMAGINE. RECREATE. RESTORE.** This is our moment. We cannot turn back time.

But we can grow trees, green our cities, rewild our gardens, change our diets and clean up rivers and coasts. We are the generation that can make peace with nature. Let's get active, not anxious. Let's be bold, not timid. **Join #GenerationRestoration**

NATIONAL REFUGEE WEEK – JUNE 20-26

The 2021 Refugee Week theme is *Unity – The way forward*. The volatility of life in recent times has shown us unequivocally that we need to work together often merely to survive, let alone to thrive and progress. Let's take the opportunity to start afresh and rebuild our lives together. **Find out more.**

FAMILY FAVOURITE SAN CHOY BOW



PREP 5 min | COOK 10 min | SERVES 4

San Choy Bow is a delicious classic Chinese meal! It is quick and perfect for week nights. Place a big bowl of your meat mix on the table with empty lettuce leaves and let the kids make their own wraps.

INGREDIENTS

- 500g chicken mince
- 3 cloves garlic, minced
- 1/4 cup soy or tamari sauce
- 1/4 cup honey
- 1 tsp sesame oil
- 2 tbsp sesame seeds
- 2x spring onions, thinly sliced
- 1x lettuce (iceberg, butter or cos)

METHOD:

In a frypan, heat the sesame oil and add the chicken mince. Stir until browned and add the garlic, tamari and honey. Stir until the sauce reduces and the chicken starts to caramelise. Serve with the lettuce cups, sliced spring onion, coriander, sesame seeds and fresh chilli

Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at jokatenuitrition.com

App reviews

A few apps for the adults. Think clearer, feel better, smile more.



ZEN STUDIO MEDITATION FOR KIDS

EDOKI ACADEMY | FREE (\$4.49 to unlock all features)

Zen studio is a unique geometric finger-painting app designed to help children relax and focus. It may be the simplest painting app ever published! Tap once for a new canvas, tap again to pick a colour, and then draw with your finger. What's more, a calm, soothing music algorithm accompanies every swipe of a finger making it a very zen experience!

ANIMAL NOAH'S ARK ANIMALIBRIUM

GIULIA OLIVARES | FREE

A tiny little boat, many animals and ... A delicate balance! Splash into a sea of fun! You are Noah. Help get the animals on the ark, balance them on board, and bring them to safety, or freely explore the world to discover the hidden characters

EGGY PHONICS 1

BLAKE ELEARNING | \$2.99

Making Phonics fun and reward with 20 interactive levels that use a multisensory approach to learning. Phonics is an essential part of learning to read and Eggy Phonics 1 makes phonics fun and rewarding. This app focuses on the first 100 short-vowel words, such as cat, dog and bus. Once your child finishes Eggy Phonics 1 you can move onto 2 and 3.



FOCUS: 6 important tools to raise body positive children

In prior decades, body image issues usually didn't hit the scene until kids reached adolescence. But thanks to social media, and our culture's relentless pursuit of thinness, we now have to find creative ways to teach young children how to develop healthy body images.

Before I dive into some practical tips to help kids improve body image, I want to first diminish any shame that you might be feeling if you have body issues of your own. It's so important to remember that you downloaded every internal message from somewhere else. Of course, it's critical to work on your own issues, but it's also important to know it is *not* your fault that you developed them in the first place! So, whether you are struggling with your own body image, or you love your body, here are some tools to help your child feel better about the precious body he or she lives in.

1. Break the spell How do you know if your child has a bad body image? Perhaps they've begun making negative comments about their size or shape. Maybe they are comparing their body to others. Maybe they are avoiding foods or activities they once enjoyed because they feel uncomfortable about their body. Often the most common response a parent has is to reassure their child that they are "fine," or "beautiful" or "perfect." And while there is certainly nothing wrong with some reassurance, it simply may not be enough to overpower the cultural messages kids are surrounded by. Reassure them that they are perfect just the way they are.

2. Unkind mind, kind mind and quiet mind This little menu of options encourages kids to identify and differentiate between three different thinking states within themselves. I refer to them as "mind moods." Try teaching your child about these three states of mind and brainstorming examples of each. For example, unkind mind = "I hate my thighs." Kind mind = "I love singing." Quiet mind = Peacefully resting or playing. This will raise their awareness of their thoughts and help them to choose their mind moods more consciously. As they learn to turn up the volume of their kind minds and spend more time in their quiet minds, they begin to feel more present and peaceful. Once you have helped your child identify their unkind mind as a distinct voice, they can then try on some different responses and see which ones help bring them some relief. Try asking them to write or say all the messages their unkind mind is saying and practicing using strong, soft, silly or silent responses. Kids can learn that their unkind mind is not all of who they are, and that it doesn't have to run the show.

3. Get to the root This concept helps kids discover what triggers their body dissatisfaction. You can help your child by asking

questions or taking guesses about what might have started their bad body image. For example, I helped one 7-year-old get to the root of her body obsession by noticing it started when there was a death in her family. Right around that time, her best friend started talking about dieting, so she latched onto food obsession as a distracting coping tool. Once we uncovered this, she was able to learn about healthy grieving and truly healthy eating (as opposed to what the diet culture deems as healthy—which can actually be *unhealthy*).

4. Mind movies vs. really real Try asking your child to show you some things around them that are real (i.e., things they can see, touch or hear). Then ask them if they can show you one single thought in their minds. You can playfully challenge them to take a thought out of their head and show it to you or fold it up and put it in their pocket. This tool teaches kids how to be more present. Of course, they might use their imagination to do this, but with some finesse, you can teach your child to distinguish between the *mind movies* that cause them stress and the *really real* things around them. This is an immensely helpful tool that will not only help them with body image (since body image is one long *mind movie*) but will also improve the quality of their lives in-general.

5. Dog talk and cat chat Many kids cannot relate to the concept of being kind to themselves but ask a child how they feel about their favourite pet, and a doorway to their compassion, kindness and unconditional acceptance opens. For non-pet lovers, you can ask your child to imagine how they would speak to a baby or their best friend. *Dog talk and cat chat* can help teach youngsters how to take the loving words and tones they use toward a beloved pet and direct these sentiments toward themselves and their bodies.

6. Do an internal upgrade In addition to helping your child combat the messages they receive out in the world, you can also work on the messages they get in your home. Again, if you struggle with body image, it is not your fault, but you can work on healing—and not only will you feel more peace, but your child will benefit as well.

Wachter, Andrea (2019, December9). Mobile. Retrieved from <https://www.mother.ly/child/how-to-raise-kids-with-a-positive-body-image>

FIND A STORY

Give your child a small bucket, basket or bag and ask them to wander around the house and/or yard and collect a few items. At first the items will be random however, they will likely become more organised as your child becomes familiar with the activity.

Go through the collected items, ask your child to tell you what they have found. At first you are going to have to use 'your' imagination and guide and structure the story. Your child will take over once they become comfortable and familiar with the activity.

For example: Set the scene "It was a sunny morning and" ...select an item continue the story, ask your child what happened next...They will see the items they have selected as so much more than what they actually are. A Lego block is a mountain, a water trough, a trophy. Enjoy their incredible imagination.



HEALTH & SAFETY: 5, 4, 3, 2, 1 Grounding Technique

Whether someone is having a panic attack, experiencing a high level of anxiety or is struggling to fall asleep, finding a way to ease the mind and return to a place of calmness and clarity can be extremely difficult to achieve. That's why mindfulness/grounding techniques are so important, because they can help someone achieve just that - no matter their current mental state.

The 5,4,3,2,1 technique is a simple, yet powerful grounding technique, bringing quick relief by forcing you to be mindful of the environment around you. In order to recommend this technique to someone in your life, we feel it is important you give it a try yourself first. This way you will not only experience first-hand its effects, but you can feel more confident explaining it to someone else.

Now start by, identifying five things that you see. This does not have to be large objects. The smaller and more specific you can be the better.

Found them? Great! Now identify four things that you can touch. Once again, be as detailed as you can. Identify the texture of this object, the temperature, whether it's wet or dry.

Starting to feel slightly more grounded? Let's keep going! Now, we would like you to identify three things that you can hear. This can be external sounds like birds chirping or cars driving by. Or, this can be internal sounds, like your stomach rumbling or the sound of your breath.

Almost there! Time to identify two things that you can smell.

Alright, last one. Identify one thing you can taste. What was the last thing you ate or drank? Can you taste it? Is it sour/sweet, bitter/tart? Be specific.

Now this technique is most effective when repeated several times. We recommend a minimum of 3 repetitions, but sometimes it may take 5 or more; it simply depends on the person/situation. Please note that the exercise can also be adjusted as needed. For example, if someone is struggling to sleep and don't want to turn on the lights, they can simply identify more things from the other senses and skip over vision.



What if your child is finding this activity difficult and can't hear, feel or smell enough things?

We have two ways out of this: you can ask your child to name favourite things (e.g. "name 2 smells you like" instead of "name 2 things you can smell") or provide the sensory input for them for example

FEEL / TOUCH – Ask your child to close their eyes and focus on what they are feeling. You may softly blow a bit of air on their face, apply soft pressure on one arm or run a finger through their hand to slightly tickle them.

HEAR- Open a window so if the house doesn't provide enough inputs, you may hear birds, a dog barking or cars.

SMELL- Instead of asking your child to imagine a smell, why not provide that pleasant experience with a smell of an essential oil, a flower, some hand cream or a spice bottles from the kitchen cabinet.

TASTE – This can be as simple as giving them a drink of water, or a fingertip of salt, honey, lemon juice.

This is just one grounding technique, if you find this one isn't working try another. Here is a list of **10 great ones**

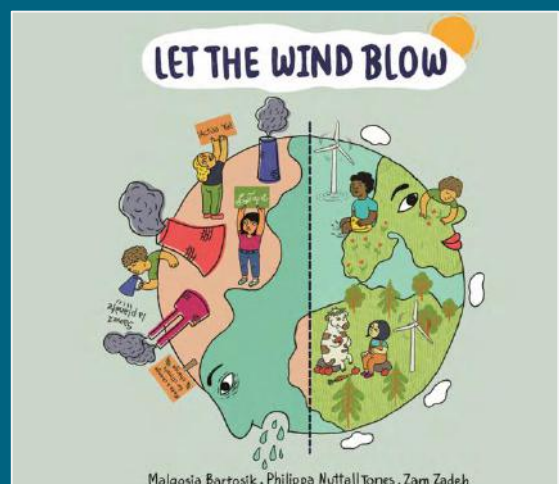
Camskids (2021). *5,4,3,2,1 Grounding Technique* retrieved from <https://www.camskids.com/supportresources/54321-grounding-technique/>

Sustainability CORNER

LET THE WIND BLOW

Global Wind Day is a worldwide event that occurs annually on 15 June! It is a day for discovering wind energy, its power and the possibilities it holds to reshape our energy systems.

'Let The Wind Blow' By Malgosia Bartosik, Philippa Nuttall Jones and Zam Zadeh was inspired by a conversation between two mums (a Polish wind advocate and a British journalist) and a talented young Iranian artist. It is a comic book that tells the story of how renewable energies like wind will help lead the transformation to a cleaner, healthier world for everyone. You can download the book at <http://www.letthewindblow.org/>. Read and discover why making the move to clean energy is so important for the health of our world.





Cultural Diversity

Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.

Ways we share cultural diversity

Sing and tell stories together. We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.

Invite families to share Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.

Use a range of media to share, learn and challenge stereotypes and discrimination.

IF THE WORLD WERE 100 PEOPLE

50 would be female | 50 would be male

26 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:

60 Asians

15 Africans

14 people from the Americas

11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

National Quality Framework | Quality Area 6:
Collaborative partnerships with families and communities

Governing Council News

The Governing Council and Management Committee have been meeting each month working together to ensure the smooth running of the centre. Recently they have been looking at the annual review of policies and as you have been recently informed there has been changes made to the fees policy.

The committee has also been involved in the veranda and kitchen development and ensuring that we have funds to progress these two important tasks.

Closing and Opening Dates 2021/2022

We will be closing on
Thursday 23rd
December 6:00pm and
we reopening on
Monday 10th January at
7:30am
No fees will be charged
during the closure



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.