

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 PH.D

# Roxby Downs Kindergarten



Artist's impression of the new kindy/community space

## What's Happening

- Blue group returns ----- 15<sup>th</sup>
- Red group returns ----- 18<sup>th</sup>
- 2019 kindy enrolment session 1pm-----24<sup>th</sup>
- 2019 kindy enrolment session 6pm-----25<sup>th</sup>
- CAFHS 4 year old checks-----25<sup>th</sup>
- Governing Council 7pm-----29<sup>th</sup>

### AROUND THE COUNTRY

- World Space Week ----- 4-10<sup>th</sup>
- World Animal Day ----- 4<sup>th</sup>
- World Smile Day ----- 5<sup>th</sup>
- World Teachers Day ----- 5<sup>th</sup>
- National Nutritional Week ----- 14 - 20<sup>th</sup>
- World Food Day ----- 8<sup>th</sup>
- Loud Shirt Day ----- 16<sup>th</sup>
- Children's Week ----- 19-28<sup>th</sup>
- Aussie Backyard Bird Count ----- 22-28<sup>th</sup>

Welcome to spring! Soon the warmer weather will be here and the children will be engaging in a lot of messy/sensory experiences. This means they will need at least one change of clothes in their bags and must wear a hat outside. The building of the Children's Centre continues to progress. We are being told the kindy building will be ready mid-November, but given delays we aren't anticipating moving until late November (if we are lucky!). When we move, the child care centre will move in with us while the old kindy and child care building is renovated. The children have been enjoying watching the building works and having conversations with the tradies and with each other about what is happening. It is a very exciting time and it is being documented in a floorbook to become an historical document. Term 4 is exciting for the children that will be transitioning from kindy to school. All the orientation visits will be taking place during week 6 (to RDAS and St Barbs) – more information to come closer to that time. We also have kindy graduations during week 8 on your child's last day at kindy. Please diarise the dates and times so you can be there for this special occasion. Blue group – Tuesday 4<sup>th</sup> December at 2.15pm Red group – Friday 7<sup>th</sup> December at 1pm. We finish with shared food – please provide a savoury plate if you have a girl, and a plate of sweet food if you have a boy. If you are planning on buying gifts for staff, we would ask that you think about a plant or a book or something that can become part of the kindy environment. See you back at kindy for a very busy term 4.





**CHILDREN'S WEEK – OCT 19 TO 28**

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. Join thousands of children and families around the country and get

involved in activities happening near you. Find out more at [www.childrensweek.org.au](http://www.childrensweek.org.au)

**WORLD TEACHER'S DAY – OCT 5**

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Celebrated in more than 100 countries worldwide, World Teachers' Day was established by the UNESCO IN 1994. It is a day on which students, parents and community members can demonstrate their appreciation for the contributions that teachers have made to their community. [en.unesco.org](http://en.unesco.org)



**ELEVEN VEG SHEPHERD'S PIE**

PREP 30 min | COOK 30-40 min | MAKES 6

**INGREDIENTS**

- 1 sweet potato (350g), peeled and chopped
- 1 cup pumpkin, peeled and chopped
- 2 tbsp. extra virgin olive oil
- 1 medium onion, finely chopped
- 1 tbsp. mild curry powder (can use gluten-free if required)
- 1 tsp turmeric
- 1 bay leaf
- 500g lamb or pork mince
- 1 cup green beans chopped + 1 cup frozen peas and corn
- 1 carrot, diced
- 1 cup broccoli, cut into florets 1/2 zucchini, diced
- 1 cup cauliflower, diced
- 810g tin of chopped tomatoes
- 400g tin of lentils, rinsed and drained

**METHOD:**

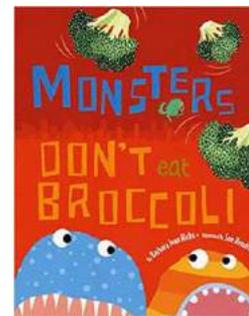
1. Preheat oven to 180°C. Steam sweet potato and pumpkin until soft (about 10–15 minutes). Transfer to a bowl, add 1 tbsp. of extra virgin olive oil, then mash. Set aside and keep warm.
  2. Add remaining extra virgin olive oil to a large saucepan placed over medium-high heat. Add onion, curry powder and turmeric. Cook for 3–4 minutes, until soft. Add bay leaf and mince; cook until just browned.
  3. Add beans, peas, corn, carrot, broccoli, zucchini and cauliflower. Lightly sauté for 5 minutes. Add tinned tomatoes and bring to a simmer.
  4. Stir through lentils and simmer until warmed through.
- Transfer mixture to a large casserole dish and top with mash. Bake for 30–40 minutes.

*Enjoy x Remember to always supervise kids in the kitchen.*

Source: Recipe and images belong to [tryfor5.org.au](http://tryfor5.org.au)



An app for learning and one for saving precious memories!

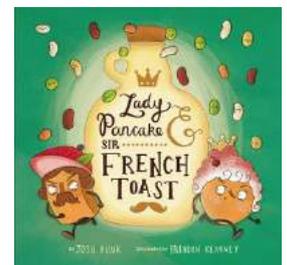


**MONSTERS DON'T EAT BROCCOLI**  
BARBARA JEAN HICKS

*What "do" monsters eat? The waitress in this restaurant just doesn't have a clue. Monsters don't eat broccoli. How could she think we do?*

In this rollicking picture book written by Barbara Jean Hicks and illustrated by Sue Hendra, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all. This hilarious book will have youngsters laughing out loud and craving healthy monster snacks of their own.

**LADY PANCAKE SIR AND FRENCH TOAST**  
JOSH FUNK



*Lady Pancake and Sir French Toast have a beautiful friendship—until they discover that there's ONLY ONE DROP of maple syrup left.*

Off they go, racing past the Orange Juice Fountain, skiing through Sauerkraut Peak, and reeling down the linguini. But who will enjoy the sweet taste of victory? And could working together be better than tearing each other apart? The action-packed rhyme makes for an adrenaline-filled breakfast ...even without a drop of coffee!



# FOCUS ARTICLE: The Newest Parenting Skill: Self-Compassion



The work of parenting involves caring for and meeting the needs of another human being 24 hours a day, seven days a week. And like all demanding professions, burnout is a hazard of the job. That's why parenting magazines and well-intentioned friends recommend taking care of yourself in order to be a better parent – the old, “put the oxygen mask on yourself before assisting others” line.

It's good advice, but easier said than done. “Pamper yourself. Plan downtime. Exercise. Make a date night.” Suggestions like these have two big problems: First, you need free time (which is always hard to come by), and these ideas are really only helpful to you when you're away from your child. Sometimes you need taking care of in the moment and the answer may be practising self-compassion.

**What is self-compassion?** We are all used to working on our self-esteem by asking ourselves, “Am I being a good parent or a bad parent?” The problem is that having high self-esteem is contingent upon experiencing success. If we don't meet our own standards, we feel terrible about ourselves. Self-compassion, in contrast, is not a way of judging ourselves positively or negatively. It is a way of relating to ourselves kindly and embracing ourselves as we are, flaws and all.

**There are three core components of self-compassion:**

**Treating ourselves with kindness:** When we fail to meet our own standards, we are often much harsher and more cruel to ourselves than we ever would be to a friend, or even someone we don't like very much. Self-compassion reverses that pattern.

In moments of difficulty or when making mistakes (especially when making mistakes), you treat yourself as you would treat a good friend in the same situation – with encouragement, sympathy, patience, and gentleness.

**Recognizing our common humanity:** When something goes wrong, we often view it as abnormal. “I shouldn't have taken so long to get ready in the morning, making my daughter late for school. Parents like Karen are always on time.” You end up feeling isolated in your suffering when, in fact, our imperfections are exactly what connect us all. Self-esteem prompts us to ask, “How am I different than others?” Self-compassion involves wondering, “How am I the same?” And the answer is that we are all imperfect. There are probably many moments when Karen makes a mistake or gets things wrong, and that's what makes you both humans and mums.

**Being mindful:** In order to be compassionate to ourselves, we need to be able to recognize that we are suffering. Paying attention to how we talk to ourselves and treat ourselves in challenging moments lets us see that we are hurting and that we need to give ourselves love, too. Think of all the self-inflicted turmoil and stress we cause by constantly criticizing our imperfections: “I'm such a slob and the house looks like a pigsty.” or “I'm too bad at math to help my son with his homework.” Once we notice and become aware of how painful and counterproductive these self-attacks are, we can take another approach - being kind and supportive to ourselves when we don't meet our parenting ideals.

To read the article in its entirety go to the link below. Source: Neff, Kristin (2018, October 19). The Newest Parenting Skill: Self-Compassion Retrieved from <https://www.seleni.org/advice-support/2018/3/21/the-newest-parenting-skill-self-compassion>



## WHICH IS THE BIGGEST?

This is an activity that doesn't need to be planned or scheduled. Take advantage of learning opportunities and ask your child “Which is the biggest?”

**Toddler:** Keep it simple; maybe you are putting away the cutlery. Ask: Which spoon is the biggest? Your daughter is playing with some blocks, build two towers and ask, “Which is biggest?”

**Pre-schooler:** Ask your child to identify the largest number, the word with the most letters or perhaps the container with the most volume.



Expand the concept: Which is the smallest, widest, longest, tallest etc. Building your child's numeracy vocabulary in a real world environment to help them make connections later.



# HEALTH & SAFETY: Fussy Eating



Many children are fussy eaters. Fussy eating is normal, but it can be hard to handle. Most of the time fussy eating isn't about food – it's often about children wanting to be independent. Here are some ideas that might help if you have fussy eaters in the family.

### About fussy eating and fussy eaters:

It's normal for children to be fussy eaters – that is, to not like the shape, colour or texture of particular foods. It's also normal for children to like something one day but dislike it the next, to refuse new foods, and to eat more or less from day to day. This all happens because fussy eating is part of children's development. It's a way of exploring their environment and asserting their independence. And it's also because their appetites go up and down depending on how much they're growing and how active they are. The good news is that children are likely to get less fussy as they get older. One day your child will probably eat and enjoy a whole range of different foods.

**How to handle fussy eaters: make mealtimes pleasant:** Our child's willingness to try food will depend partly on the eating environment. Pleasant, low-stress mealtimes can help. Here are some tips:

- Make mealtimes happy, regular and social occasions. Try not to worry about spilled drinks or food on the floor.
- Have realistic expectations – for example, you can start by asking your child to lick a piece of food, and work up to trying a mouthful over time. And praise your child for any small effort to try a new food.
- Never force your child to try a food. He'll have lots of other opportunities to try new foods.
- If your child is fussing about food, ignore it as much as you can. Giving fussy eating lots of attention can sometimes encourage children to keep behaving this way.
- Make healthy foods fun – for example, cut sandwiches into interesting shapes, or let your child help prepare a salad or whisk eggs for an omelette.

- Turn the TV off so your family members can talk to each other instead.
- Set a time limit of about 20 minutes for meals. Anything that goes on too long isn't fun. If your child hasn't eaten the food in this time, take it away and don't offer your child more food until the next planned meal or snack time.

*Sometimes toddlers are too distracted to sit at the family table for a meal. If this sounds like your child, **try having quiet time before meals** so she can calm down before eating. Even the ritual of hand-washing can help.*

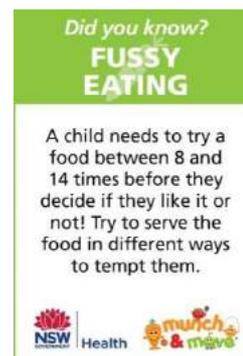
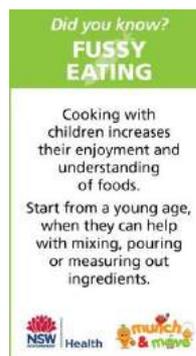
**Giving fussy eaters independence with food:** It can be a good idea to support your child's need for independence when it comes to food. It's up to you to provide healthy food options for your child. And it's up to your child to decide how much he'll eat! You could also try letting your child make choices within a range of healthy foods. Just limit the options to two or three things, so your child doesn't get too confused or overwhelmed to eat.

**Fussy eating facts:** These facts can help you understand why children sometimes fuss about their food:

- Children's appetites are affected by their growth cycles. Even babies have changing appetites. At 1-6 years, it's common for children to be really hungry one day and picky the next.
- Children have different taste preferences from grown-ups.
- Life is too exciting for children sometimes, and they're too busy exploring the world around them to spend time eating.
- Children learn by testing the boundaries of acceptable behaviour. They can be very strong willed when it comes to making decisions about food (to eat or not to eat, and what to eat). It's all part of their social, intellectual and emotional development.

To read this article in full, follow the link below.

Source: Raising Children's Network (2018, October 15). Fussy Eating. Retrieved from [http://raisingchildren.net.au/articles/fussy\\_eating.html](http://raisingchildren.net.au/articles/fussy_eating.html)



## Sustainability CORNER

### SUSTAINABILITY IN THE ARTS

This year we have been working hard to be sustainable in all areas of the kindy. During our bin audit last year the craft area was producing a lot of our rubbish. This year you may have noticed we promote the use of a lot of natural and recycled items in our craft area. The children have contributed to the collection of these items which include

recyclables from their lunches and natural materials from our yard and walks.

Throughout the year we have been observing how the children use and interact with these materials. The children have impressed us with their creative use of materials, finding new ways to use and join all sorts of materials for a variety of creations.

We are glad to say our bins are now far less full and lots of beautiful creations are going home to be loved and played with, and then hopefully, recycled.



## What's been happening at kindy ....



Building with the large blocks. We have been building tall towers, houses for animals and bridges. Choosing the blocks you need, balancing the blocks on top of each other and cooperating to make large structures, a lot of learning happening in the block area. Learning Outcome 4: Children are Confident and Involved Learners. Numeracy Indicator: I explore and understand my place and space in the world.



Silk worms: The kindy received some silk worm eggs from another kindy and they hatched last Friday. We have enjoyed watching the caterpillars, they are very small so looking through a magnifying glass can help. The caterpillars need to eat a lot of leaves to grow so we have been picking mulberry leaves for them. They need new leaves every day. We look forward to watching them grow!



Self-portraits are a great way for children to explore their sense of self and build their self-identity. Over the past few weeks the children's observing and drawing skills have been evolving and developing. Their drawings are becoming more refined, this has been particularly evident in their self-portraits. Many children are now including details such as noses, eyelashes and ears. To extend upon this experience we have provided the children with water paints. The children carefully observe themselves in the mirror and select the paint colours they think best represent their own colourings such as eye, skin, lip and hair colours.



At kindy we have been learning all about rhyme. We have discussed similar sounds, nonsense rhyme, read stories that rhyme, listened to rhyming patterns in music and now are engaging in rhyming games. One of the games we have been playing is a rhyming basket game. During this game the children try to match the rhyming pairs together. Another game we have enjoyed playing is a nursery rhyme bingo game where we listen to nursery rhymes on a CD and match the rhyme we hear on a game board



## TECH BILLIONAIRE PARENTING



### Tech Billionaire Parenting

**Viewpoint:**

“Melinda Gates’s children don’t have smartphones and only use a computer in the kitchen. Her husband Bill spends hours in his office reading books while everyone else is refreshing their homepage.”

The most sought-after private school in Silicon Valley, the Waldorf School of the Peninsula, bans electronic devices for the under-11s and teaches the children of eBay, Apple, Uber and Google staff to make go-karts, knit and cook.

Mark Zuckerberg wants his daughters to read Dr Seuss and play outside rather than use Messenger Kids. Steve Jobs strictly limited his children’s use of technology at home.

It’s astonishing if you think about it: the more money you make out of the tech industry, the more you appear to shield your family from its effects.”

- Alice Thomson – The Times

What do you think? Should Silicon Valley parents raising their kid’s tech free be a red flag?



## 5 Minute MOVES

### CHASE THE BUBBLES

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

**EQUIPMENT:** Container of bubbles and a bubble wand.

Children love bubbles so this activity requires minimal effort to get the kids involved. Take turns blowing bubbles in your yard, see you can pop all the bubbles before they float away or pop themselves. It may require some fast feet, some ducking and weaving, and perhaps a slide or two. It is very simple but, with a little wind it might prove to be quite challenging.

**Feedback**   
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

Roxby Downs Kindergarten

Email: dl.6646.roxbykgn@schools.sa.edu.au  
Phone number: 8671 0455

