



## What's Happening

In FEBRUARY 2019

Public Holiday ----- 28<sup>th</sup> Jan  
Blue (Mon/Tue) kindy group starts ----- 29<sup>th</sup> Jan  
Red (Thu/Fr) kindy group starts ----- 31<sup>st</sup> Jan

### AROUND THE COUNTRY

Sustainability Month ----- 1 - 28<sup>th</sup>  
World Wetlands Day ----- 2<sup>nd</sup>  
Chinese New Year ----- 5<sup>th</sup>  
Safer Internet Day ----- 5<sup>th</sup>  
National Apology Day ----- 13<sup>th</sup>  
World Day of Social Justice ----- 20<sup>th</sup>

### Kindy sessions are:

Blue (Monday/Tuesday) 8.30am-3pm  
Red (Thursday/Friday) 8.30am-3pm  
Every second Wednesday 8.30am-12.30pm  
(Blue on odd weeks, Red on even weeks – refer to term planner)

Welcome back to our current families and a very warm welcome to all our new families for 2019. We are very excited to have the first part of the building project completed and up and running. We ask for your patience during this transition phase. The babies are currently occupying what will become the community meeting room/crèche. All the child care children begin their day in the nursery and then disperse to their own rooms. The toddlers are located in the annexe which is part of the Roxbylink Rec Centre and this is accessed via the school side behind the basketball stadium. The pre-kinder room children are with the kindergarten children (when they start back) in the main building.

There are still a number of building elements in our current location that need to be completed which we are expecting to have finished within the next few weeks.

At this stage final completion of the Children's Centre is not expected until late April 2019. We will continue to keep you informed of progress.

We intend holding Open Days to introduce the completed Children's Centre to the community.

We will be transitioning to an electronic sign in/out system over the next few weeks. Staff will be on hand to assist you with this process. Child care will transition first followed by kindergarten. Until the electronic sign/in out system is operational, we will continue to use the paper rolls.

If you have any questions or concerns about any aspect of the Centre please see the Director (Brenda) or Assistant Director (Beth).





KID INVENTORS DAY – 17<sup>TH</sup>

Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens invent gadgets and games each year. These innovations help make our lives

easier, and more fun! Celebrate the ingenuity and value of young brainstormers on KID INVENTORS' DAY! Recognised annually on January 17th, the birth anniversary of Benjamin Franklin, who invented the first swim flippers almost 300 years ago at age 12! Find out more at [kidinventorsday.com](http://kidinventorsday.com)

AUSTRALIA DAY – 26<sup>TH</sup>

Australia Day is a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history. On Australia Day we celebrate all the things we love about Australia: land, sense of fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people. [www.australiaday.org.au](http://www.australiaday.org.au)



PUMPKIN CHOC PANCAKES

PREP 30 min | COOK 10 min | SERVES 4

INGREDIENTS

- 400 grams pumpkin, peeled and diced
- 2 teaspoons cinnamon, ground
- 2 tablespoons olive oil
- 2 1/2 cups self raising flour
- 1 teaspoons baking powder
- 1 1/2 cups milk
- 1 egg
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 3/4 cup dark chocolate chips
- butter, to grease
- to serve; Greek yoghurt, fresh strawberries and maple syrup

**METHOD:** Preheat oven to 180.C. Place the pumpkin on a baking tray, sprinkle with cinnamon, drizzle with oil and toss to coat. Bake for 20-25 minutes or until tender and cooked. Place pumpkin into a food processor and blitz until smooth. Set aside 1 cup of the puree and allow to cool. Place the flour and baking powder into a large mixing bowl and whisk to create a well in the centre. Place the milk, egg, maple syrup and vanilla into a jug and whisk to combine. Pour the wet ingredients into the well of the dry and whisk to create a smooth batter. Add the pumpkin puree and whisk to combine. Fold through the choc chips. Heat a nonstick fry pan to medium heat and brush with butter. Use a 1/4 measuring cup to ladle the batter into the pan, cook for 2-3 minutes or until bubbles appear on the surface, turn and cook for another minute. Repeat with remaining batter, brushing pan with butter in between batches. Serve the still warm pancakes alongside a good dollop of Greek yoghurt, fresh strawberries and a drizzle of maple syrup. Enjoy x

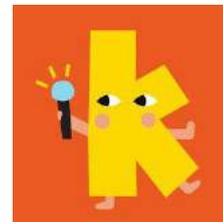
Enjoy x Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)



ROAD TRIP  
BOREDOM BUSTERS  
AND PARENT  
SAVIOURS



**KINDERLING**  
KINDERLING KIDS RADIO

*Kinderling is Australia's most popular kids radio station, playing family-friendly music from Sia to Sesame Street..* Play and download songs and

stories for the kids anytime, and soothe them with sleepy tunes at bed time. Plus there's parenting advice and meditations for grown-ups.

**PETTING ZOO BY**  
**C. NIEMANN**  
FOX & SHEEP GmbH



*From acclaimed author and illustrator Christoph Niemann comes this interactive picture book.*

*Swipe and tap the 21 animals and be surprised at how they react.* This app combines the charm of hand made animations and Niemann's wry humour with state of the art technology. What would an elephant in your bathroom do? Can a dog breakdance? A storybook app unlike all others!



**RORY'S STORY**  
**CUBES**  
ASMDEE DIGITAL

*9 cubes, 54 images, over 10 million combinations and infinite stories. Shake to roll*

*the cubes. Create a story using all 9 face-up images.* Keep all your Rory's Story Cubes® in one place with the app. The ultimate, mobile storytelling game loved by children, parents and grandparents on the go, creative writers, progressive teachers and games masters.



## FOCUS ARTICLE: Handling the highs and lows of toddlers



*Nothing compares to the overwhelming frustration and absolute joy, of parenting a toddler, writes **Megan Blandford**. Independence is the word that describes it all: a toddler is undergoing the change between being a baby who is reliant on their parents, to being a child who can do things on their own. Watching and being a part of this transformation is not just amazing; it's an honour.*

Screaming, hitting, feet stomping, tears, tantrums. The tiredness and frustration have hit once again, but this time it's beyond any of my usual tactics. Distraction, ignoring, calming her down... nothing is working. She's not happy and there's no way around that fact. Not tonight.

We'll laugh about these moments some time in the distant future, and tell our children of the meltdowns they once had. My parents love telling me about the time I was dragged out of the shops, screaming in dramatic desperation: "You don't know how to look after little girls!" Or the time a sibling was in the same situation, calling "Help! Help me!" to a bemused bunch of strangers, while being told off. These are the stories that are told again and again over family dinners.

What we don't hear so much of are the wonderful stories. Because, as much as toddlers can be frustrating and hard work, so too can they be an absolute pleasure. Just last night my two-year-old daughter pulled me close as she was falling asleep and whispered, "I love you, Mummy" in my ear. That was a moment I'll tuck away in my memory forever. And there are so many more times as heart-warming as that. Such as when she's having a tea party with her teddy bear and chatting to him; or quietly singing to herself as I watch unnoticed by her; or the time I asked her what she'd like to do on a particular day and she replied, "Ummm... I'd like to eat

baked beans". Those moments are the ones that make me laugh.

They will try new things without fear, declare themselves clever and beautiful with absolute certainty, and trust adults unconditionally. Tell a toddler you love them, and they'll know for sure that you do. Say something in front of them and they'll trust it's worthy of repeating.

Toddlers are fun. My daughter will splash in any puddle she sees and turn the most mundane task into an exciting adventure. A walk to the shops becomes a hunt for stones and other treasures, and folding the washing is her time to be my helper, rushing busily around the house as she puts things in their rightful place. A sad moment will be turned around within minutes, as she tries to make everyone around her cheerful with a little joke and a big laugh.

Independence is the word that describes it all: a toddler is undergoing the change between being a baby who is reliant on their parents, to being a child who can do things on their own. Watching and being a part of this transformation is not just amazing; it's an honour.

From squeal-worthy good times to crashing lows, toddlers live life with everything they have. They feel things from the very bottom of their souls and try so hard to understand the world around them.

When I see older people – especially women – around the streets and at the shops, I can see that they remember it all. When my toddler has a tantrum in the middle of a shopping centre, these women will often catch my eye with a wry, knowing grin. Equally, though, I notice their faces when they see my daughter and me walking hand in hand, chatting. Their eyes fill with joy, and I can see them thinking back to all those good times.

Because they are good times. No, scrap that – they're great times. Toddlers are amazing, beautiful people who bring so much joy and happiness to the world. The carefree fun, the confidence and the excitement for life; these are qualities to admire.

Tonight, through the screaming, I can still hear the "I love you, Mummy" of the night before. Right now, though, it's all too much for her to handle. And she's allowed to have her moment. After all, don't we all feel like stomping our feet sometimes?

Source: *Motherly* (2018, November 29). Handling the highs... Retrieved from <https://www.childmags.com.au/handling-the-highs-and-lows-of-toddlers/>

### DIY FAMILY 2019 CALENDAR

**YOU NEED:** Month Print outs (you can use Word or Publisher to pre-generate the months for you), 12 pieces of cardboard labelled with each month, markers, crayons, glue, photos, old magazines.

Choose one month to begin with, talk about why this month is special to your family, what season is it apart of or what events happen in this month. You might like to read books about that time of the year. For example for January you may read "Magic Beach" By Alison Lester, and illustrate the January page with activities you do as a family. This could be a painting, a collage of photos or a drawing. It is your family calendar!



Once you have finished decorating all your months compile and bind together.

You don't need to complete every month, straight away. This could be an activity you complete every rainy day until it is finished. At the end of 2019 you will have a beautiful keepsake to look back on.  
[image:sturdyforcommonthings.com](http://image:sturdyforcommonthings.com)



# HEALTH & SAFETY: The Mental Health Benefits of Exercise



How do you feel after a workout? Even when you're purple faced and desperate for a lie-down, you feel pretty pleased with yourself for giving it a go, right? Once the initial breathlessness subsides after a workout, it's common to feel like you have more energy and those troublesome problems might not seem quite so big as before. While they might seem intangible these benefits are as real as – and arguably more important than – the results you see around your waistline.

"A prescription of exercise can help you have a healthy mind," says GP Dr Paul Stillman, from Media Medics. "Exercise stimulates positive endorphins, clears your head and lifts your mood. I think we'll see more and more people prescribed exercise as a mood-booster."

## Healthy body = healthy mind

We're starting to realise just how vital exercise is for our wellbeing, both mental and physical. New research from the Department of Health published in October 2017, reported 12 per cent of cases of depression could be prevented with an hour of exercise each week. Up your workouts to three a week and you could reduce your risk of depression by 30 per cent.

## Can exercise help you handle stress?

Sure thing. A team of neurologists at Stanford Medical School, U.S., studied brain scans and found regular exercisers have more grey matter in the prefrontal cortex, which governs stress-management. But when we feel down, everything can feel overwhelming. Time to crawl into a hole? In fact, the more stressed out you feel, the more you need to look after yourself – and a workout can be the happiest medicine. Research has shown that exercise is clinically proven to stimulate serotonin, your natural feel-good neurotransmitter.

## Does exercise help anxiety?

"Running gives me the headspace to focus on what I'm feeling when my anxiety gets really bad," says Cardiff student Seren Pritchard-Bland, 21, who ran the London Marathon for the mental health charity Heads Together. "I get panic attacks when I'm stressed out, but I find simply getting out of the house with my trainers on makes me feel like I've achieved something positive. Running is therapeutic – it's so much healthier than being alone at home with thoughts spinning around my head."

## Why is exercise such a mood-booster?

"Exercise is fantastic for releasing tension, reducing stress and giving joy," says Hayley Jarvis, programme manager for sport at the mental health charity Mind. "Being active is one of the best things you can do to help yourself bounce back in times of adversity. Getting out of your head and into your body can actually improve your ability to think clearly and break up your racing thoughts."

## Find your mood-boosting workout

If the thought of hauling yourself out of bed to jump around feels as impossible as climbing Everest, start slow. You can always stop if you're not feeling it, but all it takes is a few minutes of low-intensity exercise – even just walking – to trigger the release of pain-relieving endorphins. Every stretch releases tension and every movement makes oxygen flow a little faster. Look out for your tipping point, because the more aware you are of the moment your mood warms up, the better it feels.

## Which workout will make you happy?

*To build friendships...* try team sports like football and netball. "Social connectivity is incredibly important," says Hayley. "When we're struggling we tend to isolate ourselves, but being with other people can motivate you to get out there. Playing team sports is great if you feel lonely."

*To calm your mind...* try yoga, pilates and t'ai chi. Hayley explains: "Exercise that works with your breath is particularly good for improving mindfulness, which can also calm a spinning head and improve your mood."

Source: [thebodycoach.com](https://www.thebodycoach.com) (2018, November 29). The Mental Health Benefits of Exercise Retrieved from [https://www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html?fbclid=IwAR2BvHmw8NQcUUvZOWtUqIXoR40\\_Ie8CLo7dKcJNMxebYTawadhOVnKupPO](https://www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html?fbclid=IwAR2BvHmw8NQcUUvZOWtUqIXoR40_Ie8CLo7dKcJNMxebYTawadhOVnKupPO)



## TAKE 3 FOR THE SEA

**Take 3 pieces of rubbish when you leave the beach, waterway or...anywhere!** Help us reduce global plastic pollution. Plastic pollution is devastating our oceans and killing innocent wildlife. Unless we act, by 2050 there will be more plastic in the ocean than fish (by weight).

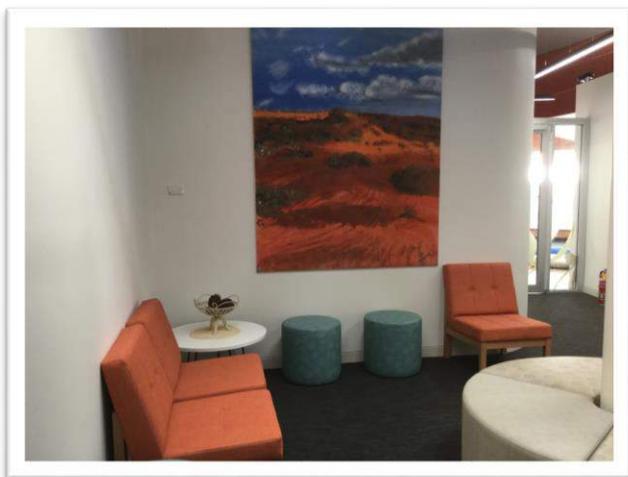
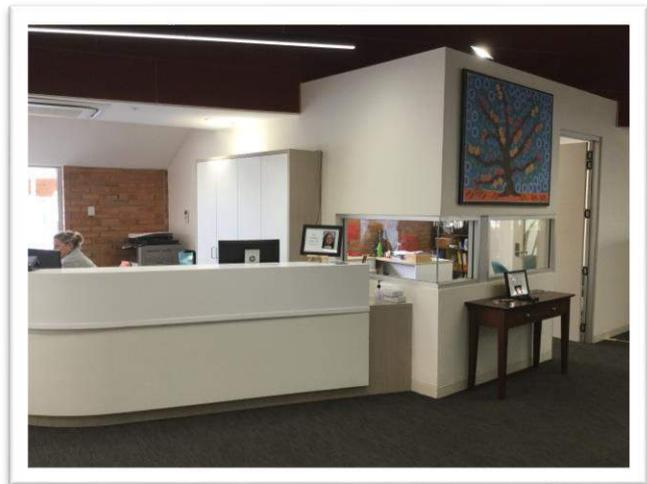
Take 3 is an Australian not-for-profit organisation, founded in 2009 by surfing enthusiast, Amanda Marechal,

marine ecologist, Roberta Dixon-Valk and environmentalist, Tim Silverwood. Take 3 are committed to reducing plastic pollution and promoting the transition to a circular economy through education and participation.

Our message is simple: Take 3 pieces of rubbish with you when you leave the beach, waterway... or anywhere special, and you've made a difference.



## Some photos of our new spaces:



## Feature Article

### READ ALOUD EVERY DAY



Singing, rhyming, and storytelling are part of every culture. By singing and rhyming to your children, you are not only keeping traditions alive, you are teaching your children to articulate words, practice the pitch, volume and rhythm of their native language, and develop the listening and concentration skills essential for brain development and memory.

Music, in addition to supporting all areas of your child's development (intellectual, social and emotional, motor, language, and overall literacy), helps their body and mind work together to learn the sounds and meanings of words in a fun and interactive way.

The repetition of words teaches children to anticipate the rhyming words and this, in turn, prepares them to make predictions when they read!

The power of rhythm and rhyme!

[www.readaloud.org](http://www.readaloud.org)



## MUSIC AND DANCE



If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

**Music and dance engages the brain:** Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

**It helps cultivate communication skills:** Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

**Music and Dance allows kids to express themselves** Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able to put their thoughts into words.

**It helps foster physical skills:** Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

**Music and dance contribute to creativity and imagination:** With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: <https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers>

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

## WHAT IS A CHILDREN'S CENTRE?

Children's Centres support children and families to achieve the best possible learning, health and wellbeing outcomes in a universal setting with targeted responses for children and families who may require additional support.

Children's Centres bring together **care, education, health, community development activities and family services** for families and their young children from birth to 8 years old.

Centre policies and work are underpinned by a set of common principles:

- The interests of the child are paramount
- The child is always viewed in the context of their family, carers, relationships, culture and community
- Families are supported and actively engaged in services, programs and decision making
- Strengthening the capacity of the community enables more supportive environments for children and families
- Programs are responsive to local needs and circumstances
- Integrated service delivery and agency partnerships address multiple disadvantages
- Staff operate on the basis of cultural respect and cultural inclusion
- Promoting health, learning and development at the individual and community level are central aims



**BALANCE AND FOLLOW THE LEADER**

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

EQUIPMENT: Bean bags or folded hand towels

Participants place a beanbag or folded hand towel on their head. Choose a leader to begin. The leader must then challenge their followers to balance. Over, under, around, jumps, fast pace ect.

The leader swaps over when they lose their bean bag or all those who are following do.

**Feedback**   
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

Roxby Downs Children's Centre

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