



What's Happening

Governing Council	1 st
Centre Photo Days	22, 23, 25 th
Kindy mid term graduation Blue group	22 nd
Kindy mid term graduation Red group	2 nd July

AROUND THE COUNTRY

Mabo Day	3
World Environment Day	5
World Ocean Day	8
Global Wind Day	15
National Refugee Week	20-26

Policies for review in June (available on OWNA under "useful documents" and on our website:
<http://roxbycc.sa.edu.au>)

- Clothing policy
- Work, health and safety policy
- Handwashing policy
- Pregnancy in early childhood policy

We invite you to review these policies and contribute your thoughts and ideas

Welcome to all our new families.

We will be bidding farewell to our valued Community Development Coordinator – Silvia O'Connor on 25th June as she and her family relocate to Adelaide. Silvie and her family will be greatly missed by the Centre and the community and we wish them all the very best.

A reminder we have the Centre **photos** coming up on 22nd, 23rd and 25th June – get your booking sheet from the front reception desk – payment can be made via EFTPOS. More details on the back page of this newsletter.

With the onset of cooler weather we encourage you to send your child in **named, layered clothing** so as the temperature increases they can be appropriately dressed. A reminder also that your child must be provided with a **hat** so they can play outside. **Please apply sunscreen to your child either before you leave home or at the Centre upon arrival.**

Kindy will be holding mid-year graduation for children heading off to St. Barbs at the start of Term 3. Monday/Tuesday (Blue) group will be held on Tuesday 22nd June at 2.45pm and Thursday/Friday (Red) group will be held on Friday 2nd July at 1.45pm. Reminders will be sent out the week prior.





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.**

NO-BAKE CHOC COCONUT SLICE



PREP 15 min | COOK 15 min | SERVES 16

INGREDIENTS

- 1 cup (95 grams) rolled [traditional] oats
- 1 cup (80 grams) desiccated coconut, plus extra to serve
- 1 cup (170 grams) almonds (*nut free version replace almonds with an extra 1/2 cup coconut + 1/2 rolled oats*)
- 1/3 cup (35 grams) cacao
- 4 Medjool dates, pit removed
- 1/3 cup (80 ml) coconut oil, melted
- 1/4 cup (60ml) maple syrup
- 1 teaspoon vanilla bean paste [or extract]

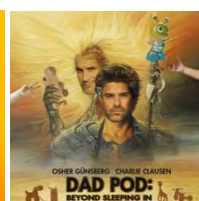
METHOD:

Line a 20cm x 20 cm square tray with baking paper. Place the oats, coconut, almonds, cacao, dates, coconut oil, maple syrup and vanilla into the large bowl of a food processor. Blitz until finely chopped. With the motor running add 1-2 tablespoons of water and blitz until the mixture comes together. Pour mixture into the prepared tray, top with a sprinkle of coconut and freeze for 1-2 hours or until set and firm. Cut into 16 squares. Enjoy. X

Recipe and Image from My Lovely Little Lunchbox

Podcast Reviews

A few of the best podcasts for parents now!



PARENTAL AS ANYTHING

MAGGIE DENT | AUS

Maggie Dent, one of Australia's favourite parenting authors and educators gives you practical tips and answers to your real-world parenting dilemmas. Maggie talks to parenting experts from around the world to find practical solutions to the challenges every parent is facing today.

DAD POD: BEYOND SLEEPING IN

OSHER GUNSBERG & CHARLIE CLAUSEN | AUS

DadPod is a weekly podcast documenting the new Dad adventures of Charlie Clausen and Osher Gunsberg. Not just Dad jokes, two Dads talking unapologetically about what it is to be a parent.

MEANINGFUL LIVING

HAYLEY HUBBARD & JESSICA DIAMOND | USA

Parenting is hard. And the thousands of decisions we're forced to make everyday can feel daunting. Should I listen to my paediatrician, my mother, this website? When am I going to find time to read this 500 page book on feeding? Consider Meaningful Living the "Cliff's Notes" to parenting. Because when you remove the doubt, fear, and stress from everyday parenting choices, you create more time for the fulfilling moments.



FOCUS: 32 Ways to Savour Your Children While You Have Them

I heard the sound of small feet trailing me, followed by his words- “It’s okay, Mum.” I pushed the hair off my forehead and sighed, recognising that this was genuine empathy my son was showing me. A minute before, I’d been mumbling a familiar script under my breath, something about me being the one who does all the work around here and getting nothing but complaints in return. I was put out, and at 8 years old, my oldest child was old enough to notice.

Those words- “It’s okay, Mum”—pulled me out of it. I softened and saw him as a human again (instead of one of my dependents). He was right. It was okay. Deep breath: We have everything we really need.

Sometimes we need a little reminder to slow down. Here is Erica Layne’s 32 ways to enjoy the little moments.

1. Watch them when they sleep.
2. Inhale them after they bathe.
3. Steal some extra time brushing your child’s hair. Keep on brushing it straight through the teen years.
4. Read the heartfelt things your kids write about you and let them sink in. (When our kids give us valentines or birthday cards, are we really taking their words in? It’s time to start.)
5. Break a personal parenting rule or two. I recently took my 3-year-old daughter to get a pedicure. I mean, she’s three! But as it turns out, it’s a memory I’ll savour for a long time.
6. Be silly. Sing at the top of your lungs in the car, dance in the grocery store, pull a harmless prank.
7. Let them climb into bed with you (sometimes).
8. Don’t round UP on their ages. Even if your child turns 7 in two months, keep thinking of him as 6. There’s no need to hurry childhood along, right?
9. Fill your home with photos of them.
10. Practice living simply so your mind is clearer, which—in my case—helps me experience more moments as they come.
11. See your children through a camera lens. Sometimes this change in perspective is all you need—to see your child in a new light.
12. Capture, whether with your camera or a pen and paper, not just their milestones but the scenes you see every single day.
13. Choose one thing you can accept, rather than tolerate. Letting go can alleviate so much agitation and allow you to live more in the now with your loved ones.
14. When they’re hurting, try to place yourself in a similar situation from your past and really remember what it felt like to be where they are.
15. Prop your phone camera up and use the time lapse feature to record a family meal or a homework session. Looking at it later will help you appreciate the beautiful chaos of raising children.
16. Watch them closely when their minds are fully engaged in something they love.
17. Do something for you. Often. “*You can’t pour from an empty cup.*”
18. Climb under some blankets and read to them. (And for those moments, choose not to let it bother you when you get sat on and accidentally elbowed a dozen times during your reading session.)
19. Get rid of guilt. It’s clouding your view.
20. Regularly take some time to remember your childhood. It’ll help you better appreciate theirs.
21. Claim for yourself and your family a distraction-free block of time. A morning with your laptop closed an afternoon away from your phone...
22. Use this mental image to help you refocus on what—and who—really matters to you.
23. Make it your goal for a day to double the amount of eye contact you have with your children.
24. When you pack away a size of clothing your child has outgrown, make a little ritual of remembering this last stage and how quickly it passed.
25. Take more video footage!
26. Build yourself a supportive village. Not a lot of “savouring” goes on when you’re parenting on an island. (Too much energy is going to survival.) We need each other.
27. Organize some (super simple) one-on-one dates with your children. If you need structure for this (and simplicity!), try letting your child stay up 15 minutes late—to do something just with you—on the date of her birthday every month. For example, a child born on April 16th would have one-on-one time every 16th of the month.
28. If you child is old enough to text, take screen shots of cute text conversations you exchange.
29. If hurrying makes you agitated, try building more free space into your schedule so you don’t have to rush so much between activities.
30. Snuggle up with them for movie time.
31. Listen.
32. Experience something new with them—something they’ve never seen.

This is your motherhood. You only get to do it once.

Layne, Erica (2017). *32 Ways to Savour Your Children While You Have Them* Retrieved from https://ericalayne.co/32-ways-to-savor-your-children-while-you-have-them/?fbclid=IwAR3JnYFyea3tx3_KAW3NA2qZpngjPfvP5LExvQCCU-psNYIJeMrYT6hDGeA

COOK TOGETHER

Young children learn best when they are doing, playing and able to relate – cooking ticks all these boxes. It provides an experience where concepts become meaningful and that is when learning takes place and knowledge is retained. It **doesn’t take a lot of extra time** to talk about number, and other mathematical concepts when cooking with your children. However, the time spent together can go a long way in **helping your child grasp and develop their mathematical skills**.

Try cooking this month’s recipe together or one of the wonderful recipes on **Healthy Little Foodies** [follow the link here](#).

Activity Source: *Healthy Little Foodies*



HEALTH & SAFETY: Sleep...

You know the scene. You're kicking back with your partner, glass of wine in hand, enjoying some quiet time at the end of the day, while your children slumber sweetly in bed.

You're serene in the knowledge that your children are getting the sleep their growing brains and bodies need and they'll wake up well rested and ready for the day ahead.

Or perhaps not. Instead, you might be one of the exhausted souls suffering the grinding misery of a child who doesn't sleep.

You'll spend hours trying to settle them, only to have them wind up in your bed. They'll wake up tired and irritable, and get through the day fuelled by manic energy and meltdowns.

Sleep is very important to a child's health and development. A child's sleep is also important for their parents' health and relationships. It's just not always easy to come by.

The need for sleep varies with age. Infants require 12-16 hrs, Toddlers 11-14 hrs, Pre-schoolers need 10 – 13. A child in primary school generally requires between 10- and 12-hours' sleep at night, while a high school student needs between eight and 10 hours. An adult needs seven to nine hours a night. But you can't just pick the low end of the range and assume that's enough – an individual might well need sleep at the top end of the range, or they might need more than the guidelines.

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance. Studies as far back as 1980 suggesting some children who were diagnosed with ADHD, medicated and pulled out of mainstream school were merely sleep-deprived.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine.

Have a consistent pre-bedtime routine. This will help your child settle and prepare for sleep. It may include reading quietly, a

warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime.

Limit access to electronic devices (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

Self-settling

It is important skill to learn for children in order for them to go back to sleep after waking in the night. Sleep however is a skill that needs to be taught and there are many ways to go about it. Consistency with anything is key! Below you will find a range of resources to help you teach self-setting as well as all the other important aspects of sleep hygiene.

- [kidshelpline.com.au/teens/issues/why-sleep-so-important](https://www.kidshelpline.com.au/teens/issues/why-sleep-so-important)
- sleepfoundation.org/children-and-sleep
- thesleepteacher.com.au/blog/
- tresillian.org.au/advice-tips/settling/top-tips-videos/
- www.racgp.org.au/afp/2015/december/sleep-problems-in-children/

Fitzsimmons, Caitlin. (2018). *The importance of sleep - and how to help your child get it*. Retrieved from www.smh.com.au
Children's Health Queensland Hospital and Health Service. (2021). *Healthy sleep-in children*. Retrieved from childrens.health.qld.gov.au



DO YOU COMPOST? START TODAY!

May 2-8 is International Compost Awareness week! ICAW aims to improve awareness of the importance of compost, a valuable organic resource. We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils. **Better Soil, Better Life, Better Future.** Learning how to compost isn't difficult, Costsa Georgiadis ICAW ambassador has a very simple video explaining the steps to take to start composting at home. Find the video here <https://youtu.be/Uw5JVZSzMUA>

Enter the **#CelebrateICAW Photo Competition 2021** by sharing how you have supported Compost Week this year by sending a photo **of your compost at home or at work** to info@core.asn.au



WHAT'S BEEN HAPPENING: Nursery



We would like to welcome Tom, Claire, Clara, Mia, and Sophie to our room. During last few weeks we observed children's interest with drawing with different media so we set up drawing activities with crayons, pencils, and chalk.

Young children are learning how to hold

the pencil (crayon or chalk) and mark making.

Children been continuing with their hygiene practices such as washing hands before meal, applying sunscreen, wearing hats or beanies and shoes in outside play.

We have been continuing our nature walk every Tuesday and Children been loving to explore the town. They have been taking turns every week.

Sensory play been another interest in Nursery and children played with play dough and cloud dough in last couple of weeks. It was a great way to stimulate group play, fine motor skills, and persistence.

We are planning to have PJ day soon. We will announce further details in the near future.



WHAT'S BEEN HAPPENING: Toddler Room

For the month of May, we would like to welcome Saskia, Benjamin, and Callie to the Toddler Room. Also, we would like to introduce Miss Montana as one of our new educators in our Toddler space.

This month, our focus for the children is to enhance their fine motor skills. They are developing their skills using clay. In addition, they explored playdough, and engaged in other fine motor activities.

Children actively participated in group activities such as reading books and singing songs that promoted literacy. They continue to practice their independence by cleaning and tidying up by themselves.



WHAT'S BEEN HAPPENING: Junior Kindy

EXPLORING BUGS AND INSECTS





Children are naturally curious about their world and are tirelessly exploring the things around them. Because of their inquisitive minds, these make them wonder about their surroundings. In the Junior Kindy room, we spent the end of autumn learning about insects and bugs. With the richness of our



natural environment coupled with beautiful weather, we foraged for insects and bugs outdoors including ants, beetles, butterflies, moths, ladybugs and dragonflies. Our circle time brings so much fun to children as we read stories, sing songs, dance like a bee, march like ants, do butterfly crafts, draw bugs, play games like cocoon making and scavenger hunts. Children have shown their interest and appreciation for diversity, beauty and joy of natural life as well as the understanding of the interconnectedness

Our Favourite Books and Songs

Circle time is a great time to hear stories and sing songs that help children learn more about our theme. This month our favourite books and songs were:

-  The Very Hungry Caterpillar by Eric Carle
-  The Big Book of Bugs by Yuval Zommer
-  The Ants Go Marching
-  I'm Bringing Home a Baby Bumblebee



WHAT'S BEEN HAPPENING: Kindy



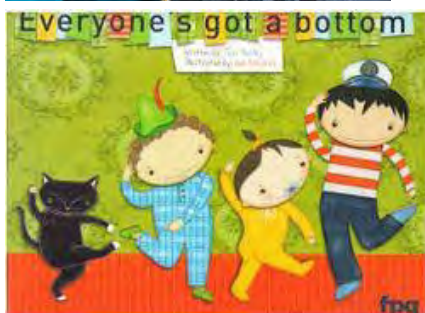
In Melanie, Alina and Jess' groups, the children have been looking at patterning and still life drawing of mini-beasts – utilising the practice of noticing we did in term one with our self-portraits. Children have been guided to observe the number of legs, eyes, wings as well as body parts. This has been followed by a workshop where children are scaffolded to draw and their efforts put up on the wall to support peer scaffolding and sharing and borrowing competencies with each other.



In Georgie, Kerry and Megan's groups, the children have investigating patterning by creating linear patterns using counters, noticing patterns in the kindy room and on clothing, and identifying units of repeat in patterns.



As a follow-up, we will use clay and natural loose parts to create artworks and provoke artistic and mathematical thinking skills. This work will show children's understandings of patterns, especially patterns that can be observed in mini-beasts. If you have access to natural loose part materials, like seeds, gumnuts, seedpods or leaves in your garden or through walks, we would appreciate it if you could bring them into kindy.



This month, we have started investigating the *Keeping Safe: Child Protection Curriculum* (CPC) as children learn about body parts, the importance of privacy, and their rights concerning their own and others' bodies. If you have any questions regarding what is involved in the CPC, please come and speak to your child's teacher and we can provide you with more information.



Our classroom environment has evolved as children's kindergarten folders have been included in the space. We have introduced them to the children where they can access them and take ownership of what they wish to include in them. You are welcome to view your child's folder with them – we are encouraging children to fill their folders with artworks or photos of their creations.

Outdoors, we have been exploring games with rules, including physical games like hide and seek; a throwing and retrieving game; and tabletop board games. What kind of games do you and your children play at home? We are considering UNO, where children are supported to develop

turn-taking skills and understanding that all players need to collaborate and adhere to the rules of the game for it to work successfully.

If there anything you would like to see in our environment which would support your child's current interests or needs, please let us know! We genuinely encourage you to communicate with us to support our program development.





Adventurous Play / Risky play

Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.

Risky play is important because:

- It provides children with the opportunity to assess risk and manage sticky situations.
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their **capacities**. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

Develops self-confidence and well-being. It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

CENTRE PHOTOS

This year our Children's Centre Photo Fundraiser Photography days are:

- Tuesday 22nd June
- Wednesday 23rd June
- Friday 25th June

The Photographer will photograph your child/ren in a variety of locations around the Children's Centre. The Roxby Downs Children's Centre receives part of your package price as a fundraiser.

Individual package (\$50) includes:

- multiple images of your child in high resolution on a USB

Family package (\$75) for sibling package includes:

- multiple images of your child/ren in high resolution on a USB

Order/booking forms available from the front Reception desk.



LET'S PLAY HANDBALL

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

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.