

JULY
2021

AROUND THE COUNTRY

ON *this*
MONTH

National Tree Day	1
Homeless Persons Week	1-7
Dental Health Week	2-8
National Aboriginal & Torres Strait Islander Children's Day	4
International Day of the World's Indigenous People	9
International Youth Day	12
World Elephant Day	12
National Science Week	14-22
Keep Australia Beautiful Week	16-22

POLICIES DUE FOR REVIEW IN AUGUST

(your feedback is important to us – policies can be accessed via OWNA, our website or in hard copy in the foyer)

- Technology
- Bullying, discrimination & harassment
- Grievance (families, staff, general)
- Social media
- Adventurous play
- Snake awareness
- Furniture and equipment safety

Wishing our new families are warm welcome.

Thank you to everyone for your cooperation in keeping your children home during the recent COVID lockdown.

A reminder that if you ordered photos via the photo USB from the photo fundraising last term are available at the reception desk for collection. If your child was away and missed out, please email reception@rdccc.com.au and advise your bank account details for a refund.

Direct debit forms are available from the reception desk if you wish to set up regular payments for child care or OSHC fees. Your prompt payment of fees is appreciated.

By now most of you will have met Will Newman-Graves, the new child care centre Director – Will is happy to have a chat with you at any time and has an open door policy. We are constantly striving to improve and any suggestions you may have will help us to provide the high quality service we strive for.

Thank you, Brenda and Will





NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER DAY – AUGUST 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The theme for 2021 is 'Proud in Culture, strong in spirit'.

Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, growing them up strong and safe in their cultural traditions, for thousands of generations. **Find out more.**

KEEP AUSTRALIA BEAUTIFUL WEEK – AUGUST 16 -22

The theme for 2021 is 'Ditch plastic' our beautiful country needs help to protect its precious biodiversity. Plastic that ends up in nature can take up to 500 years to decompose and can harm animals that ingest it. So, we're calling on all Aussies to make a pledge to ditch a plastic item for Keep Australia Beautiful Week.

Make your pledge today.

PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

INGREDIENTS

- 2 cups milk (or use coconut or almond milk)
- 2 cups flour (either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)
- 4 tsp baking powder
- 4 eggs
- 6 tbsp protein powder*
- 2 tbsp hemp or chia seeds
- * optional- use Nutra organics vanilla

METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

SO, WHAT ARE THEY GETTING?

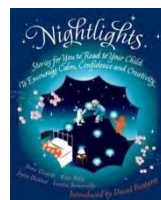
Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

Love this recipe and want more? Go to [Jo Kate Nutrition](#)

Jo's course *The Nourished Family* provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life. Find out more here.

Book reviews

Big feelings, major meltdowns, trouble sleeping, sound familiar?



NIGHTLIGHTS

ANNE CHIVARDI, JOYCE DUNBAR, KATE PETTY, LOUISA SOMERVILLE | 4-8 year olds

Nightlights is a book of stories to read to children, but stories with a difference. It's a collection of twenty interactive meditation stories that have been specially written to calm and relax your child at bedtime, while at the same time engaging and stimulating his or her imagination.

HAPPY

NICOLA EDWARDS | AUS

We breathe deep and expand like the galaxy. We breathe out many thousands of stars, and if ever we start to feel panicky, this reminds us of just who we are. The perfect soothing read for quiet time, Happy gently encourages young readers to explore their emotions and the beautiful world around them, with stunning illustrations and thought-provoking rhymes on every page.

THE BOY WITH BIG, BIG FEELINGS

BRITNEY WINN LEE AND JACOB SOUVA

Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. The Boy with Big, Big Feelings is relatable for any child, but especially for children experiencing anxiety and extreme emotions, or who have been diagnosed with autism or as a Highly Sensitive Person.

FOCUS: A “million-word gap” for children who aren’t read to at home

Young children whose parents read them five books a day enter kindergarten having heard about 1.4 million more words than kids who were never read to.

This “million-word gap” could be one key in explaining differences in vocabulary and reading development, said Jessica Logan, lead author of the study and assistant professor of educational studies at The Ohio State University. Even kids who are read only one book a day will hear about 290,000 more words by age 5 than those who don’t regularly read books with a parent or caregiver. “Kids who hear more vocabulary words are going to be better prepared to see those words in print when they enter school,” said Logan, a member of Ohio State’s Crane Centre for Early Childhood Research and Policy. “They are likely to pick up reading skills more quickly and easily.” The study appears online in the *Journal of Developmental and Behavioural Paediatrics* and will be published in a future print edition.

Logan said the idea for this research came from one of her earlier studies, which found that about one-fourth of children in a national sample were never read to and another fourth were seldom read to (once or twice weekly). “The fact that we had so many parents who said they never or seldom read to their kids was pretty shocking to us. We wanted to figure out what that might mean for their kids,” Logan said.

The researchers collaborated with the Columbus Metropolitan Library, which identified the 100 most circulated books for both board books (targeting infants and toddlers) and picture books (targeting pre-schoolers). Logan and her colleagues randomly selected 30 books from both lists and counted how many words were in each book. They found that board books contained an average of 140 words, while picture books contained an average of 228 words. With that information, the researchers calculated how many words a child would hear from birth through his or her 5th birthday at different levels of reading. They assumed that kids would be read board books through their 3rd birthday and picture books the next two years, and that every reading session (except for one category) would include one book. They also assumed that parents who reported never reading to their kids actually read one book to their children every other month.

Based on these calculations, here’s how many words kids would have heard by the time they were 5 years old: Never read to, 4,662 words; 1-2 times per week, 63,570 words; 3-5 times per week, 169,520 words; daily, 296,660 words; and five books a day, 1,483,300 words.

“The word gap of more than 1 million words between children raised in a literacy-rich environment and those who were never read to is striking,” Logan said. The word gap examined in this research isn’t the only type kids may face. A controversial 1992 study suggested that children growing up in poverty hear about 30 million fewer words in conversation by age 3 than those from more privileged backgrounds. Other studies since then suggest this 30-million-word gap may be much smaller or even non-existent, Logan said.

The vocabulary word gap in this study is different from the conversational word gap and may have different implications for children, she said. “This isn’t about everyday communication. The words kids hear in books are going to be much more complex, difficult words than they hear just talking to their parents and others in the home,” she said. For instance, a children’s book may be about penguins in Antarctica – introducing words and concepts that are unlikely to come up in everyday conversation. “The words kids hear from books may have special importance in learning to read,” she said.

Logan said the million-word gap found in this study is likely to be conservative. Parents will often talk about the book they’re reading with their children or add elements if they have read the story many times. This “extra-textual” talk will reinforce new vocabulary words that kids are hearing and may introduce even more words. The results of this study highlight the importance of reading to children. “Exposure to vocabulary is good for all kids. Parents can get access to books that are appropriate for their children at the local library,” Logan said.

Source: news.osu.edu (2019, April 04). A ‘million-word gap’ Retrieved from <https://news.osu.edu/a-million-word-gap-for-children-who-arent-read-to-at-home/>

SIMPLE MATH ACTIVITIES USING MANIPULATIVES

Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.

Patterns with bears: In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



Sorting colours with bears: Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too. You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10). 15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>



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 (2018, November 29). The Mental Health Benefits of Exercise Retrieved from www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html?fbclid=IwAR2BvHmw8NQcUUvZ0WtUqIXoR40_IE8CLo7dKCjNMxeyTawadhOVnKupP0



ENERGY EFFICIENCY AT HOME DURING WINTER

Now that you know the average Australian home uses about 40% of their energy on heating and cooling, you can put a plan in place to save this winter. Even small changes to the way you heat your home can lead to some helpful savings, so here are five handy tips:

There are a few different ways to conserve energy when temperatures become colder:

- **Keep curtains open during the day** for rays of sunlight to warm the room and close them at night to keep out chilly drafts.
- **Only heat the rooms you use most** – reduce the area you heat by closing doors to rooms you're not using, so you'll use less energy to heat the rest of the house.
- **Keep your thermostat between 18°C and 20°C** – every degree you reduce heat can save up to 10% on your energy use.
- **Use a draft stopper** – if cold air is getting in, warm air is getting out. Invest in door seals, draft-proofing strips and door snakes to stop heat escaping and reduce your heating costs by up to 25%.
- **Consider the old-fashioned way of bundling up** with an extra layer of clothing while at home before turning the heater up an extra degree.

Source: www.originenergy.com.au/blog/smart-ways-to-save-this-winter/



WHAT'S BEEN HAPPENING: Nursery

We would like to express our warmest welcome to Romy, Aurora and Sonny who just recently joined our Nursery family. We are so pleased and excited for you to start your new journey with us!

This month of July had been extraordinary for the nursery children. We had been doing lots of small group time activities focusing on pretend play, language development, physical well-being, and gluing and sticking.

Most of the children were so keen in exploring our little baby dolls. They were really engaged as we bathed the dolls with warm soapy water and sponges, then gave them some dress-ups. Playing with dolls helps children nurture their creativity and imagination and develop their care-taking and nurturing skills as it allows them to model what they have seen.



The children have been showing increasing interest in gluing and sticking. Several resources were provided for them to explore. We used glue and papers, contact, Velcro, natural resources (dried leaves, flowers, bark chips), balls, animals. They enjoyed sticking them in then pulling them out for several times.

Singing with hand puppets also caught the children's attention. This helps them support oral language skills and social and emotional development.



WHAT'S BEEN HAPPENING: Toddler Room

For the month of July, we would like to welcome Braylen and Riley Hewett to the Toddler Room. We are looking forward to their learning and development in our room.

This month, we invited the Toddler children into fun filled experiences that would spark their interest & harness both their fine and gross motor skills. They exerted effort when they were looking for natural resources to use for our art experiences. They built meaningful connections with one another as they were building colourful blocks, having watercolour painting, and doing some digging, baking & constructing in our sandpit area. Furthermore, the Toddler children displayed and practiced being independent and self-reliant. They were able to portray this skill all by themselves by tidying up our outdoor and indoor spaces and wiping the tables before and after mealtimes. In addition, they made use of the character dress-ups in our home corner. They took turns in utilising these things to instigate imagination and initiate role play situations. The Toddler children are very participative when we sing songs and read books during our group time session.



WHAT'S BEEN HAPPENING: Junior Kindy

TELL ME AND I
FORGET.

TEACH ME AND I
REMEMBER.

INVOLVE ME AND I
LEARN.

- BENJAMIN FRANKLIN

Our Activities

- Pajama party
- Woolworths shopping
- A moment with the plumber
- Alphabet soup group time
- Music rhythm and the beat
- NAIDOC celebration



Learning by Doing

Learning by doing is an educational theory expounded by American philosopher John Dewey. It refers to a hands-on approach to learning where learners interact with their environment in order to adapt and learn.



This month, our very active learners had wonderful experiences. We attended the NAIDOC celebration, had shopping in Woolworths for our movie days, watching the plumber and asked him some questions as he fixed the pipes, got involved with the pajama party as we showed support to children in foster care, explored our identity as we drew our self-portrait and our favourite things, played alphabet soup, discussed our feelings and how rainbows make us feel. This experiential learning definitely improved attention and retention among the learners.

We also would like to welcome our new members of the Junior Kindy family, Nova, Valentina, Kiaan, Max, Amani, Evelyn, Bailey. We look forward to working with families and your child, to learn and have fun with all of you as we create an environment where learning and a sense of belonging thrives.



WHAT'S BEEN HAPPENING: Kindy

With the beginning of the new term, we have started exploring the **Reducing Our Waste** inquiry project. We are investigating the question: **"How can we reduce our waste, and why is it important?"**

Why are we exploring this topic?



This topic arose from many different learning experiences and observations. At the end of Term 2, the Red group got to see a **KESAB presentation** (Wally and the Wipe Out Waste Wizard) at school. There, we learned a lot about landfill, recycling and compost and talked about reducing our waste at school and kindy.

The children have noticed that at mealtimes, we separate our rubbish into three different bins: **blue (soft plastic)**, **yellow (recycling)** and **green (compost)**. They have become very skilled at sorting the waste from their lunchboxes into the correct bins.

Children observed that in the kindy yard, there is a lot of rubbish! **Where is it coming from?** We wondered if it was coming from the children's centre, or if it was blowing through the fence from the school.

Children enthusiastically use the **tongs and rubbish bucket** to collect rubbish in the yard. Children enjoy putting our mealtime food scraps into our compost bin and turning the compost bin.



What can families do to get involved in our inquiry project?

Try Litterless Lunch or Nude Food! These catchy names promote the reduction of packaging in children's snacks and lunchboxes. Many children at kindy already bring reusable containers to kindy - try reducing the amount of packaging that is included in these lunchboxes. Children can be excellent helpers at spotting packaging!

Think about your food purchases. Many foods that come in single serves (e.g. chip packets, biscuit packets and yoghurt squeeze pouches) can also be bought in bulk and decanted into smaller, reusable containers for children's lunches. This is also usually a cheaper option! Children enjoy helping to prepare their own lunches and snacks.

Use 4 different bins at home: landfill (red), recycling (yellow), green waste (green) and soft plastic recycling. Get children to draw labels or colour-code different bins. Green waste includes your garden waste, but not food scraps. Food scraps can be recycled using a backyard compost pile, worm farm or bokashi bin (children love investigating compost bins and holding worms!). Soft plastic recycling can be put into a large plastic bag (supermarket carry bags, bread bags or potato bags are all good options) and brought back to the Woolworths REDcycle bin when full. See <https://www.redcycle.net.au/what-to-redcycle/> for a full list of what can be REDcycled.

Encourage children to pick up litter if you see it in the street. Help to keep our desert clean and healthy! At kindy, we use a bucket and tongs to collect litter. You might go for a walk with a small plastic bag to collect rubbish.



WHAT'S BEEN HAPPENING: OSHC

This month in OSHC we held Vacation Care for school holidays. We got to go on excursions to the Police Station, Movie Theatre and Lion's Park Playground. We also visited the admin lawn right next door for a picnic lunch and some ball sports. We had Kate visit from Kate's Bowtique again and everyone loved making bows and clips for themselves and loved ones.



Science Day was a favourite. We had so much fun conducting experiments and learning about the way elements react with each other. We even got to finally take a look at our sugar crystal experiments. We have been learning about proper hand hygiene again and working on sitting while we are eating for a safe and healthy environment in the OSHC room.





Being Environmentally Responsible

Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland

Within our service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2.3 Environmentally responsible

CHILDREN'S CENTRE HATS AND TOPS

You can order Centre branded hats and a variety of tops (short & long sleeved) and windcheaters from Eduthreads. They will post your order directly to you.

<https://eduthreads.com.au/collections/roxby-downs-childrens-centre>

See samples in the Centre foyer.



T-SHIRT
\$13.30



LONG SLEEVE T-SHIRT
\$19



WINDCHEATER
\$21.55



ADJUSTABLE BUCKET HAT
\$11.25

Uniforms now
available online!
www.eduthreads.com.au

edU THREADS
EASY ORDERING . SUPER FAST DELIVERY . FREE AND FAST EXCHANGE .
so you can get on with the important things



SUPERMAN RACE

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

Lay in a line on your stomach and take flight – just like your favourite superhero! Once you're laying down, lift your arms up so that your upper chest comes off the ground too. Hold that position. Who can hold it the longest? Maybe you have to lean to one side to go around a building, over a bridge...

*Tip: Try lifting your legs or your arms and legs at the same time for an advanced workout. This exercise is perfect for strengthening the backside of one's core. It works to stabilize your back, glutes, hamstrings and even your shoulders.