

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



JUNE  
2021

# ON *this* MONTH

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## Winter at Oosh

*We are gearing up for our holiday program!*

Winter is here and that means cold weather, hot Milo and our wonderful Winter vacation care program! This term has been a fantastic one, and we have all had so much fun celebrating different weeks and learning about new themes!

I am so excited to announce as well, that for the first time in over a year, we will be going in excursions as part of our vacation care program!

Please [click here](#) to view the program.

We hope that this term has been a wonderful one and that all our lovely children are excited for their mid-year break! Here at OOSH we have so many exciting things to look forward to, including a special chicken themed surprise! ....



**WORLD ENVIRONMENT DAY – JUNE 5**

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

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

**NATIONAL REFUGEE WEEK – JUNE 20-26**

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

**FAMILY FAVOURITE SAN CHOY BOW**



**PREP 5 min | COOK 10 min | SERVES 4**

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

**INGREDIENTS**

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

**METHOD:**

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

*Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at [jokatenuitration.com](http://jokatenuitration.com)*



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



**ZEN STUDIO MEDITATION FOR KIDS**

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

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

**MAD LIBS**

**PENGUIN GROUP USA | FREE**

*Mad Libs is the world's greatest word game, fill in the blanks and be the funniest person in the room!*

Create your own fun stories by simply filling in the blanks, learning basic grammar concepts along the way

**Ology: SCIENCE FOR KIDS**

**AMERICAN MUSEUM OF NATURAL HISTORY | FREE**

*Trusted by teachers for more than 20 years, Ology was developed by Museum educators with some of the world's leading scientists and is now available as an app. There's lots to do!*

Play games, watch videos, and read articles about all kinds of science, from Archaeology to Zoology: Discover what a TRex ate for lunch, find out how astronomers figure out the distance to faraway stars, build webs of life under the sea and so much more.

## FOCUS: 6 important tools to raise body positive children

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

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

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

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

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

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

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

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

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

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

## SCREEN TIME BALANCE

Screen time and screen use are normal parts of life for most children and teenagers. The time your child spends watching TV and using computers, gaming consoles, tablets and smartphones can be part of a healthy lifestyle. It's all about **making sure of two things:**

1: Children enjoy plenty of healthy, fun activities, both with and without screens, including physical activity, reading, creative play and social time with family and friends.

2: When children do use screens, they watch or use quality content. And **don't forget sleep!** A healthy, balanced lifestyle for children includes enough good-quality sleep.

For more information go to [raisingchildren.net.au/](https://raisingchildren.net.au/)



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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

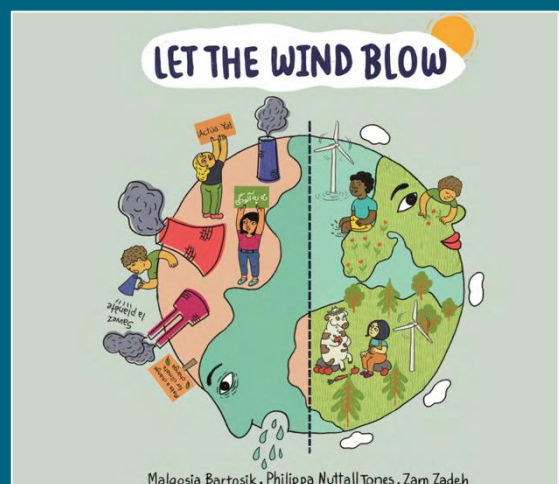
Camskids (2021). *5,4,3,2,1 Grounding Technique* retrieved from <https://www.camskids.com/supportresources/54321-grounding-technique/>

### Sustainability CORNER

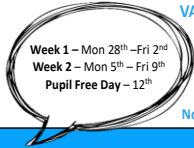
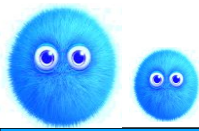
#### LET THE WIND BLOW

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

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



# Vacation Care



## VACATION CARE PROGRAM

\$50 Early bird ends 4 June  
\$60 from 5 June  
No refunds after the 13 June 21

WEEK 1				
Monday 28 <sup>th</sup> June 21	Tuesday 29 <sup>th</sup> June 21	Wednesday 30 <sup>th</sup> June 21	Thursday 1 <sup>st</sup> July 21	Friday 2 <sup>nd</sup> July 2021
<b>Excursion</b> <b>AUSTRALIAN MUSEUM</b>  <p>To kick off our winter vacation care, we are getting back into excursions! The first day out will be an excursion to the Australian Museum! Filled with so many wonders and treasures, we hope that this will be a day filled with learning and fun!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>In-House</b> <b>WINTER WONDERLAND</b>  <p>Our first in-house day at Vacation Care will be a celebration of all things wintery! Let's embrace the cold climate and have some fun! Today will be a day full of fun activities, so wear your best wintery themed outfit and come ready to have loads of fun!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>Excursion</b> <b>MOVIE</b>  <p>Our second excursion is an old KPSOOSH favorite! We're off to the movies to see a wonderful new movie. Popcorn and lollipops will be provided for all children, so come along and get ready to sit back, relax and immerse yourself in a wonderful story!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>In-House</b> <b>CARNIVAL</b>  <p>The next in-house day is a circus extravaganza! We will be having loads of fun at OOSH participating in all sorts of circus themed activities and games! Wear your brightest colours and craziest hairstyles - today will be devoted to fun and games!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>Incursion</b> <b>ARCHERY</b>  <p>To wrap up the week we have an archery incursion coming to OOSH! The kids will be taught to aim and shoot arrows, and this thrilling event is sure to please! Make sure to bring along boundless excitement and get ready to try something new and exciting.</p> <p><b>Outcomes: 1,2,3,4,5</b></p>
WEEK 2				
Monday 5 <sup>th</sup> July 21	Tuesday 6 <sup>th</sup> July 21	Wednesday 7 <sup>th</sup> July 21	Thursday 8 <sup>th</sup> July 21	Friday 9 <sup>th</sup> July 21
<b>Excursion</b> <b>SYDNEY ZOO</b>  <p>To kick off our second week of Vacation Care we are off to Sydney Zoo! A trip to the zoo never fails to delight and this time is sure to be no different. With animals great and small, we will have loads of fun and see them all! So come ready to learn and play and have fun and bring your imagination and curiosity!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>Excursion</b> <b>WEAVING &amp; WILDPLAY</b>  <p>Our second day this week will be another excursion. We are off to Centennial Park to learn Indigenous weaving. This excursion is a part of our ongoing commitment to diverse values and will celebrate NAIDOC Week. The children will have a chance to learn a new skill and play in the garden.</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>In-House</b> <b>UNDER THE SEA</b>  <p>Our first in-house day this week will be a deep dive into the ocean! Themed around the sea, today will be about all things aquatic! We will be doing a vast range of activities today all about the ocean. Kids should come dressed in their best ocean themed outfits - prizes to be won for the best costume or outfit!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>Incursion</b> <b>ILLUSIONARIUM</b>  <p>Our incursion for today is a magic show sure to amaze and excite! Illusionarium is an interactive illusion workshop that involves the kids in all sorts of magical activities! So come prepared to be amazed because today is sure to be a brilliant show of illusion and magic!</p> <p><b>Outcomes: 1,2,3,4,5</b></p>	<b>In-house</b> <b>AROUND THE WORLD</b>  <p>Our last in-house day has a global perspective! We are metaphorically travelling around the world for the day! Today will be themed all around the countries for the world. Today will be a celebration of all the wonderful countries of the world that we originate from.</p> <p><b>Outcomes: 1,2,3,4,5</b></p>

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E [admin@kosoosh.com.au](mailto:admin@kosoosh.com.au)

Please note: Monday 12<sup>th</sup> of July is a pupil free day and OOSH WILL be open! The theme of the day is 'Kid's Choice.'

FOR BOOKINGS PLEASE USE MY FAMILY LOUNGE APP

We are so excited to be gearing up for our next wonderful vacation care program! This winter holiday, for the first time in over a year, we are so pleased to announce that we will be offering excursions again! All excursions and incursions will have risk assessments and Covid safe plans to go along with them, but we are so happy to be getting back to how things were!

These upcoming holidays we are visiting the Australian Museum, Sydney Zoo, the cinema and Centennial Park for a very special NAIDOC Week excursion. Incursions include a magic show and archery that will be coming to KPSOOSH for all the children to enjoy.

Our in-house days will also be plenty of fun, with extra spots available to accommodate for our growing numbers of children at KPSOOSH! First up for our in-house themes we have 'winter wonderland,' then 'carnival,' 'under the sea' and finally 'around the world.'

No vacation care at OOSH would be complete without a wonderful end, and to wrap it all up we will be doing kids' choice day! The children will direct how the day goes, and whatever activities they choose, we will run! This is always so much fun, and the children love having a chance to dictate how the day will run!

So, come ready to have bucketloads of fun, and experience some incredible days at OOSH, as we enjoy a wonderful holiday program!

## Feature Article



### OOSH Wish List!

We are developing a wonderful wish list for potential improvements and additions to be made to our lovely centre!

An email was sent out to all families with a link to a survey where you can list any and all ideas for a wish list! We are primarily looking for either things to buy to add to the centre, or for things that we could do to improve the centre and, or the running of OOSH on a day-to-day basis!

While we have received some great suggestions so far, we want as many people as possible to participate in the development of the list, so that when it comes to purchasing equipment or making changes at OOSH, it is in the best interest of all of us!

Here at OOSH we are one big community! And therefore, we greatly value all family feedback and hope that you will take the time to give us your ideas for our wish list!

**THIS MONTH WE HAVE BEEN...Going through some new anti-bullying workshops!**

Here at KPSOOSH we are taking a new anti-bullying approach! We believe that every child deserves to feel safe and respected when in our care. Ergo we have developed a great new and ongoing seminar program to educate all our children about what bullying is, and the absolute importance of respect. Every week for the rest of term 3 and into term 4 we will be running an anti-bullying workshop with each year group. The children will be shown a fun and interactive workshop about the importance of respect and the correct way to interact with peers.

Through a combination of games and fun activities to boost and deepen understanding, we hope that these workshops will empower all of the children and promote a feeling of safety and inclusion about the centre. For further information, please see the behaviour management policy that is on our website.

**THIS MONTH WE HAVE BEEN...Welcoming our new WHS Coordinator Charlie!**

Charlie is our newest OOSH team member, and she is starting out as our WHS coordinator! Charlie was born in Phuket, Thailand and has resided in England, Singapore and settled in Australia. She is super excited to get to know all the children, families and educators of KPSOOSH.



**Before we go...**

**Evacuation Drill**

We want to alert all parents and children that KPSOOSH will be conducting an evacuation drill in the final few weeks of school this term. Drills like this are important so that all educators and children at OOSH are well versed in how to proceed should the worst happen!

**UNSW Research**

Kpssoosh wanted to pass on important information about the AusKidTalk study that researchers at UNSW are currently conducting. The research summary is as follows.

**'Would you like to help create a database of Australian children's speech to develop educational and therapeutic applications for children?'**

**Our project is called *AusKidTalk* and we are looking for children aged between 3 to 12 years of age who were born in Australia and who have at least one parent who was educated in Australia. Participation involves one visit to our UNSW lab in Kensington, and involves your child doing some activities such as naming pictures, retelling a story, and even playing some games. Parents are reimbursed for their time with a gift voucher.**

**If you are interested in your child taking part in our project, please register on our website at [www.auskidtalk.edu.au](http://www.auskidtalk.edu.au) or email us at [unsw@auskidtalk.edu.au](mailto:unsw@auskidtalk.edu.au).**



**KEEPY UPPY**

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

You have seen it on Bluey, and you have probably played your own version of balloon ball before but, did you know actively trying to keep a balloon off the floor counts for some serious active minutes. Simply blow up a balloon and keep it from touching the floor, get as tricky as you like.