



# ON *this* MONTH

## AT KPSOOSH

|   |   |
|---|---|
| Community events  | 2 |
| Kids in the kitchen, Caramel crunch granola                 | 2 |
| Podcast reviews   | 2 |
| 10 Emotion-Coaching Phrases to Use When Your Child is Upset | 3 |
| HEALTH & SAFETY: Good Immunity                              | 4 |
| Sustainability corner                                       | 4 |
| Ronald McDonald House Charity                               | 5 |
| Staying connected   | 5 |
| 5 Minute movies   | 5 |

## AROUND THE COUNTRY

|   |       |
|---|-------|
| 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 |

## We're Halfway Through Term!

Back in an extended lockdown, this term has been a challenging one. Here at KPSOOSH we have been running fortnightly competitions and weekly zooms with all our lovely children to try and make sure that everyone feels safe and supported!

We hope that all our families have been doing well and staying safe in this very difficult time.





**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’.

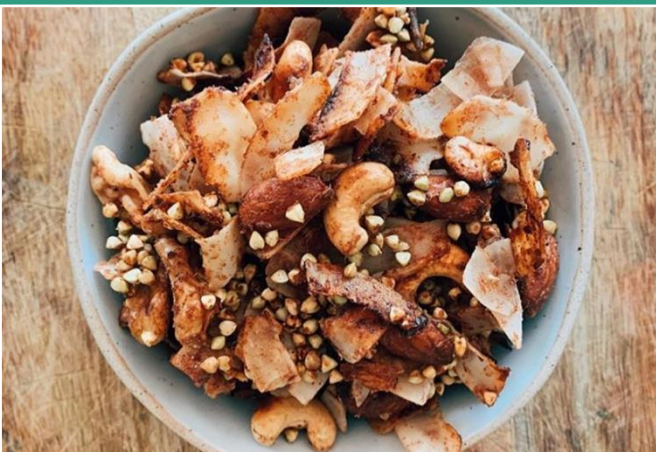
Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, growing them up strong and safe in their cultural traditions, for thousands of generations. **Find out more.**

**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.**

**CARAMEL CRUNCH GRANOLA**



PREP 5 min | COOK 10 min | SERVES 4

**INGREDIENTS**

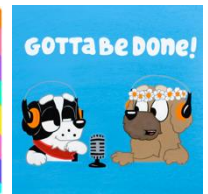
- 6 x Medjool dates, pitted
- 3/4 cup coconut cream
- 2 cups coconut flakes
- 1/2 cup each of almonds, cashews, walnuts and macadamias (or nuts of choice)
- 3/4 cup buckwheat groats

**METHOD:**

- Preheat oven to 160 C.
- Place the dates, coconut cream and a pinch of salt in a saucepan and bring to a simmer.
- Stir occasionally for 20 minutes until the dates are soft and the liquid has reduced.
- Mix the coconut, nuts and buckwheat.
- When the caramel is finished, add to a food processor or thermomix and blend until smooth. Pour the mixture over the granola and combine.
- Place on a baking paper lined oven tray and cook for 30 minutes, turning half way.
- Store in a jar for up to 2 weeks.

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

**Podcast Reviews**



**SHOW AND TELL THE PODCAST**

**KATIE 'MONTY' DIMOND**

*Refreshing, raw and intimate chats with women, who will no doubt feel like your friend after each ‘On The Couch’ chat. Nothing will be off limits!* So many relatable funny stories that will keep you coming back for more every week.

**THIS GLORIOUS MESS**

**MAMAMIA**

A twice-weekly look at parenting as it truly is: **confusing, exhausting, inspiring, funny, and full of surprises.** Join Tegan Natoli and Leigh Campbell for This Glorious Mess Little Kids on Monday's. And Andrew Daddo and Holly Wainwright for This Glorious Mess Big Kids on Friday's. It's all the disasters and delights of parenting with a healthy dose of advice from our trusted experts.

**GOTTA BE DONE!**

**MARY BOLLING & KATE MCMAHON**

*I don't know a parent (or child) who doesn't love Bluey.* Join ex-journos and Melbourne mums Mary Bolling and Kate McMahon as they analyse every episode of the ABC TV cartoon Bluey, with plenty of detours into parenting, childhood memories and everything else we're bingeing too

## FOCUS: 10 Emotion-Coaching Phrases to Use When Your Child is Upset

***“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.” – L.R. Knost***

**When our kids are upset and need us the most are the exact moments we aren’t prepared for — the moments we ourselves are tired, stressed, sad, or triggered. It’s exactly those moments that I feel like my words fail me — I search for the right thing to say and it escapes me. It is also exactly at those moments when our children need us the most — to be able to lead them through the emotion, through the storm — to be their *emotion-coach*. It’s our job to be accepting of the emotion, while at the same time teaching them how to handle those emotions. To coach our child through their feelings, from experiencing those feelings to expressing them. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child’s emotional intelligence — these are soul-building phrases**

**1. It’s okay to be upset — it’s good to let it out.** As your child’s emotion-coach, the first thing you want to teach them is that emotions are meant to be experienced, in fact, that their emotions need to be felt. *It seems like you are mad, it’s okay to be mad. It’s good to let that anger come out. Your face/body looks sad. It’s okay to feel sad. It is sad to say goodbye.*

**2. I hear you — I’m here for you — I’ll stay with you.** The best gift you can give to another human is to stay with them in their emotion. To hold that emotion with them. That is something we must give to our children as well. To simply be with them in that emotional space. To be there. *You are upset, let’s sit here for a moment. I’m with you, I’ll stay with you — it’s okay to feel \_\_\_\_\_. I won’t leave you.*

**3. It’s okay to feel how you feel. It is not okay to \_\_\_\_\_.”** Sometimes it is necessary to use a very clear limit in how our child expresses their emotions. It isn’t the emotion itself that needs to change, but rather how they are expressing it. *You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit.* Let’s go over here together and you can be angry. This is a very clear statement — hitting is not okay. As your parent, I won’t allow you to hit. I will help you regulate your anger, being angry is okay, hitting is not okay. Taking a break when we are angry, walking away for a moment is actually a good way of regulating anger. You are teaching your child to give themselves a little space to breathe and time to gain perspective.

**4. How you feel right now won’t last forever. It’s okay to feel how you are feeling. It will pass and you will feel better again soon.** In-the-moment your child feels (and acts) as if their entire world is ending. Their emotions are big and overpowering and they feel that they will never feel better again — which only compounds how they feel. **Reminding them** that their emotions will pass will help them and potentially lessen the intensity of those emotions in the first place!

**5. Let’s take a breath, take a break, sit down, pause for a minute...** It is a hard thing to do to sit with an emotion. To just feel it — live in it. But if we allow ourselves to be in the moment with our emotions, then we can let them go easier. A key part of being your child’s emotion coach is simply teaching them that experiencing the emotion, *feeling the emotion*, helps us to let it go.

**6. You are good and kind.** Being dysregulated is not being bad. Being angry or frustrated is not being bad. Yet, sometimes when we are emotional, we don’t always make the best choices. Our kids may make mistakes or bad choices, but that is how they act, **not who they are**. This is such an important message when we emotion-coach our kids.

**7. I’ll be over here when you need me.** I am all for validating and acknowledging children’s emotions, but sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time. But not right now, later when things are calm again. **You can still acknowledge your child’s emotions while giving them a chance to regulate themselves.** *“I can see you are really upset about this. It’s okay to be upset. It doesn’t seem like what I am saying is helping. You remember what to do when you’re upset, and you remember how to calm down. I’ll be over here when you need me.”*

**8. Let’s have a Do-over!** Sometimes everyone needs a chance to reset. Sometimes kids know they have messed up and they want to save face, they want a chance to do it better.

**9. What can we learn from this? What is the lesson in this?** Teaching our children that there is a lesson when we struggle is so important. That there is a lesson in our pain, disappointment, anger. That problems that are hard to solve lead to opportunities.

**10. You’ll Remember Next Time.** When your child does something they shouldn’t do and you correct their behaviour—say this. Or when you’ve worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say, “You’ll remember next time.” That one simple phrase communicates so much to children. It tells them that their failure today isn’t a permanent failure and that they can change.

***This is a small part of a wonderful article, to read in full follow the link below.***

Soderlund, Dr Ashley (2021, 16 July). 10 Emotion-Coaching Phrases to Use When Your Child is Upset. Retrieved from [nurtureandthriveblog.com](https://nurtureandthriveblog.com)

## Mindfulness

**Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.** Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future. **Mindfulness is beneficial for the entire family** learn together. The smiling mind has a free app that can guide you through every step. [www.smilingmind.com.au/smiling-mind-app](https://www.smilingmind.com.au/smiling-mind-app)

Source: [smilingmind.com.au](https://smilingmind.com.au)



# HEALTH & SAFETY: Good Immunity

**What Is Our Immune System?** On a daily basis, we are constantly exposed to potentially harmful microbes of all sorts. Our immune system, a network of intricate stages and pathways in the body, protects us against these harmful microbes as well as certain diseases. It recognises foreign invaders like bacteria, viruses, and parasites and takes immediate action. Humans possess two types of immunity: innate and adaptive.

**Innate immunity** is a first-line defence from pathogens that try to enter our bodies, achieved through protective barriers. These barriers include:

- Skin that keeps out the majority of pathogens
- Mucus that traps pathogens
- Stomach acid that destroys pathogens
- Enzymes in our sweat and tears that help create anti-bacterial compounds
- Immune system cells that attack all foreign cells entering the body

**Adaptive or acquired immunity** is a system that learns to recognize a pathogen. It is regulated by cells and organs in our body like the spleen, thymus, bone marrow, and lymph nodes. When a foreign substance enters the body, these cells and organs create antibodies and lead to multiplication of immune cells (including different types of white blood cells) that are specific to that harmful substance and attack and destroy it. Our immune system then adapts by remembering the foreign substance so that if it enters again, these antibodies and cells are even more efficient and quick to destroy it.

## What factors can depress our immune system?

**Older age:** As we age, our internal organs may become less efficient; immune-related organs like the thymus or bone marrow produce less immune cells needed to fight off infections. Aging is sometimes associated with micronutrient deficiencies, which may worsen a declining immune function.

**Environmental toxins** (*smoke and other particles contributing to air pollution, excessive alcohol*): These substances can impair or suppress the normal activity of immune cells.

**Excess weight:** Obesity is associated with low-grade chronic inflammation. Research is early, but obesity has also been identified as an independent risk factor for the influenza virus, possibly due to the impaired function of T-cells, a type of white blood cell.

**Poor diet:** Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies.

**Chronic diseases:** Autoimmune and immunodeficiency disorders attack and potentially disable immune cells.

**Chronic mental stress:** Stress releases hormones like cortisol that suppresses inflammation (inflammation is initially needed to activate immune cells) and the action of white blood cells.

**Lack of sleep and rest:** Sleep is a time of restoration for the body, during which a type of cytokine is released that fights infection; too little sleep lowers the amount of these cytokines and other immune cells.

**Does an Immune-Boosting Diet Exist?** Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. The design of our immune system is complex and influenced by an ideal balance of many factors, not just diet, and especially not by any one specific food or nutrient. However, a balanced diet consisting of a range of vitamins and minerals, primes the body to fight infection and disease. Scientists are finding that the microbiome plays a key role in immune function, so adding probiotic foods to your diet may also help keep bugs at bay.

## Steps to Help Support a Healthy Immune System

1. Eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods.
2. Don't smoke and ensure your children aren't exposed to second hand smoke.
2. Exercise as a family
3. Aim for 7-9 hours of sleep nightly.
4. Aim to manage stress. This is easier said than done, but try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend.
5. Wash hands throughout the day: when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

The Nutrition Source (2021). Nutrition and Immunity. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>

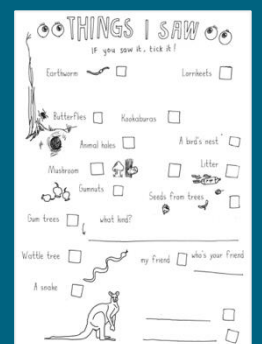


## EXPLORERS LOG BOOK

August 1 is National Tree Day, to celebrate go to [this page](#) and download the 'Explorers Log Book', gather some pencils and plan an adventure. Discover your backyard, take time to stop and observe nature.

Exploring nature supports our children, mentally, socially and physically and is the ultimate sensory experience for them. Through playing in nature and having the freedom to explore their world, we help our children learn to care for their environment and one another.

[treeday.planetark.org/toolkit/#activity-sheets](https://treeday.planetark.org/toolkit/#activity-sheets)



Ronald McDonald House - **Earn your Stripes** Charity



Ronald McDonald House Charities®  
Greater Western Sydney

This August we are taking part in 'Earn Your Stripes' to raise money for Ronald McDonald House Charities. Ronald McDonald House Charities of Greater Western Sydney are raising money to help support sick and injured children and their families through their darkest hours. **Our goal is to reach \$150**, together we can make a real difference for seriously ill children and their families.

We have set up a link in collaboration with Ronald McDonald house for our families and Educators to donate whatever they can.

**On the 25th August**, OOSH will be having a stripe themed dress up day to support Ronald McDonald House Charities.

There is no expectation behind the donations, simply dressing up on the 25th August is enough to spread awareness for this amazing cause. Please support us in whatever way you can.

**The Donation link -**

<https://my.earnyourstripes.org.au/rachel-goldberg>



## Staying connected

Since the start of lockdown, we have hosted a few zooms to keep up the connection with our families in lockdown! It is so great for all the children to have time to chat and hang out with each other! They really enjoy the time to catch up and talk about what they have been doing in lockdown! And it is such a great way to remind everyone of OOSH and to look forward to better days post the lockdown!

We have also been running competitions with the children for something fun and exciting to do during the lockdown! Being stuck inside all the time can be boring so KPSOOSH hopes that the ongoing comps will liven up the time spent inside! So far, we have had a drawing competition and a jellybean guessing competition!



### WINTER WARM UP

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

How often do your children say "I'm cold?" Next time they do set them a challenge and join in too. Ask: How can you warm your body up? (It must be via movement) Anything they do you must copy. You could: Jump, skip, spin, run, hop, wiggle, roll, dance, chase, tickle... Before long you will all be warm and have done a little exercise in the process!