

DO THE BEST YOU CAN UNTIL YOU KNOW BETTER. THEN WHEN YOU KNOW BETTER DO BETTER – MAYA ANGELOU



OCTOBER
2021



ON *this* MONTH

AT KPSOOSH

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We’re (Almost) back at School!

Warm Weather is here, and lockdown is almost over!

It’s been a long, dreary and at times very scary, few months. Here at KPSOOSH we have remained open as an essential service throughout the long lockdown to provide essential care for those families that needed it.

We are so excited to be reaching the end of lockdown and we can’t wait to welcome back all of our wonderful children in due course. We have missed each and every one of you! As we head into the warmer months of Spring and Summer OOSH is excited to start gearing up for lots more fun activities!

There have been some exciting changes at OOSH over the last few months, so read on to find out more!





INTERNATIONAL DAY OF OLDER PERSONS – OCT 1

International Day of Older Persons *aims to help eliminate ageism and age discrimination.* The United Nations International Day of Older Persons 2021 theme “Digital Equity for All Ages” affirms the need for access and meaningful participation in the digital world by older persons. **Find out more.**

CHILDREN’S WEEK – OCT 23 - 31

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. The Children’s Week Council of Australia strongly advocates for and promotes the United Nations Convention on the Rights of a Child. Each year an article is selected by the Children’s Week Council of Australia. The theme for 2021 is ‘Children have the right to choose their own friends and safely connect with others.’ Follow the link [here](#) to find events happening in your state or territory.

LAMB BIRYANI



PREP 5 min | COOK 25 min | SERVES 4

INGREDIENTS

- 500g lamb: mince or diced
- 150g pumpkin, peeled and diced
- 3 cloves garlic
- 1 onion, diced
- 2cm piece ginger, peeled and grated
- 2 cups basmati rice
- 1-1.5L stock
- 1/3 cup sultanas
- 1.5 tbsp Madras spice blend or Garam Masala
- 1 head broccoli
- Fresh coriander and mint to serve
- Greek yoghurt to serve

METHOD:

Heat some olive oil and add the onions and garlic to the pan. Cook until soft. Add the lamb and cook until browned. Mix in the spice blend and ginger and cook until fragrant. Add the rice, stock, pumpkin, and broccoli and cook until the rice and vegetables are cooked through. Stir in the sultanas and serve with the coriander on top. **To serve:** Serve in a bowl with a dollop of Greek yoghurt, fresh coriander and mint and some slivered or chopped almonds

Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at jokatenuitrition.com

Book reviews

Enjoy a few of this year’s CBCA award winners.



HOW TO MAKE A BIRD

AUTHOR MEG MCKINLAY | ILLUSTRATOR MATT OTTLEY

Extraordinary imagery and rich language spark the reader's imagination as they enter the creative world of a young girl. A moving and visually stunning picture book that celebrates the transformative power of the creative process from inception through recognition to celebration and releasing into the world.

YOUR BIRTHDAY WAS THE BEST

AUTHOR MAGGIE HUTCHINGS | ILLUSTRATOR FELICITA SALA

This is the story of a plucky young cockroach who gate-crashes a birthday party – with hilarious results. Funny, silly and surprisingly cute, Your Birthday Was the BEST! is the perfect blend of downright gross and delightfully entertaining.

ANEMONE IS NOT THE ENEMY

AUTHOR/ ILLUSTRATOR ANNA MCGREGOR

Anemone lives alone in the rock pool. The tide comes in and the tide goes out. Anemone wants is a friend, but friends are hard to make when you accidentally sting everyone who comes near you. Perhaps Clownfish has a solution to the problem... A funny tale of mishap, misunderstanding, and the search for true friendship in an ocean rockpool.



FOCUS: A Golden Rule of Parenting – *Stop Thinking Everything You Do Is Wrong.*

Parenting is hard, we are inundated with parenting advice from every man and their dog daily... in the news, on social media, from other parents, or from overheard conversations in the grocery line. It's no wonder that seeking out parenting advice, in general, can be a very overwhelming experience. So, an article in *The New York Times* brings up a single, inspiring piece of advice that can be universal to all concerned parents: **Stop thinking everything you do is wrong.**

A survey conducted in the United States this year found that many adults feel that young people today face more hardships than they did when they were young. Particularly in terms of stress, anxiety, depression and other mental health issues. This is an interesting reversal of the traditional dynamic, in which adults 'recall the hardships and dangers of the old days and conclude that kids these days have it easy', says paediatrician Dr Matthew M. Davis.

And yet the paradox is understandable...On the one hand, children are 'cushioned, shielded [and] protected from the literal and figurative bumps and bruises of the real-world playground'. But on the other, kids are overscheduled, overstressed, and increasingly anxious. These challenges are often a result of trying to succeed in an increasingly competitive academic climate, with the hopes of gaining employment in an increasingly oversaturated job market. This contrast leads to a confusion of which parenting approach is best, and an inevitable and ongoing confusion of what kind of parenting style we should adopt.

Do you hover like helicopter parents to protect your children from the difficulties they face, so they can focus on their studies?

Or do you leave them to deal with everything on their own, in the hopes they'll rise up to the challenge?

Most parents — including yourselves — rightly sit somewhere in the middle. But there's always going to be times when unexpected challenges throw your parenting style off course. This is not a reflection of your parenting as much as a reflection of being human!

And from our point of view, the fact that you're reading this article, or any article, shows that you're not doing everything wrong. Investing the time and energy into researching advice is a testament to your commitment to being the best parent you can be. **The point is:** *Congratulate yourself* on trying to be the best parent you can be. *Show your child* what you believe is right and wrong by example. And when you slip up in one way or another, *forgive yourself and move on*, because it's likely to happen again (and again and again).

Melbourne Child Psychology (2019) A golden rule of parenting – Stop thinking everything you do is wrong. Retrieved from melbournechildpsychology.com.au



TAKE A MOMENT, TAKE A BREATH.

Stress-Relief Mantra #3: All experiences are helping me grow.

How and when to recite this mantra: Recite this mantra four times either out loud or quietly to yourself as often as needed.

How this mantra can help you: This mantra is perfect to use when you are searching for answers to challenges that have come your way. Life is a journey of growth, and by acknowledging this, you can see the higher purpose in everything that happens. It may not always be easy to see exactly how you'll grow from a particular situation but understanding that all experiences are contributing to your growth and development can be reassuring and can help you tackle things from a place of curiosity rather than despair.

Viewing all experiences as opportunities to grow allows you to focus on the bigger picture and helps you avoid getting caught up in all the details. You'll be able to take a step back and not put so much pressure on yourself to have everything figured out. You are here to learn, and part of that process requires you to go through experiences that are indeed challenging and confusing—but also ultimately joyful. The more you can approach life as a learning experience that you simply cannot fail at, the freer you will feel to explore things with a sense of adventure.

Happify. (2021). 4 Mantras for Instant Stress Relief. Retrieved from happify.com.

THE SNACK ATTACK

Whether you are still home schooling, or it is simply the weekend kids go through stages where snacking becomes a full time activity. What can you do to help curb this habit?

1) Stick to a (flexible) meal/snack routine. Talk to your kids about it so they know that after breakfast we won't be eating again until 9.30 snack. **2) Keep busy.** If you're just sitting around the house, you get bored and head to the kitchen, right? It's understandable that your kids will do the same. **3) Limit the number of packages snacks in your cupboard.** When the options abound, your kids will want to try all of them. **4) Plan & prep ahead.** Besides meal planning your dinners for the week, make a list of healthy snack options for the kids (and yourself!). A few ideas written on a post-it on your refrigerator and a few pre prepped snacks will help you to offer a nutritious snack at snack time. **5) Don't allow snacking close to mealtimes.** Kids always seem to ask for snacks right before dinner! Distract instead, suggest an activity they can do. Take out the Legos, play dough, colouring books, or matchbox cars. Keep a few toys and activities put away and only take them out during dinner prep time.



HEALTH & SAFETY: What is the Vestibular System and why is it important?



Most kids learn about the 5 basic extrinsic senses of sight, sound, taste, touch, and smell. Many, however, are not as familiar with two hidden intrinsic senses: the vestibular and proprioceptive senses. The vestibular sense is one of the first to develop in a growing fetus and is stimulated by the movement of a carrying mother's body. By only 5 months in utero, this system is well developed and provides a great deal of sensory information to a growing fetal brain. This system is very important to a child's early development. Its role is to relay information to the brain as to where a person is in space, as related to gravity; whether they are moving or still, if they are moving how quickly, and in what direction. The vestibular system gathers that information from a set of fluid filled canals and a sac-like structure in the inner ear. These structures respond to movement, change in direction, change of head position, and gravitational pull.

4 Ways the vestibular system may impact your child:

1. The vestibular system coordinates eye and head movements. Without this coordination, it may be challenging for children to complete everyday activities such as copying from a white board in their classroom, following a moving object such as a softball through the air; or visually scanning across a page to read. The vestibular system helps the brain to register and respond to whether the object the child is looking at is moving or if their head is moving.

2. The vestibular system also helps to develop and maintain normal muscle tone. Muscle tone is the ability of a muscle to sustain a contraction. Without a proper functioning vestibular system, it may be challenging for a child to hold their body in

one position. These children may oftentimes prefer laying on the floor instead of sitting up during circle time or leaning on their elbow or hand while seated at their desk.

3. The vestibular system also impacts a child's balance and equilibrium. As your child moves throughout their environment, so does the fluid in their inner ear canals. As the fluid in their inner ear moves, your child's brain is receiving information as to the position of their head in space. Depending on that signal, the brain then sends a message to your child's body signalling it to move in a way that will help them to respond to and compensate for any planned or unplanned movements. Without efficient vestibular processing, your child may appear to be clumsy and have trouble staying on their feet during routine play.

4. Finally, the vestibular system helps a child to coordinate both sides of their body together for activities including riding a bicycle, catching a ball, zipping a coat, or cutting with scissors.

If you suspect that your child is having difficulty processing sensory information by way of their vestibular system, do your best to be sure that activities including a lot self-propelled movement are incorporated into their day. Activities may include swinging, sliding, or using other equipment at the park. Do your best to avoid activities with excessive spinning or twirling as movement in these planes can have negative effects including over-stimulation, lethargy, or changes in heart rate or breathing. It may also be challenging for your child to pace themselves during these quick paced movement patterns. Encourage activities in which your child lays on their belly to participate in games or play with toys. Throughout your day, take note to see if your child seems better able to focus after completing physical activity or partaking in activities that get them up and moving.

The vestibular system may be less commonly discussed than other sensory tracts, but its impact on your child's ability to complete day to day activities are vast.

For more activities that promote the development of a healthy vestibular system click [here](#)

Moyer, Lindsey (2014). What is the Vestibular System and why is it important? Retrieved from <https://sproutsdevelopment.com/what-is-the-vestibular-system/>

Sustainability CORNER

AUSSIE BACKYARD BIRD COUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you. Last year Australia counted 4.6 million birds in 7 days!

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see.



You will need to count the number of each species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. aussiebirdcount.org.au



Over the holidays some of the children at KPSOOSH got talking about climate change, and then decided to write and mail their very own letter to the Prime Minister! I could not be prouder of them, and I think they did an outstanding job! With their permission, here is the letter that they wrote:

Dear Scott Morrison,

We, the students at Kensington Public School, are trying to reduce the effect of climate change. We know that you must do something about climate change as you have the power to save Australia. People seem to only think about money and hardly anything else. But without the earth there will be no money, no people and there is NO PLANET B! We think it is common sense for you to help us, the people, but not only humans, also the animals who play a vital role in our ecosystem. We learnt that climate change is something big that has been affecting our world and lots of people haven't been doing anything to help. They think there is nothing going on and that it is not affecting us.

I think it is affecting us and our futures. We are young people, and we are growing up to be adults, and imagine us not living for long, because there might not be an Earth... I feel like it impacts our life because it is affecting the water that we drink. Not only that, but it is affecting the air that we breathe and the crops that we use for food. Climate change has also affected our animals and has caused a lot to go extinct.

Our water is one of our biggest concerns because it is something that keeps us, animals, and our crops that we grow to feed us, alive. We would love to see people start saving our water instead of just using it like we have all the water in the world. Not only that but the waste that is being dumped in our water which must stop immediately! We are already wearing clothes with micro-plastics, drinking water with micro-plastics and it is everywhere. We find it disgusting that this is happening, we wish you could do something to change it.

We know last bushfire season that 3 billion animals were harmed or even killed by bushfires. As the temperature of Earth has increased by 1 degree Celsius, it is important that the planet doesn't continue to get warmer because we don't want to see the bushfire season every year and for it to possibly get worse. If we continue and don't bother to do anything about it more animals will start to go extinct. How can we help? We can help by using renewable energy sources that will decrease the Earth's temperature or even bring it back to normal, meaning that the 1 degree raise will disappear. It is very simple to solve this problem. All you must do is leave the coal in the ground and switch to 100% renewable energy. Tasmania has been doing very well as they have been using more renewable energy than non-renewable energy. It is crystal clear to start using renewable energy and to forget about non-renewables such as fossil fuels like coal.

We hope very much that you will be convinced by us and all of the climate activists, because this is our world, and the planet belongs to everybody. So, this is in your hands. As the leader of Australia, we really hope that you will act and transition to 100% renewable energy before it is too late! Animals are going extinct, and we are very worried about the future. So please Scott Morrison, as the Prime Minister and the leader of our country, will you act to save our futures? One quote to leave you with: Life was given to us a billion years ago, what have we done with it?

Regards:

Kensington Public School OOSH



Acknowledgment of Country

Here at KPSOOSH we think it is very important that all the children have a good understanding of Australia's history and culture. Therefore, we have started doing an acknowledgment of country a few times a week. We think that this is an excellent way of respecting Indigenous Australia, as well as teaching the children the importance of understanding their history. Acknowledgment of country is now done before rollcall and each time it is read out by a different student.



LAST MONTH WE...Enjoyed Circle Time Together

Lockdowns are tough. For adults and children alike, these last few months have been uniquely difficult. Here at KPSOOSH we have attempted to always provide a safe and inclusive space for all the children in our care. During the coldest months of Term Three, when everyone was going through the lockdown, we implemented circle time at KPSOOSH. This began as a very simple concept to provide the children of essential workers with a safe space to discuss their emotions. We felt the children needed additional routine and stability, as well as a place free of judgment to simply talk about they there were coping during the extended lockdown. Thus, began the daily circle.

Before rollcall all the children knew to gather in a circle under the COLA and there, we would pass around our purple OOSH mascot, Octavian the speaking octopus. Each child then had a turn to discuss how their day had gone, what they were looking forward to and simply how they felt. We then discussed what makes someone a good friend, and how we could all work to care for each other.

I think that this provided a helpful safe space for all our children, and it was certainly lovely to hear them supporting and caring for each other!

SPRING VACATION CARE!

Another vacation care over and done! This one was a bit smaller than usual given the lockdown, but I think we had lots of fun regardless! Each day had a fun theme, and the children had lots of fun dressing up and doing all different games and activates based around the theme of the day!

Some of our themes included a rainbow day, a safari theme and science day! Hopefully something to please every child!

It was also lovely to see the children engaging in spontaneous play. A group of children were especially fond of playing at forts and each day would create an amazing design! Another group of kids loved using the puppet theatre and each day they would put on the most amazing shows!

Overall, it was a great holiday! Despite the lockdown and small number of children who were able to attend we had lots of fun!



Core Strength: Pass the ball

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

All you need for these activities is a ball or another object.

- 1) To start you and your child/ren need to find a clear space and get into plank position. A carpeted or grass area would work well to protect forearms. All you need to do is stay in the plank position, lift one arm (while still hovering) and roll the ball to one another without collapsing. See how long you can pass the ball for before falling. Try again, can you beat your number of passes? Challenge yourselves by making the distance between both of you greater.
- 2) This time you need to be in a bridge position. (Lying on your back, knees bent, lifting your bottom off the floor). Make sure you are close together. While in this position pass the ball under your bridges to one another and again challenge yourselves, how many times can you pass the ball without collapsing. Make it harder by passing the ball under one bridge, over the other, making a figure 8 with the ball.