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## CONNECTING WITH OUR FAMILIES

Term Three has been very challenging for students, teachers, and carers alike, but throughout this outbreak KPSOOSH has been keeping up the connection with our lovely families in lockdown.

We have been running weekly zooms or competitions to keep up the connection with our families!

At OOSH as well, we have also been working hard with the children to help them feel happy and supported! And this month we are asking you for your feedback! We would love suggestions for competitions and games, to keep all the children occupied in lockdown!



**INTERNATIONAL LITERACY DAY – SEPTEMBER 8**

International Literacy Day is a day to remind world leaders, influencers and the general public of the current literacy challenges for millions of people.

International Literacy Day (ILD) 2021 will be celebrated under the theme “Literacy for a human-centred recovery: Narrowing the digital divide”. **Find out more about National Sorry Day here**

**SAVE THE KOALA MONTH – SEPTEMBER 1 - 30**

September is ‘Save the Koala Month’, learn about the plight of koalas and help to make a difference. There are likely to be less than 80,000 Koalas remaining in Australia today and it could be as low as 43,000. Much of their habitat has already been lost. This makes it vitally important to save what is left.

**Find out how you can help here**

**MANGO, COCONUT AND MACADAMIA MUFFINS**



**PREP 10 min | COOK 30 min SERVES 12**

**INGREDIENTS**

- 2 cups spelt flour
- 4 tsp baking powder
- 1/4 tsp bicarb soda
- 2 eggs
- 4 tbsp unsalted butter, melted
- 1/2 cup milk of choice
- 1/2 cup Greek yoghurt
- 1 tsp vanilla
- 1 cup mango diced
- 1/2 cup macadamia nuts, chopped
- 2 tbsp shredded coconut

**METHOD:** Preheat oven to 180 C. **Whisk** the eggs and add the milk, yoghurt, vanilla, melted butter and mango and stir to combine. **Add** in the flour, baking powder and bicarb soda. **Mix** to combine. **Pour** the mixture into 12 muffin cases and sprinkle with the nuts and coconut. **Cook** for 30 minutes before cooling on a wire rack.

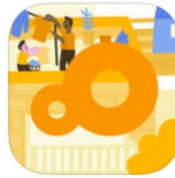
**Dietary Tips:**

**Dairy free:** use coconut yoghurt and a plant-based milk such as oat, coconut or almond and swap the butter for coconut oil. **Vegan:** use 2x chia eggs, coconut yoghurt, coconut oil and a plant-based milk **Gluten free:** use either a gluten free flour or buckwheat flour

*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.*

**App reviews**

*Entertain, engage, learn laugh and play!*



**DAILY VROOM**

**VROOM, | 2+**

*By tapping into kids’ natural drive to explore and learn about their everyday world, this app’s tips engage kids on a deeper learning level and encourage more fun, meaningful adult-child interactions.*

Every day, Vroom delivers a tip for you and your child right to your phone. You’ll get tips chosen for your child’s age. Explore tons of tips and find ones that are just right for your family. There’s brain science behind every Vroom tip. With each short activity, you teach your child the life skills that help them thrive.

**ZIGAZOO: KID-POWERED VIDEOS**

**EDUCATIONAL GAMES FOR KIDS | 5+**

*Zigazoo makes education fun by encouraging kids’ learning with engaging, interactive games for kids!*

Created by parents and teachers, Zigazoo is the number one kid safe app that encourages kids to be creative and learn. Parents can sit back and relax as their children enjoy safe screen time and educational media with Zigazoo!

**THINKROLLS**

**AVOKIDDO | 3+**

*Boost your child’s brain power and intelligence!* Thinkrolls is an award-winning logic puzzle game that helps young kids develop reasoning and problem-solving skills through a delightful and engaging gameplay.

## FOCUS: How to Help Kids Cope with Disappointment

Among the many painful effects of the coronavirus pandemic on children is the distress of losing the chance to participate in important events — sports, significant birthdays, school excursions or that big family holiday. As the crisis goes on, even missing out on regular day-to-day activities, like sleepovers or going out for dinner continues to be upsetting for many kids. Adults are going through some of the same kinds of difficulties, but they often have plenty of experience processing such challenges. Kids, on the other hand, may be experiencing these intense emotions for the first time.

Try these tips to help your child learn to handle disappointments with ease.

**Empathise first** - We all experience disappointment at times and we tend to reach for our most trusted resources when we do. Remember that your child is coming to you because she needs empathy and understanding, not a rock-solid coping plan.

Children respond to disappointment in different ways, and there's no perfect response to these negative emotions. Some might immediately erupt into tantrums while others become silent, sullen or stubborn. It's important to remember that coping with disappointment is even difficult for adults at times. This isn't a skill that kids can learn in a day. And while tantrums might feel embarrassing or overwhelming in the moment, we all need to vent at times. Use empathic responses like, "I understand that this is difficult. I know you feel disappointed right now." Give your child the time and space to cry, feel sad and soak up a hug from mum or dad. Connection helps kids recover from adversity. Meet heated responses with calm ones to model healthy coping strategies and save the discussion for a later, calmer moment. What your child needs most in the heat of the moment is empathy and understanding. You can review positive ways to handle disappointment after your child recovers from the disappointing event.

**Be a guide, not a fixer** - As a caregiver, you can't be there to soothe every difficult emotion or solve every problem for your child as they grow. It's important to act as a guide when it comes to managing setbacks instead of jumping in with the fix. The next time your child comes to you for help with a disappointment, try asking a few questions that empower him to solve the problem:

*How did it feel when that happened?, What did you wish would happen?, What can be done differently the next time?*

This helps your child brainstorm the problem and think through possible solutions while you comfort him. And to think about how to turn the problem around into something good.

**Help your child manage expectations** - It's natural to build excitement for something like a family holiday by talking about all of the wonderful things that might happen, but the word "might" is very important. Young children have a tendency to engage in all-or-nothing thinking. When parents say, "A stop at the aquarium might be fun," young children hear: "We're going to the aquarium and it will be great!" When that doesn't happen, or isn't so great due to long lines, it can be a huge disappointment. Parents can't prevent disappointing things from happening, but they can reduce distress in response to these events by helping kids learn to manage anticipation.

**Try this:** Make a list to indicate hopes, possibilities and sure things. On your big family, for example, you hope to go to an aquarium for a day, it's possible that you'll go out for dinner or go to a museum, and you'll definitely spend some time at the beach. This helps kids anticipate the excitement without expecting to do it all. In the event that Covid could interfere with the holiday as a whole, prepare kids for this by having that discussion too and talk about things you can still do if you have to stay home. Plan the 'staycation option'.

**Practice delayed gratification** - In a world that thrives on instant gratification, it can be difficult for kids to understand that many things require time and practice. A child can't expect to sit down at the piano for the very first time and play a masterpiece without mistakes. That's not how life works. The same goes for sports, puzzles, games, art and just about everything else.

Routines are helpful when it comes to helping kids learn to delay gratification. Establishing a rule where kids have thirty minutes of downtime before heading to the park to meet friends after school teaches kids to slow down and wait instead of running from activity to activity. Practicing goal setting as a family is another useful strategy. If your child struggles with jigsaw puzzles because it's difficult to see the big picture through all of the pieces, you can help by working on one corner at a time and setting timers to help your child remember to take breaks.

**Teach self-calming skills** - Learning how to process uncomfortable emotions plays an integral role in coping with disappointment. When parents model and teach self-calming skills, kids learn that they can get through hard things.

It takes time to develop the skills to cope with disappointment. Be patient when your child has big reactions to seemingly small events. Sometimes a good venting helps kids work through their emotions so that they can think more rationally about the disappointing event and what they can do to recover.

Source: Hurley, Katie (2019, January 17). How to Help Kids Cope With Disappointment from <https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-disappointment>



## EAT A FRUIT & VEGETABLE RAINBOW

You will get the most health benefits and protection against disease if you eat a wide variety of fruits and vegetables. Exposing children to a wide range of foods early promotes healthy eating for life. Try to eat a rainbow of colourful fruits and vegetables every day to get the full range of health benefits. Did you know foods of similar colours generally contain similar protective compounds? For example:

- **Red foods** – like tomatoes and watermelon, contain lycopene, thought to be important for fighting prostate cancer and heart disease
- **Green vegetables** – like spinach and kale. These contain lutein and zeaxanthin, which may help protect against age-related eye disease
- **Blue and purple foods** – like blueberries and eggplant. These contain anthocyanins, which may help protect the body from cancer
- **White foods** – like cauliflower. These contain sulforaphane and may also help protect against some cancers.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/fruit-and-vegetables#colours-of-fruits-and-vegetables>

# HEALTH & SAFETY: Dental Care for Children

Tooth decay in children is on the rise in Australia, with children aged 5 to 10 having an average of one and a half decayed, missing or filled baby teeth. So, it's more important than ever to teach your child good oral health habits that will stay with them for life.

## Caring for children's teeth is important

It is important to look after your child's teeth from the moment they start teething. Keeping your child's teeth and gums clean will protect against infection, cavities and pain. Decayed baby teeth can damage the permanent teeth underneath. If a child loses a tooth because of decay, it can cause crowding problems when their adult teeth come through later.

## Teeth development

Baby teeth can arrive in any order, although the central bottom teeth are often first. Most children have a full set of 20 baby teeth by the time they're three years old. The 32 adult teeth replace the baby teeth between the ages of 6 and 20 years.

## Tips to keep your child's teeth clean

- Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed using toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay. Make sure they brush for at least 2 minutes and remind them not to swallow the toothpaste.
- Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8. After that, supervising them is still important.
- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well. Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that are in contact with each other. You should supervise flossing until they are about 10.
- To develop strong teeth, make sure your child eats a healthy, balanced diet and avoids foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always choose fluoridated tap water.

## Toothbrushes

It's important to choose the right toothbrush – one designed specifically for your child's age. These toothbrushes have small oval heads, soft bristles of different heights and non-slip, cushioned handles. They also often have cartoons and fun designs on the handle, which your child might like. The novelty of electric toothbrushes might also appeal to your child. Some electric toothbrushes can give a slightly better clean than manual brushes, but it's best to go with what your child prefers.



## Keeping toothbrushes clean

After cleaning your child's teeth and gums, rinse the toothbrush with tap water. Store the toothbrush upright in an open container to allow it to air-dry. You should replace toothbrushes every 3-4 months, or when the bristles get worn or frayed.

## Visiting the dentist

**Regular check-ups** - Regular dental check-ups are important from the age of 1, or within 6 months of the first tooth appearing. Always make a visit to the dentist a positive experience. Never use the dentist as a threat for not brushing teeth or other behaviour.

**Corrective treatment** - As your child's adult teeth grow through, make an appointment with the dentist if you notice any misalignment of the teeth or jaw. They will advise whether [corrective treatment](#) is required.

**When to seek further help** - See the dentist if your child develops any of the following: bleeding, red or swollen gums, pus coming from the gums, a bad taste in the mouth that won't go away, loose teeth (this can be caused by infected gums), abscesses (these can be under the teeth and will usually be very painful).

**Tips:** Children are more likely to go along with cleaning teeth if it's fun and part of a daily routine. For example, you can sing 'This is the way we brush our teeth, brush our teeth, brush our teeth, so early in the morning' while you're brushing. Or you could pretend the toothbrush is a train, saying 'Toot toot chugga chugga' as you move it around your child's teeth. Say you have to clean of the fairy dust or cheetah spots is also a good way to distract them.

Source: Healthdirect (2019, December). Dental care for children Retrieved from <https://www.healthdirect.gov.au/dental-care-for-children>

Raisingchildren.net.au (2019, July). Dental care for Preschoolers Retrieved from <https://raisingchildren.net.au/preschoolers/health-daily-care/dental-care/dental-care-preschoolers>



## TEACH YOUR CHILDREN ABOUT OCEANS AND OCEAN LIFE

*As parents, we all know that our children are our future, so that's why we have to start teaching them at an early age to respect and love our natural world, especially our beautiful oceans.*

### How can we do that?

- Visit the sea aquarium to give your children an up-close view of sharks, sea turtles, manta rays and other ocean life.
- Share books about the ocean and its creatures, which can delight your children.
- Explore the ocean via the internet together.
- Buy sea animal toys. Playing with these toys can help children to build their relationship with these creatures.
- Do ocean-themed craft activities, such as making sand jars and a paper-plate aquarium, etc.
- And remember, 'A visit to the ocean will be the best thing you can ever do for them.'

Source: <https://saveourseas.com/sosf-shark-education-centre/teach-your-children-about-oceans-and-ocean-life/>

# SPRING VACATION CARE

KPSOOSH is pleased to announce that our Spring Vacation care program is out now!

**Please note: this coming vacation care will have Covid related restrictions.**

- The Health Order, which states that only essential workers are allowed to send their children into childcare, applies to our upcoming vacation care.
- Only the children of two essential workers can attend vacation care. **If one parent or caregiver can remain at home, children are prohibited from attending KPSOOSH under the Health Order.**
- Given the evolving situation with Covid, **we have very limited spots available, only for the children of essential workers.** We ask that parents who do not need care, do not book their children in.

*No Refund after the 15th of September 2021 (So please book carefully) From the 16th September 2021 you will only be able to mark your child absent which mean you are being charged. Before this date, you can remove the booking which means you aren't charged.*

- \$50 Early bird ends 3 September 2021
- \$60 from 4 September 2021
- Parents are required to look at WHAT TO BRING PAGES before their child attends (last 2 pages on the program).
- Bookings are to be made through the My family lounge APP.



WEEK 1				
Monday 20 <sup>th</sup> Sept 21	Tuesday 21 <sup>st</sup> Sept 21	Wednesday 22 <sup>nd</sup> Sept 21	Thursday 23 <sup>rd</sup> Sept 21	Friday 24 <sup>th</sup> Sept 2021
<b>OVER THE RAINBOW</b>  To kick off our Spring vacation care, we are starting with a rainbow themed day! Today will be about all things colorful, with plenty of fun, themed activities! So come ready to have fun and wear your brightest, most colorful outfits. Outcomes: 1,2,3,4,5	<b>ROCKET SCIENCE</b>  Science and STEAM are the themes of this day! Experiments abound, and children should come equipped with curiosity! Today we will be exploring the world of science and it is sure to be unmissable. Outcomes: 1,2,3,4,5	<b>MONSTER MADNESS</b>  This day's theme will be sure to delight! Come dressed as a monster and let's have some spooky themed fun at OOSH! All crafts and activities will be monster-themed ... and there might even be a special prize for the best dressed monster! Outcomes: 1,2,3,4,5	<b>SPRING HAS SPRUNG</b>  Today at OOSH we are celebrating Spring! The day will be one giant tea party, with delicious food to be made and shared! Come wearing your nicest spring outfit and get ready to have some fun in the sun! Prizes to be won! Outcomes: 1,2,3,4,5	<b>WIZARD OF OZ</b>  To finish off the week we are celebrating a beloved classic story! All activities will be themed around the Wizard of Oz. Come dressed in your best emerald green outfit and get ready to have loads of Oz themed fun! Outcomes: 1,2,3,4,5
WEEK 2				
Monday 27 <sup>th</sup> Sept 21	Tuesday 28 <sup>th</sup> Sept 21	Wednesday 29 <sup>th</sup> Sept 21	Thursday 30 <sup>th</sup> Sept 21	Friday 1 <sup>st</sup> October 21
<b>PREHISTORIC PARTY</b>  Today is about everything prehistoric! Dinosaurs galore! All crafts and activities will be themed around dinosaurs, so come armed with your best facts and all your dinosaur knowledge - prizes to be won in an epic quiz battle! Outcomes: 1,2,3,4,5	<b>OUT OF THIS WORLD</b>  Our second day this week will be space themed! Today we will be traveling across the galaxy (metaphorically!) to explore distant planets and stars! Come wearing your best space themed outfit and get ready to immerse yourselves in the wonders of space! Outcomes: 1,2,3,4,5	<b>SAFARI</b>  Today is a day to explore the natural world and gain a better understanding of how we can conserve our wonderful planet and the natural environment! We will be doing activities themed around wild animals and embarking on a metaphorical safari! Outcomes: 1,2,3,4,5	<b>DISCO</b>  Today will be one giant dance party! Come wearing your glitziest party outfit and make sure you have your dancing shoes on! Everything today will be disco party themed! Prizes to be won for the best disco outfit! Outcomes: 1,2,3,4,5	<b>ALICE IN WONDERLAND</b>  This week we will be celebrating another beloved classic story! Come dressed to impress, there will be prizes to be won for the best outfit/ costume! Today everything will be themed around Alice in Wonderland. Outcomes: 1,2,3,4,5

Kensington Public School OOSH Care Inc. Web: www.kpssoosh.com.au Email: admin@kpssoosh.com.au Phone: 0425 291 281 77-79 Doncaster Ave, Kensington NSW 2033 \*PUBLIC HOLIDAY 4 OCT 2021 We are closed

FOR BOOKINGS PLEASE USE MY FAMILY LOUNGE APP

## Feature Article

**We're in this together.**

Stopping the spread starts with you!



## COVID UPDATE

We have made many changes this time around at OOSH to account for the current Covid outbreak. Our updated COVID Risk Assessment and Safety Plan will soon be available on the website! We also wished to remind families that the Coronavirus Australia App [Coronavirus Australia app](#) | [Australian Government Department of Health](#) is available and a great source of reliable information about Covid.

Hand sanitiser is available to parents collecting/ dropping off at the gate on request!

We also wish to remind all parents that wearing masks is a legal requirement when picking up and dropping off children at OOSH. Parents are also required to check in



## LAST MONTH WE...

What has been happening within OOSH this month.

Have you checked out your QK My family lounge APP to see what your children have been up to in August?

The programmed themes in August:

- ***Role model week***
- ***Be kind to the earth week***
- ***Wildlife week***
- ***Stem week***

From Potential Energy Ball Drop Experiment, Crystal science experiment, Kinetic sand volcano, Jeans for Genes Fun, world globe painting, World monuments & much more, so please head over to the APP to check it all out.

We have also been up keeping the KPS and OOSH gardens around the school. The kids learn about gardening and the importance of growing your food. Please keep an eye out, as our cook, Rhonda, will be posting what we are using from our gardens in the kitchen.

Other than that, OOSH is going with the flow, and the kids have enjoyed connecting with the educators, other children & building new friendships while it has been quiet.

## NEW FACES, NEW ROLES AND SAYING GOODBYE TO KPSOOSH

Despite the ongoing lockdown, KPSOOSH has welcomed some new educators to our team! Sophie, Alex and Harry are our wonderful new educators who started just before the lockdown began. All three of our new educators are loving working at KPSOOSH and getting to know all of our wonderful children and families! They have been loving working on craft and sport activities with the children and have really enjoyed getting to know everyone throughout lockdown!

Sadly, we also have said goodbye to two of our wonderful educators in the last few months as well. Kelsey and Karen have both left OOSH in the past few weeks and we were all so sad to see them go!

As for our new educators, they are super excited to get to know all of our wonderful families and children when lockdown is over!

**And finally, we are also so pleased to announce that the lovely Ella is now our official WH&S Coordinator at KPSOOSH!! We know she will do a fantastic job in this role!**



### THIS MONTH LETS... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try [www.youtube.com/watch?v=LhYtcadR9nw](http://www.youtube.com/watch?v=LhYtcadR9nw)