

WE DO NOT INHERIT THE EARTH FROM OUR ANCESTORS;
WE BORROW IT FROM OUR CHILDREN – CHIEF SEATTLE



NOVEMBER
2021



ON *this* MONTH

AT KPSOOSH

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Welcome Back!

We are so excited to welcome all our lovely families back to KPSOOSH after a lengthy lockdown! It is so lovely to see everyone's smiling, happy faces back at school and OOSH after the long lockdown!





REMEMBRANCE DAY – NOVEMBER 11

The eleventh hour of the eleventh day of the eleventh month gained a special significance in post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.

Every year at 11am on November 11 communities gather to pay their respects to those fallen. It is important that we continue to talk about and celebrate the brave men and women who fought then and now. **Visit your council website for information on your local commemorative ceremonies.**

NATIONAL RECYCLING WEEK – NOVEMBER 8-14

National Recycling Week provides an important opportunity for councils, workplaces, schools and individuals to improve their recycling knowledge, build better recycling habits and build trust in recycling. **Find out how you can help here.**

FAMILY FAVE – CRUMBED CHICKEN



PREP 10 min | COOK 10 min SERVES 4

INGREDIENTS

- 500g chicken breast, thinly sliced into schnitzels,
- 1 cup quinoa flakes (available in the health food aisle)
- 1/2 cup tapioca flour (or corn flour works too)
- 2 eggs
- Zest of 1 lemon
- 1 tbsp garlic powder
- Salt

- 1/2 red cabbage
- 2 radish
- 1 pear, thinly sliced
- 1/4 cup walnuts
- Aioli

METHOD: Slice the chicken. Add the eggs to a bowl and whisk. On a large plate, mix the quinoa flakes with the tapioca flour, garlic powder, zest and some salt. Dip the chicken into the egg and then into the dry mixture. Heat some olive oil or ghee in a frypan and cook the chicken until browned. For the slaw, thinly slice the cabbage, pear and radish. Add to a bowl and top with a drizzle of good quality aioli and sprinkle with the walnuts. Serve the crumbed chicken with the salad.

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.



Realistic & accessible parenting advice!



MAGGIE DENT

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators. She has a particular interest in the early years, adolescence and resilience, and is an undisputed 'boy champion'.

Maggie is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She is a passionate, positive voice for children of all ages. Her blog includes articles, videos, podcasts and top tips! A one stop shop for parenting advice. www.maggiedent.com

JANET LANSBURY

Janet Lansbury is a parenting advisor, writer and teacher. She has served on the board of directors of Resources for Infant Educators (RIE) for over a decade, written childcare articles and been a frequent presenter at early childhood conferences.

A former actress/model (Janet Julian), Janet found her true calling when she gave birth to her first child and sought guidance from renowned infant expert Magda Gerber. Inspired and mentored by Gerber in the early 1990s, Janet became a RIE Parent/Infant Guidance Class instructor and has since had the privilege of providing support and guidance to thousands of parents and caregivers. Janet's blog has a worldwide following, it is easily categorised for each stage of childhood. You are bound to find the advice you are looking for. www.janetlansbury.com



FOCUS: DON'T 'JUST GOOGLE IT'

One day, as I was going out, I couldn't find my car key. I nearly googled — "where is my car key?" Since when did I become comfortable using "google" as a verb? Since when did I become a part of *Google Generation* which I define as people who excessively rely on the search engine to solve any real-life issues.

I'd like to examine the impact of over-reliance on internet search engines. I'm not a neuroscientist or a psychologist, but I'm looking at the issue as a forgetful adult who relies on Google a lot and also as a concerned parent of a 10 years old whose favourite phrase is "Just google it"

The impact on the brain - Let's start with the benefits of using technology to gain knowledge because there is no doubt, we're able to obtain information more easily and swiftly than the pre-Google era of 1998. A neuroscientist professor Steven Pinker argued in *The New York Times* (June 10, 2010, *Mind Over Mass Media*) that; *Far from making us stupid, these technologies are the only things that will keep us smart.* While Professor Pinker acknowledges that the constant feeding of information can be distracting or addictive, he is casting a positive outlook on how technologies can assist human brainpower. However, he was focusing on scientific discoveries as a way to measure brainpower and smartness. Needless to say, brain development cannot solely be measured by the amount of knowledge we can store in our brains. We need to look at how we can transform this additional knowledge. A technology writer Nicholas Carr in *The Atlantic* (July/August 2008 Issue, *Is Google Making Us Stupid?*) argues that; *as we come to rely on computers to mediate our understanding of the world, it is our own intelligence that flattens into artificial intelligence.* Carr also warned of *capacity for concentration and contemplation* being chipped away by the internet. I think both arguments, albeit over 10 years old, are still very relevant today. I can definitely relate to the side effects of the internet — distraction, and addiction.

The danger of the internet search One Christmas evening, my family was playing Trivial Pursuit. One question came out "What is the longest river in the world?" Relieved to have gotten an easy question, my wife answered, "Nile"
"No", my son disputed. "Just Google it!"
So I took my phone out to settle the dispute and Googled it.
"Nile, it is", I said.
"No. It depends on how you define the source of the Amazon.", my son insisted. So, I typed "Which is longer Nile or Amazon".

He was right, some scientists claim that Amazon is actually longer than Nile. The dispute arises from the fact that it's extremely difficult to pinpoint the exact source of the river in the snow-capped mountain. We found many interesting research papers on this topic.

While traditionally Nile is considered the longest, there is no clear answer. Unless you're a geologist, you probably do not have enough knowledge to fully understand the way rivers are measured, or even the exact definition of river.

This event highlighted a few issues with internet search.
1. The answer depends on how you formulate the question.
2. There is not always a clear answer.
3. You need to read full articles to fully understand the subject.

Learning is fun - My son is an avid reader. He read somewhere about this subject and knew the answer, whereas I and my wife learned this "fact" without learning the context. We were efficient like a machine in terms of storing and withdrawing necessary information. But we think everything in binary. We simply use our brain to store knowledge and that's it. We stopped thinking.

Our brains should be better than that. I was glad that my son challenged Google. On that night, we actually learned something, not through Google, but through discussion, and by actually being curious about the rivers, and imagining how the scientists' 14-day expedition went, and so on. It was also much more fun than just getting the straight answer and moving on.

We always seek for instant gratification. We expect our demands to be satisfied without any delay. Yet, we must understand that learning takes time and efforts. Arafah and Lenhart in *The Digital Disconnect* (2002; Pew Research Center) found that some students think internet *as a way to complete their schoolwork as quickly and painlessly as possible, with minimal effort and minimal engagement.* That's us, trying to take a short cut to get the answer. By doing so, we missed so many interesting things which could have led to more questions and findings. We missed all these opportunities. But I was relieved that my son was not becoming a robot like us. He knew how to use the internet to his advantage— get the information backed by his own knowledge.

Final thoughts We cannot imagine our lives without the internet. I remember my school days when I had to use encyclopedia for research. I check the index, find the right volume and page, and read the whole article. I couldn't use "Ctrl + F" to skip to the exact section I needed to read. But this effort taught me many things along the way to the answer.

The technologies are keeping us "smart", if it means we get correct answer quickly. But learning how to get to the answer is more important for brain development. Only the creativity in the process can lead to achieving unthinkable. Otherwise, we will just become a machine.

Source: Casper. (2020, August 23). Don't just google it! Retrieved from <https://medium.com/age-of-awareness/dont-just-google-it-2f3971b08882>

SCHOOL ANXIETY

School anxiety is awful for children and heart wrenching for parents. It's so common, but it doesn't always look the same. Sometimes it will dress itself up as illness (headaches, tummy aches), sometimes as a tantrum or fierce defiance, and sometimes it looks exactly as you would expect. School anxiety never just swipes at one person. It's affects kids, parents, siblings and the teachers who also invest in the children in their care. One of the worst things about anxiety is the way it tends to show up without notice or a good reason.

Read through these links and have these websites bookmarked for next time school anxiety shows up:

Hey Sigmund | Beyond Blue, Healthy Families | Very well family | Covid Anxiety

HEALTHY
KIDS



HEALTH & SAFETY: Water safety supervision

Kids' water safety is paramount all year round, but especially during the summer when families will be spending a lot more recreation time in swimming pools and various bodies of water. Susie Allison at Busy Toddler has shared an amazing (an incredibly easy) water safety tip that airline pilots use for cockpit safety, and guess what? This safety measure adapts surprisingly well for kids in any environment but is especially handy around water.

Allison's husband is a former airline pilot, and the couple started this system "almost the day our first came home from the hospital." Shared in a Reel on her Instagram page, Allison writes, "My husband and I have been using a cockpit safety measure for our whole span of parenting AND IT WORKS WONDERS. It keeps the kids safe, makes sure supervision is specified, and helps us never just assume the other adult is watching out."

"When airline pilots need to make a change of controls in the cockpit, the pilot currently flying says: 'Your airplane.' This signals a change of controls is coming. The other pilot must respond back with 'My airplane,' acknowledging that they are now flying the aircraft.

Allison continues, "When one of us needs to make a change in supervision or go do something different or help someone else, we announce it and make a verbal change: 'Your Kate & Matt.' And we wait for the other to respond 'My Kate & Matt.' This is the verbal and acknowledged shift of supervision duties for those two kids from one parent to the other. THIS SYSTEM WORKS."

And when it comes to assumptions, well, those don't come in to play. Allison writes, "We never assume the other is watching. We never assume they noticed we walked away. We never assume the kids are being supervised."

By stating clearly "Your" and the names of your children, then waiting for confirmation, you will know that your partner has taken over keeping an eye on the kids, which is especially important around water.

"Your kids." - "My kids."

Water Safety

Drowning continues to be one of the biggest killers of Australian children. Every year a number of children are killed and hundreds more are rescued from near drowning situations. The most common factor in childhood drowning is lack of supervision.



Using a method like the one described in the opposite column ensures an adult is actively observing children at all times. Active supervision should not be limited to pools and water ways either. Whenever a child is in water, including a bathtub they should be supervised by a competent adult.

AUSTRALIA'S NATIONAL DROWNING REPORT BY THE ROYAL LIFE SAVING SOCIETY OF AUSTRALIA SHOWS THAT IN 2020/2021

25 children aged 0-4 drowned in Australia

An increase of 108% on 2019/2020 and a 9% increase on the 10 year average. 24% of these deaths occurred while bathing.

14 children aged 5-14 drowned in Australia

An increase of 56% on 2019/2020 and a 27% increase on the 10 year average.

Before summer really kicks in familiarise yourself with these four key actions to ensure the safest Summer possible.

- Supervise** - Actively supervise children around water. Eyes on. Hands on. Focus all of your attention on your children all of the time, when they are in, on or around the water.
- Restrict** - Restrict children's access to water. Place a barrier between your child and water. If you can't create a child safe play area with no water in it.
- Teach** - Teach children water safety skills. Make sure your child grows up water aware, water familiar and water confident.
- Respond** - Learn how to respond in case of an emergency. Many children are alive today because their parents knew how to perform CPR and respond quickly.

Source: Royal Life Saving Australia (2021) Royal Life Saving National Drowning Report 2021 Retrieved from royallifesaving.com.au

Source: Schmidt, Ellen. (2021, July). This airline safety tip works wonders at the pool with your kids. A two-word hack used by pilots is also great for kids' water safety. Retrieved from mother.ly/parenting/two-word-water-safety-tip

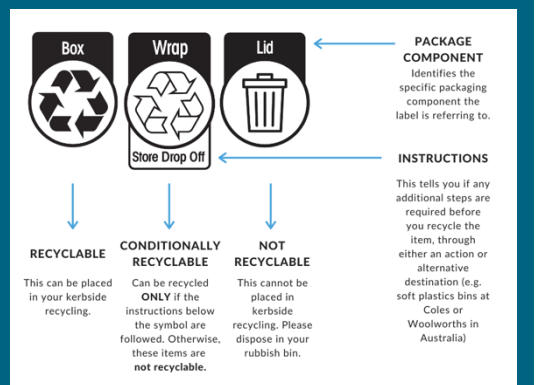


CHECK IT BEFORE YOU CHUCK IT

Recycling can be confusing, getting to know the Australasian Recycling Labels (ARL) will help make recycling much easier. The ARL ensures packaging is disposed of correctly and can be recovered for future use in new products.

Curby begun on the NSW Central Coast, but is now being introduced to 1 Million Australian homes. Curby makes recycling soft plastics easy. Register your interest [here](#)

Source: recyclingnearyou.com.au/arl/



Kindy Enrolment at OOSH 2022

We are so thrilled to welcome you all to Kensington Public School OOSH care. Unfortunately, this year we are unable to see all our new Kindergarten families at kindy orientation. However, we are more than happy to show you our website kpssoosh.com.au, that will hopefully answer all your questions. On our website you can meet our team [Our Team](#), read through [Our Philosophy](#) and have a look through our exciting [Programs](#), routines and menus for [Before & After School Care](#) and [Vacation Care](#). Our centre and our educators are extremely passionate about what we offer to our community.

Are you ready to enroll?! On our website you will see a blue [Enrol here](#) button on the top right-hand corner. This will take all of our new families through a step-by-step process of registering and then enrolling for OOSH. Once you have enrolled and put your waitlist booking request through, please visit our [Orientation Page](#) for further details and information about our centre. If you have any questions, you can head over to our [FAQ](#) page. If you still can't find answers to your question, please don't hesitate to fill out our 'Get in touch with us form' on the [Contact Us](#) page of our website, or alternatively email admin@kpssoosh.com.au.

We are so looking forward to meeting all our new families very soon.

Vacation Care

Summer is fast approaching and with it, another spectacular KPSOOSH Vacation Care! We are very pleased to inform all parents that for the first time in half a year OOSH will again be running incursions during our holiday program!

All vendors coming onsite to KPSOOSH will be fully vaccinated and OOSH will provide comprehensive risk assessments for every activity.

To view our program please visit: <http://www.kpssoosh.com.au/vacation-care/>

Bookings for vacation care open this week (Week 6) so keep an eye out for an email coming soon!



Around here lately



Toy Food!

We've had a particularly fun time at OOSH in the last month playing with some brand-new toy food! The children have always loved our toy food, and throughout lockdown they really enjoyed engaging in imaginative play and using the food we already had to create their own cafes, restaurants and shops!

To further engage the kids and to allow them to further immerse themselves in their imaginative games, we ordered a whole new set of toy foods, with a shop window, coffee maker and ice cream parlour in the mix too!

It is safe to say that this has been a massive hit! The children all participated in an unboxing when the toy food arrived, and some of the seniors worked so hard putting together the shop front, the ice cream parlour and the coffee maker!

Here at KPSOOSH we value imaginative play and work to encourage the children's different games and creative ideas! We hope that the toy food will provide the kids with another great outlet to imagine and play, and to make up games!

New Faces at OOSH!

We are so excited to welcome new educators on board!



Hello!

My name is Brianna, but everyone calls me Bree. I'm currently studying Engineering at UNSW and have been working with kids for over 4 years now. I love maths and science, and especially getting to teach kids all about it. I play lots of netball through uni (my favourite position is Goal Defence). I also really enjoy reading, chess, and playing guitar 😊. Very excited to be a part of the KPSOOSH team.



HIT THE PLAYGROUND

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

Next time you are at the playground don't just sit back and watch

the kids have all the fun! Join in too. Your children will love having you play along and climbing, crawling, hanging and sliding all increase the heart rate.

See how many slides you can all have in a minute? Who can cross

the monkey bars? Who can swing the highest?