

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE
LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY. – ROALD DAHL

KPSOOSH



ON *this* MONTH

AT KPSOOSH

September NEWSLETTER 2022

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Spring Vacation Care

We're super excited to welcome the kids into term 3 holidays with some awesome news! We'll be going on four excursions this upcoming vacation care. The kids can look forward to visiting Hoyts Cinema, Inflatable World, Symbio Wildlife Park, and Sydney Sea Life Aquarium. We haven't been on an excursion at KPSOOSH since 2019. Our educators are getting prepared, and we're looking forward to taking the kids on an adventure to see all what Sydney has to offer! Please keep an eye on your emails for registration details, as well as permission forms and risk assessments.





INTERNATIONAL LITERACY DAY - SEPTEMBER 8
 International Literacy Day reminds people of the importance of literacy as a matter of dignity and human rights, and to advance the literacy agenda towards a more literate and sustainable society. This year's International Literacy Day will be celebrated worldwide under the theme, **Transforming Literacy Learning Spaces** and will be an opportunity to rethink the fundamental

importance of literacy learning spaces to build resilience and ensure quality, equitable, and inclusive education for all. **FIND OUT MORE ABOUT INTERNATIONAL LITERACY DAY**

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. Hold a bake sale, create some Koala inspired art, have a face mask night and chill out like the Koalas do!**BE A HERO FOR THE KOALAS THIS MONTH**

Community Events

10 MINUTE TOMATO SOUP



PREP 5 MIN | COOK 10 MIN SERVES 4

INGREDIENTS

s in the kitchen

App reviews

Time to refresh those apps! Remove ones that are no longer being used and try some new ones.



FOCUS: How to Talk to Kids about Food and Health

Teaching our kids about food and health is one of the many roles of a parent. In today's age of social media, this message can be lost among the noise of friends, celebrities and health influences online. With the number of children with eating disorders rising, we need to find ways to balance all these negative body image messages our children are getting. I am often asked about how to talk to kids about food and health. Helping your kids to have healthy eating habits when they are older is not just about the words that you use, but the things that parents do around food in front of their children. Teaching children about nutrition and food is not just about talking to your kids about food and health but also how your own relationship with food as a parent.

As a society we often place too much value in food. We use words like "healthy" and "unhealthy" or clean food or we use food as a reward for good behaviour or punish with food for bad behaviour. These messages we are giving our kids, means that food has too much value. No food is bad or good (unless it will cause food poisoning), yet the messages our kids get around food is all about food being good or bad. Schools are still teaching our kids about healthy and unhealthy foods, but to many kids, these words don't mean anything. It also means that food is black and white, it is either healthy or not, but in real life, food is not that black and white. Although parents have to be careful about how they talk about food, we know from studies that talking about nutritious foods is OK. A study published a few years ago showed that parents who talked with their older kids about food and health had kids who were less likely to diet and use unhelpful weight control practices like bingeing and purging. If parents talked to their kids about their child's weight instead then the child was more likely to start dieting and binge eating. The message is clear that parents should avoid talking about weight and diets with their child but focus on talking about food and health instead.

Talk About the Properties of Food If you want to start teaching your child about food, talk to them about parts of the food and what they can do for their body. Carrots are orange and they help you to see better; or eggs help to make your muscles strong so that you can play soccer well. Talking about the food and making it about your child can help to make this message mean even more to a child. When it comes to foods that you would call unhealthy. You can say that these foods don't help us to grow as much which is why we don't eat these foods every day. It is also good to let your child know that they don't have to like every food that they are given. I always say to my kids that they don't have to eat anything they don't want to. I like when my kids take a tiny taste of a new food. If they don't like the food ask them what it is, they didn't like. Was it the taste or how it felt in their mouth? If they do like a food avoid over praising the child or saying things like "I knew you would like it". Again, thank them for trying the food and ask them what they liked about it.

Avoid Placing Too Much Value in Foods We also unconsciously place too much value in foods around our kids. How often have you used food as a reward? I often hear parents told to use smarties or M&Ms for when a child is toilet training as a reward for going to the toilet. How about when kids go to the doctor as they get a lolly for being good when they get a needle. How about the dessert bargain, when we say that a child can have dessert if they finish the vegetable on the plate? What about when we call a food a treat food? All these messages teach our children that these are special foods and that they want to eat these foods over every other food. All of these

strategies may work in the short term, but eating is about the long-game not the short game. This is about setting your child up for healthy eating habits when you are no longer around to guide them. If you want to reward your child, stick with non-food rewards, it may not work as well in the moment, but this will help your child so much more with their eating in the future.

Talk About Your Child's Appetite Part of helping your child to learn about food and eating is to also talk to them about their appetite. Asking your child to "finish everything on their plate" or to "have one more bite of a food" is over ruling their hunger and fullness cues. Yes, I know that sometimes kids say they are full when they mean they don't like the food but pushing them to eat the arbitrary "one more bite" will work in the short term but is not teaching your child to honour their hunger. This may lead to overeating when a child gets older.

I like to talk to my kids about eating until they are not hungry any more, rather than eating until they are full. Hunger and fullness are signals in our brain that come from hormones in our stomachs. There is a delay in us being full in our stomach and those signals getting to our brain saying that we don't feel like any more food. Asking our kids if they are full doesn't account for this delay in these hormones getting to our brain. I like to talk to my child about not being hungry anymore and that is when they stop eating, rather than eating until they are full. I know this is a subtle difference but an important one.

Just to note, that all of us have different hunger and fullness signals and for some people these fullness signals don't work as well as they should. A lot of this has to do with genetics. If your child is one that is hungry all the time then place some limits on the timing of meals and snacks. Be open about when they can eat and if they want some food out of these time frames, then they have to wait until the next meal. Also talk to your kids about the reason they are hungry, ask is it because they are bored or are, they truly hungry.

Conclusion Teaching your kids about food and healthy is a lifelong process and one that can be hard for parents in the age of social media. We do know that talking to your kids about food and health will be good for your kids when they are older. Always avoid mentioning your child's weight or putting them on a "diet". There are a few keys phrases you can use when talking about food and always remember that teaching your child eating habits is about the long-game and not the short-game.

Top Tips for Talking to your Kids about Food and Health

- Avoid using the term healthy or unhealthy to describe a food
- Talk about the properties of a food and how it can help your child's body and mind
- Avoid rewarding with food or using the dessert bargain
- Avoid pressuring your child to eat a food
- Ask your child to eat until they are not hungry any more
- Eat together as a family, the same meal
- Expose your kids to a wide range of nutritious foods at home

There is more to read at the link below!

Source: *Cohen, Dr Jennifer.* (2019) How to Talk to Kids about Food and Health. Retrieved from <https://www.drjennifercohen.com/talk-about-food-and-health/>

SCREEN TIME:

Screen time and screen use are normal parts of life for most children. The time your child spends watching TV and using computers, gaming consoles and smart phone can be part of a healthy lifestyle. It all about making sure, children enjoy plenty of healthy activities with friends and family. Find out more about [screen time here](#)



HEALTH & SAFETY: Protecting Our Kids: Teaching Children About Personal Safety

One of the most important things we can do as parents and caregivers is protect our children by educating them about personal safety. Teaching children simple strategies about keeping safe can help them build confidence, resilience and empower them to be safe in a variety of situations. It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time.

The importance of personal safety

Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

It's never too early to teach personal safety It's never too early to sow the seeds of personal safety and children can begin learning about keeping safe as young as three. As parents, we need to teach our children five basic principles (which form the basis of our personal safety education program for young children, Ditto's Keep Safe Adventure). These principles are:

- To trust their feelings and to distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it
- That if they feel unsafe or unsure to run and tell someone they trust.

The 3 Rules of Personal Safety The above personal safety principles can be distilled into three 'rules' (also known as 'Ditto's 3 Rules') that you can teach your children. Children should learn these rules through repetition and fun, engaging activities, which you can find in our free Parent's Guide to Personal Safety. You can also purchase resources related to personal safety that you can use as tools to teach your children these rules.

1. We all have the right to feel safe with people. This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

2. It's OK to say 'NO' if you feel unsafe or unsure. This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

3. Nothing is so yucky that you can't tell someone about it. One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

Other helpful advice

Talk to your kids: Encourage your children to feel comfortable telling you anything, especially if it involves another adult. Encourage your children to identify other trusted adults they can talk to in confidence.

Be aware: Learn about the people with whom your child is spending time. Take notice if someone shows one or all of your children a great deal of attention or begins giving them gifts. Take time to talk to your children, find out why the person is acting in this way.

Empower your kids: Knowledge is power. Teach your children about their bodies. Teach them the correct language to use when describing their private parts. Emphasise that those parts are private. This will make them more at ease if they need to tell you about a touch that made them feel uncomfortable. Additionally, if a child uses a word like 'garage' or 'golf stick' to describe their private parts, a disclosure might be missed.

Teach them their rights: Teach your kids that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help and it is okay to tell you anything.

Notice changes in behaviour: Be sensitive to any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small indications that something may be troubling your children because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, non-critical, and non-judgemental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

Practice safety skills: Practice basic safety skills with your children. Make an outing to a mall or a park a 'teachable' experience in which your children can practice checking with you before going to the restroom with a friend, and locating the adults who can help if they need assistance.

Cyber safety: is important too. Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Parents should help children choose a screen name that does not disclose information about their location. Teach children not to post pictures with identifying information such as a school uniform. Always keep your computer in a public area of your house – not in a child's bedroom.

September 9 is Bravehearts Day find out more [here](#)

Source: *Bravehearts* (2022). Protecting our kids: Teaching children about personal safety. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/>



MAKE A RECYCLING GAME


If you already have separate bins for trash and recycling, turn recycling into a sorting game. Designate different boxes for paper products, plastic, cans, and glass — you can even print off or create your own signs to put on the boxes, with pictures of common items that would go in each one. Get sorting!




Our Arrival & Departure Policy

Roll Call and Sign In Procedure

3.00 Roll Call and Announcements 

3.30 Children who are not signed in or marked absent's parents are contacted 

3.45 Children who are not accounted for are considered missing, and a police report is filed 

If a child is absent from OOSH it is the responsibility of the parent/guardian to inform our centre prior to commencement of the booked session. **Families are required to notify the service through my family lounge APP**, if unable to use app please notify us in writing via email or text message ASAP. If this is the case the Educators will record the absences in Qik kid kiosk where other educators will be aware of this information.

Our duty of care is breached when staff members are required to locate an absent child. Therefore, steps must be taken to prevent this from occurring. Failure to inform the centre of a child's absence is diarised and kept on record at the centre. Frequent offenders may incur the NON-NOTIFICATION FEE applied to their account. (Please see Fees Policy)

In the event a child is absent:

- Responsible Person will check the Absentee List to see if the child was absent from school that day. If so, a parent will be contacted to confirm this and to remind them of their notifying responsibilities.
- If they are not present on the absentee list, RP sends out a call on the walkie-talkies asking other educators if they have seen the child.
- The RP will do a lap of the service to locate the child.
- If we are unable to find the child, we will ring the child's authorised nominee to enquire if they know of their child's whereabouts. We will continue to call the authorised nominees on the contact list until contact has been made. We will maintain contact with the authorised nominees until the child has been located.





* Appropriate supervision of children at the service must remain in ratio whilst the missing child is searched for.

- By 3:45pm, if we are unable to locate the child, a police report will be filed.

Feature Article

REFRAME THE BEHAVIOUR

GROWTH MINDSET & SELF-REGULATION

 INSTEAD OF THINKING... <small>(FIXED MINDSET)</small>	 TRY THINKING... <small>(GROWTH MINDSET)</small>
<ul style="list-style-type: none"> • HE NEEDS TO LEARN SOME SELF-CONTROL. • SHE KEEPS GIVING ME A HARD TIME. • MY CLASSROOM WORKS FINE FOR ALL THE OTHER STUDENTS. • HIS BEHAVIOUR COMES OUT OF THE BLUE. • NOTHING WORKS FOR THIS CHILD. • SHE JUST NEEDS TO CALM DOWN. • HE WON'T EVER LEARN SELF-REGULATION. 	<ul style="list-style-type: none"> • HE NEEDS HELP WITH SELF-REGULATION. • SHE IS HAVING A HARD TIME. HOW CAN I HELP? • EVERY STUDENT IS UNIQUE. WHAT CHANGES CAN I MAKE TO SUPPORT THIS STUDENT? • LET'S LOOK DEEPER FOR PATTERNS AND SETTING EVENTS. • WHAT ELSE CAN I TRY? • DOES SHE EVEN KNOW WHAT CALM FEELS LIKE? • HOW CAN I HELP HIM LEARN SELF-REGULATION?
GROWTH MINDSET AND SELF-REGULATION DECREASE JUDGEMENT AND INCREASE CURIOSITY	
	

FREE DOWNLOAD: northstarpatho.com





What does Inclusion Support look like at KPSOOSH?

At KPSOOSH we are aware that our community is made up of a diverse range of minds, that work in weird, wonderful, and wacky ways! With that in mind, we have been working on multiple different projects to ensure that all children have the same access to a safe and fun afternoon at OOSH. Along with going through the process of training all staff to support and understand the individualised needs of each child, we have created a sensory cool down corner complete with a tent, pod chair and sensory toy box for children who need help regulating.

Our philosophy regarding inclusion

- All children deserve a chance to experience the social environment of OOSH
- Individualised strategies are more effective than across the board punishment/consequences
- OOSH provides a social learning environment for all children to learn how to interact with others safely and respectfully, and our educators are here to support and facilitate this social learning

We are more than aware that there have been a few incidents recently between some children, but I want to reassure families that we are doing the utmost to ensure all children are able to have a safe and comfortable experience at OOSH.

If you have any questions or concerns, please direct them to director@kpssoosh.com.au



Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core. Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.