

# KIDZ CLUB JULY NEWSLETTER



JULY  
2019

## ON *this* MONTH

### Kidz Club Educational Centre

Healthy Harold Life Education—being healthy on  
Wednesday 3rd @ 10.30am

Dance Along by Katherine - NAIDOC  
performance on Friday 12th

Excursion to the Zoo on Thursday 25th -  
facilitated tour of Australian Animals

Lifestyles Personal Trainers ongoing weekly  
sessions

### AROUND THE COUNTRY

NAIDOC Week -----	7-14
World Population Day -----	11
Asalha Puja Day-----	16
National Pyjama Day-----	19
Schools Tree Day-----	26
National Tree Day-----	28
International Day of Friendship-----	30

## French Month

At Kidz Club we acknowledge the importance of family and friends that make up such a vital role in each child's life. This month the children will learn about friendship, skills and traditions of families from around the world. Also we will continue to focus on our French Linguistic program that provides the children with an insight into the French culture, language and life. Our French Teacher Stuart, shares his knowledge with the children about this exciting country and its culture. The children's French artwork will be on exhibit for all to peruse and appreciate!

### PARENT AND EDUCATOR MEETINGS

During the month of July we will be distributing information sheets regarding our Parent & Educator Information Meetings. We encourage you all to fill out and return the forms to indicate your preferred times so any questions that you may have regarding the curriculum offered and of your child's development, will be answered. We will be discussing with you the Early Years Learning Framework and how Kidz Club implements this curriculum to best suit each individual child. There will be an overview informing parents about National Quality Framework, the changes to national regulations and standards which governs the accreditation process. These meetings will give parents the opportunity to chat one on one with the Educators about their child's developmental progress, different routines within the rooms and the outline of our day, as well as addressing any concerns you may have in regards to your child's wellbeing. These sessions will be held from 19th—30th August and each room will have a two week block to accommodate all parents. If you will be attending these information evenings please return the forms and speak to the qualified Educators in the relevant room or Melva in administration.





**WORLD POPULATION DAY – JULY 11**

The global population is expected to reach 8.6 billion in 2030, 9.8 billion in 2050 and 11.2 billion in 2100. For more than 25 years,

July 11 has been an occasion to mark the significance of population trends and related economic realities, challenging norms and values, and building the foundation of the world's future. Find out more at: [www.un.org/en/events/populationday/](http://www.un.org/en/events/populationday/)

**NAIDOC WEEK – JULY 7 - 14**

The theme for NAIDOC week 2019 is VOICE. TREATY. TRUTH. The Indigenous voice of this country is over 65,000 plus years old. They were the first words spoken on this continent. Languages that passed down lore, culture and knowledge for over millennia. Find out more at: [www.naidoc.org.au](http://www.naidoc.org.au)

**Marinated Rump Steak with Yummy Veggies & Lime Yoghurt**



PREP 20 min | COOK 20 min | FEEDS 4

**INGREDIENTS**

- |                                    |                        |
|------------------------------------|------------------------|
| 500g sweet potato, cut into wedges | 3 tbs olive oil        |
| 3 zucchini, cut into ½ cm ribbons  | 1 tsp honey            |
| 500g rump steak                    | 1 tsp Dijon mustard    |
| 2 tbs balsamic vinegar             | 1 garlic clove, minced |
| 3 tbs extra virgin olive oil       | 1 cup Greek yoghurt    |
| zest and juice of a lime           | mint leaves, to serve  |

**METHOD:**

Preheat oven to 200c and line an oven tray. Add sweet potato, season with salt and pepper, drizzle over 2 tbs of olive oil and toss to combine. Bake for 25-30 mins or until golden and cooked. Set aside. Heat a chargrill to high heat. Toss zucchini ribbons in 1 tbs olive oil and place on the grill. Cook for 3-4 mins (each side) or until gorgeously charred and golden. Set aside. Season steak with a little sea salt and pepper and place on the hot grill. Cook for 3-4 mins (each side) or until cooked to your liking. Whilst the steak is cooking, place the dijon mustard, honey, balsamic vinegar, garlic, olive oil, a little sea salt and pepper into a large flat bowl (big enough to nestle the cooked steak into) and whisk to combine. Place the cooked steak directly into the prepared marinade, flipping the steak a few times to ensure its covered in the balsamic sauce. Allow steak to rest for 10 mins. Meanwhile, place the yoghurt, lime zest and juice into a small bowl and stir to combine. To serve, place the thinly sliced steak onto a wooden board, drizzle over a little of the resting marinade the steak has been nestled in, add sweet potato wedges, ribbons of charred zucchini and lime spiked yoghurt. Garnish with fresh mint leaves and enjoy family style. *Enjoy x*

*Remember to always supervise kids in the kitchen.  
Recipe and Image from 'mylovelylittlelunchbox.com'*

**App reviews**

**THE COOK, THE ORGANISER AND FAMILY GAMES NIGHT SORTED!**



**PAPRIKA RECIPE MANAGER 3**

HINDSIGHT LABS LLC | \$7.99

**Organize your recipes. Create grocery lists. Plan your meals. Download recipes from your favourite websites. Seamlessly sync to all your devices.** This app will allow you to find recipes you've liked or screenshot from days/weeks before. Save them all in one place and follow the recipe without the screen going dark. Tick off ingredients as you go, highlight your current step and so much more. This is the must have cooking app for everyone.

**TASKFUL: THE SMART TO-DO LIST**

TASKFUL, INC. | FREE

**Taskful is a smart to-do list and task manager app that helps you stay on track and meet your deadlines.** It breaks down all of your tasks and only shows you what you need to do today, so you can stay focused and motivated. Whether you are trying to track your steps, drink more water, or read that book you haven't picked up in a while, Taskful is designed to help you get stuff done.

**HEADS UP! KIDS**

WARNER BROS. | FREE

**"Heads Up! Kids," is a fun and exciting charades game you can play with your little ones, no matter their reading level!**

From animals to actions to items around the house -- give clues to help your teammate guess the picture that's on their head before time runs out!



## FOCUS: Let them play! Kids need restriction free play to develop



You may have heard of play. It's that thing children do – the diverse range of unstructured, spontaneous activities and behaviours. Children play in many ways, including by exploring movements, constructing with equipment, creating games, using imagination and chasing others around a playground. The UN Convention on the Rights of the Child recognises play as every child's basic right. But play is becoming extinct. Global studies, across generations, have confirmed outdoor children's play has been declining, across all age groups, for decades.

Unstructured play improves learning and social and physical development. Providing a variety of play options, improved play access and fewer restrictions can encourage children to engage in physical activity with peers in line with their imaginations.

### Play is becoming extinct

Australian children's active or independent travel has been declining over the past two decades, consistent with other countries. There are many reasons researchers are describing child's play as "endangered" and "extinct". These include more use of electronic devices and parents wanting to protect children from strangers, traffic, pollution and bullying. Research also points to a low awareness of the importance of play, more pressure on children to do well in class and more restrictions on play. Hectic schedules, such as parents' jobs and children's extra-curricular activities, may also contribute. Parents have reported their children are playing outdoors far less than they used to when they, themselves, were children. Parents are noticing fewer children walking and cycling to school or actively playing after school.

Modern parents are more likely to accompany children, by driving them to school, attending their excursions, supervising them on school grounds, or keeping them indoors altogether. More than half of the world's population lives in cities. Urban environments are prone to decreasing play opportunities with less open, natural spaces for outdoor play.

### Why this matters

Children have fewer opportunities to engage with nature. Providing more contact with nature can enhance children's creativity, boost their mood, lower stress, improve well-being, promote physical activity and improve attention spans.

Nature play is also becoming more important as a counterbalance to children's technological saturation. It is important for children to connect with nature early, as they are then likely to learn to appreciate nature into adulthood. In primary school, children spend around 30 hours per week at the school and have more than 4,000 recess periods. If play opportunities are becoming limited around the home and community, schools are the best place for children to meet their play requirements.

### How schools can help

Research shows introducing simple objects from around the home (such as milk crates, pipes and wooden planks) into school playgrounds may influence children to work cooperatively. They discover new ideas and solve problems by constructing, observing, designing and learning from each other.

Providing more options for children to play outdoors ensures they are intellectually challenged and engaged to find new ways to use such spaces for discovery. If loose play equipment, such as balls, bats and blocks, isn't available children can still use what nature provides, such as twigs, leaves, rocks, feathers, petals, mud and sand.

The diversity of outdoor objects and features offers children a variety of shapes, sizes and locations they can use to discover, explore and invent games or designs. It's better for play objects not to be fixed as this helps with exploration, discovery and creativity.

Replenishing play opportunities are important for children. In your play space try to include: **Spaces for thinking**, so children can make discoveries, learn and be intellectually engaged.

**Spaces for doing**, so children can take moderate risks, undertake play challenges and extend themselves physically.

**Spaces for being**, so children can be themselves away from the confines of classroom walls or overly restrictive rules, regulations and routines. **Spaces for feeling**, so children can explore and independently embrace their senses and play decisions with a diversity of colours and features.

Source: Child in the City (2019, June 10). A 'Let them play: Kids need freedom from play restrictions to develop Retrieved from <https://www.childinthecity.org/2019/06/10/let-them-play-kids-need-freedom-from-play-restrictions-to-develop/>

## NUMBER PUZZLE



**Cereal box number puzzles are so easy to make and a fun way to create an easy numeracy activity your pre-schooler will enjoy.**

Simply cut a side out of a cereal box and write a range of numbers your child is learning or working towards (1 – 5, 1 – 10, 1 – 20). Then cut between the numbers to make rows and columns, you can make this as easy or as challenging as your child needs.

Activity and image from <https://handsonaswegrow.com/cereal-box-puzzles-counting/>



# HEALTH & SAFETY: 10 Habits to shape a well-adjusted child

Parenting is a very complex task. If we're not careful, we will become too focused on one aspect and let the others fall by the wayside. Many times, I see parents who are intently focused on discipline, and I'm talking about the traditional use of the word here with regard to modifying behaviour. Sometimes we get very caught up in "What do I do when..." or "How do I get my kid to..." and we lose sight of the bigger picture. The truth is that there are many things that are more important in shaping our children than the methods and techniques we use to modify their behaviour.

**Here are 10 things that are more important than any method you choose, in no particular order.**

- **Relationship:** The relationship that we have with our children is the single biggest influence on them. Our relationship sets an example for how relationships should be throughout the rest of their lives. If we have a healthy relationship based on respect, empathy, and compassion, we have set a standard. They will grow to expect that this is what a relationship looks like and will likely not settle for less. If, however, our relationship is based on control, coercion, and manipulation, well you see where I'm going with this. In addition to that, our influence comes from a good relationship. Children are more likely to listen to and cooperate with an adult who they are connected to. In other words, if we build trust and open communication when they are small, they will come to us when they are not so small. Our attachment helps wire healthy brains, and our responses set the tone for how they respond to us (they're little mirrors).
- **Your lens:** When you look at your child, who do you see? Do you see the positives or the negatives? The way you think about them influences the way you treat them. Your thoughts also influence the way you feel emotionally and physically throughout the day. "He is in the terrible twos" will cause you to look for terrible things, to focus on them, and therefore try to correct them...constantly. Try to turn negative thoughts like this into positive thoughts, like, "He is inquisitive and fun!" Try to start seeing misbehavior as a clue that calls for help rather than something that needs squashed immediately. Correction is not needed nearly as often as you might think. Also watch your tone and language. Lori Petro of TEACH Through Love says, "Be mindful of the language you use to describe your children. They will come to see themselves through that filter you design." Be careful not to place labels such as "naughty" or "clumsy" on your child. They will come to see themselves the way you see them.
- **Your relationship with your significant other:** Your kids are watching and learning. The way you and your partner treat each other again sets a standard. Happy parents make happy kids.
- **The atmosphere in your home:** All of the things mentioned above come together to create the atmosphere in your home. If you have loving and connected relationships, you



likely have a warm atmosphere in your home.

- **How you relate to others:** How do you treat the bank teller, the store clerk, the telemarketer? What about your parents and your in-laws? They are watching your example. Albert Einstein once said, "Setting an example is not the main means of influencing another, it is the only means."
- **Community:** Are you involved in your community? Aside from setting an example, there are valuable lessons to be learned from volunteering, supporting a local cause, attending church, or donating items. Seeing a bigger picture, how their acts can influence many lives, will give them a sense of responsibility and reinforce good values.
- **School:** Whether you choose private school, public school, homeschooling, or unschooling, your choice will have an impact on your child. Choose with care. Peers have a big influence on children, but if our relationship is where it should be, our influence will still be stronger.
- **Your Cup:** How full is it? You have to take care of you so you can take care of them. If your cup is full, you are more patient, more empathetic, and have more energy. Not only that, but a child who sees his parents respect themselves learns to have self-respect. Put yourself back on your list.
- **Media. Television. Video games. Social media:** They are always sending messages to your kids. Now, I let my kids watch TV and play computer games, so I'm not taking a big anti-media stance here, but just be aware of what your kids are getting from what they're watching.
- **Basic Needs:** Adequate nutrition, sleep, and exercise are not only essential for the well-being of your child but also influence behavior. Finally exercise helps children learn to focus their attention, limit anger outburst and improve motor skills.

Eanes, Rebecca (2019, June 10). 10 habits to shape a kind, well-adjusted child *Retrieved from* 10 habits to shape a kind, well-adjusted child



## NATIONAL TREE DAY

**Trees provide some amazing services! They produce the air we breathe, they provide food and other resources many species need to survive, they offer wind and noise breaks, they control erosion and storm water runoff, and they reduce excess carbon dioxide in the atmosphere.**

Tips for planting trees >>>

**Location, location location** - Ensure your tree is going to thrive now and in the future. Plan for growth in the future and make sure your tree is going to have all it needs.

**Timing** - Consider the species you are planting and what time of the year is best to support the tree in the early growing stages.

**Mulch** - Mulch can help your tree retain water, protect it from extreme temperatures, and prevent other plants from outcompeting your tree for resources.

**Water and Wait!**

Are you taking part in National Tree Day on July 28?





## INVESTIGATIVE PLAY

*“The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations.”*

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- Children have the time, space and resources to become deeply involved in their investigations. Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- The physical environment contains materials and spaces that encourage curiosity, investigation and wonder. Interesting and engaging materials or resources can provide the stimulus for children’s questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- Educators see themselves as co-learners, working with children as they learn. When this happens educators feel less focused on transmitting knowledge and are more likely to support and extend children’s own attempts at understanding.

Source:

[http://www.earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/10/NQS\\_PLP\\_E-Newsletter\\_No45.pdf](http://www.earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/10/NQS_PLP_E-Newsletter_No45.pdf)

- <https://education.nsw.gov.au/teaching-and-learning/professional-learning/scan/past-issues/vol-38,-2019/investigative-learning-our-journey-at-balmain-public-school#What0>

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *The educational program enhances each child’s learning and development.*

# LITTLE LIFESTYLES PERSONAL TRAINERS

GIVING OPPORTUNITIES FOR OUR YOUTH TO SUCCEED AT BEING HEALTHY & ACTIVE IS WHAT WE DO WE PROVIDE FUN, EXCITING & EDUCATIONAL ACTIVITIES TO HELP PROMOTE THIS.

USING OUR QUALIFICATIONS AS EDUCATORS & PERSONAL TRAINERS WE CAN TEACH THEM HOW TO DO IT THE RIGHT WAY.

OUR PROGRAM TOUCHES BASE ON MANY AREAS OF DEVELOPMENT & EDUCATION SUCH AS HOW TO EXERCISE CORRECTLY, HEALTHIER FOOD CHOICES, WORKING IN GROUP & INDIVIDUAL ENVIRONMENTS, SELF ESTEEM & MUCH MORE.

WE ALSO OFFER GROUP & 1 ON 1 PERSONAL TRAINING SESSIONS FOR ADULTS

**KIDZ CLUB IS IMPLEMENTING THIS PROGRAM TO PROMOTE CHILDREN'S WELLBEING AND PROVIDE THE NECESSARY KNOWLEDGE TO LIVE A HEALTHY AND ACTIVE LIFESTYLE.**



## 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!

**Feedback**   
is always welcome

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