



ON *this* MONTH

AT ST NICK'S

Valeksa and the Tooth Fairy ----- 7th
Duncan from Wiradjuri Echoes ----- 10th
Preschool Excursion Woolworths Discovery Tour &
Arboretum Picnic-----30th

AROUND THE COUNTRY

National Aboriginal Torres Strait Islander
Children's Day ----- 4th
National Science Week ----- 11-19th
Dental Health Awareness Week ----- 6-12th
Homelessness Awareness Week ----- 6-12th
International Day of Indigenous People ----- 9th
International Youth Day ----- 12th
World Elephant Day ----- 12th
CBCA Book Week ----- 18-24th
Keep Australia Beautiful Week ----- 20-26th

Our Adventures in July!

Hello and welcome to August! We have had an exciting month in July with many projects continuing.

Our Artemis Room have been interested in healthy food choices. This has stemmed from our gardening program with My Ryan, watching our yummy veggies grow and then harvesting them to cook and eat!

Our preschool children have shown a curiosity in bush tucker and what the first owners of the land cooked in the bush. They have been cooking all kinds of animal meat and even cooked it over an open fire! Check out seesaw for some great photos.

Our collection of containers has tripled since last month! Thank you to all the families who are helping their children collect plastic and glass bottles. Keep them coming!!

Keep an eye out for your children's mid-year learning and development summary and don't forget to book your learning and development meeting with your child's teacher!





NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY - 4TH

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The theme for Children's Day 2018 is SNAICC – *Celebrating Our Children for 30 Years*. This year, we invite communities to take a

walk down memory lane, as we revisit some of the highlights of the last 30 years. Learn more at www.aboriginalchildrensday.com.au

NATIONAL SCIENCE WEEK – 11 - 19TH

National Science Week aims to engage people in the sciences. It's a chance for everyone to see science, talk about science and do science. From students, to scientists to chefs and musicians – get involved, taking part in more than 1000 science events across the nation. It provides an opportunity to acknowledge the contributions of Australian scientists' to the world of knowledge. There are fun events being held for all, to find out what is on near you follow this link www.scienceweek.net.au



WHOLEMEAL LEMON, RICOTTA & CHAI MUFFINS

PREP 5 min | COOK 12-15 min | MAKES 12

INGREDIENTS

- 2 eggs
- ½ cup (125 ml) coconut oil, melted
- ½ cup (125 ml) milk
- ½ cup (110 grams) coconut sugar (alternative – brown sugar)
- 1 cup (250 grams) ricotta
- 1 tablespoon vanilla extract
- Zest of 2 lemons
- 2 cups (300 grams) wholemeal plain flour
- 2 teaspoons baking powder
- 3 tablespoons chia seeds

METHOD:

Preheat oven to 180 degrees Celsius (350F) and line a 12-hole muffin tin with papers. Place the eggs, coconut oil, milk, sugar, ricotta, vanilla and lemon zest into a large bowl and whisk to combine. Add the flour, baking powder and chia seeds and mix until just combined. Do not over mix. Divide the mixture evenly between the muffin papers and bake for 12-15 minutes or until golden and when a skewer inserted removes cleanly. Allow to cool for a minute or so before removing the muffins from the tin and placing on a wire rack to cool completely. Serve alongside a little fresh fruit for a lovely morning tea. Enjoy x



Source: Recipe and images belong to mylovelylittlelunchbox.com

Book reviews

Here are some of our favourite 'Children's Book Council of Australia' short listed books for 2018!



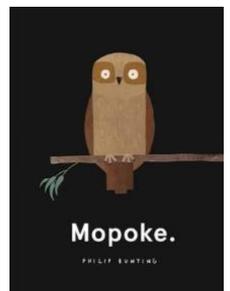
HARK, ITS ME, RUBY LEE
LISA SHANAHAN & BINNY

A delightful story about an adorable and irrepressible heroine. Ruby Lee is a little girl with a very big imagination.

Every week Ruby's teacher, Mrs Majestic-Jones, asks special people to

do special jobs in her class. Ruby would do anything to be the messenger, as she's the best in her class at announcing. But will her wild imagination get in the way?

MOPOKE
PHILIP BUNTING



This is a Mopoke. Mopoke loves peace and quiet. He is about to find out that you can't always get what your want.

Visually brilliant, and hysterically funny, Philips pictures tell a thousand words, with the support of some very sparse, but hilarious, text. This is a book destined to become a classic.

BOY
PHIL CUMMINGS



Boy lives a happy life in his village but the other villagers just don't know what to make of him. He talks with his parents all the time but the villagers see his hands waving about and don't get it.

Boy lived in a silent world and couldn't hear the fighting. But Boy could see the fear around him... and how everyone would be much happier. An uplifting story about a hero with a difference.



FOCUS ARTICLE: Why building self-esteem can help reduce our kids' anxiety



We hear about self-esteem so much during the teenage years, but building a healthy self-esteem actually begins much earlier in a child's life. Children who have a healthy self-esteem feel valued, accepted, confident and proud. They think positive things about themselves and are prepared to face everyday stresses and challenges.

On the other hand, children suffering from low self-esteem tend to criticize themselves, are hard on themselves, feel insecure and not as good as others. They focus on their failures instead of their successes, lack confidence, and doubt their abilities. They worry about people judging them and not accepting them for who they are.

Unfortunately, this negative outlook can lead to them being treated poorly by others and prevent them from taking on new challenges. They give up easily and struggle to bounce back from their failures and mistakes.

How self-esteem and anxiety are linked

The worries that accompany prolonged low self-esteem can lead to anxiety. Children with low self-esteem will question whether they are worthy, adequate, and able to be loved because there is a discrepancy between what they wish they were like and how they view themselves. They are very self-critical, never giving themselves credit for any accomplishments.

Children with low self-esteem are also always striving to be different or better, and feel disappointed when they don't meet their own self-imposed expectations. This perspective – especially as it builds over time – can cause them to be fearful, on guard, and always expecting the worst to happen.

Generally, people with low self-esteem have the following fears:

- Will they do something that shows they are not good enough?
- Will others notice what they have done and recognize their inadequacy?
- Will they fail, lose what they have, or be abandoned?
- Will they experience humiliation, depression, devastation, or despair?

The relationship between self-esteem and anxiety ends up being an endless cycle: Low self-esteem triggers anxiety, and being anxious causes one's confidence to diminish as fear takes over.

According to Julia Friederike Sowislo of the Department of Psychology at the University of Basel in Switzerland, low self-esteem is equally effective at raising the risk of anxiety as anxiety is at decreasing self-esteem. She concluded that low self-esteem makes people vulnerable to obsessing over negative thoughts, which can result in anxiety and depression.

How to raise children with healthy self-esteem

Our children do not become confident because we praise them constantly and reward them for every little move they make. Instead, children need to lose and fail in order to build resiliency so they can keep on learning and growing. According to experts, self-esteem results from experiences in which children feel accepted, capable, and effective. Here are some ways that you can help your child build their self-esteem based on three criteria:

Accepted

- Love your children unconditionally.
- Show them you understand them.
- Make them feel special.
- Avoid harsh criticism.

Capable

- Praise strategically.
- Let them do things themselves.
- Support them from a distance.
- Expand their horizons. .

Effective

- Set realistic, attainable goals.
- Let them make their own choices.
- Give them responsibilities.

To read this article in full and discover more valuable links go to the source below. Source: Motherly. (2018, July 12). Why building self-esteem can help reduce our kids' anxiety. Retrieved from <https://www.mother.ly/child/building-kids-self-esteem>

OUTSIDE SHAPES

As the weather gets warmer head outside and discover what shapes are present in your environment.

Next time you go for a walk or head to the park take a closer look and see what shapes you can find in nature and the built environment. Look at the circle a knot in the tree creates or a triangle in a swing set. Discuss what makes each shape unique.

You could collect treasures like twigs, rocks, pieces of bark etc. and use these items to make simple shapes. Are some items easier to use than others? Give it a go to find out.



Source & Image: Nurture Store (2018, July 15). Nature shapes outdoor math activities. Retrieved from nurturestore.co.uk



HEALTH & SAFETY: Growing bodies need food variety



From birth through their teenage years, children continually grow and develop. Good nutrition is the fuel for this development, forming the foundation of good health. Teaching children about their nutritional needs and instilling healthy eating habits early on is important. These are helpful so that they develop into healthy adults with healthy eating habits for life.

Children go through growth and activity spurts that can influence their appetites. Sometimes they will eat a lot, and at other times they may only eat a little. By offering your children a variety of nutritious foods, both at meal times and as snacks, you can help them get enough of the nutrients their bodies need.

Aim for your child’s daily diet to contain a wide variety of foods from the five main food groups:

- Vegetables** - of different types and colours
- Fruit** - a variety of different types
- Grain foods** - wholegrain and high - fibre foods such as bread, cereals, rice or pasta
- Proteins** - lean meat, fish, chicken, eggs and legumes
- Dairy** - milk, yoghurt or cheese.

Remember that you may need to offer small children some ‘new foods’ many times over a few months before they will taste or eat it. It may help if they see you eating the same food too.

It is also important that children drink plenty of water — not fruit juice or sweetened soft drinks — to keep them hydrated.

Limit foods high in saturated fat, added salt and added sugars

While low fat diets are not suitable for children younger than 2 years, sweets and higher-fat snacks such as potato chips, fried foods, confectionery and chocolate are ‘sometimes foods’ only for all children as they offer little nutritional value. Giving your children controlled amounts of these high-energy foods infrequently can help teach them the importance of balanced eating habits and of eating ‘everything in moderation’.

How many serves of each food group?

The dietary patterns in the table available at eatforhealth.gov.au provide the nutrients and energy needed for all children and adolescents of average height with sedentary to moderate activity levels.

Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by children and adolescents who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Source: Bupa Australia (2018, July 18). Children’s Nutrition. Retrieved from <https://www.bupa.com.au/health-and-wellness/health-information/az-health-information/childrens-nutrition>

| Did you know? HEALTHY EATING | Did you know? HEALTHY EATING |
|---|--|
| <p>A child aged 2-3 years requires 1 serve of fruit a day and a child aged 4-8 years requires 1½ serves a day.</p> <p>One serve of fruit looks like: 1 medium apple/banana/orange 2 small apricots/plums/kiwi fruit 1 cup of diced fruit 30 grams dried fruit (eg 2 dried apricots)</p> | <p>A child aged 2-3 years requires 2½ serves of vegetables a day and a child aged 4-8 years requires 4½ serves a day.</p> <p>One serve of vegetables looks like: 1 cup salad vegetables ½ cup cooked vegetables ½ medium potato or sweet potato 1 medium tomato ½ cup peas, cooked lentils, canned beans</p> |
| | |



SOS ‘Save our seas’

Did you know? Approximately 10 million tonnes of litter ends up in the world’s oceans and seas each year. Plastic accounts for 80% of the items found on our beaches.

Keep Australia Beautiful Week is held late August each year, (this year it is the 20th – 26th) to raise awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. The key theme for the 2018 KAB Week is “SOS – Save our Seas”.

Make a change:

1. **Conduct a plastic audit:** Think about your day and all the times plastic plays a role... is there any items that can be swapped in the future.
2. **Take 3 for the sea:** Take 3 pieces of rubbish when you leave the beach, waterway or...anywhere! Take3.org
3. **Give up gum.** Gum is made of a synthetic rubber, aka plastic.
4. **Bulk buy:** Purchase food, like cereal, pasta, and rice from bulk bins and fill a reusable bag or container. You save money and unnecessary packaging.
5. **Use a reusable bottle or mug** for your beverages, even when ordering from a to-go shop

Visit Green Education Foundation for more plastic reducing ideas.



LANGUAGE DEVELOPMENT



Language development in children: 0-8 years

Language development in children is amazing, and it's a development that many parents really look forward to. The secret to helping your child learn language is very simple: talk together lots and listen lots.

Language development is a critical part of your child's overall development.

It supports your child's ability to communicate, and express and understand feelings. It also supports thinking and problem-solving, and developing and maintaining relationships. Learning to understand, use and enjoy language is the critical first step in literacy, and the basis for learning to read and write.

"In their first 12 months, babies develop many of the foundations that underpin speech and language development. And they keep developing language skills at an amazing rate in the first three years of life."

How to encourage your child's early language development

The best way to encourage your child's speech and language development is to do lots of talking together about things that interest your child. It's all about following your child's lead as he shows you what he's interested in by waving, pointing, babbling or using words. (Source: www.raisingchildren.net.au)

To read the whole article follow this link:

http://raisingchildren.net.au/articles/language_development.html



Increasing Core Strength

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

Remember wheelbarrow walks from your childhood? They are an oldie-but-goodie that improve core strength. Have some fun with your kids with daily wheelbarrow races, and throw in some animal walks too.

Choose one transition a day (for example, going to the dinner table) and do a wheelbarrow or animal walk to get there. Bear walks, crawling, slithering like a snake, leap frogs, bunny hops – all of these tap into the foundation skills in a playful, fun way.

To find out more about the importance of core strength for children go to thisbirdsday.com/core-strength-kids/

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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