

YOUR TIME AND ENERGY ARE NOT WELL SPENT DWELLING IN THE PAST OR BEING ANXIOUS OF THE FUTURE. INSTEAD LIFE IS BEST SPENT BEING FULLY PRESENT TODAY – DENAYE BARAHONA PH.D



St Nicholas Greek-Australian  
Pre School & Childcare Centre

OCTOBER  
2018

# ON *this* MONTH

AT ST NICK'S

Woden Fire Brigade -----	8 <sup>th</sup>
Preschool Excursion to Return It -----	10 <sup>th</sup>
Kenny the Koala -----	15 <sup>th</sup>
Kenny the Koala -----	17 <sup>th</sup>
Kenny the Koala -----	19 <sup>th</sup>
Duncan from Wiradjuri Echoes -----	22 <sup>nd</sup>

## AROUND THE COUNTRY

World Space Week -----	4-10 <sup>th</sup>
World Teachers Day -----	5 <sup>th</sup>
National Nutritional Week -----	14 - 20 <sup>th</sup>
World Food Day -----	8 <sup>th</sup>
Loud Shirt Day -----	19 <sup>th</sup>
Children's Week -----	19-28 <sup>th</sup>
Aussie Backyard Bird Count -----	22-28 <sup>th</sup>

# Our Adventures in September!

Hello and welcome to October!

A big thank you to all those families who have returned their re-enrolments for 2019.

Another exciting month full of amazing learning opportunities for our children. In the preschool room we have had many families come in and participate in our emergent curriculum. Thank you to Nausica's mum for teaching us how to make sushi, Colette's mum for her artistic skills and Grace's mums' presentation on Canada.

All children have been busy helping Ryan make an interactive electrical board. The children have demonstrated an understanding and awareness of using tools safety.

Over in our Artemis room, the children have shown an interest in their families work roles. We have asked families to help us learn more about what they do at work!





**CHILDREN'S WEEK – OCT 19 TO 28**

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. Join thousands of children and families around the country and get

involved in activities happening near you. Find out more at [www.childrensweek.org.au](http://www.childrensweek.org.au)

**WORLD TEACHER'S DAY – OCT 5**

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Celebrated in more than 100 countries worldwide, World Teachers' Day was established by the UNESCO IN 1994. It is a day on which students, parents and community members can demonstrate their appreciation for the contributions that teachers have made to their community. [en.unesco.org](http://en.unesco.org)



**ELEVEN VEG SHEPHERD'S PIE**

PREP 30 min | COOK 30-40 min | MAKES 6

**INGREDIENTS**

- 1 sweet potato (350g), peeled and chopped
- 1 cup pumpkin, peeled and chopped
- 2 tbsp. extra virgin olive oil
- 1 medium onion, finely chopped
- 1 tbsp. mild curry powder (can use gluten-free if required)
- 1 tsp turmeric
- 1 bay leaf
- 500g lamb or pork mince
- 1 cup green beans chopped + 1 cup frozen peas and corn
- 1 carrot, diced
- 1 cup broccoli, cut into florets 1/2 zucchini, diced
- 1 cup cauliflower, diced
- 810g tin of chopped tomatoes
- 400g tin of lentils, rinsed and drained

**METHOD:**

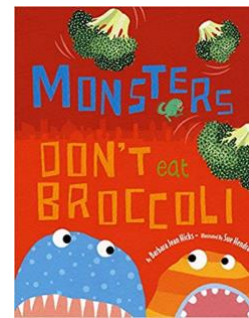
1. Preheat oven to 180°C. Steam sweet potato and pumpkin until soft (about 10–15 minutes). Transfer to a bowl, add 1 tbsp. of extra virgin olive oil, then mash. Set aside and keep warm.
2. Add remaining extra virgin olive oil to a large saucepan placed over medium-high heat. Add onion, curry powder and turmeric. Cook for 3–4 minutes, until soft. Add bay leaf and mince; cook until just browned.
3. Add beans, peas, corn, carrot, broccoli, zucchini and cauliflower. Lightly sauté for 5 minutes. Add tinned tomatoes and bring to a simmer.
4. Stir through lentils and simmer until warmed through. Transfer mixture to a large casserole dish and top with mash. Bake for 30–40 minutes.

*Enjoy x Remember to always supervise kids in the kitchen.*

Source: Recipe and images belong to [tryfor5.org.au](http://tryfor5.org.au)



An app for learning and one for saving precious memories!

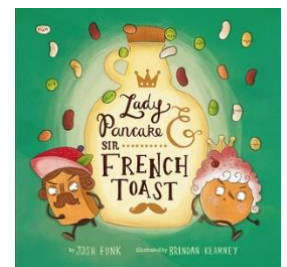


**MONSTERS DON'T EAT BROCCOLI**  
BARBARA JEAN HICKS

*What "do" monsters eat? The waitress in this restaurant just doesn't have a clue. Monsters don't eat broccoli. How could she think we do?*

In this rollicking picture book written by Barbara Jean Hicks and illustrated by Sue Hendra, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all. This hilarious book will have youngsters laughing out loud and craving healthy monster snacks of their own.

**LADY PANCAKE SIR AND FRENCH TOAST**  
JOSH FUNK



*Lady Pancake and Sir French Toast have a beautiful friendship—until they discover that there's ONLY ONE DROP of maple syrup left.*

Off they go, racing past the Orange Juice Fountain, skiing through Sauerkraut Peak, and reeling down the linguini. But who will enjoy the sweet taste of victory? And could working together be better than tearing each other apart? The action-packed rhyme makes for an adrenaline-filled breakfast ...even without a drop of coffee!



# FOCUS ARTICLE: The Newest Parenting Skill: Self-Compassion



The work of parenting involves caring for and meeting the needs of another human being 24 hours a day, seven days a week. And like all demanding professions, burnout is a hazard of the job. That's why parenting magazines and well-intentioned friends recommend taking care of yourself in order to be a better parent – the old, “put the oxygen mask on yourself before assisting others” line.

It's good advice, but easier said than done. “Pamper yourself. Plan downtime. Exercise. Make a date night.” Suggestions like these have two big problems: First, you need free time (which is always hard to come by), and these ideas are really only helpful to you when you're away from your child. Sometimes you need taking care of in the moment and the answer may be practising self-compassion.

**What is self-compassion?** We are all used to working on our self-esteem by asking ourselves, “Am I being a good parent or a bad parent?” The problem is that having high self-esteem is contingent upon experiencing success. If we don't meet our own standards, we feel terrible about ourselves. Self-compassion, in contrast, is not a way of judging ourselves positively or negatively. It is a way of relating to ourselves kindly and embracing ourselves as we are, flaws and all.

**There are three core components of self-compassion:**

**Treating ourselves with kindness:** When we fail to meet our own standards, we are often much harsher and more cruel to ourselves than we ever would be to a friend, or even someone we don't like very much. Self-compassion reverses that pattern.

In moments of difficulty or when making mistakes (especially when making mistakes), you treat yourself as you would treat a good friend in the same situation – with encouragement, sympathy, patience, and gentleness.

**Recognizing our common humanity:** When something goes wrong, we often view it as abnormal. “I shouldn't have taken so long to get ready in the morning, making my daughter late for school. Parents like Karen are always on time.” You end up feeling isolated in your suffering when, in fact, our imperfections are exactly what connect us all. Self-esteem prompts us to ask, “How am I different than others?” Self-compassion involves wondering, “How am I the same?” And the answer is that we are all imperfect. There are probably many moments when Karen makes a mistake or gets things wrong, and that's what makes you both humans and mums.

**Being mindful:** In order to be compassionate to ourselves, we need to be able to recognize that we are suffering. Paying attention to how we talk to ourselves and treat ourselves in challenging moments lets us see that we are hurting and that we need to give ourselves love, too. Think of all the self-inflicted turmoil and stress we cause by constantly criticizing our imperfections: “I'm such a slob and the house looks like a pigsty.” or “I'm too bad at math to help my son with his homework.” Once we notice and become aware of how painful and counterproductive these self-attacks are, we can take another approach - being kind and supportive to ourselves when we don't meet our parenting ideals.

To read the article in its entirety go to the link below. Source: Neff, Kristin (2018, October 19). The Newest Parenting Skill: Self-Compassion Retrieved from <https://www.seleni.org/advice-support/2018/3/21/the-newest-parenting-skill-self-compassion>



## WHICH IS THE BIGGEST?

This is an activity that doesn't need to be planned or scheduled. Take advantage of learning opportunities and ask your child “Which is the biggest?”

**Toddler:** Keep it simple; maybe you are putting away the cutlery. Ask: Which spoon is the biggest? Your daughter is playing with some blocks, build two towers and ask, “Which is biggest?”

**Pre-schooler:** Ask your child to identify the largest number, the word with the most letters or perhaps the container with the most volume.



Expand the concept: Which is the smallest, widest, longest, tallest etc. Building your child's numeracy vocabulary in a real world environment to help them make connections later.



# HEALTH & SAFETY: Fussy Eating



Many children are fussy eaters. Fussy eating is normal, but it can be hard to handle. Most of the time fussy eating isn't about food – it's often about children wanting to be independent. Here are some ideas that might help if you have fussy eaters in the family.

### About fussy eating and fussy eaters:

It's normal for children to be fussy eaters – that is, to not like the shape, colour or texture of particular foods. It's also normal for children to like something one day but dislike it the next, to refuse new foods, and to eat more or less from day to day. This all happens because fussy eating is part of children's development. It's a way of exploring their environment and asserting their independence. And it's also because their appetites go up and down depending on how much they're growing and how active they are. The good news is that children are likely to get less fussy as they get older. One day your child will probably eat and enjoy a whole range of different foods.

**How to handle fussy eaters: make mealtimes pleasant:** Our child's willingness to try food will depend partly on the eating environment. Pleasant, low-stress mealtimes can help. Here are some tips:

- Make mealtimes happy, regular and social occasions. Try not to worry about spilled drinks or food on the floor.
- Have realistic expectations – for example, you can start by asking your child to lick a piece of food, and work up to trying a mouthful over time. And praise your child for any small effort to try a new food.
- Never force your child to try a food. He'll have lots of other opportunities to try new foods.
- If your child is fussing about food, ignore it as much as you can. Giving fussy eating lots of attention can sometimes encourage children to keep behaving this way.
- Make healthy foods fun – for example, cut sandwiches into interesting shapes, or let your child help prepare a salad or whisk eggs for an omelette.

- Turn the TV off so your family members can talk to each other instead.
- Set a time limit of about 20 minutes for meals. Anything that goes on too long isn't fun. If your child hasn't eaten the food in this time, take it away and don't offer your child more food until the next planned meal or snack time.

*Sometimes toddlers are too distracted to sit at the family table for a meal. If this sounds like your child, **try having quiet time before meals** so she can calm down before eating. Even the ritual of hand-washing can help.*

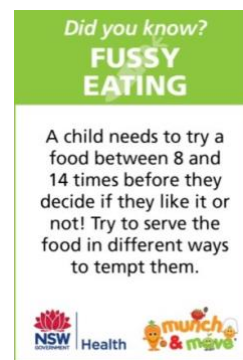
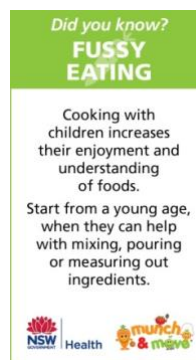
**Giving fussy eaters independence with food:** It can be a good idea to support your child's need for independence when it comes to food. It's up to you to provide healthy food options for your child. And it's up to your child to decide how much he'll eat! You could also try letting your child make choices within a range of healthy foods. Just limit the options to two or three things, so your child doesn't get too confused or overwhelmed to eat.

**Fussy eating facts:** These facts can help you understand why children sometimes fuss about their food:

- Children's appetites are affected by their growth cycles. Even babies have changing appetites. At 1-6 years, it's common for children to be really hungry one day and picky the next.
- Children have different taste preferences from grown-ups.
- Life is too exciting for children sometimes, and they're too busy exploring the world around them to spend time eating.
- Children learn by testing the boundaries of acceptable behaviour. They can be very strong willed when it comes to making decisions about food (to eat or not to eat, and what to eat). It's all part of their social, intellectual and emotional development.

To read this article in full, follow the link below.

Source: Raising Children's Network (2018, October 15). Fussy Eating. Retrieved from [http://raisingchildren.net.au/articles/fussy\\_eating.html](http://raisingchildren.net.au/articles/fussy_eating.html)



## Sustainability CORNER

### BIRD FRIENDLY GARDENING

**Birds are just like people. In order to survive, they need a comfortable living environment with all the same things we need – food, water and shelter. By providing them with those things, you will be making your garden not just beautiful, but bird friendly as well.**

The key to designing a bird-friendly garden is lots of plants at different heights to

create a multi-layered habitat. Consider what your garden already provides. Observe the birdlife that currently frequent your garden and add new vegetation to provide some resources that you might otherwise be missing and to attract new birds to your patch. Maybe add ground covers, small and medium-sized shrubs (for density) and, where possible, add trees that will provide year-round food and shelter for many different species.

Remember to make sure there is readily available water (put in a bird bath or two!) and plants that flower at different times throughout the year. That way, your local birdlife will never go hungry or thirsty.

Visit [aussiebirdcount.org.au](http://aussiebirdcount.org.au) for more information.



## TECH BILLIONAIRE PARENTING



### Tech Billionaire Parenting

**Viewpoint:**

“Melinda Gates’s children don’t have smartphones and only use a computer in the kitchen. Her husband Bill spends hours in his office reading books while everyone else is refreshing their homepage.

The most sought-after private school in Silicon Valley, the Waldorf School of the Peninsula, bans electronic devices for the under-11s and teaches the children of eBay, Apple, Uber and Google staff to make go-karts, knit and cook.

Mark Zuckerberg wants his daughters to read Dr Seuss and play outside rather than use Messenger Kids. Steve Jobs strictly limited his children’s use of technology at home.

It’s astonishing if you think about it: the more money you make out of the tech industry, the more you appear to shield your family from its effects.”

- Alice Thomson – The Times

What do you think? Should Silicon Valley parents raising their kid’s tech free be a red flag?



### CHASE THE BUBBLES

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

**EQUIPMENT:** Container of bubbles and a bubble wand.

Children love bubbles so this activity requires minimal effort to get the kids involved. Take turns blowing bubbles in your yard, see you can pop all the bubbles before they float away or pop themselves. It may require some fast feet, some ducking and weaving, and perhaps a slide or two. It is very simple but, with a little wind it might prove to be quite challenging.