

WE CANNOT SOLVE PROBLEMS WITH THE KIND OF THINKING WE EMPLOYED WHEN WE CAME UP WITH THEM. —ALBERT EINSTEIN

Gumdale Outside School Hours Care

APRIL 2024



ON *this* MONTH

AROUND THE COUNTRY

World Autism Day -----	2
Eid al-Fitr -----	9-10
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In this newsletter we reflect on the amazing experiences shared during our recent Autumn Vacation Care Program, from thrilling excursions to exhilarating incursions, the past few weeks have been nothing short of memorable for the children.

We value your feedback and are committed to enhancing our programs to meet the needs and interests of our children and families. If you have any suggestions or comments, please don't hesitate to reach out to our team.



Autumn Vacation Care Recap

Excursions

Sea World

The junior children travelled to Sea World to explore the marine life and watch the animal shows. The children also braved a range of roller coasters and played in the splash park.

South Bank Excursion

Our senior children completing a scavenger hunt in Southbank. On their journey, they soaked up the vibrant atmosphere, explored the Gallery of Modern Art and visited a number of attractions, swam in the lagoon and enjoyed a delicious ice cream when finishing the challenge. It was a day filled with laughter, learning, and lasting memories.

Aussie World Adventure

For an adrenaline-packed day, our enthusiastic group of senior children ventured to Aussie World, where they braved the exhilarating roller coasters and immersed themselves in the joy of the amusement park thrills. Screams of excitement echoed throughout the day as the children enjoyed each ride.

Laser Skirmish and Flagstone Park

The junior cohort embarked on an exciting journey to Thunderbird Park to participate in thrilling laser skirmish battles, amidst the forest. Then, they travelled to Flagstone adventure park where they had a fantastic time climbing, sliding and splashing around the playground equipment.

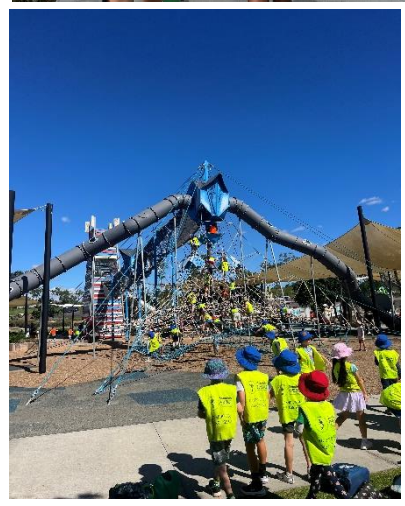
Incursions

Inflatable Obstacle Course

The Top Oval was transformed into a giant inflatable obstacle course, where children tested their agility and resilience in a fun and safe environment. We also had a giant inflatable hungry hippos game where children got to participate in the iconic game.

Flipside Circus

We were lucky enough to have a visit from Flipside Circus. Children were captivated by the performances and had the opportunity to learn circus skills including juggling, plate spinning, hula hoop tricks, flexibility tricks and more.





WORLD AUTISM DAY – APRIL 2

This year marks the 17th annual World Autism Awareness Day. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness. No two people on the spectrum are the same – each person has

own way of seeing the world, which makes them interesting and unique.

ANZAC DAY – APRIL 25

On April 25 every year, Australians commemorate Anzac Day and the landing of Australian and New Zealand troops at Gallipoli. The date, April 25 was officially named Anzac Day in 1916. Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service past and present. **Go to your local council website to find out where your local service is happening.**



CAULIFLOWER CHEESE FRITTERS

PREP 10 mins | COOK 5 mins | 6 People

INGREDIENTS

- 1 small or ½ large head cauliflower (about 3 cups)
- 2 eggs
- 1 cup self-raising flour
- ¼ tsp baking powder
- Salt and pepper, to taste
- ½ cup parmesan cheese, grated
- 1 cup milk

METHOD

Remove the leaves and stem from your cauliflower and cut into roughly 1cm square pieces. A mix of small and large pieces is fine, some will end up as crumbs just make sure the stem parts are not too big, so they cook through.

Add all the ingredients to a large bowl except for the milk, then gradually add the milk until you end up with batter about the thickness of pancake mix evenly coating all the cauliflower. You might not need all the milk.

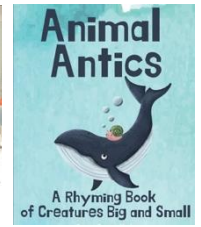
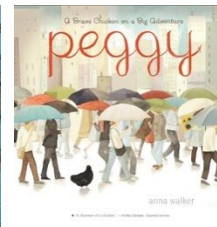
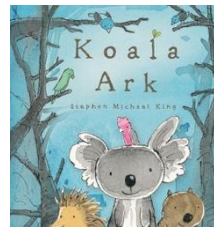
In a large frypan over medium heat add about 1cm of neutral oil and heat for a few minutes. Working in batches, drop the batter into palm-sized rounds and cook until about ¾ done before flipping. It should take about 2-3 minutes on the first side and 1 minute on the next and end up golden and crispy. Drain in a sieve placed over a bowl or on some paper towel.

Repeat until all fritters are cooked, adjusting the flame for temperature as you go if it gets too hot or if they take too long.

Enjoy! (Source: www.australianeggs.org.au)

Book reviews

Koalas, Chickens, bugs!
Let's go on some animal adventures!



KOALA ARK | STEPHEN MICHAEL KING

Through the smoke, in a tiny battered boat, Koala sets out to rescue the billabong friends. From the multi award-winning author and illustrator who brought you Three, Rainbow Bear and Leaf comes a tale of care, companionship and renewal.

PEGGY | ANNA WALKER

Peggy the hen is contented with her quiet existence and daily routine. When a powerful gust of wind sweeps her up and deposits her in the midst of a busy city, she explores her new surroundings, makes new friends, and cleverly figures out how to get home—with a newly kindled appetite for adventure. Evocative full-colour paintings follow Peggy's journey, offering comical details that reward repeated viewing. This reassuring tale and its unruffled heroine invites discussions of exploration, safety, and resourcefulness.

ANIMAL ANTICS | TAMAR TEPPER KOCHEN

Spark little imaginations with this HILARIOUS and INTERACTIVE read-aloud book! With vibrant illustrations of animals in preposterous settings, budding readers will be captivated by the joy of these silly rhymes. Watch as they enhance their rhyming and reading skills and giggle, smile, and laugh at the turn of each page. Then see their imaginations run wild as they devise their very own rhymes.



FOCUS: This One Thing is the Answer to a Good Life

From a young age, society tells us we need certain material things to be successful, to lead 'the good life.' To obtain the dream home, the respected career, the luxury vehicles, we need to constantly work harder, push harder, be more.

Truth be told, 'the good life' for many people means being caught in a vicious cycle of crazy business. The question then becomes, what really keeps us happy and healthy as we go through life?

Empirical data from a longstanding Harvard study shows time and time again, one strong predictor of a happy and healthy life. For 75 years, the Grant and Glueck study has tracked multiple generations of people collecting ongoing data about their work, their home lives, and their overall health through blood samples, brain scans, and more...The study conclusion?

Robert Waldinger, director of the Harvard Study of Adult Development, states, "The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period." Not in the square footage of your home. Not the brand of clothes you wear. Not the type of car you drive. Not the different companies you worked for or how much is in your 401K.

The study shows the most influential empirical predictor of health and happiness in life is — connection.

Data from the study demonstrates that having someone trustworthy to rely on when life gets tough helps your brain stay healthy, helps your nervous system relax, and reduces both physical and emotional pain. The research also shows people who are isolated or who feel lonely are more likely to see physical health decline earlier in mid-life, brain function decline, and live shorter lives overall.

Waldinger explains, "It's not just the number of friends you have, and it's not whether or not you're in a committed relationship," but rather, "It's the quality of your close relationships that matters."

In other words, you don't need to be a social butterfly with a big group of friends or even currently be in a romantic relationship; what matters is connecting with people who light you up. The key to happiness is to practice *leaning into* healthy relationships.

Let's say you're 25, or you're 40, or you're 60 — what might leaning in look like? Waldinger explains the possibilities are endless regardless of age.

"It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven't spoken to in years."



In other words, make time for the people who matter most to you. Find a simple way to show 'your people' they are important — send a "remember when" text to a friend, give your partner a hug and don't let go until after they do, make eye contact with your kids at dinner time, try that new yoga class your friend has been mentioning to you, send a good old fashion snail-mail greeting card to someone with a short handwritten note. Small acts of kindness go a long way.

In the end, this 75-year scientific study confirms what you already know deep down — "the good life is built with good relationships."

"When you connect with people who are good for you, you feel it. This is a big deal. Don't forget to acknowledge how great it is to be around someone who lights you up. Tell them, even if you feel a little weird. Your people love your weirdness."

— Author Unknown.



Read the article via the QR code.

Source: Harrington, Zina (2021). This 75-Year Harvard Study Found This One Thing is the Answer to a Good Life. Retrieved from *becoming unbusy*.

THE SNACK ATTACK

Whether you are still home schooling or it is simply the weekend kids go through stages where snacking becomes a full-time activity. What can you do to help curb this habit?

1) Stick to a (Flexible) meal/snack routine. Talk to your kids about it so they know that after breakfast we won't be eating again until 9.30 snack. **2) Keep busy.** If you're just sitting around the house, you get bored and head to the kitchen, right? It's understandable that your kids will do the same. **3) Limit the number of packages snacks in your cupboard.** When the options abound, your kids will want to try all of them. **4) Plan & prep ahead.** Besides meal planning your dinners for the week, make a list of healthy snack options for the kids (and yourself!). A few ideas written on a post-it on your refrigerator and a few pre prepped snacks will help you to offer a nutritious snack at snack time. **5) Don't allow snacking close to mealtimes.** Kids always seem to ask for snacks right before dinner! Distract instead, suggest an activity they can do. Take out the Legos, play dough, colouring books, or matchbox cars. Keep a few toys and activities put away and only take them out during dinner prep time.



HEALTH & SAFETY: Healthy Sleep



You know the scene. You're kicking back with your partner, glass of wine in hand, enjoying some quiet time at the end of the day, while your children slumber sweetly in bed.

You're serene in the knowledge that your children are getting the sleep their growing brains and bodies need and they'll wake up well rested and ready for the day ahead.

Or perhaps not. Instead, you might be one of the exhausted souls suffering the grinding misery of a child who doesn't sleep.

You'll spend hours trying to settle them, only to have them wind up in your bed. They'll wake up tired and irritable and get through the day fuelled by manic energy and meltdowns.

Sleep is very important to a child's health and development. A child's sleep is also important for their parents' health and relationships. It's just not always easy to come by.

The need for sleep varies with age. Infants require 12-16 hours, toddlers 11-14 hours, pre-schoolers need 10 – 13. A child in primary school generally requires between 10 and 12 hours sleep at night, while a high school student needs between eight and 10 hours. An adult needs seven to nine hours a night. But you can't just pick the low end of the range and assume that's enough – an individual might well need sleep at the top end of the range, or they might need more than the guidelines.

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance. Studies as far back as 1980 suggesting some children who were diagnosed with ADHD, medicated and pulled out of mainstream school were merely sleep-deprived.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the

same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine. **Have a consistent pre-bedtime routine.** This will help your child settle and prepare for sleep. It may include reading quietly, a warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime. **Limit access to electronic devices** (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

Self-settling

It is important skill to learn for children in order for them to go back to sleep after waking in the night. Sleep however is a skill that needs to be taught and there are many ways to go about it. Consistency with anything is key! Below you will find a range of resources to help you teach self-setting as well as all the other important aspects of sleep hygiene.

- kidsline.com.au/teens/issues/why-sleep-so-important
- sleepfoundation.org/children-and-sleep
- thesleepteacher.com.au/blog/
- tresillian.org.au/advice-tips/settling/top-tips-videos/



Read the article via the QR code.

Children's Health Queensland Hospital and Health Service. (2021). *Healthy sleep-in children*. Retrieved from childrens.health.qld.gov.au



HOW TO RECYCLE EASTER FOIL

This Easter, the foil wrapper from your chocolate bunny or eggs could become the aluminium in a can of soft drink. All aluminium foil can be recycled in your yellow lid bin.

Just make sure your foil is clean and rolled into a big ball. This stops small pieces of foil getting lost in the recycling process. Wait until you have a lot of foil to recycle, roll it up at least as big as a tennis ball and pop it in the yellow lid bin. With the foil wrappers all scrunched up together, no one will ever know how much Easter chocolate you've eaten. Source: cityofsydney.nsw.gov.au

