

“CHILDREN SELDOM MISQUOTE. IN FACT, THEY USUALLY REPEAT WORD FOR WORD WHAT YOU SHOULDN'T HAVE SAID.” – Unknown



Kidzone OSHC  
Romsey



# ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Kidzone Christmas Concert -- Monday, 11<sup>th</sup>  
December

## AROUND THE COUNTRY/WORLD

International Day of Persons with Disabilities.....	3 <sup>rd</sup>
Volunteer Day.....	5 <sup>th</sup>
International Animal Rights Day.....	10 <sup>th</sup>
Human Rights Day .....	10 <sup>th</sup>
International Migrants Day.....	18 <sup>th</sup>
Hannukah.....	4 <sup>th</sup> to 15 <sup>th</sup>
Christmas Eve.....	24 <sup>th</sup>
Christmas Day.....	25 <sup>th</sup>
New Year's Eve.....	31 <sup>st</sup>

## Welcome to Kidzone!!!

Dear Families,

Here we are sending out our final newsletter for the year!!

Our Kidzone Christmas Concert will be held on Monday, 11<sup>th</sup> December and the children have all been working hard on their performances. We hope to see you there.

In this newsletter we have details on our vacation care program running in January, a recipe for peach, coconut and vanilla popsicles to help keep cool in summer and an article about allowing children to take some risks.

We wish you all a safe and happy festive season with your families and loved ones and we look forward to seeing you all again in the new year!

Please remember our door is always open if you have any queries, concerns or suggestions.

Thank you for your ongoing support.

The Kidzone Team



**HUMAN RIGHTS DAY – DECEMBER 10**

Every year, Human Rights Day provides an opportunity for all to renew with the spirit of humanity’s long struggle for rights and dignity and to mobilise against old and new challenges, in the shape of poverty and inequality,

violence, exclusion and discrimination. The 2023 theme is ‘Dignity, Freedom and Justice for all’. [Find out more here](#)

**INTERNATIONAL DAY OF PEOPLE WITH DISABILITY – DECEMBER 3** The International Day of People with Disability (IDPwD) is observed each year on December 3. The theme for 2023 is ‘*United in action to rescue and achieve the Sustainable Development Goals for, with and by persons with disabilities.*’ IDPwD aims to increase public awareness, understanding and acceptance for people with disability and celebrate the achievements and contributions of people with disability. **Find out more here.**



**PEACH COCONUT & VANILLA POPSICLES**

PREP 10 mins | FREEZE TIME | SERVES 10

**INGREDIENTS**

- 350 g coconut yoghurt (or natural or Greek yoghurt)
- 1/4 cup (90 grams) rice syrup (or any other liquid sweetener like honey or maple syrup)
- 1 tbs vanilla bean paste
- 3 peaches, stones removed, chopped into small wedges

**METHOD**

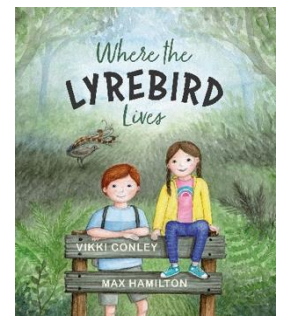
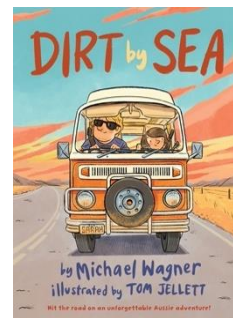
1. Place the coconut yoghurt, rice syrup and vanilla bean paste into a small bowl and stir to combine. Set aside.
2. Place the peaches into the jug of a blender along with 1/3 cup of the coconut yoghurt mixture – blitz until smooth.
3. Alternate layers of coconut yoghurt and peach to fill each popsicle mould.
4. Use a skewer to swirl the layers and pop into the deep freeze overnight.
6. **To serve** – run mould under hot water to loosen the popsicles.

Enjoy x

*Recipe and image from mylovelylittlelunchbox.com*

**Book reviews**

A FEW OF THIS YEARS THE CHILDREN’S BOOK COUNCIL OF AUSTRALIA WINNERS



**DIRT & SEA | MICHAEL WAGNER**

*Explore our wonderful coastline and the joy of a family road-trip with Dad and Daisy! Daisy lives in inland Australia with her dad and her grandparents. It’s home, and she loves the red dirt land around her. But when her dad realises that she’s never seen the beach he sets off to show her the ocean in a once-in-a-lifetime father-daughter trip.*

**WHERE THE LYREBIRD LIVES | VIKKI CONLOEY**

*High in the mountains through the sleepy clouds. Deep in the forest past the chiming birds. Will we see the lyrebird? I don’t know. Tip-toe, tip-toe. The beauty of the Australian rainforest and the magic of family-time come together in this lyrical and delightful story of intergenerational connection, habitat and adventure.*



**Ball Throw**

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

This one is very simple all you need is a ball for each person playing and a space outside. The ball can be any size (fun shaped balls work too). Mark a line as a starting point, everyone playing stands on the line with a ball. You say 1,2,3 throw. Everybody throws as far as they can, you run and pick up your ball and run back to the line. It’s a very simple game but it does encourage movement and throwing skills.

**For older children** mark a starting spot (A) and then mark a second spot 5m away (B). One person stands at spot (A) and throws the ball they then see how many runs they can get by running between spot (A) and (B) before the ball is returned to the starting spot. Rotate throwers and see who can get the most runs.

# FOCUS: Stand back and avoid saying ‘be careful!’: how to help your child take

There is ongoing concern about the impact of “helicopter parenting” on children’s growth and development. Keen to ensure the best outcomes for their children, helicopter parents tend to hover over their kids, constantly trying to prevent misadventure or harm. But child experts say this can lead to a lack of resilience and tenacity in children. Children can also struggle with problem-solving and initiative.

**How can we overcome this?** We are educators who study risky environments. Our new research looks at parent’s perceptions of an outdoor play park. It shows how outdoor parks provide opportunities for children to engage in risky play and develop independence and problem-solving skills.

## The importance of risk

Risk taking means engaging in any behaviour or activity with an uncertain physical, social, emotional or financial outcome. Risk is an everyday part of life, from driving a car to buying a house at auction or climbing a ladder.

We cannot eliminate risk, so we need to learn how to navigate it. This means taking responsibility for assessing potential consequences and taking necessary precautions. For example, crossing the road carries risk, but we learn how to look for cars or cross at traffic lights if the road is very busy.

Recognising and appropriately responding to risk taking is an integral aspect of children’s growth and development. In 1998, US educator and wilderness guide Jeff Liddle observed risk was instrumental to lifelong learning.

Outdoor experiences are particularly good places to develop skills around risk because they are not a controlled environment. For example, no two trees are the same to climb and conditions can vary depending on the weather.

## Our study

In a new study we surveyed parents and caregivers about children’s risk taking in the Boongaree nature play park in Berry, New South Wales.

The park includes fixed equipment such as slides and climbing ropes as well as natural elements such as water, stone, timber, sand and greenery. We chose Boongaree after it became the focus of media and social media debate due to a spate of injuries, including broken bones. The Daily Mail suggested it was Australia’s “most dangerous playground”. Following community concerns, the park’s tunnel slide was replaced in May this year with another slide with less “momentum”.

Over multiple visits to the park in June 2023, we recruited 302 adults to complete a survey about their children’s park use. We then followed up with a closed Facebook group of 56 parents from the same group.

## The benefits of risk

We asked parents to share their views about the park and they told us risky park play had many benefits. These included allowing children to:

*be challenged and solve problems, connect to the outdoors, direct their own play, be physically active, be creative and curious, demonstrate confidence and independence and, build social capacity, by sharing equipment and taking turns.*

## How to support your child in outdoor, risky play

So next time you go to the park, how can you support your child to take appropriate risks? Here are some tips, based on our work on children, risk and outdoor play:

**Start with a positive mindset:** playgrounds are designed to develop physical and social skills. So be prepared for your child to try new things at the park (rather than just play it safe with the same old equipment).

**Be ready to support – and to stand back:** there are times when it is best to stand back and let children experience the equipment or the area for themselves. There are others where parents are needed. So, keep a monitoring eye on things. But don’t assume you will be helping all the time.

**Language matters:** try to steer away from language such as “be careful”. This can set children up to be afraid of a situation. Reframe your language to something more supportive, such as “is there a stronger piece of wood to put your foot on?” or “have you seen the hole over there?” You could also say something like, “look around, do you want to explore left or right?”. This prompts your child to think about the best approach for them and builds self-confidence and problem-solving skills.

**Give useful advice:** help children with specific guidance on how to use equipment safely. For example, when climbing you could say, “use three points of contact, two hands and one foot on that ladder”.

**Let the child decide:** allow your child to decide what pieces of equipment they use and how far they climb. Do not push them to complete activities they are not comfortable with. And by the same token, intervene only when the equipment is clearly above their skill development level.

**Have fun:** show excitement, join in the imaginative games and reinforce the message that it is acceptable to say no or yes to challenge – both choices are OK!



# Kidzone OSHC Vacation Care

## Summer 2024 Program

Week 1		Week 2	
<b>Monday</b> 15th Jan	<b>Around the World in a Day</b> Come and join us as we discover our way around the world at lightening speed!	<b>Monday</b> 22nd Jan	<b>Splash Aqua Park</b> Today we're heading off to Splash Aqua Park in Craigieburn. Don't forget your boaters!!
<b>Tuesday</b> 16th Jan	<b>Bendigo Discovery Centre</b> Lots of fun and interactive things to do and discover at the Bendigo Discovery Centre	<b>Tuesday</b> 23rd Jan	<b>Mad Hatters Tea Party</b> You are invited to a party with a difference. Don't forget to wear your funniest hat!!
<b>Wednesday</b> 17th Jan	<b>Mystery Day</b> You will need to come along and join us to find out what fun we have planned for this mystery day!	<b>Wednesday</b> 24th Jan	<b>Indoor/Outdoor Camping</b> Join us for some camping fun in your PJs and sleeping bag. We'll also watch a movie.
<b>Thursday</b> 18th Jan	<b>Colour Day</b> Join us today for lots of colourful craft and activities, including a colour run!! Wear old clothes!!	<b>Thursday</b> 25th Jan	<b>Aussie Beach Day</b> Let's have a day at the beach Kidzone style. Lots of water and messy play!
<b>Friday</b> 19th Jan	<b>Lancefield Park and Pool</b> Let's spend the morning at the park and end the day with some fun at the pool	<b>Friday</b> 26th Jan	<b>no program</b>



Bookings to be made on Xplor Home app, permission forms required ASAP to secure spot. Forms available on website and in service, [www.kidzoneromsey.com.au](http://www.kidzoneromsey.com.au)

### TEACHING YOUR CHILDREN TO BE SUNSAFE



Being a sun smart role model is the first step to teaching your children to be sun safe. When outside remember to SLIP, SLOP, SLAP, SLIDE. Show children how you can check the sun's UV rating using the SunSmart global UV app. The sun's ultraviolet (UV) radiation is the major cause of skin cancer and it doesn't have to be sunny for the UV to be high. Check the ratings and talk about the ratings together. Is it time to play in the sun? Or find a shady spot?



## Kidzone Christmas Concert On Soon!!!

The children have all been busy rehearsing for their individual performances and for the group play performance. There may even be a performance from the Kidzone staff!! BBQ dinner will start from 6pm with performances due to start around 6:45pm. We hope to see you all there!



Kidzone Presents



**MONDAY, 11 DECEMBER  
DINNER FROM 6PM,  
CONCERT STARTS 6:45PM**



**RSVP - 1st December**  
All welcome, children not  
booked into Kidzone on the  
day must be supervised by a  
parent/guardian

**7 Mitchell Court, Romsey**

# 2024 Requirements

A 2024 requirement form has been emailed via Xplor. Please return this to us asap. It really helps plan for the year ahead if we have an idea of numbers of children attending and having the enrolments set up in advance makes for an easy booking process for families using the Xplor Home app.

Please also take a moment to check your account on Xplor to ensure that all contact and medical information is correct and up to date.

The form is also available on our website, Facebook group and in service.

**Kidzone OSHC**  
2024 Enrolment Requirements



Child/ren's Name: \_\_\_\_\_

I require the following sessions in 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school					
After school					

I do not have set days as yet but would like to remain enrolled on a casual basis (permanent sessions can be added at a later stage if required).

Please review your current enrolment information on Xplor and select one of the following:

I confirm the enrolment information, emergency contacts and permissions are current and correct.

I have made the following changes on Xplor:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coordinator: 0481 212 047  
Administration: 0422 860 486  
[office@kidzoneromsey.com.au](mailto:office@kidzoneromsey.com.au)

## SUSTAINABLE CHRISTMAS GIFTS

Choosing sustainable gifts is about considering the health, environmental and social impact of each item. Sustainable gifting is an opportunity to take your sustainability a step further, in that you can choose to give items that actively support the causes that you are passionate about.



### FEW SUGGESTIONS

A gift in the form of a **donation** to a worthy cause, perhaps a charity with a focus on the environment, is the most sustainable gift you can give. Some charities have fun with this idea, by allowing you to gift a range of quirky items to your friends and family for communities in developing countries. Gift a goat, a well, or even pig manure with an illustrated gift card (or e-card) adding to the fun.

Gifting **an experience** such as a massage, a cooking course, a yoga class, or dinner, is an excellent way to end the cycle of accumulating things.

- If gifts are unavoidable at Christmas, a **Kris Kringle or Secret Santa** is a fun way to reduce the amount of 'stuff' we all end up with.
- If a donation or experience is not possible, remember to consider the quality of your gifts including what they are made from. Ensure your gift has minimal negative environmental impact, will be enjoyed and will last.

*Every time we purchase a product or service – gifts, food, fashion, property, appliances, hot water systems and energy – we have the option to shop sustainably. Decide on an area that's important to you and start making a difference through your choices. [Source](#)*

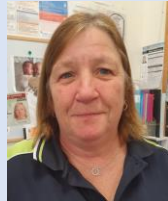
### Meet the Team



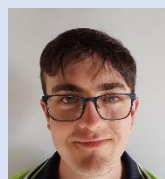
**Chrissy –  
Coordinator**



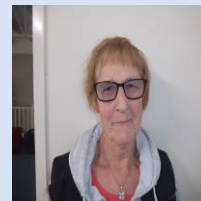
**Claire – Admin  
Officer/Educator**



**Carol -  
Educator**



**Liam -  
Educator**



**Elsie -  
Educator**

**Feedback**   
is always welcome



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