

IF YOU THINK YOU ARE TOO SMALL TO MAKE A DIFFERENCE, TRY
SLEEPING WITH A MOSQUITO – DALAI LAMA



Kidzone OSHC
Romsey



ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Welcome to Kidzone!!!

Dear Families,

Just like that, we are into December and this is our final newsletter for the year!!!

In this newsletter we have an update on vacation care from the last holidays, an article on teaching children personal safety and a recipe for healthy chocolate brownies, which might help with the Christmas kilos!

Our Kidzone Christmas Concert will be held on Monday, 12th December and the children have all been working hard on their performances. We hope to see you there.

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!

The Kidzone Team

Kidzone Christmas Concert -- Monday, 12th
December

AROUND THE COUNTRY/WORLD

International Day of Persons with Disabilities.....	3 rd
Volunteer Day.....	5 th
International Animal Rights Day.....	10 th
Human Rights Day	10 th
International Tea Day.....	15 th
Hannukah.....	18 th
Christmas Eve.....	24 th
Christmas Day.....	25 th
New Year's Eve.....	31 st

Fundraiser Update



Thank you to those who attended our last family dinner and art show. Thank you also to those who placed an order as part of our fundraiser. You should have now received your order, please let us know if you have not.

BETTER FOR YOU BROWNIES



PREP 20 MIN | COOK 20 MIN | SERVES 16

INGREDIENTS

85 grams good quality **dark chocolate**
 ½ cup (125 grams) **butter**
 1½ cup (315 grams) **CSR Rapadura Sugar**
 2 **eggs**
 1 tablespoon **vanilla extract**
 ½ teaspoon **sea salt flakes** (or pinch of salt)
 ¾ cup (100 grams) **wholemeal spelt flour**
 1/3 cup **cacao powder**
 1/2 cup *cooked* **beetroot**, finely grated (optional)
 1/2 cup (100 grams) *mashed* **sweet potato** (optional)
 1/2 cup (80 grams) good quality **dark chocolate**, *chopped*

METHOD:

Preheat oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

Place chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted. Take off heat and allow to cool for 5 minutes.

Add the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

Add the salt, plain flour, cacao and whisk to combine. Gently fold through the beetroot, sweet potato and chopped chocolate.

Pour the batter into the prepared tin and bake for 20-25 minutes or until set. Allow to cool in the tin. Cut into 16.

Images and recipe from mylovelylittlelunchbox.com



my child
MAGAZINE



THE NATURAL PARENT MAGAZINE

thenaturalparentmagazine.com

The Natural Parent Magazine is the leading parenting magazine both online and in print, for conscious parents. Here, you'll find lots of nice bits and pieces including parenting support, pregnancy and birth, maternity fashion, parenting news, craft, photography, travel, events and more.

MY CHILD MAGAZINE

mychildmagazine.com.au

This is a place to find not only wholesome and simple parenting reads and information, but encouragement, humour and motivation for your journey as a caregiver.

KIDDIPEDIA

kiddipedia.com.au

Kiddipedia is Australia's leading parenting resources website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.

HEALTH & SAFETY: Protecting Our Kids: Teaching Children About Personal Safety

One of the most important things we can do as parents and caregivers is protect our children by educating them about personal safety. Teaching children simple strategies about keeping safe can help them build confidence, resilience and empower them to be safe in a variety of situations. It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time.

The importance of personal safety

Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

It's never too early to teach personal safety It's never too early to sow the seeds of personal safety and children can begin learning about keeping safe as young as three. As parents, we need to teach our children five basic principles (which form the basis of our personal safety education program for young children, Ditto's Keep Safe Adventure). These principles are:

- To trust their feelings and to distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it
- That if they feel unsafe or unsure to run and tell someone they trust.

The 3 Rules of Personal Safety The above personal safety principles can be distilled into three 'rules' (also known as 'Ditto's 3 Rules') that you can teach your children. Children should learn these rules through repetition and fun, engaging activities, which you can find in our free Parent's Guide to Personal Safety. You can also purchase resources related to personal safety that you can use as tools to teach your children these rules.

1. We all have the right to feel safe with people. This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

2. It's OK to say 'NO' if you feel unsafe or unsure. This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

3. Nothing is so yucky that you can't tell someone about it. One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

Other helpful advice

Talk to your kids: Encourage your children to feel comfortable telling you anything, especially if it involves another adult.

Encourage your children to identify other trusted adults they can talk to in confidence.

Be aware: Learn about the people with whom your child is spending time. Take notice if someone shows one or all of your children a great deal of attention or begins giving them gifts. Take time to talk to your children, find out why the person is acting in this way.

Empower your kids: Knowledge is power. Teach your children about their bodies. Teach them the correct language to use when describing their private parts. Emphasise that those parts are private. This will make them more at ease if they need to tell you about a touch that made them feel uncomfortable. Additionally, if a child uses a word like 'garage' or 'golf stick' to describe their private parts, a disclosure might be missed.

Teach them their rights: Teach your kids that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help and it is okay to tell you anything.

Notice changes in behaviour: Be sensitive to any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small indications that something may be troubling your children because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, non-critical, and non-judgemental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

Practice safety skills: Practice basic safety skills with your children. Make an outing to a mall or a park a 'teachable' experience in which your children can practice checking with you before going to the restroom with a friend and locating the adults who can help if they need assistance.

Cyber safety: is important too. Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Parents should help children choose a screen name that does not disclose information about their location. Teach children not to post pictures with identifying information such as a school uniform. Always keep your computer in a public area of your house – not in a child's bedroom.

September 9 is Bravehearts Day find out more [here](#)

Source: *Bravehearts* (2022). Protecting our kids: Teaching children about personal safety. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/>

GETTING ENOUGH CALCIUM: Kids need more calcium as they get older to support their growing bones: Kids 1 to 3 years old need 700 mg of calcium a day (2–3 servings). Kids 4 to 8 years old need 1,000 mg of calcium a day (2–3 servings). Kids and teens 9 to 18 years old need 1,300 mg of calcium a day (4 servings). **Calcium is found in food. Some foods are very high in calcium.** Dairy foods like these are among the best natural sources of calcium: milk, yogurt, hard cheeses-like cheddar. Some kids can't eat dairy, they must get calcium from other foods, such as: *calcium-set tofu, calcium-fortified soy drinks, edamame (soybeans), broccoli, collard greens, kale, chard, Chinese cabbage, and other leafy greens, almonds and sesame seeds, white beans, red beans, and chickpeas, oranges, figs, and prunes.* **Find out more [here](#)**

HEALTHY
KIDS

What we got up to during the holidays 😊



Week 1


We kicked off with Messy Day, which is always a favourite at Kidzone. We also had Footy Day and had Snake Safe Victoria come visit us. This was a very informative session with a variety of native animals. Everyone was very brave touching the animals and asked some very interesting questions. Unfortunately, we had to cancel our excursion to Sunshine Roller Skating Centre due to the additional public holiday but we hope to be able to have

Week 2

Week 2 began with an excursion to Ballarat Aquatic & Lifestyle Centre where we took part in gymnastics, rock wall climbing and swimming. On Science Day we did various experiments including the volcano we had made during Messy Day. We had lots of bikes and scooters on Wheels Day and also had some rollerblades. We finished the holidays off with an excursion to Mick's Jump & Play where everyone had great fun climbing, bouncing, sliding and riding the mechanical bull !!

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 CHRISTMAS CONCERT

MONDAY
12 DECEMBER 2022

INCLUDING DINNER,
SONGS,
PRESENTS AND
CHILDREN'S
PERFORMANCES

Dinner from 6:00pm
Concert from 6:45pm
All welcome



RSVP ASAP but by 2/11/22 at the latest to allow
performance planning and food ordering.

Chrissy: 0481 212 047


office@kidzoneromsey.com.au

2023 Requirements

If you haven't yet returned your 2023 requirement form, please return 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 My Family Lounge app.

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

The form is also available on our website.



Kidzone OSHC
2023 Enrolment Requirements

Child/ren's Name: _____

☐ I require the following sessions in 2023:

	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 My Family Lounge 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 My Family Lounge:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Coordinator: 0481 212 047
Administration: 0422 850 486
office@kidzoneromsey.com.au

Helpful Information

The below flyer provides information about an initiative funded by the Australian Department of Health and Aged Care for parents and carers of children under 12 to access a free online positive parenting program. The Triple-P Program is a fully-researched and evidence-based program which can help to improve child emotional wellbeing, solve problems early on and reduce stress.



Time flies. Make every parenting moment count.

Proven, positive strategies to help every family – online 24/7

Now free in Australia

BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

You want to support your child's development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, and used around the world. It's backed by research, proven by parents. And it's free!

- Boost children's emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away – backed by 35+ years of research studies.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ Australians who've been helped by the Triple P – Positive Parenting Program®.

Free support for your positive parenting journey

Now, you can do Triple P programs online, at no cost. Choose what works for you, to help give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can also do Triple P, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace.

The Triple P – Positive Parenting Program® system includes the following online programs:

TRIPLE P ONLINE
for parents/carers of children under 12

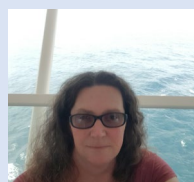
FEAR-LESS TRIPLE P ONLINE
for parents/carers of children 6+ who are often anxious

START YOUR FREE PROGRAM TODAY
triplep-parenting.net.au

Delivery of the Triple P – Positive Parenting Program® to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program.

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respect to Elders past, present and emerging.

Meet the Team



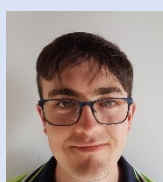
Chrissy –
Coordinator &
Educational Leader



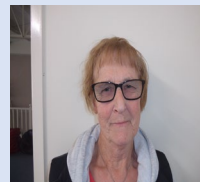
Claire –
Admin Officer



Carol –
Educator



Liam –
Educator



Elsie –
Educator



Anna –
Educator

Feedback
is always welcome

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