

IN THE LONG RUN, THE SHARPEST WEAPON OF ALL IS A KIND AND GENTLE SPIRIT." — ANNE FRANK



Kidzone OSHC  
Romsey



# ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Kidzone Family Dinner ---- Thursday, 16<sup>th</sup> June

## AROUND THE COUNTRY/WORLD

International Children's Day.....	1 <sup>st</sup>
Global Day of Parents.....	1 <sup>st</sup>
Mabo Day.....	3 <sup>rd</sup>
National Buddy Day.....	9 <sup>th</sup>
Men's Health Week.....	14 <sup>th</sup> – 20 <sup>th</sup>
National Vegemite Day.....	16 <sup>th</sup>
National Refugee Week.....	19 <sup>th</sup> – 25 <sup>th</sup>
International Picnic Day.....	18 <sup>th</sup>
Winter Solstice.....	21 <sup>st</sup>
International Day of Yoga.....	21 <sup>st</sup>

## Welcome to Kidzone!!!

Dear Families,

Welcome to our second quarterly newsletter for 2022. We can't believe we are already halfway through the year and into winter!!

In this newsletter we show what we got up to at Vacation Care during the last holidays and also have our program for the upcoming holidays. We always have lots of fun going on at Kidzone and this Vacation Care looks will be no exception!

We will be having our second Kidzone Family Dinner of the year this month, details further on, and this time we will be having some warm, comfort food for winter. RSVP by 12<sup>th</sup> June.

Wrap up and stay warm!!

The Kidzone Team



It is with sadness that we have to say farewell to Tash. After almost four years at Kidzone, Tash has decided it is time to venture out and try something new. She will be missed by all the children and staff at Kidzone and we wish her all the best for the future.

In happier news, we welcome back Liam and Elsie. Liam will be with us on a Monday afternoon and occasionally on other days. Some of you may remember Elsie from her days as Coordinator at Kidzone previously. It's great to have them both back as part of the Kidzone Team!!



## BANANA BLUEBERRY CINNAMON CRUNCH COOKIES



### INGREDIENTS

- 1 cup (160 grams) **mashed bananas** (approx. 3 bananas)
- 2 cups (240 grams) **almond meal** (ground almonds)
- 1/3 cup (80 ml) **pure maple syrup**
- 1 teaspoon **vanilla bean paste** (or extract)
- pinch of **salt**
- 3/4 cup (75 grams) **blueberries** (fresh or frozen)
- 1 teaspoon **cinnamon**
- 3 tablespoons **demerara sugar** (or brown sugar)

### METHOD:

**Preheat** oven to 180 degrees Celsius. Line a cookie tray with baking paper and set aside.

**Place** the mashed bananas, almond meal, maple syrup, vanilla, cinnamon and salt into a large bowl and mix thoroughly to combine.

**Gently** fold through the blueberries.

**Take** heaped tablespoons of the mixture and shape into cookies. Arrange cookies on prepared tray and flatten slightly.

**In** a small bowl, place the cinnamon and sugar and mix to combine.

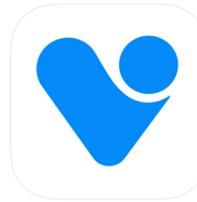
**Sprinkle** the top of each cookie with a little cinnamon sugar.

**Bake** for 14-16 minutes or until golden. Allow the cookies to cool completely on the tray. Enjoy x

*Recipe and image from mylovelylittlelunchbox.com*

## App reviews

*Time to refresh those apps! Remove ones that are no longer being used and try some new ones.*



### KHAN ACADEMY KIDS

**Khan Academy**

*Khan academy is thoughtfully designed by experts in early childhood education to guide young learners on a delightful journey through key skills in math, reading, phonics, writing, social-emotional development, and more.* It includes thousands of lessons, activities, books, and games that are age-appropriate for preschool through second grade. With catchy songs and yoga videos, your littles will also have fun moving, dancing, and getting the wiggles out.

### WELDON - EXPERT PARENT SUPPORT

**Family Five Pte. Ltd.**

*There is a lot of parenting advice out there. Weldon cuts through the noise by connecting you directly with professional parenting experts and evidence-based advice for any parenting challenge.*

The curated community of child development experts includes psychologists, therapists, licensed clinical social workers and top parenting coaches.

### GONOODLE GAMES

**GoNoodle, INC.**

*Kids love the GoNoodle Games app because it's a blast to play, and parents love it because it gets kids moving!* Active Screen

Time: The only way to play GoNoodle Games is to get off the couch and jump, stretch, and pose! Since every mini game requires movement, playing is a great opportunity for kids to wake up their bodies, engage their minds, and get active.

# FOCUS: Technology Overuse and the Fear of "Digital Dementia"

**Can't bear to put down your smartphone? Electronic devices have made themselves indispensable, but experts say they have a considerable effect on our cognitive function.**

The advent of technology has undoubtedly changed the landscape of modern society. Although there was once a time when electronic devices were scarce, it now feels impossible to get through a day without reaching for them. Rapid digital innovation made possible tech-centric routines that have progressed into altogether tech-reliant lifestyles. While these devices have certainly made life easier, more efficient and more convenient in a myriad of ways, digital technology overuse may be causing more harm than good. In fact, our dependence on internet-enabled devices could lead to "digital" dementia — a term coined by German neuroscientist Manfred Spitzer to describe a decline in cognitive abilities more commonly linked with brain injuries. Spitzer argues that relying on digital media is significantly detrimental to our brain health and its impacts severe enough to interfere with our daily lives. Is there reason to believe that digital dementia is real?

**Outsourcing Memory** According to Spitzer, technology has allowed people to outsource mental activity by storing endless amounts of information such as phone numbers and schedules. "People choose not to memorise information because it is so easily accessible on their devices," says David Copeland, an associate professor of psychology and director of the Reasoning and Memory Lab at the University of Nevada, Las Vegas. "Because we are using these devices instead of memorising, then our memorisation skills might diminish."

Technology has markedly changed how we seek, store and recall information. According to a 2011 study, the cognitive consequence of having easily accessible data on the internet is knowing where to find information rather than recalling information itself. And a 2016 study concluded that having available data online may remove the need to commit information to memory. Therefore, because information can be retrieved without consulting the memory, using technology as an external memory source (even unintentionally) can lead to reduced learning efforts.

Additionally, multitasking practices fostered by technology use can impair the ability to detect and selectively respond to a given stimulus. "In most circumstances, people were not built to multitask," Copeland says, "and when we try to do it, we are typically just rapidly switching from one task to the other instead of focusing on the most important one. This can possibly lead to us not doing either task very well."

Nowadays, many of us make a habit out of media multitasking — the consumption of multiple streams of media simultaneously. Mindlessly scrolling through social media while half-heartedly watching television is common, since neither type of media is very demanding. However, recent studies show that media multitasking is associated with decreased attentional control and increased mind-wandering and distractibility. And a longitudinal survey of teenagers aged 15 and 16 found that using digital media more often can increase the likelihood of exhibiting symptoms like inattention and hyperactivity-impulsivity, further demonstrating the impact of technology on concentration.

**Gauging the Good and the Bad** Increased screen time is shown to cause poorer language acquisition, executive functioning, and cognitive and brain development in children, while excessive internet use is often linked with technology addiction and social isolation in young adults. As a whole, it appears that technology use does have plenty of negative impacts on our cognitive abilities. However, more research is needed to understand whether these

impacts are only temporary or if they're causing a long-term, steady deterioration that warrants the label of "dementia." "The relationships between brain function and behaviours related to [technology] use is still developing," says Marc Potenza, a professor of psychiatry at the Yale School of Medicine. "Larger studies, longitudinal studies, are going to be very helpful in understanding more specifics regarding how specific types and patterns of internet use may be influencing people and influencing them at a brain-behaviour relationship."

When studying the harmful effects of technology, it's equally important to acknowledge its potential benefits to understand how each person's digital behaviour plays a role. For instance, technology may be beneficial when it comes to stimulating the brain and improving reaction time, but ultimately, more studies are needed to understand both positive and negative impacts and the situations in which they occur.

"I think it's clear that people are using digital technologies for different purposes, and different types and patterns of technology use may have different impacts on people," Potenza says. Users and clinicians alike must understand how various types and patterns of screen time can have different effects, which may help lessen the gravity of potential harm.

**Digital Detox Interventions** To avoid the negative impacts of technology, many choose to reassess their relationship with it and gradually reduce the time they spend using electronic devices. This awareness of living tech-dependent lifestyles and intention for better tech-life balances encourage people to undergo a "digital detox," the voluntary and intentional abstinence from technology use.

"If people are concerned with the effects of technology on their cognitive abilities, they can take breaks from it," Copeland says. "However, benefits might be affected by what you choose to do instead." For instance, reducing smartphone use to meditate or read books can potentially improve memory and attention or prevent cognitive decline, but doing another mindless activity might not be as beneficial, he adds. There's no hard and fast rule when it comes to digital detoxing because it can be modified depending on a person's needs. Whether you give up technology for seven straight days, go-device free once every week or restrict a single app or device, a digital detox has the potential to mitigate the harmful effects of technology on cognitive function and overall wellbeing. And it has the potential to benefit anyone. Abstaining from social media completely or even limiting its use is also beneficial — these things can enhance mental wellbeing and social connectedness, reduce the risk of compulsive smartphone use, and improve mood, sleep and anxiety. Addressing the negative impacts of technology is still an ongoing area of investigation, and in some ways, the limited information on prevention and treatment approaches has yet to catch up with the rapid development of digital technologies, the way they are used and the problems that arise from them, Potenza says.

To reduce the risk of cognitive impairment, as well as possible psychological or physical harm, it helps to use electronic devices with more intention and purpose. "As with most things, if you are at all concerned about the effects of technology, then it is probably best to use tech in moderation," Copeland says. By becoming more mindful of the use of technology, adverse and long-term effects may be avoided.

Source: Delgado, Carla. (2021, September 20). Technology Overuse and the Fear of "Digital Dementia": What You Need to Know Retrieved from <https://www.discovermagazine.com/health/technology-overuse-and-the-fear-of-digital-dementia-what-you-need-to-know>

# What we got up to!



## Vacation Care Update

The Spring Vacation Care Program was a shortened program due to the Easter long weekend but there was certainly no less fun to be had!!

We had a number of theme days as well as a couple of excursions and, even though we had to have some last-minute changes due to the cool, wet weather, everyone had a great time.

(Not too many photos this time due to a technical hitch!!! More next time.)

We had Egyptian Day and Chrissy, as always, looked fantastic in her Egyptian-themed costume, as did Liam. Great job guys!!

We cooked up a storm in the kitchen and had a blast at Hadfield Park in Wallan.

As always, Messy Day and PJ & Movie Day were a hit.

Read on for details of our program for the upcoming winter holidays. We hope to see you then 😊

# Winter Vacation Care

We are already halfway the year and looking forward to the end of Semester 2!! Below is our Vacation Care program for the upcoming winter break. Permission forms are required to secure spots and these can be found on our website or can be emailed upon request. Book in now to avoid missing out!!

## Kidzone OSHC Vacation Care

Week 1 *Winter Program* Week 2

**MONDAY**  
27th June

**THEME DAY**

**KIDZONE'S GOT TALENT**



BRING ON YOUR BEST DANCE MOVES, SINGING OR OTHER TALENTS

**MONDAY**  
4th July

**EXCURSION**



**BENDIGO DISCOVERY DAY**

TIME TO DISCOVER WITH A TRIP TO BENDIGO DISCOVERY CENTRE

**TUESDAY**  
28th June

**EXCURSION**



**BENDIGO MOVIE DAY**

TIME TO GET OUR POPCORN AND WATCH A MOVIE ON THE BIG SCREEN PLUS MACCAS FOR LUNCH (PLEASE BRING \$15 MAX FOR LUNCH)

**TUESDAY**  
5th July

**THEME DAY**



**PJ & MOVIE DAY**

ALWAYS A FAVOURITE! TIME TO CHILL OUT AND WATCH MOVIES IN YOUR PJS

**WEDNESDAY**  
29th June

**THEME DAY**



**ART EXPERIENCE DAY**

LET'S TRY ALL THINGS ARTY

**WEDNESDAY**  
6th July

**THEME DAY**



**DECONSTRUCTION/ CONSTRUCTION DAY**

TIME TO BRING OUT YOUR DESTRUCTIVE SIDE THEN BUILD SOMETHING FUN

**THURSDAY**  
30th June

**THEME DAY**



**KIDZONE ACTIVE DAY**

MAKE SURE YOU HAVE YOUR WEETBIX FOR A DAY FULL OF ACTIVE FUN

**THURSDAY**  
7th July

**INCURSION**



**MONSTERS vs ALIENS**

Our fun dance party combines themed games with some crazy moves to Axel Foley's Crazy Frog song!

**FOOTSTEPS DANCE PARTY**

DON'T BE LATE FOR A FUN MONSTERS VS ALIEN THEMED DANCE PARTY

**FRIDAY**  
1st July

**EXCURSION**



**MUSEUM OF ART & PLAY**

A NEW EXPERIENCE IN GEELONG - LOOKS LIKE A LOT OF FUN!

**FRIDAY**  
8th July

**THEME DAY**



**ECO WALK DAY**

WE WILL BE WALKING AROUND ROMSEY TO SEE WHAT WE CAN FIND. AND WE WILL END UP AT THE PARK FOR A PLAY



Signed permission forms required within 24 hours of booking on My Family Lounge to secure spot. Forms available on website and in service.

Next Kidzone Family Dinner Coming Soon!



## Kidzone Family Dinner

- Bring the whole Family along for a delicious lasagne dinner!!
- Thursday, 16<sup>th</sup> June from 5pm to 6:30pm
- RSVP by 12<sup>th</sup> June



### Thank you!!!

Thank you so much to all our wonderful families who generously donated various items for us to pass on to flood-affected people in NSW. We received clothes, torches, children's activity packs, cleaning products and toiletries among other items.

We are extremely grateful to you all, as are Life Church in Ballina.



### CCS and Vacation Care

Please remember when booking vacation care that each day counts as 12 hours for CCS subsidy regardless of drop-off and pick-up times.

This may mean that if you book in for a full week of five days, you may not have enough subsidised hours and will incur full fees for part of the week.

You can check your eligible hours on MyGov or by contacting us and we can check our system.

### Meet the Team



**Chrissy -  
Coordinator**



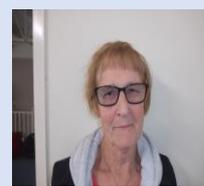
**Claire -  
Admin Officer**



**Carol -  
Educator**



**Liam -  
Educator**



**Elsie -  
Educator**



**Anna -  
Educator**