

"YOU'RE BRAVER THAN YOU BELIEVE, AND STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK."

— A.A. MINE



Kidzone OSHC Romsey



ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Service Closed (Public Holiday)-----9

AROUND THE COUNTRY/WORLD

World Environment Day -----5
World Oceans Day -----8
National Best Friends Day -----8
National Vegemite Day -----15
Winter Solstice -----22

Welcome to Kidzone!!!

Dear Families,

Here we are almost halfway through the year already!! Winter is certainly coming around fast. We hope you are managing to keep warm!!

In this term's newsletter we have details of our vacation care program for the upcoming holidays and also for our first Kidzone Family Dinner of the year. We have an article on self-regulation, some information on CCS general updated plus a recipe for banana, blueberry and coconut loaf.

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

Thank you for your ongoing support.

The Kidzone Team



We'd like to extend a warm Kidzone welcome to Gail Galea.

Gail will be joining Kidzone from May 29th as an Educator. Gail has a wealth of knowledge in childcare and worked as a family daycare educator for a number of years so some of you may already know her.

Please say hello and introduce yourself if you come in when Gail is working.

BANANA BLUEBERRY & COCONUT LOAF



PREP 15 min | COOK 1 Hour | SERVES 24

INGREDIENTS

- 2 1/4 cups (340 grams) wholemeal (wholewheat) flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon, ground
- pinch salt
- 1 cup (170 grams) brown sugar
- 2/3 cup (170 ml) sour cream
- 1/2 cup (125 grams) butter
- 1 teaspoon vanilla extract
- 3 eggs
- 3 bananas, mashed (approx. 2 1/4 cups) PLUS 1 banana sliced, to decorate
- 1 cup (125 grams) blueberries (fresh or frozen)
- 3/4 cup (70 grams) shredded unsweetened coconut

METHOD:

Preheat oven to 170c and line a large loaf tin with baking paper. **Set aside.** Sift flour, baking powder, salt and cinnamon into a large bowl. **Set aside.** Using an electric mixer on medium-high speed, beat brown sugar, sour cream and butter in a large bowl until light and fluffy (approx. 4 minutes). **Add** vanilla and beat for 1 minute. **Add eggs**, one at a time. Beating well after each addition. **Reduce speed to low**, add flour mixture and mix until just combined. **Add** mashed banana, blueberries and coconut and mix until just combined. **Pour batter** into prepared tin and top with sliced banana. **Bake** for 1 hour or until a skewer inserted removes cleanly. If your loaf is browning too quickly before cooking through, simply pull the loaf out of the oven, cover with aluminium foil and return to the oven for the remaining cooking time. Allow loaf to cool for 15 minutes before placing on a wire rack to cool completely. Enjoy x

Podcast Reviews

ROAD TRIP WORTHY PODCASTS TO STOP KIDS ASKING "ARE WE THERE YET?"



THE ALIEN ADVENTURES OF FINN CASPIAN | WONDERY KIDS

The Alien Adventures of Finn Caspian is a serialized science-fiction story for kids (start with Episode 1), told in 15-20 minute episodes for parents to put on when driving around town, or to marathon on road trips, or to bond over before bed. The story centres on Finn Caspian, an 8-year-old boy aboard The Famous Marlowe 280 Interplanetary Exploratory Space Station.

WHAT IF WORLD | WHAT IF WORLD

What if a dragon lived in my closet? What if there were a never-ending bowl of ice cream? Pirates, fairies, wizards, robots and many more friends. What If World's progressive stories will keep kids laughing while fostering curiosity, imagination, and resilience.

FOCUS: Kids need to learn self-regulation now more than ever

Twenty years ago, children would meet up with friends in person, play outside, do puzzles and read books. Things have changed a lot since then. We are constantly on electronic devices. And kids are tech-savvy. I've seen second graders demand cell phones from their parents to take photos or go on social media. But it's not so much the access kids have that worries me. It's the lack of self-control and self-efficacy regarding the access. How much time should kids have on a digital device? How often should they use it? What should they be doing on it? Self-regulation isn't just about screen time. It ultimately helps them become more capable and confident in all aspects of their lives.

How parents can help kids self-regulate Self-regulation begins to develop rapidly in the toddler and pre-schooler years, so the sooner we start teaching it, the better.

1. Model a healthy relationship with technology. Think of the last time you were eating lunch while typing an email while listening to a podcast and checking your phone each time it dinged. We've all been there. Children can have a hard time self-regulating because their parents model this behaviour. Remember, our kids are constantly watching and copying us!

Even worse, a survey of over 6,000 participants found that 54% of kids thought their parents used their devices too frequently. Thirty-two percent of kids felt "unimportant" when their parents were on the phone. *Unimportant*. That makes me sad. How many of us adults have felt that way when someone checked their phone during a conversation? Yes, phones are addictive, but for our children's sake and ours, we must set boundaries.

2. Teach them to be patient. Self-regulation is made up of many skills, and one of them is patience. A study on delayed gratification found that kids who are able to wait longer for rewards tend to have better life outcomes. Here's the opposite of teaching patience: letting a kid be online for the entire day — in the car, in restaurants, at the dinner table.

For my girls, waiting and saving were part of our lives. We didn't have much money when they were growing up, so we saved for what we wanted. They each had their own piggy bank, and they filled them penny by penny. We even cut coupons from the newspaper every Sunday. When they were able to purchase something they wanted because of their patience, they felt a sense of accomplishment.

3. Let them be bored. As a teacher, my students would sometimes complain to me that I couldn't hold their attention during lectures. But I never got upset or offended. I seized it as a learning opportunity and said: "I want you to go home and ask your parents if they are ever bored at their jobs. If you come back tomorrow with the answer that they are never bored, you can skip my lecture." That got their attention. "Being bored is preparation for life," I told them. "You are practicing right now." They laughed, but they all understood. Life is sometimes, or often, boring. But you can learn a lot during those moments. You can either go straight to your phone, or you can dream: What are your goals? What are your next steps? What obstacles are in the way? Where do you feel the most excitement, the most hope?

4. Set tech rules. This is a no-brainer, but surprisingly, many parents don't establish the ground rules.

Here some of my top rules for technology:

1. Set up a plan *with* your kids, not *for* your kids.
2. No phones during meals, whether in your house or someone else's.
3. No phones after bedtime. Explain the importance of sleep for brain development and remind them that their bodies grow when they sleep.
4. Use discretion with small children. Younger kids, starting at age four, should be taught how to use cell phones in case of an emergency.
5. Children should come up with their own cell phone policies for family vacations, or any kind of social activity where they need to be present. Be sure to choose a penalty for disobeying their own policy (e.g., losing a certain amount of time on a device).
6. Discuss what pictures and audio are appropriate to share online. Explain that whatever they post leaves a digital footprint.
7. Help them understand what cyberbullying is, and its negative impact on others. I always say: "Laugh *with* your friends, not *at* them."
8. Teach them to not give out personal identification information.

The goal is to empower them and teach self-efficacy. When kids can self-regulate, they are more likely to have more successful relationships with themselves and with others.

Wojcicki, Esther. (2022). *I raised 2 successful CEOs and a doctor. Here's the No. 1 skill I wish more parents taught their kids today*. Retrieved from [cnn.com](https://www.cnn.com)

COLD SEASON – WASH HANDS

Good hand washing is the first line of defence against the spread of many illnesses — from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and many types of diarrhoea. Over the last few years we have all developed and seemingly forgotten best practise when it comes to basic hand washing! Time to re-fresh!

Wet your hands with clean, running water (warm or cold). Make sure the water isn't too hot for little hands. **Use soap** and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do. Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists! **Rinse and dry** well with a clean towel.



HEALTHY
KIDS

Kidzone OSHC Vacation Care

Winter 2023 Program

Week 1

Week 2

MONDAY
26th Jun



BUZZ LIGHTYEAR DAY

Today we revisit the original Toy Story and see the friendships grow in Andy's room and how Buzz and Woody put their differences aside to reach the common goal of getting home to Andy.

MONDAY
3rd Jul



EXCURSION

MELBOURNE MUSEUM

Join us for a visit to Melbourne Museum where we will be able to learn about Victoria's natural environment, culture and history through different perspectives.

TUESDAY
27th Jun



MOVIES

Today we're heading to Reading Cinema in Sunbury to see Elemental. Time TBC nearer the day.

EXCURSION

TUESDAY
4th Jul



INDEPENDENCE DAY

Find out how the USA came to be the country it is today. Every 4th July, Americans have a day of celebration with lots of food, games, music and more. This year Kidzone are joining in!

WEDNESDAY
28th Jun



PAINTING, BUILDING & CRAFT DAY

Channel your inner Van Gogh, Michelangelo or Da Vinci with a day of art, craft and building.

WEDNESDAY
5th Jul



DINO DAY

Following on from our visit to the museum, today we will be looking at all things dinosaur related.

THURSDAY
29th Jun



RUN-A-MUCK

It's always a fun day at the play centre!

We will be having lunch provided at Run a Muck. Menu will be provided nearer the time so that we can preorder.

EXCURSION

THURSDAY
6th Jul



EXCURSION

ROMSEY LIBRARY

Today will be a more relaxed day, with a short stroll to the library where we will browse the books and take part in any school holiday activities on.

FRIDAY
30th Jun



SPORTS DAY

Make sure you have your running shoes on today and bring plenty of energy for a day full of sporting activity.

FRIDAY
7th Jul



EXCURSION

GISBORNE AQUATIC CENTRE

Today is a day of splish-splashing fun as we head to Gisborne Aquatic Centre for some play in the pool and on the inflatables.



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

Child Care Subsidy

A reminder that the upcoming coming vacation care program will run for two full weeks, therefore most families will only have enough CCS eligible hours for 4 days each week as 1 vacation care day counts as 12 hours. You can check your eligible hours on MyGov or we can check on our system for you. If your eligible hours are less than 100 hours per fortnight it may be worthwhile checking your activity hours, travel time and even unpaid work in a family business can be counted. <https://www.servicesaustralia.gov.au/recognised-activities-for-child-care-subsidy?context=41186>

Please also make sure you have confirmed your income for the 2020-2021 and 2021-2022 financial years by 30th June to avoid your current CCS stopping.



Australian Government
Department of Education



CHILD CARE SUBSIDY IS CHANGING

From July 2023 most families using
child care will get more subsidy

COVID Fee Relief

As of 30th June 2023 we will be unable to apply COVID fee relief for any COVID related absences. This will bring us back to all absences being charged at the normal rate unless



Go Noodle

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

Go Noodle is a interactive website full of active videos for children. Dance and move along with the hosts on the screen. No need to sign up just press play. Give this one a try [indoor recess](#)

Adults boost those endorphins and join in too!

Direct Debit Rejection Fees

When we changed our direct debit processing to Debit Success last year, it was included in the agreed terms and conditions that a fee would be charged if the direct debit claim was rejected. Until now, the fee has not been charged but we have been advised that they will be passing on the charge as of 1st July 2023 if any claims are rejected. Please ensure you have available funds in your account on your payment day. If, when you receive your statement on a Monday, you feel you might have difficulty with your payment that week, please get in touch so we can try and work something out.

Kidzone Family Dinner

Unfortunately, due to a number of commitments behind the scenes at the moment, we are unable to host our regular family dinner this term. We will, however, be back next term with a Father's Day themed dinner!

Helpful Information

At Kidzone we have started compiling a library of resources that may be helpful to our families. These include information of services families can utilise if they need help with sensitive issues, such as domestic violence or trauma, and also resources that may help if experiencing behavioural issues, e.g. an anxiety kit and an anger which can be used along with children among other things.

If you feel we might have resources which could be of help, please reach out. Similarly, if there is anything that you think you would information on, particularly related to child behaviours, please let us know and we will help where we can.

Community Events



WORLD ENVIRONMENT DAY – JUNE 5

World Environment Day 2023 is a reminder that people's actions on plastic pollution matters. This year's theme is 'Solutions to plastic pollution.' The steps governments and businesses are taking to tackle plastic pollution are the consequence of this action.

It is time to accelerate this action and transition to a circular economy. It is time to #BeatPlasticPollution. **Find out more here**

WORLD OCEANS. DAY – JUNE 8

On World Ocean Day, people everywhere can unite to celebrate and take action for our shared blue planet, with one ocean and one climate, which connect us all. Get together with your family, community, and join with millions of others around our blue planet to create a better future. The theme for World Ocean Day is **Planet Ocean: Tides are Changing.** We need to conserve our wonderful marine resources for future generations. **Find out more**

Sustainability CORNER

GO ON A NATURE SCAVENGER HUNT

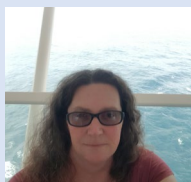
We know that children learn through play, and learning to be more sustainable and caring for the environment follows that same trend. Then add in the fact that spending time in nature can help children develop a connection to the environment, making them more aware of the beauty, diversity and interdependence of natural systems, and a nature scavenger hunt is a great way to get kids thinking more sustainably.

Connecting kids to nature can foster a sense of stewardship for the natural world, leading our students to think more carefully about how their actions impact the environment. Create a scavenger hunt for your children by drawing pictures of things you may see within your area or search online for a pre-made option like this one here from ecoexplorers.com.au Then go for your hunt and see what you can see.

[FIND MORE IDEAS FOR CONNECTING WITH NATURE HERE](#)



Meet the Team



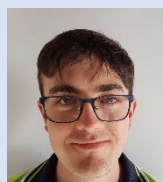
Chrissy –
Coordinator &
Educational Leader



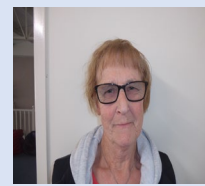
Claire –
Admin Officer



Carol –
Educator



Liam –
Educator



Elsie –
Educator



Anna –
Educator

Feedback
is always welcome



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