

“Children are human beings to whom respect is due, superior to us by reason of their innocence and of the greater possibilities of their future.”
– MARIA MONTESSORI



Kidzone OSHC
Romsey



MARCH
2022

ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Kidzone Family Dinner ---- Wednesday, 23rd
March

AROUND THE COUNTRY

Australian Women’s History Month	1-31
Epilepsy Awareness Month	1-31
St Patricks Day	17
Holi Festival of Colours	19
Day of Happiness	20
Harmony Week	21-27
Day of Forests	21
World Poetry Day	21
World Water Day	22
Ride 2 School Day	25
Earth Hour	26
Neighbour Day	27

Welcome to Kidzone!!!

Dear Families,

Welcome to our first quarterly newsletter for 2022. We hope you all had a wonderful, happy and safe festive season.

Sadly, Danielle, is no longer with us and, for the time being, administrative/account enquires will be dealt with by Claire on a Monday and Friday or by Chrissy the rest of the week if urgent.

The fantastic kids here at Kidzone have been discussing those affected by the recent flooding in QLD and NSW and what we can do to help. We will be collecting donations which will then be sent to Life Church in Ballina for distribution. More information later in the newsletter.

We are looking forward to another fun-filled year!!

The Kidzone Team

Feedback 
is always welcome

Kidzone OSHC Romsey
Email: office@kidzoneromsey.com.au
Service Phone Number: 0481 212 047
Admin/Accounts Ph No.: 0422 860 486





CLEAN UP AUSTRALIA DAY – MARCH 6

The amount of plastic waste has been surging because of the pandemic and we're concerned there will be long-term impacts on our environment. Over a third of Aussie households reported producing more waste and having had more items delivered than

usual during lockdown periods. Get a small group of your friends, family and neighbours together and give back to your community. [FIND YOUR LOCAL CLEAN UP HERE](#)

NEIGHBOUR DAY – MARCH 27

For the last 20 years Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood. Loneliness can affect anyone, at any time throughout their lives, and addressing loneliness across Australia is everybody's business. Getting involved in Neighbour Day is good for you and your community. [FIND OUT WHAT YOU CAN DO.](#)

MOROCCAN PUMPKIN & CHICKPEA STEW



PREP 10 min | COOK 4-6 HRS SERVES 5

INGREDIENTS

- 2 cups pumpkin, peeled and chopped
- 2 tins chickpeas, drained and rinsed
- 2 onions, diced
- 3 cloves garlic
- 1 cup kale
- 1/2 cup dried figs or dates
- 2x chopped tomatoes
- 4x Dutch carrots, chopped or 2x regular carrots
- 1 cup vegetable stock

Moroccan spice blend:

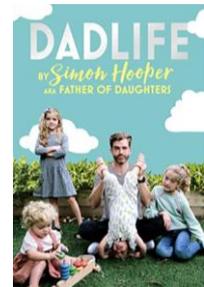
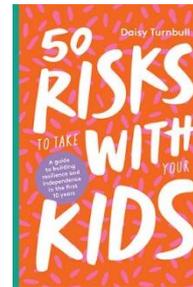
- 1 tsp ground cumin, 1 tsp ground ginger, 1 tsp salt
- 3/4 tsp black pepper, 1/2 tsp cinnamon, 1/2 tsp coriander
- 1/2 tsp cayenne, 1/2 tsp allspice, 1/4 tsp ground cloves

METHOD: Heat 1 tbsp olive oil in a pan and sauté the onion, garlic and the spice blend until onions are soft. Add to a slow cooker along with the pumpkin, chickpeas, kale, figs, tomatoes, carrots and stock. Cook on high for 4-6 hours. It will be ready when the pumpkin and carrots are soft. Serve on its own or with some rice, quinoa or sourdough. Pop it into the slow cooker and enjoy the fact that dinner is mostly done.

*Love this recipe and want more? Go to [Jo Kate Nutrition](#) Jo's course *The Nourished Family* provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.*

Book reviews

The un-parenting parenting books you'll enjoy reading.



50 RISKS TO TAKE WITH YOUR KIDS

DAISY TURNBULL

A guide for parents and carers to nurture resilience and independence in kids as they learn to take their own risks.

In **50 Risks to Take with Your Kids**, you'll find risks that build physical skills, social confidence and character development before kids enter those 'risky' teenage years. You'll also find some all-important parenting risks that will encourage you to step outside your comfort zone and think a little differently about raising children. It may sound counterintuitive to say that the more opportunities you give children to test boundaries, the better they will 'adult', but it's true. The more they are allowed to play in the mud, create games and find their own solutions to problems, the more they will thrive later in life.

DADLIFE: FAMILY TALES FROM INSTAGRAM'S FATHER OF DAUGHTERS

SIMON HOOPER

From uninitiated parents-to-be to those who know the ropes in families large or small, everyone will find something to relate to in Simon's hilarious and chaotic tales of his own home life.

'This is the story of my journey into parenthood, from being a 24-year-old man-child with no idea of what being a dad involved, to where I find myself today: the single male representative in a household of five women, or in other words, outnumbered. Our house is now known as "the place where silence came to die". It's also where you'll find carpets that are made up of 50% glitter and where there are more pink stuffed animals than at a colour-blind taxidermy specialist. But I wouldn't change a thing. These people are my life.' Enjoy the laugh.

FOCUS: Simplifying Childhood May Protect Against Mental Health Issues

When my Dad was growing up he had one jumper each winter. One. Total. He remembers how vigilantly he cared for his jumper. If the elbows got holes in them my grandma patched them back together. If he lost his jumper, he'd recount his steps to find it again. He guarded it like the precious gift it was. He had everything he needed and not a lot more. The only rule was to be home by dinner time. My grandma rarely knew exactly where her kids were.

But the world has moved on since then. We've become more sophisticated. And entered a unique period in which, rather than struggling to provide enough parents are unable to resist providing too much. In doing so, we're unknowingly creating an environment in which mental health issues flourish. When I read Kim John Payne's book, *Simplicity Parenting* one message leapt off the page. Normal personality quirks combined with the stress of "too much" can propel children into the realm of disorder. A child who is systematic may be pushed into obsessive behaviours. A dreamy child may lose the ability to focus. Payne conducted a study in which he simplified the lives of children with attention deficit disorder. Within four short months 68% went from being clinically dysfunctional to clinically functional. The children also displayed a 37% increase in academic and cognitive aptitude, an effect not seen with commonly prescribed drugs like Ritalin. As a new parent I find this both empowering and terrifying. We officially have a massive opportunity and responsibility to provide an environment in which our children can thrive physically, emotionally and mentally. So, what are we getting wrong and how can we fix it?

The Burden of too much Early in his career, Payne volunteered in refugee camps in Jakarta, where children were dealing with post-traumatic stress disorder. He describes them as, "jumpy, nervous, and hyper-vigilant, wary of anything novel or new." Years later Payne ran a private practice in England, where he recognized many affluent English children were displaying the same behavioural tendencies as the children living in war zones half a world away. Why would these children living perfectly safe lives show similar symptoms? Payne explains that although they were physically safe, mentally they were also living in a war zone of sorts, "Privy to their parents' fears, drives, ambitions, and the very fast pace of their lives, the children were busy trying to construct their own boundaries, their own level of safety in behaviours that weren't ultimately helpful." Suffering with a "cumulative stress reaction" as a result of the snowballing effect of *too much*, children develop their own coping strategies to feel safe. Parents and society are conscious of the need to protect our children physically. But sadly, we are messing up. Modern day children are exposed to a constant flood of information which they can't process or rationalise. They're growing up faster as we put them into adult roles and increase our expectations of them. So, they look for other aspects of their life they can control.

The Four Pillars of Excess Naturally as parents we want to provide our kids with the best start in life. If a little is good, we think more is better, or is it? We enrol them in endless activities. Soccer. Music. Martial arts. Gymnastics. Ballet. We schedule play dates with precision. And we fill every space in their rooms with educational books, devices and toys. The average western child

has in excess of 150 toys each and receives an additional 70 toys per year. With so much stuff children become blinded and overwhelmed with choice. Simplicity Parenting encourages parents to keep fewer toys so children can engage more deeply with the ones they have. Payne describes the four pillars of excess as having too much stuff, too many choices, too much information and too much speed. When children are overwhelmed, they lose the precious down time they need to explore, play and release tension. Too many choices erode happiness, robbing kids of the gift of boredom which encourages creativity and self-directed learning. And most importantly "too much" steals precious time.

How can parents protect childhood? Similar to the anecdote of the heat slowly being turned up and boiling the unsuspecting frog, so too has society slowly chipped away at the unique wonder of childhood, redefining it and leaving our kid's immature brains drowning trying to keep up. Many refer to this as a "war on childhood". Developmental Psychologist David Elkind reports kids have lost more than 12 hours of free time per week in the last two decades meaning the opportunity for free play is scarce. Even preschools and kindergartens have become more intellectually-oriented. And many schools have eliminated recess so children have more time to learn. The time children spend playing in organized sports has been shown to significantly lower creativity as young adults, whereas time spent playing informal sports was significantly related to more creativity. It's not the organized sports themselves that destroy creativity but the lack of down time. Even two hours per week of unstructured play boosted children's creativity to above-average levels.

Why parents need to take charge (and simplify) So, how do we as parents protect our kids in this new "normal" society has created? Simple, we say no. We protect our kids and say no, so we can create space for them to be kids. *No*, Sam can't make the birthday party on Saturday. *No*, Sophie can't make soccer practice this week. And we recreate regular down time providing a sense of calm and solace in their otherwise chaotic worlds. It provides a release of tension children know they can rely on and allows children to recover and grow, serving a vital purpose in child development. We filter unnecessary busyness and simplify their lives. We don't talk about global warming at the dinner table with a seven-year-old. We watch the news after our kids are asleep. We remove excessive toys and games from our toddler's room when they're sleeping. We recreate and honour childhood. Our children have their whole lives to be adults and to deal with the complexities of life, but only a fleetingly short time in which they can be kids. Silly, fun-loving kids.

Childhood serves a very real purpose. It's not something to "get through". It's there to protect and develop young minds so they can grow into healthy and happy adults. When society messes too much with childhood, young brains react. By providing a sense of balance and actively protecting childhood we're giving our children the greatest gift they'll ever receive.

Source: Gillet, Tracy. (2016, March). *Simplifying Childhood May Protect Against Mental Health Issues*. Retrieved from <https://raisedgood.com>

KEEPING ACTIVE

5–12-year old's need at least 60 minutes of moderate to vigorous physical activity every day. That includes fast walking, riding a bike or scooter, playing, running and doing organised sports. There should be a mix of activities that make them puff and activities that are good for their bones, like climbing on monkey bars, gymnastics, dance, running, skipping and jumping. The 60 minutes doesn't have to be done all in one go. You can build it up so your child accumulates the physical activity over the day. **How many minutes are your children doing?**



Feedback
is always welcome

Kidzone OSHC Romsey
Email: office@kidzoneromsey.com.au
Service Phone Number: 0481 212 047
Admin/Accounts Ph No.: 0422 860 486



HEALTH & SAFETY: Perfectionism in children

Children who have perfectionist tendencies exhibit a continuum of behaviours. On one end of the spectrum are children who take pleasure from doing difficult tasks, setting high standards for themselves, and putting forth the necessary energy for high achievement. On the other end of the continuum are those children who are unable to glean satisfaction from their efforts due to their pre-set, unrealistic goals. Since mistakes are unacceptable to them, perfectionism provides these students with little pleasure and much self-reproach.

Perfectionism appears to result from a combination of inborn tendencies and environmental factors. These can include excessive praise or demands from parents, teachers or trainers, observation of adults modelling perfectionist tendencies, and from parental love being conditional upon the child's exemplary achievement. Extreme perfectionism has been linked to performance and social anxiety, eating disorders, migraine headaches, obsessive-compulsive disorder, depression, and suicide. When behaviour of this type affects normal development and social relationships, these children need assistance.

Characteristics of Perfectionists

Some characteristics of children who are extreme perfectionists:

- having exceptionally high expectations for themselves
- being self-critical, self-conscious and easily embarrassed
- having strong feelings of inadequacy and low self-confidence
- exhibiting persistent anxiety about making mistakes
- being highly sensitive to criticism
- procrastinating and avoiding stressful situations or difficult tasks
- being emotionally guarded and socially inhibited
- having a tendency to be critical of others
- exhibiting difficulty making decisions and prioritizing tasks
- experiencing headaches or other physical ailments when they perform below the expectations of themselves or others

Gifted children, who are accustomed to excelling, are often perfectionists. Problems occur if they refuse to attempt a new assignment or do not complete their work because it may not be done flawlessly. The result is gifted children who are underachievers. These students are also susceptible to burn-out if they attempt to display exemplary performance in every academic discipline.

How Parents Can Help with Perfectionism in Children

Parents may help children who exhibit extreme perfectionism in the following ways:

- Provide unconditional caring and respect.
- Provide a calm, uncluttered, and structured environment.
- Avoid comparing children.
- Give specific praise. (Effective Praise)
- Avoid using words such as brilliant, genius, and perfect.
- Use listening and other communication skills.
- Acknowledge without judgment children's negative emotions such as frustration, anxiety, sadness and fear.
- Ask children to keep a journal expressing their thoughts and feelings.
- Help them understand that it is impossible to complete every task without making mistakes.
- Encourage high standards, but explain that there is a difference between perfectionism and quality work.
- Involve them in setting realistic standards for themselves.
- Let them know that even if they fail at something, they are loved.
- Challenge their belief if they call themselves a failure, and provide a more rational evaluation.
- Teach them to revise, start again, and learn from their errors.
- For those who procrastinate, change the goal from perfection to completion.
- Provide support if they perform at a lower level than expected.
- Help them learn coping skills such as positive "self-talk."
- Encourage the use of self-control skills.
- Promote relaxation techniques such as listening to soothing music, counting slowly, taking deep breaths, participating in a hobby, walking, reading or something else calming.

Read the full list of suggestions via the link below.

Children who suffer from extreme perfectionism need assistance from the adults in their lives. They may also need help from a professional therapist. The goal would be to reduce their perfectionist tendencies to the point of having them become an asset rather than a liability.

Source: Davies, M.Ed., Leah (2019, November). Perfectionism in children. Retrieved from <https://centerforparentingeducation.org/library-of-articles/school-and-learning-issues/perfectionism-in-children/>

Sustainability CORNER

TEACHING KIDS TO BE WATER CONSCIOUS

With our water being exposed to pollution, climate change and a growing population, it's important to find ways to help connect children to this valuable resource so they appreciate why we need to save it. Showing them how they can make a big difference every day by reducing the amount of water they use will foster a "green" mindset that will stay with them as they grow.



Five Quick Ways to Teach Kids About Saving Water

- If clearing the dinner table is on their chore list, make sure they skip the rinse and put dishes directly in the dishwasher.
- Ask them to make a label for a special water bottle they can keep in the refrigerator so they don't have to run the tap until the water gets cold.
- Make sure they turn off taps tightly when they're done using them.
- If the kids need to wash their bikes or scooters, tell them to fill a bucket and use a sponge instead of keeping the hose running for the entire wash.
- If they're done with a glass of water, tell them to water the household plants instead of dumping it down the drain.

FIND OUT MORE WAYS TO SAVE WATER WITH KIDS HERE

Source: gaiam.com/blogs/discover/6-ways-to-celebrate-earth-day-as-a-family

Feedback
is always welcome 

Kidzone OSHC Romsey
Email: office@kidzoneromsey.com.au
Service Phone Number: 0481 212 047
Admin/Accounts Ph No.: 0422 860 486



Kidzone Family Dinners are Back!!!



Kidzone Family Dinner

Bring the whole family along for a yummy BBQ dinner

Wednesday 23rd of March From 5pm - 6.30pm



Feature Article



Donation Drive

The kids at Kidzone have been discussing the QLD and NSW flood victims and wanted to know what they could do to help.

It was decided that we could collect donations of items that the people affected would need most. After making contact with a local worker, we have already sent off some donations of toiletries, cleaning products, torches, small medical supplies, etc. These have been sent to Life Church in Ballina who will distribute them to those in need.

Initially only small goods were requested as there is currently a shortage of space for larger items until further along in the cleanup process. There is also an urgent need for fuel vouchers so that donations can actually be transported. Going forward we would like to ask our families if you have any blankets, clothing, toys, extension leads or any other useful items you can think of, to please drop them off at Kidzone and we will arrange to have them passed on.

Thank you for your support.

Meet the Team



Chrissy - Coordinator



Claire - Administration Officer



Carol - Educator



Tash - Educator



Anna - Educator

Feedback is always welcome 

Kidzone OSHC Romsey
Email: office@kidzoneromsey.com.au
Service Phone Number: 0481 212 047
Admin/Accounts Ph No.: 0422 860 486



April Vacation Care

Can you believe we are already halfway through Term 1 and looking forward to the Easter holidays?! Below is our Vacation Care program for the upcoming Easter break. Permission forms are required to secure places and these can be found on our website or can be emailed upon request. Book in now to avoid missing out!!

Monday 11/04/2022	Tuesday 12/04/2022	Wednesday 13/04/2022	Thursday 14/04/2022	Friday 15/04/2022
<p><i>Egyptian Day</i></p>  <p>Come dressed up as an Ancient Egyptian and bring your cat to keep you safe from all the Mummies!!! Aarrgghh!! And remember – Walk like an Egyptian!</p>	<p>Kidzone Cooking Day</p> <p>Come and try out your cooking skills, who will be the next kids MasterChef.</p> 	<p>Wallan Park and Maccas for Lunch</p>  <p>Join us for a fun-filled day at Wallan Park along with Maccas for lunch! Please bring lunch money (max \$15)</p>	<p>Easter Craft Day</p>  <p>It's Easter time again come and enjoy lots of Easter crafts and fun. Don't be a bunny and miss out!!</p>	<p>GOOD FRIDAY</p> <p>NO PROGRAM</p>

Monday 18/04/2022	Tuesday 19/04/2022	Wednesday 20/04/2022	Thursday 21/04/2022	Friday 22/04/2022
<p>EASTER MONDAY</p> <p>NO PROGRAM</p>	<p>Messy Day</p>  <p>Mess, glorious mess!! Sludge, slime, water, cream, sand you name it we will play with it today! Dress up in old clothes and look MESSY!! Crazy hair and crazy fun.</p>	<p>Kidzone Water Day</p>  <p>Time to get wet the Kidzone way. Interested? Come along and join in the fun!! Please bring bathers/t-shirt/rashie, 2 towels and a plastic bag.</p>	<p>Kyneton Park</p>  <p>We are going to run, play, swing, race and climb our cares away. This a great venue as we can walk in the gardens, play footy, cricket, and play on the equipment and have a BBQ lunch!</p>	<p>PJ AND MOVIE DAY</p>  <p>Time to chill out in your PJs today.</p>

Feedback 
is always welcome

Kidzone OSHC Romsey
Email: office@kidzoneromsey.com.au
Service Phone Number: 0481 212 047
Admin/Accounts Ph No.: 0422 860 486

