

"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

Kidzone Family Dinner -- Wednesday, 29th
March

AROUND THE COUNTRY/WORLD

Harmony Week -----	15-21
St Patrick's Day -----	17
International Day of Happiness -----	20
World Water Day -----	22
Ramadan Begins -----	22
National Ride '2' School Day -----	24
Earth Hour -----	25

Welcome to Kidzone!!!

Dear Families,

We hope everyone had a wonderful safe and blessed festive season with their families and loved ones, and here we are preparing for Easter already!! What a fast year it has been so far!!

Welcome back to our existing families and a huge warm welcome to our many new families joining Kidzone for the first time this year.

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 interesting article on empathy as part of school curriculums and a recipe for delicious chicken meatballs with pesto.

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 Julie Galea.

Julie will be joining Kidzone from March 20th as both our new Educational Leader and an Educator. Julie comes to us with a wealth of knowledge and a number of years experience in the childcare industry and will be a great asset to the Kidzone Team.

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

CHICKEN MEATBALLS WITH PESTO



PREP 5 MIN | COOK 10 MIN SERVES 6-8

INGREDIENTS

Chicken Meatballs:

1 kg chicken mince
1 cup fresh breadcrumbs,
soaked in a 1/4 cup milk
2 eggs
1 cup parmesan cheese, *grated*
1 tbs garlic, *minced*
sea salt & pepper, *to season*
500 grams **spaghetti**, *cooked according to packet instructions reserving 1 cup of cooking water*

Basil Pistachio Pesto:

2 cups fresh basil leaves
1 cup baby spinach leaves
2 garlic cloves
1/2 cup pistachios
1/2 cup parmesan, *grated*
zest and juice of 1 lemon
3/4 cup olive oil

METHOD:

Place the mince, breadcrumbs, eggs, parmesan, garlic, salt and pepper into a large bowl and mix thoroughly to combine. **Take** 2 heaped tablespoons of mince and roll into rounds. **Heat** a little olive oil in a fry pan over medium-high heat. **Add** meatballs and cook 6-8 minutes, stirring occasionally or until the meatballs are golden and cooked through. Set aside.

To make the Basil Pistachio Pesto: **Place** the basil, baby spinach, garlic, pistachios, parmesan, lemon juice and zest into the bowl of a food processor. Blitz for 1-2 minutes or until finely chopped. **With** the motor running, slowly add the olive oil and continue blitzing until thoroughly combined (scraping down the sides of the bowl as necessary).

Pour the pesto over the cooked spaghetti with a splash of the reserved pasta water and toss to combine. **Top** spaghetti with cooked meatballs, fresh basil leaves and a grating of parmesan cheese. Enjoy x

Recipe and image from mylovelylittlelunchbox.com

App reviews

The top Family organiser apps to simplify busy lives.



COZI FAMILY ORGANIZER

COZI | ORGANISATION | FREE VERSION & SUBSCRIPTION

Cozi is the must-have organizer for families. It helps coordinate and communicate everyone's schedules and activities, track grocery lists, manage to do lists, plan ahead for dinner, and keep the whole family on the same page. Seeing what everyone is doing and where is easy using the Cozi interface. Store recipes so they are ready when you are. This app has endless benefits for all families.

FAMILY WALL

HAPPY FAMILY ORGANISATION | FREE VERSION & SUBSCRIPTION

FamilyWall helps manage your family's everyday life by sharing everyone's schedules and activities, tracking grocery lists, planning for dinner, managing to-dos as well as locating kids when they are outside. Family wall features a shared calendar, tick-able lists and meal planning. You can even create a budget together. Share family moment easily and privately. Real time locator and safe and secure family messaging.

CALROO

RUBY THREE LLC | ORGANISATION | FREE

Calroo is the perfect family organizer that brings families closer together. It provides one central place where you can see, plan and manage all of your family's activities. With Calroo, you always know who is doing what, and asking a family member for help is as easy as a swipe. Calroo is free and ad-free, keeping the focus where it belongs - on your family.

FOCUS: The beautiful reason why Danish schools teach empathy to kids

If you're wondering what you can do to make sure your kids grow up happy and well-adjusted, you might want to look to Danish schools. Since 1993, students in Denmark have studied empathy as part of their curriculum. Starting in kindergarten, Danish students learn about emotions, how to articulate their feelings and how to support their classmates. In the book *The Danish Way of Parenting* by Iben Sandahl and Jessica Alexander, the authors assert that the Danes raise empathetic, capable kids who grow into confident, happy adults. It's a winning cycle that starts with how they teach their children empathy.

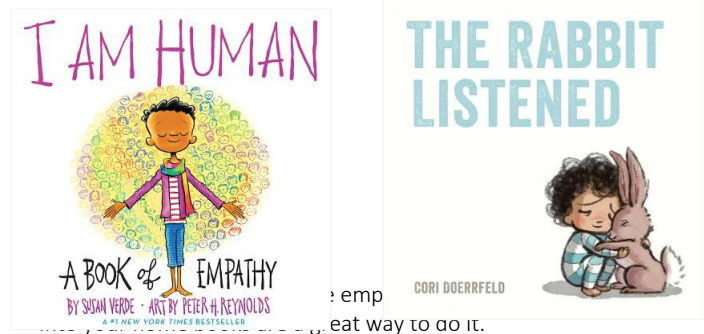
For the past seven years in a row, Denmark has consistently ranked as one of the happiest nations in the world. Maybe the way they raise their children is the reason why. Danish students participate in the Step by Step program. Students are shown cards that feature kids who are experiencing different emotions, like sadness, anger, and happiness. The students are asked to not just identify the emotion, but to explain what it means to them. They learn how to interpret others' emotions and how they make them feel. Perhaps most tellingly, the students don't judge the emotions. They simply recognize and respect them.

Students also participate in the CAT-kit program, which focuses on identifying and articulating emotions. It was originally designed as a tool for children on the autism spectrum and has since been picked up by educators and parents worldwide. It uses visual pictures to help students learn how to name their thoughts and feelings. In an essay in *The Atlantic*, Jessica Alexander, one of the co-authors of *The Danish Way of Parenting*, explains that teachers also subtly mix children of different strengths and weaknesses together. "The goal is for the students to see that everyone has positive qualities and to support each other in their efforts reach the next level," she writes. "The math whiz may be terrible at soccer, and vice versa. This system fosters collaboration, teamwork, and respect."

Yet another program that Danish schools utilize comes from The Mary Foundation, established by HRH Crown Princess Mary of Denmark in 2007. The anti-bullying program is taught to elementary-aged children and encourages them to be more caring towards each other. According to The Foundation's [website](#), "Everyone has the right to belong. The Mary Foundation works for the many people who are alone."

It's not just a one-off lesson or a conversation held on World Kindness Day. Students learn about empathy, kindness and respect from the time that they enter the school system. Danish teachers place equal emphasis on academics as well as emotions. And it's not just about making a grade—it's about raising kind, understanding children. That's something we definitely support.

Source: Motherly. (2020). The beautiful reason why Danish schools teach empathy to kids. Retrieved from <https://www.mother.ly/life/why-danish-schools-teach-empathy/>



'I AM HUMAN – A book of empathy'

Susan Verde, illustrated by Peter H. Reynolds

This *New York Times* bestseller has inspired kids everywhere to learn empathy. Parents will love the messages of teaching kids to find common ground, connectedness, and empathy in this big wide world.

'THE RABBIT LISTENED'

Cori Doerrfeld

Taylor feels sad and needs help. Thankfully, a cast of animal characters are there to offer up lots of advice, but none of it feels quite right until a rabbit shows Taylor the power of listening. Teaching kids to listen is a hugely important aspect of teaching empathy, and this book nails it on the head.

'BE KIND'

Pat Zietlow Miller

When Tanisha accidentally spills juice on her new clothes, her classmate tries to step in and help as she wonders what it means to be kind. *The New York Times Book Review* wrote, "These days, it seems more important than ever for books to show young people how to act with thoughtfulness, civility, and kindness."

'Have you filled a bucket today?'

Carol McCloud

An absolute essential for early education! This story gives children powerful imagery and effective metaphors to understand how to be kind to others. Follow on discussions could include types of positive behaviours, daily kindness rituals, appreciation and gratitude.

"When you fill someone's bucket, you fill your own bucket too! You feel good when you help others feel good".

SWITCHING OFF

The start of a new school year is a good time to change things up. Helping children, especially young ones, learn how to disconnect and relax their minds may make them tremble at first, but it may also result in a less stressed, healthier, happier family. **Here are 6 ways to unplug.**

1. **Set rules** – Limit time on devices and enforce the rules.
2. **Establish screen-free zones (bedrooms and in the car)** restrict the use of electronics during meals, before bedtime and during homework.

3. **Let others know the rules:** Include grandparents and caregivers.
4. **Set a timer:** This allows your child to know the end time and learn to manage this.
5. **Offer alternative activities:** This is especially important for young children. Engage them in books, games, talking, biking etc.
6. **Take electronics vacations:** Even short ones count where everyone unplugs and disconnects.

Source: Australian Financial Review afr -



Kidzone OSHC Vacation Care

Autumn 2023 Program

Week 1

Week 2

MONDAY
10th Apr

**NO
PROGRAM**

MONDAY
17th Apr



SHREK THEME DAY

What could we possibly have planned for a Shrek Theme Day. Make sure you join us to find out!!

TUESDAY
11th Apr



MOVIES

Today we're heading to Reading Cinema in Sunbury. Movie TBC nearer the time.

EXCURSION

TUESDAY
18th Apr



MELBOURNE ZOO

What's your favourite animal? Come along and see if you can spot it at the zoo!

EXCURSION

WEDNESDAY
12th Apr

**FUN
&
GAMES
DAY**

**FUN &
GAMES DAY**

The name says it all, join us for a day full of fun and various games!!

WEDNESDAY
19th Apr



ART DAY

Are you a budding Picasso or Monet? Join us for Art Day and let your creativity flow!

THURSDAY
13th Apr



**BUNNINGS &
JACKSONS
HILL**

We will be having a fun craft session at Bunnings followed by picnic lunch and play at Jacksons Hill

EXCURSION

THURSDAY
20th Apr



**SPLASH AQUA
PARK**

Today we're heading off to Splash Aqua Park in Craigieburn. Don't forget your bathers!!

EXCURSION

FRIDAY
14th Apr



**MESSY/SCIENCE
DAY**

Today is a day full of fun experiments and messy play. Always a favourite! Please wear old clothes

FRIDAY
21st Apr



**ECOTHERAPY PARK
& BBQ LUNCH**

Come along and join us for a fun day at the park where we will have a BBQ lunch.

EXCURSION



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

Term 1 Kidzone Family Dinner

Our Kidzone Family Dinner for Term 1 will be a BBQ. This time we will be having an Easter theme and all families are welcome to come along and join in some Easter craft and make an Easter bonnet with their child. Dinner will start at 5pm and families whose children are not booked into the service on the day can still come along and join us then.



TERM 1 BBQ FAMILY DINNER

**MARCH 29TH
5PM-6:30PM**

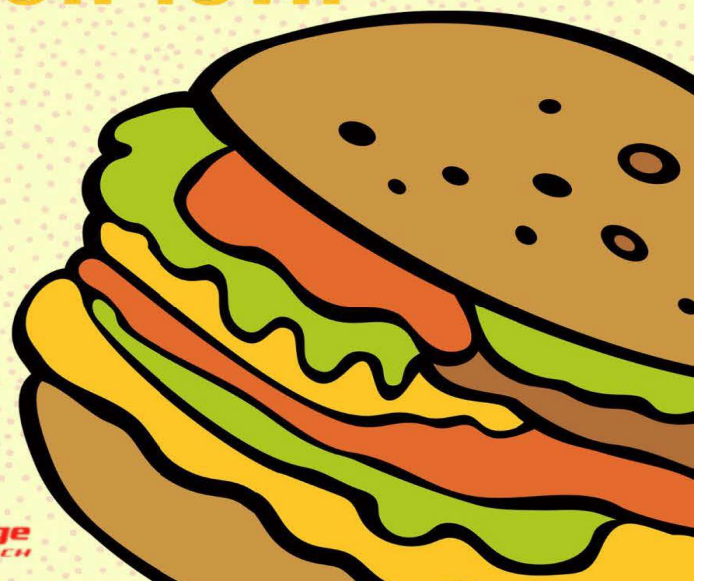
RSVP MARCH 15TH

This term's family dinner will have an Easter theme. Come along and make an Easter bonnet and other craft with your child.

All families welcome, if not booked at the service on the day, just come along at 5pm.



encourage
CHURCH



General Housekeeping

As we have a number of new families to Kidzone this year, we thought it a good time to share some general housekeeping rules and to remind our existing families.

1. If you need to make a last minute booking or cancellation, please let us know by text or phone call on 0481 212 047. One additional child can make a difference to the number of educators we need to have at the service. Please also make sure your child is aware that they are/are not coming to Kidzone.
2. Please make sure you enter the carpark slowly. There is only enough space for one vehicle to get through the gates at a time and we have recently had a number of parents let us know about people coming in the gate too fast before checking if there any cars on their way out. We do also have families who walk through the gate so please drive safely. Parking should all be reverse parking.
3. When booking vacation care using the My Family Lounge app, signed permission forms are required within 24 hours to secure your child's spot. Our vacation care numbers are limited and excursions are often popular days. People with signed forms will be given priority and we don't want anyone to miss out just



Tissue Dance

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

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?

because the forms weren't returned. If you know you won't be able to get the form back in time, please let us know and we will see if we can help.

4. If your child has a medical condition, eg, asthma, we must have an up-to-date plan from a GP, a completed Kidzone Risk Management Plan, in-date medication at the service (unless your child carries it in their school bag) and a signed Administration of Medication Form. Without all of these we are in breach of regulations, and we don't want to exclude anyone.

Thank you for your attention to the above and if you have any questions, please let us know.

Sustainability CORNER

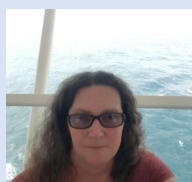
NATIONAL RIDE '2' SCHOOL DAY

On March 24 why not ride, scooter or walk to school? National Ride '2' School Day is held annually each year to promote physical activity in children and remind parents and children that there are other fun options to driving. By not driving every trip we are also reducing pollution. If more children ride or walk to school it reduce the amount of cars on the road. The results are cleaner air and a healthier environment.

FIND OUT MORE HERE



Meet the Team



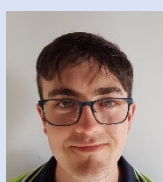
Chrissy –
Coordinator &
Educational Leader



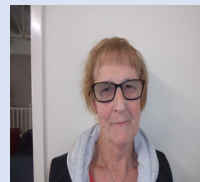
Claire –
Admin Officer



Carol -
Educator



Liam -
Educator



Elsie -
Educator



Anna -
Educator

Feedback
is always welcome



Kidzone OSHC Romsey
Coordinator 0481 212 047
office@kidzoneromsey.com.au