

"FAMILIES ARE LIKE BRANCHES ON A TREE. WE GROW IN DIFFERENT DIRECTIONS YET OUR ROOTS REMAIN AS ONE." — ANONYMOUS



Kidzone OSHC
Romsey

SEPTEMBER
2022

ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Kidzone Family Dinner ---- Tuesday, 13th
September

AROUND THE COUNTRY/WORLD

Foster Care Month.....1st to 30th
Save the Koala Month.....1st to 30th
International Children's Cancer Awareness
Month.....1st to 30th
Indigenous Literacy Day.....1st
National Wattle Day.....1st
Father's Day.....4th
National Child Protection Week.....4th – 10th
R U OK Day.....8th
Bravehearts Day.....9th
International Day of Peace.....21st

Welcome to Kidzone!!!

Dear Families,

Welcome to our third newsletter for 2022. Only one more term to go and the year is done!!!

In this newsletter we show what we got up to for Vacation Care during the last holidays and also have our program for the upcoming holidays. It's looking like another fun-filled program!!

We will be having our third Kidzone Family Dinner of the year this month. This time around we will be having delicious roast chicken, more details further on. RSVP by 6th September.

The Kidzone Team



The kids at Kidzone have all been busy working on an artwork to feature in their very own calendar which we will be selling as part of a Kidzone fundraiser. Each calendar will have one artwork with 12 pull-off pages for the months. These will be great in your own home or make great family Christmas gifts. Don't leave it too late to order yours and risk missing out!!

We are also hoping to host a bit of an art show featuring the various artwork by our Kidzone kids at the next family dinner.

PUMPKIN MAC AND CHEESE



PREP 25 min | COOK 25 min | SERVES 6-8

INGREDIENTS

500 grams **orecchiette pasta** (or any small shaped pasta)

PUMPKIN CHEESE SAUCE:

4 tbs **butter**, 4 tbs **plain flour**, 2 cups **milk**

1 can (400 grams) **pumpkin puree** (or homemade puree)

1 tsp **granulated garlic**, 1 tsp **dry mustard**, 1/4 tsp **cayenne**

white pepper, to season, grating of fresh **nutmeg**

125 grams **mozzarella**, *grated*, 100 grams **parmesan**, *grated*

PANKO CRUMBS:

1 1/4 cups **panko style breadcrumbs**

100 grams **mozzarella**, *grated*

METHOD:

Preheat oven to 200 C. **To cook the pasta:** Bring a large pot of water to the boil. Add salt and pasta and cook according to packet instructions. Drain and set aside.

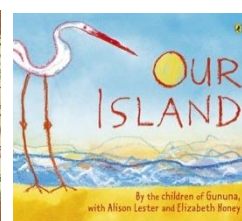
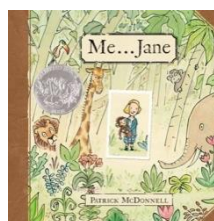
To make the pumpkin cheese sauce: Place the butter into a large saucepan over medium heat and melt. Add flour and whisk to create a smooth paste. Slowly add milk, whisking continuously. Continue to whisk until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. Reduce the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne and pepper. Add the cheeses and stir until melted. Take off the heat. Add cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine. Pour the pasta mixture into a large baking dish (approx. 45cm x 45cm).

To make the panko topping: Sprinkle the panko breadcrumbs and mozzarella cheese evenly over the pasta. Bake for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.

Recipe and image from mylovelylittlelunchbox.com

Book reviews

3 must reads on sustainability for kids.



ME...JANE | Patrick McDonnell

In his characteristic heart-warming and minimalistic style, Patrick McDonnell tells the story of a young Jane Goodall and her special childhood toy chimpanzee named Jubilee. As the young Jane observes the natural world around her with wonder, she dreams of 'a life living with and helping all animals,' until one day she finds that her dream has come true.

OUR ISLAND | Children of Gununa, with Alison Lester and Elizabeth Honey

"Our island lies beneath a big blue sky, surrounded by the turquoise sea. Turtles glide through the clear saltwater, and dugongs graze on banks of seagrass." In this lyrical celebration of place, the children of Mornington Island explore their home in words and pictures.

STORM BOY | Colin Thiele

Storm Boy and his father live alone in a humpy among the sandhills between the Southern Ocean and the Coorong – a lonely, narrow waterway that runs parallel to a long stretch of the South Australian coast. Among the teeming birdlife of the Coorong, Storm Boy finds an injured young pelican whose life he saves. From then on, Storm boy and Mr Percival the pelican become inseparable friends and spend their days exploring the wave-beaten shore and the drifting sandhills. Mr Percival learns to help Storm Boy's father with his fishing and warn the other birdlife whenever poachers are coming, but his part in rescuing a shipwrecked crew leads to great changes in Storm Boy's life.

FOCUS: Teaching Kids About Healthy Boundaries

Setting healthy personal boundaries and being able to recognise and heed others' as well, is paramount for building strong relationships on a foundation of respect. But maintaining boundaries can be complicated. And if you're unused to examining your own, it can feel uncomfortable to begin to do so as an adult. That's why it's so important to teach children about healthy boundaries from a young age. The earlier they learn about their own limits and see the importance of respecting other's, the easier it will be for them to navigate healthy relationships as adults.

What are personal boundaries? The term 'personal boundaries' covers a whole slew of interactions and relationships. Our boundaries will necessarily change depending on the setting, the people with whom we're interacting, and our own comfort. 'Personal boundaries' apply to a variety of situations as well. Boundaries govern our definitions of personal space, how comfortable we are with lending money, whether or not our opinions of ourselves can withstand external pressure, and more. To teach children the importance of personal boundaries, it's helpful to understand the many manifestations those boundaries have in our relationships.

Types of boundaries

Material - Our material boundaries govern how we approach lending money and other possessions. Even young children must be familiar with material boundaries, as parents teach them lessons about sharing or respecting other children's toys and items.

Physical - Physical boundaries affect how we define personal space and our comfort with physical touch. Bodily integrity, or the right to physical autonomy, is an incredibly important lesson for children to learn. Parents can show children how to respect physical boundaries, for example, by not forcing them to hug or kiss family members when they do not wish to do so. This reinforces the fact that people have the right to say 'no' to physical contact.

Mental - Also referred to as intellectual boundaries, mental boundaries allow us to form our own thoughts and help us to navigate discussions and debates. Healthy mental boundaries allow us to hold independent opinions, giving us confidence in our own stances. Too rigid of mental boundaries, however, may cause us to become set in our ways, unable to grow or change when presented with new information or a new perspective.

Emotional - Emotional boundaries are some of the most important to maintain but can also be the most difficult. Healthy emotional boundaries help us stay independent, allowing us to separate our needs, wants, and emotions from those of our friends and loved ones. They also prevent us from placing unwarranted blame on others for our own emotions or, conversely, accepting blame for others' emotions.

Teaching children healthy boundaries

Set a good example Like with many other lessons passed on from parents to children, teaching children about healthy boundaries is easier when parents can do so by example. Take stock of your



own personal boundaries and do an honest assessment. Start by asking yourself the following questions. Are you managing your boundaries consistently? Are the boundaries that you set healthy, rigid, or porous? When you have to enforce your boundaries with your children, do you have a discussion with them about why you are doing so? Check in with yourself periodically about the state of your personal boundaries, keeping them healthy, and your children will have a strong example to follow as they grow up.

Emphasise confidence and emotional intelligence Healthy boundaries often require us to be confident in our own opinions, desires, and needs. In order to build that confidence, children need to learn how to identify what they need, where their limits are, and the types of interactions with which they are comfortable. Parents can help children build emotional intelligence through open and honest discussion. Talk about emotions frequently in age-appropriate terms and encourage them to bring up their feelings without shame. Once your child is old enough, ask questions that will help them gain a better understanding of their motivations and reactions. You can begin with questions like: How did that make you feel? *Why do you think you felt that way? Would you do anything differently next time?*

Teach them that it's okay to say 'No' Being able to say 'no' is a basic skill every child should learn as it's applicable to personal boundaries of all types. Whether it's declining a request to lend money, refusing to accept unwarranted blame, or enforcing your personal space, saying 'no' is a necessary part of many human interactions. But despite its basic nature, saying 'no' can still cause many of us discomfort, and that discomfort can take some getting used to. Practice early and often with your child. Run through different scenarios—saying no to a family member asking for a hug, for example, will sound different than saying no to a friend's peer pressure—and emphasize that a simple 'no' is sometimes more than sufficient. Healthy personal boundaries are essential for healthy relationships, and parents should begin teaching their children about them from a young age. Help them build confidence in their own emotional health by having conversations about the different types of boundaries and why they help us.

Source: *Our Family Wizard*. (2022). Teaching Kids About Healthy Boundaries. Retrieved from ourfamilywizard.com.au/blog/teaching-kids-about-healthy-boundaries

To read article in its entirety follow the link [here](#)

HOW MUCH WATER DO CHILDREN NEED? To stay well hydrated 4–8-year-olds need around 5 cups of water a day, and 7-8 cups for older children. To help your child drink enough try these ideas: Keep their personal drink bottle filled and make sure they take it with them everywhere, freeze fruit in ice cubes or infuse water with berries.



What we got up to!



Vacation Care Update

The Winter Vacation Care Program was jam packed with fun and exciting activities and it was great to be able to get back to excursions a little further afield!!

We had theme days including, deconstruction/construction day, art experience day and Kidzone active day.

Everyone had a go for Kidzone's Got Talent and we definitely have a lot of talented kids at Kidzone!!

We boogied the day away at our Footsteps dance party incursion and had great fun at the movies and Discovery Centre in Bendigo. The kids really enjoyed the hands-on experiments and learning while still having fun.

Rabbit Hole play centre was a new experience for Kidzone but safe to say it was thoroughly enjoyed and will be on our list to go again someday.

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

Spring Vacation Care

Another term almost done!! Below is our Vacation Care program for the upcoming spring break. Permission forms are required to secure spots and these can be found by the sign-in/out iPad or can be emailed upon request. Book in now to avoid missing out!!

Kidzone OSHC Vacation Care

Week 1 *Spring Program* Week 2

MONDAY
19th Sep



MESSY DAY

Mess, glorious mess!!
Sludge, slime, water, cream,
sand you name it we will
play with it today! Wear
old clothes!!

MONDAY
26th Sep



EXCURSION

BALLARAT AQUATIC & LIFESTYLE CENTRE

Tumble, climb and swim
at the gymnastics centre,
rock wall and pool. Don't
forget your bathers and
towel!!

TUESDAY
20th Sep



INCURSION

SNAKE SAFE VICTORIA/PET DAY

Get ready for the warmer
weather coming with some
snake safe education and
meet some reptile friends!

TUESDAY
27th Sep



SCIENCE DAY

Unleash your inner
mad scientist with
a day full of fun
experiments!

WEDNESDAY
21st Sep



FOOTY DAY

Show your support
for your favourite
team in your footy
colours today!

WEDNESDAY
28th Sep



EXCURSION

ECO WALK/ PLAYGROUND CRAWL

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

THURSDAY
22nd Sep



EXCURSION

SUNSHINE ROLLER SKATING CENTRE

How good are you
at rollerblading/rollerskating?
Let's see if you
can stay on your
feet!! A great
day full of fun.

THURSDAY
29th Sep



EXCURSION

WHEELS DAY

Bring your bike
and/or scooter
and let's have
some fun
(helmets required).

FRIDAY
23rd Sep

NO PROGRAM

FRIDAY
30th Sep



EXCURSION

MICK'S JUMP & PLAY

Lots of fun to be had
jumping, climbing and
sliding on a variety of
inflatable equipment.
Lunch included.



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

CCS Information

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.

Kidzone Family Dinner Coming Soon!

KIDZONE FAMILY DINNER



FOR OUR TERM 3 FAMILY DINNER WE WILL BE HAVING DELICIOUS ROAST CHICKEN WITH SALAD AND ROLLS



SEP 13TH
5PM-6:30PM

RSVP
SEP 6TH

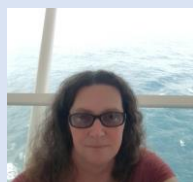
5 Minute MOVES

Floor is lava

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

This simple game can be played by anyone, just about anywhere. It's a great way to infuse a dash of humour into your day. You can set up your room and play by throwing a bunch of pillows or blankets on the floor, and let your players jump from one to another. Or you can walk into a room and yell "floor is lava" and Everyone has 5 seconds to get both feet off the ground in any way possible. It's sure to be an afternoon of fun and giggles!

Meet the Team



Chrissy –
Coordinator &
Educational Leader



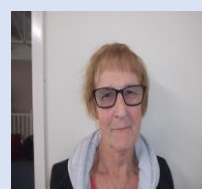
Claire –
Admin Officer



Carol –
Educator



Liam –
Educator



Elsie –
Educator



Anna –
Educator

Feedback
is always welcome



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