

"IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM ONE OF YOURS." — DOLLY PARTON



# Kidzone OSHC Romsey



## ON *this* MONTH

AT KIDZONE OSHC ROMSEY

Service Closed (Public Holiday)-----29

### AROUND THE COUNTRY/WORLD

Father's Day-----3  
National Bilby Day -----10  
RU OK Day -----14  
Talk Like a Pirate Day -----19  
International Day of Peace-----21  
International Day of Sign Languages-----23

## Welcome to Kidzone!!!

Dear Families,

Finally we can start looking forward to some warmer weather now that we are into spring and summer not too far away!!

In this term's newsletter we have details of our vacation care program for the upcoming holidays. We have information on the Kidzone Crazy Camel fundraiser, how to make a mini greenhouse and a recipe for banana choc chip muffins.

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

Thank you for your ongoing support.

The Kidzone Team



Another newsletter, another welcome to a new educator!

We'd like to extend a warm welcome to Monique, who has joined us on casual basis. Some of you will already have met Monique and she has certainly settled in well with the children.

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

Some updated staff photos to follow!

## BANANA CHOC CHIP MUFFINS



PREP 15 mins | BAKE 20 mins | MAKES 12

### INGREDIENTS

- 3/4 cup (190 ml) **butter**
- 2 1/2 cups (375 grams) **plain flour**
- 1 1/4 cups (260 grams) **dark brown sugar**
- 1 teaspoon **cinnamon, ground**
- 1/2 teaspoon **baking powder**
- 1 teaspoon **bicarb soda**
- pinch of **salt**
- 2 **eggs**
- 1 1/2 cups (375 ml) **Greek (or natural) yoghurt**
- 2 tablespoons **vanilla bean paste** (or extract)
- 2 **bananas, mashed**
- 1 1/2 cups (260 grams) **dark chocolate chips**
- 3 tablespoons **caster sugar** (or demerara sugar)

### METHOD:

**Preheat** oven to 200 C and line a muffin tin with 12 papers. Set aside.

**Place** the butter in a small saucepan over medium heat and cook until the butter is melted, foaming and turned brown and smells nutty. Set aside to cool slightly. **Place** the flour, sugar, cinnamon, baking powder, bicarb soda and salt into a bowl and whisk to combine creating a well in the centre. Set aside.

**Into** a separate bowl place the brown butter, eggs, yoghurt, vanilla and mashed bananas and whisk to combine. **Pour** the wet ingredients into the well of the dry and using a wooden spoon stir until just combined. Do not over mix.

**Gently** fold through the chocolate chips. **Evenly** divide the mixture between the prepared muffin tins. **Place** the caster sugar and cinnamon into a small bowl and stir to combine. **Sprinkle** each muffin with a little cinnamon sugar.

**Bake** muffins for 15-20 minutes or until golden and when a skewer inserted removes cleanly. Enjoy x

## Podcast Reviews

QUICK PODCASTS  
FOR QUICK TRIPS OR  
BRAIN BREAKS AT  
HOME



### SHORT & CURLY | ABC

*With a touch of humour and a side helping of curiosity, 'Short & Curly' focuses on ethics while exploring topics in pop culture, tech and everyday life. It sounds a bit haughty, but this Australian podcast is a pretty clever take on the classic kids asking questions theme. Some previous episodes include, 'Was Robin Hood right? Should you rob the rich to help the poor?' and 'What's the point of a school uniform?' We've all asked those questions, in fairness.*

### BUSY BODIES | MR SNOT BOTTOM

*Is your brain more powerful than a computer? How fast is a sneeze? And what's REALLY going on inside when we feel nervous? Kids will love taking off on squishy, squeelchy, gooey adventures through the human body with Mr Snot Bottom who has cheeky fun dropping serious science facts and silly, icky jokes along the way.*



### Family Ball Tag

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

You will need some small pieces of fabric and a ball (any type). Divide your family into two teams and tuck fabric pieces into your waist bands. Mark out a small "field" it could just be your front yard or even the lounge room. Designate two ends with a line or bucket. One player starts and tries to get the ball to the other side and place it past the line or in the bucket without losing their tags.

## FOCUS: One Powerful Word That Will Inspire a Kid Who Says, “I Can’t Do It!”

**Many parents instinctively know that calling a child “stupid” could influence that child’s idea of how smart she is and cause her to behave differently when learning something new. But as it turns out, a child calling herself “stupid” can have the same effect.**

**The danger of negative self-talk** Let’s suppose you’re back in high school, and you’re nervous about a big science test coming up. You tell yourself, “I’ll probably fail anyway, so why even study?” By telling yourself that, you’ve given up before the test even happened and envisioned a future for yourself where you’ll skip studying. If you do skip studying, you’ll have increased the chances that you’ll fail the test. Instead, consider what would happen if you told yourself, “I’m nervous about the science test, but studying will help me feel more confident.” You’d be **more** likely to study and therefore more likely to do well on the test. This phenomenon is called a self-fulfilling prophecy. In other words, when you declare something like this to yourself or another person, it’s enough to influence your behaviour to fulfill that declaration of “truth.”

**But the most common response doesn’t work** When kids engage in negative self-talk, it may sound like: *I’m no good at this, I can’t do it, it’s too hard, I’ll never learn how to read.* Because we love our kids more than anything else in the world, our gut reaction as a parent is to convince them that their words aren’t true: You **are** good at this! Yes, you **can** do it!, You **will** learn to read. I believe in you!

But have you noticed that when you try to fight your child’s negative self-talk with your own positive words, it doesn’t work? I learned that lesson the hard way with my 9-year-old. It took me a while to realise that when I unleashed a slew of positive affirmations, it actually made her attitude **worse**. She’d furrow her brow, cross her arms on her chest, and shut herself off from me. I’d unknowingly turned her frustration into a power struggle instead of addressing the heart of the issue.

**This is what we’re missing.** Here’s what your child is *really* saying when she talks bad about herself: *I’m frustrated, I feel bad that I made a mistake, I’m scared I won’t be able to figure this out.* When we respond with positive affirmations, this is what our kids hear: *Don’t be frustrated! Don’t feel bad!, Don’t be scared!*

I don’t know about you, but when I’m feeling those emotions and someone responds by telling me **not** to feel those emotions, I don’t take it very well. Which means the real problem is that we’re not stopping to *empathise* with our kids’ big and scary emotions. In that moment when your child gets easily frustrated and her confidence is shaken, she doesn’t feel heard. So, what *can* you do in that moment when you hear your sweet child saying mean things about herself, to herself?

**Say one simple word. ...yet.** Adding this one word builds your child’s confidence by giving her a vision of her future where she does “get” it. She’ll make choices that will help her **live up** to that new “truth.” Which means this little word is important for your child to hear, but it’s just as important for you. Because saying “...yet” will stop you from spewing out positive affirmations that will just make your child dig her heels further into the muck of negative self-talk.

For the best results when teaching optimism, grit, and stick-to-it-iveness, you’ll want to follow up “yet” with a little more guidance:

1. **Yet** – When you hear your child engage in negative self-talk, close the distance between you, look them in the eye, and repeat their statement but add “...yet” to the end. Depending on the statement, it may work better to say “...not yet.”
2. **Empathise** – Let them know you hear their frustration by saying “I can see that you’re frustrated.” Or “It seems like you’re nervous that you won’t figure this out.” Or “You feel bad that you made a mistake.” You might also follow this up with a question to get them talking about what they’re stuck on, like “Can you show me the part that’s hard for you?”
3. **Turn it around** – Now, ask your child a question to engage their problem-solving skills so they can move forward in a positive way. For example, “How can you try this a different way?” or “What part isn’t making sense yet?”

And all you have to remember is **YET**. *Yet, Empathize, Turn it around.*

To read more about ‘yet’ follow the link below.

Holmes, Kelly (2021). *One Powerful Word That Will Inspire a Kid Who Says, “I Can’t Do It!”* Retrieved from [happyfamily.com/negative-self-talk-in-children/](http://happyfamily.com/negative-self-talk-in-children/)

**Sesame Street** has a fun song called ‘**The power of yet**’ that illustrates this exact topic.



## BREAKFAST



As you sleep, your body is hard at work digesting yesterday's dinner. By the time you wake up, your body and brain are demanding fresh fuel. "Breaking the fast" is a key way to power up in the morning.

Breakfast for children can be a tricky part of your morning routine, some children love it, some don't. Mixing up morning meals and providing easy and nutritious quick grab options may get your morning started with less fuss. Check out some kid friends breakfast recipes via the QR code.

HEALTHY  
KIDS

# Kidzone OSHC Vacation Care

## Spring 2023 Program

Week 1

Week 2

MONDAY  
18th Sep



### KITE AND PAPER PLANE MAKING

Lets hope for a windy day as we fly our homemade kites and paper planes - whose will go the furthest?!

MONDAY  
25th Sep



EXCURSION

### HEALESVILLE SANCTUARY

Time to relax and enjoy the animals at Healesville. Which is your favourite?

TUESDAY  
19th Sep



### SUNSHINE ROLLER SKATING CENTRE - TBC AND MAY CHANGE

Time to show off your skills on wheels as we head to the roller skating centre.

EXCURSION

TUESDAY  
26th Sep



INCURSION

### FIRST AID AND PETER PAN DAY

Time to learn some first aid - with some Peter Pan to add some magic!



WEDNESDAY  
20th Sep



### SENSORY PLAY DAY

Roll up your sleeves and get stuck in to lots of sensory fun!

WEDNESDAY  
27th Sep



### COOKING DAY

Kids in the kitchen today. Lets test your cooking skills and enjoy the rewards.

THURSDAY  
21st Sep



INCURSION

### SES VISIT

Today we have the Gisborne SES bringing their truck for a visit. Wear your orange to show support.

THURSDAY  
28th Sep



INCURSION

### TOONWORLD

Time to get creative by making your own mini movie with clay - ACTION!

FRIDAY  
22nd Sep



### CONSTRUCTION DAY

Bring your imagination and creativity to see what you can build today

FRIDAY  
29th Sep

**NO PROGRAM  
SERVICE CLOSED  
AFL PUBLIC HOLIDAY**



Signed permission forms required within 24 hours of booking on My Family Lounge to secure spots. Forms available on website and in service. [www.kidzoneromsey.com.au](http://www.kidzoneromsey.com.au)

# Kidzone Crazy Camel Fundraiser



## Kidzone Crazy Camel Fundraiser Order Form

Family Name: \_\_\_\_\_

Item	Quantity Required	Cost	Total
Calendar		\$15	
Greeting Cards (pack of 8)		\$15	
Diaries, Notebooks, Sketchbooks (optional)		\$20	
Pillowcases		\$25	
Tea Towels		\$25	
Tote Bag		\$25	
		<b>Grand Total</b>	

### Payment Method

- Cash ☐
- Direct bank deposit ☐
- Add to Kidzone Account Fees ☐

**Orders and payment due by 6<sup>th</sup> October 2023 at latest**

Thank you for your support!!

Once again, our Kidzone Kids have been busy creating artworks that can be featured on tea towels, pillowcases, diaries, sketchbooks, notebooks, greetings cards, tote bags and calendars.

Artworks were on display at our recent family dinner but if you were unable to attend and would like to see your child's artwork or place an order, please just let us know.

Order forms are available beside the sign-in/out iPad or can be emailed. Orders must be received and paid for by 6<sup>th</sup> October. This year orders can be paid by cash, direct deposit or by choosing to add the cost to your regular Kidzone fees and if you choose this method, payment will be taken in the first week of October.

Funds received will go towards our eventual building renovations and resources.

Thank you for your support!

## MAKE A MINI GREENHOUSE

A greenhouse isn't green! It's a structure with walls and a roof made of glass or plastic that traps heat from the Sun and moisture from the soil. This makes for perfect conditions for a seed to sprout and grow into a big, strong plant before the growing season starts outside.

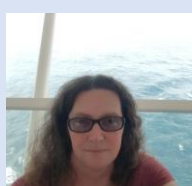
Have a go at making your own at home. You will need to collect some recycling materials first. Follow the link below to get started.

[HOW TO MAKE A MINI GREENHOUSE](#)



Sustainability CORNER

## Meet the Team



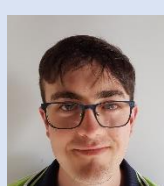
**Chrissy –**  
Coordinator &  
Educational Leader



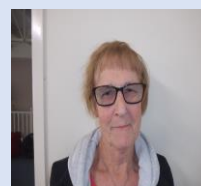
**Claire –**  
Admin Officer



**Carol –**  
Educator



**Liam –**  
Educator



**Elsie –**  
Educator



**Anna –**  
Educator

**Feedback**  
is always welcome



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