

PROMISE ME YOU'LL REMEMBER, YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM, SMARTER THAN YOU THINK – WINNIE THE POOH A.A. MILNE

**April
2018**



From the desk of Miss Elyse at Anzac Avenue.....

ON *this* MONTH

AT KIPPA RING – ANZAC AVENUE

| | |
|------------------------------------|------------------|
| School Student Free Day ----- | 16 th |
| Emergency Services Incursion----- | 19 th |
| Anzac Day, Service closed----- | 25 th |
| Kindergarten Ozanam excursion----- | 30 th |

AROUND AUSTRALIA

| | |
|---|-------------------------------------|
| Nature Play Week ----- | 11 th - 22 nd |
| International Day of Human Flight ----- | 12 th |
| Baisakhi-Sikh Festival ----- | 14 th |
| Earth Day ----- | 22 nd |
| ANZAC Day ----- | 25 th |
| Pay It Forward Day ----- | 28 th |

We would like to welcome all the new families who have joined us. Please feel free to stop in for a chat about how you're settling in and what we can do to make your time at Sesame Lane meaningful for your family.

You will notice a new sunscreen station in our foyer; families are welcome to use this station to apply sunscreen to your children as you enter the Service each morning. Please dress your children in sun safe clothing to help protect them from the nasty UV rays from the sun.

We are excited to welcome 3 new Educators into our Kippa Ring Anzac Ave family.

Miss Mariam has recently joined us as our Lead Educator in Toddlers. Miss Joanne will be starting with us from the 4th April and will be our new Lead Educator in the Nursery. Miss Joanne comes to us with over 11 years of child care experience. Miss Joanne has recently relocated her family from Toowoomba into the Redcliffe area.

Miss Jayde will be starting with us from the 16th April and will be our new Kindergarten teacher. With over 9 years' experience teaching in a long day care setting Jayde has been the Coordinator for PCYC for just over a year but wants to come back to her true passion of teaching younger children.

We are excited to welcome all our new and I know all 3 are very keen to get to know you and your children.

Yours in learning,
Elyse Vider, Service Manager.





HEALTHY ANZAC COOKIES

PREP 10 min | COOK 15 min | MAKES 18

Anzac biscuits have long been associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I. Wives and women's groups sent the biscuits to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation. Try this healthier version of the old favourite.

INGREDIENTS

- 1 cup Almond Meal
- 1 cup Gluten Free Oats
- 1 cup Desiccated Coconut
- 1/3 cup Honey (or maple syrup to make these vegan)
- 1/4 cup Coconut Oil
- 1/2 tsp. Baking Soda
- 1 Tbsp. Water
- Handful of Flaked Almonds, for sprinkling

METHOD:

Preheat oven to 160 degrees C. Combine almond meal, coconut and oats in a mixing bowl. Stir to combine. Heat honey and coconut oil. Add baking soda and water and stir until it's foamy. Pour this wet mix into the dry ingredients and mix thoroughly. Roll mixture into balls, a little larger than a walnut shell, lie on a baking tray, and flatten slightly with the back of a spoon. Sprinkle a few flaked almonds over each one then place in the oven to bake. Bake for about 15 minutes, remove from oven then allow cooling on a wire rack.

Enjoy eatthismyfriend.com

SAFETY – Remember to always supervise kids in the kitchen.

Source: Recipe and images belong to eatthismyfriend.com

Book reviews

Through picture books children can learn the story of the ANZACS.

Families can use these books to begin conversations about the topic to ensure the ANZAC spirit never dies.



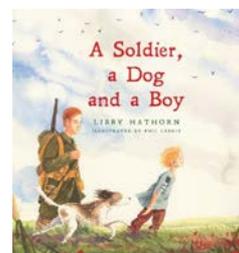
MEET: THE ANZACS CLAIRE SAXBY

Meet the ANZACS is part of the Meet... Australian history series for kids

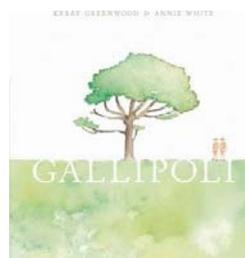
Designed for the younger reader with simple text, engaging imagery and non-violent themes. This book introduces the men, the legend and myths that surrounded the ANZACS.

A SOLDIER, A DOG AND A BOY LIBBY HAWTHORN

A moving story of a young Australian soldier and the power of friendship, especially in times of war



A Dog And A Boy was inspired by Libby Hawthorn's months of research on her uncle, who survived Gallipoli but went on to fight at the Battle of the Somme and was killed there in 1917 at just twenty years old.



GALLIPOLI KERRY GREEN

It was 1914 and Dusty and Bluey are headed for adventure.

They were Anzacs, members of the Australian Light Horse, on their way to the Great War. The story of Bluey and Dusty is a story of family and friendship. It is the story of Gallipoli.

Take 3 for the sea

"From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet."

Earth Day April 22 2018 - End Plastic Pollution

Take 3 is an Australian not-for-profit organisation, founded in 2009 by surfing enthusiast, Amanda Marechal, marine

ecologist, Roberta Dixon-Valk and environmentalist, Tim Silverwood. Take 3 are committed to reducing plastic pollution and promoting the transition to a circular economy through education and participation.

Our message is simple: Take 3 pieces of rubbish with you when you leave the beach, waterway... or anywhere special, and you've made a difference.

Source: <https://www.take3.org/faqs/>



FOCUS ARTICLE: Why Won't My Kids Play Outside?



What do we do when children don't want to play outside? Some kids just seem to prefer making a mess inside (or staring at devices) rather than exploring the great outdoors.

It used to be easy for our parents to just 'kick us out' to play because we were in the habit of playing outside. We are all creatures of habit and our kids are no different. The habitual way of living gets entrenched (although kids seem to resist healthy habits around eating, cleaning teeth and going to bed). If playing inside has been a frequent occurrence in your house, it becomes like the social norm of your family. Changing social norms can happen however it takes some time and effort.

I would suggest first, come clean as parents and have a family meeting expressing your concerns that the kids have too much time inside, which is seeing the house as a playground. Mention that it's healthy for them to play outside in the fresh air (I would avoid mentioning the risks of obesity, poor self-regulation and developmental delays that come with too much time on screens, or being sedentary – heck they are just kids.) Then I'd ask for suggestions on how to 'spark' up the outside play possibilities. Some creative kids will come up with great ideas while others may just roll their eyes.

When change happens too much too quickly it's normal for everyone to push back. So start in small ways – maybe as a family have a picnic or high tea outside and also invite extra kids over to double the fun. Given your kids may be used to being around you inside, they may need your presence outside, while they are in transition. Maybe do some weeding, hang out washing, peel the potatoes for dinner or have your cuppa while somewhere nearby.

The first foray needs to be something really attention-grabbing, almost guaranteed to be a winner – so think really engaging, messy, noisy or silly. Depending on age it could be a version of going on a 'bear hunt', a treasure hunt, a slip n slide, a water balloon fight, or having loads of soft balls around, set up a shop or any real experience where they pretend to be grownups.

Essentially you need to create an attention-seeking experience that trumps being inside, as kids are wired to create play opportunities that make the neurotransmitters dopamine and endorphins. When they have equipment that is already built like cubbies or forts, they are unable to move them around and sometimes this can stifle their creativity and enjoyment. Having freedom to move, play and create are the real secrets to engaging play anywhere. Start thinking along the line of 'loose parts' play theory, which might involve bringing old tyres, ropes, bamboo sticks, old sheets, river rocks, lengths of poly pipe, bits of wood or any number of treasures into the back yard ... trust me this will magically draw children outside.

Old sinks make easy mud kitchens, planks of wood become construction sites and getting piles of sand or dry mud can also be just too enticing. Building tee pees and creating racetracks or jumps for bikes can also lure children, even older kids outdoors. Cardboard boxes can be amazingly successful, as they can become almost anything. Making a city can take weeks and can have your kids wanting to bring friends and family over to admire their amazing work. Essentially to get your kids outside you need to progressively 'nudge' them with love and enthusiasm. As they break the habit of indoor play, they'll start to embrace the outdoors.

Source: Dent, M. (2018, February 23). Why won't children play outside?. Retrieved from <https://www.maggiedent.com/blog/wont-kids-play-outside/>

Kids do better outside. Physically, mentally, emotionally and socially: kids do better outside. When children run and play in natural light and fresh air it is not just better for them; it is better for their families, their communities, their society, economy and planet.

But just because we all know it doesn't mean we all do it. Some of us don't have the confidence. Some of us don't know where to start. Or how. A lot of us think it is harder than it really is.

Nature Play Week 2018 runs from the 11th until the 22nd of April. It is the perfect time to begin spending more time in nature. For more information and local events go to natureplayweek.org.au

Feedback
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

Sesame Lane Care & Kindergarten
Kippa Ring – Anzac Avenue

Email: kipping3@sesamelane.com.au
Phone number: 07 3480 8030

