

**April  
2018**



## *From the desk of Miss Jackie at Morayfield.....*

### ON *this* MONTH

#### AT MORAYFIELD

School Student Free Day ----- 16<sup>th</sup>  
Anzac Day, Service closed----- 25<sup>th</sup>

#### AROUND AUSTRALIA

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

What an amazing month March was! Some of our Educators attended training on the importance of physical activity and implemented this into their programs. This included a boot camp session with the awesome Loretta and Corben from Snap fitness.

We would like to thank all the families that were able to come along to our working bee. Easter was a wonderful time and all the children enjoyed our Easter Bonnet Parade. The residents from Abbey Gardens visited us in the morning and their faces lit up seeing our children with their Easter bonnets.

10 benefits of intergenerational relationships:

- Provide an opportunity for both to learn new skills.
- Give the child and the older adult a sense of purpose.
- Help to alleviate fears children may have of the elderly.
- Help children to understand and later accept their own aging.
- Invigorate and energize older adults.
- Help reduce the likelihood of depression in the elderly.
- Reduce the isolation of older adults.
- Fill a void for children who do not have grandparents available to them.
- Help keep family stories and history alive.
- Aide in cognitive stimulation as well as broaden social circles should a youth introduce technology into the life a senior.

Yours in learning,  
**Jackie Hindle, Service Manager.**



# What's been happening at Sesame Lane Morayfield?

## Nursery

We have welcomed four new friends to the Nursery, Millie, Ruby, Coen and Jupiter who have settled in well and made some lovely relationships with friends and Educators. Thomas recently celebrated his first birthday so we made some cupcakes in a group cooking activity with Miss Linda. Thomas also reached another milestone, he is now walking confidently! Mia and Mikayla are beginning to walk holding on to furniture so we have really been focusing on physical activity in the Nursery involving crawling through cardboard tunnels and walking with the walkers.

Outdoors the Nursery children have enjoyed climbing the fort and sliding down the slide, pushing bikes along the grass and playing peek-a-boo in the tunnel and cubes.

Miss Katie has recently had some time off due to an operation on her ankle. We wish her a speedy recovery and look forward to her return in the near future and is of course looking forward to meeting our new friends.

## Toddlers

This past month we have celebrated Addison and Lucas' 2nd Birthdays and welcomed Jasmine to the Toddler Room.

We have been looking at animals, what they are called and the sounds they make through animal figurines, puppets, books and songs. The children have also displayed an interest in body part recognition and role play, particularly with the Doctor kit and caring for the baby dolls. The children are each establishing wellbeing and identity through this interest. We will continue to follow this interest and extend on it by looking at people in our community.

## Junior Kindy

This past month the children have begun to take a keen interest in the outdoor environment and the wildlife that visits. Through this interest we have begun to explore butterflies, worms, moths and other insects and we will continue to explore them further through a range of experiences. We will also be exploring gardening which will complement our outdoor exploration and help the children with an understanding of and appreciation for the environment. We have also been encouraging physical activity and through this the children have shown particular interest in ball games. This has helped with gross motor and also collaborative play. We will continue with our ball games and encouraging collaborative play.

## Senior Kindy

A big welcome to Emily, we look forward to getting to know you and your family. We have recently been focusing on our health and wellbeing and encouraging moving our bodies in many different ways, as research suggests that 3 year olds require 3 hours of physical activity per day with 20 minutes of raised heartbeat! We have been implementing movement through dance, ball games, building with large blocks and lots of risky play including climbing. We will further work on building our upper arm strength and core muscles to help us achieve these goals.

Our children are also discovering the magic of literacy as they begin to recognise different letters and start to write their names as we encourage a love of all things literacy.

## Kindergarten

In Kindergarten we sadly farewelled Miss Cindy who has moved on to a new adventure in life and to Miss Sam who, in the words of one of our children is "marrying prince charming soon!" It is, therefore, the pleasure of Miss Brooke and Miss Brenna to be caring for the Kindergarten children for the coming month.

We have spoken about the things that the children would like to learn about with popular topics including parties, water play, dancing and 'being the teacher'. We are striving towards our long-term goal of autonomy and self helps skills, by making our own lunches and buttering our own sandwiches on Friday with the help of Miss Lynda from the kitchen. To communicate what is happening while we await the return of Miss Sam, the day book will be displayed in addition to a photo slide show on the Kindergarten interactive TV.





## 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](http://eatthismyfriend.com)

**SAFETY** – Remember to always supervise kids in the kitchen.

Source: Recipe and images belong to [eatthismyfriend.com](http://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.



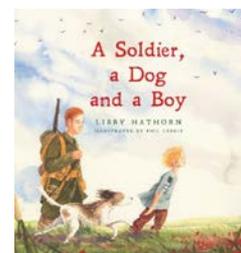
### MEET: THE ANZACS CLAIRE SAXBY

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

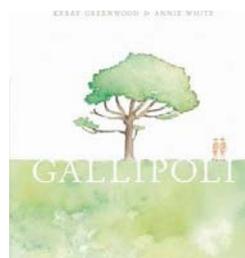
Designed for the younger reader with simple text, engaging imagery and non-violent themes. This book introduces the men, the legend and myths that surrounded the ANZACS.

### 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/>

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**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 11<sup>th</sup> until the 22<sup>nd</sup> 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](http://natureplayweek.org.au)

**Feedback**   
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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