



**Park Orchards
Community House
& Learning Centre**
9876 4381
www.parkorchards.org.au

**AUGUST
2020**



NEW - Longer Hours

Due to recent licensing changes we are now able to offer up to 30 hours care per week, per child and will be offering some longer days.

We currently offer **9:00 – 3:30 on Mondays and Wednesdays** and may add longer hours on other days based on demand.

Monday

9:00 am - 1:00 pm Cost: \$54.00
9:00 am - 2:00 pm Cost: \$67.50
9:00 am - 3:30 pm Cost: \$88.00

Tuesday, Thursday and Friday

9:00 am - 1:00 pm Cost: \$54.00
9:00 am - 2:00 pm Cost: \$67.50

Wednesday

9:00 am - 12:00 pm Cost: \$45.00
9:00 am - 2:00 pm Cost: \$67.50
9:00 am - 3:30 pm Cost: \$88.00
12:00 pm - 3:30 pm Cost: \$52.00

Fees listed are before Child Care Subsidy (CCS has) been applied.

COVID -19 We are here for you

We hope everyone is staying well and supporting each other during these uncertain times.

We are hopeful that the current restrictions will be effective in reducing transmission and look forward to everyone being able to resume their normal activities.

We are grateful to be able to still offer our services to the community and support families who need childcare throughout this time, please know that we are here to support you as much as we can.

Stay well and stay in touch.



NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY – AUGUST 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for

Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every child. Our theme *Elders of Tomorrow* highlights the uniqueness and importance of the knowledge and wisdom of Aboriginal and Torres Strait Islander peoples, starting in childhood. **Find our more here.**

KEEP AUSTRALIA BEAUTIFUL WEEK – AUGUST 17 - 23
Keep Australia Beautiful Week is held late August each year, to raise awareness about the simple things we can all do in our daily lives to reduce our impact on the environment and encourage action. **Doing your part is simple, find our more here.**

LEMON, THYME & HONEY CHICKEN



PREP 25 min | COOK 35 min | SERVES 3-4

INGREDIENTS

Chicken

- 6 chicken drumsticks
- zest of 1 lemon
- 6 sprigs of fresh thyme
- 2 tablespoons olive oil
- sea salt and freshly ground pepper
- 1 tablespoon honey ****Not suitable for bubs under 1 year, leave drumsticks honey free**

Pesto pasta salad

- 500 grams short pasta (such as fusilli, penne or rigatoni)
- 3-4 heaped tablespoons of basil pesto
- 1 punnet of cherry tomatoes, halved
- 1 cucumber, thinly sliced
- 2 cups rocket
- 1/3 cup pecorino/parmesan, shaved
- 4 bocconcini balls, roughly torn

METHOD:

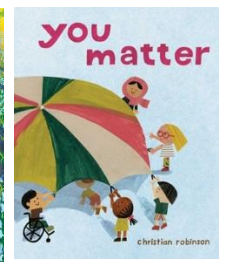
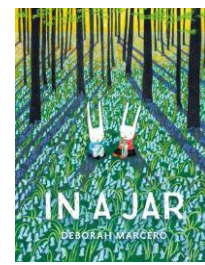
Chicken - Preheat oven to 200.C. **Place** the chicken on a lined oven tray. **Zest** a lemon over the chicken, adorn with thyme sprigs, drizzle with olive oil and season with sea salt and freshly ground pepper. **Roast** for 30 minutes, drizzle with honey and cook for another 5 minutes or until cooked, golden and caramelised. **Serve** with pesto pasta salad.

Pesto pasta salad - **Bring** a large pot of salted water to the boil and cook pasta. **Drain** and rinse under cold water. In a large bowl place, the cooked pasta and pesto and mix to combine. **Add** the cherry tomatoes, cucumber, rocket, pecorino and bocconcini balls and toss to combine. **Serve** with golden roasted lemon, thyme and honey chicken.

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

Beautiful picture books that promote strength, courage and unity.



THE BUG GIRL

Sophia Spencer and Margaret McNamara | AGE 4 - 8

Real-life 7-year-old Sophia Spencer was bullied for loving bugs until hundreds of women scientists rallied around her.

Now Sophie tells her inspiring story in this picture book that celebrates women in science, bugs of all kinds, and the importance of staying true to yourself.

IN A JAR

Deborah Marocco | AGE 3 - 7

Llewellyn, a little rabbit, is a collector. He gathers things in jars--ordinary things like buttercups, feathers, and heart-shaped stones.

Then he meets another rabbit, Evelyn, and together they begin to collect extraordinary things--like rainbows, the sound of the ocean, and the wind just before snow falls. And, best of all, when they hold the jars and peer inside, they remember all the wonderful things they've seen and done. But one day, Evelyn has sad news: Her family is moving away. How can the two friends continue their magical collection—and their special friendship—from afar?

YOU MATTER

Christian Robinson | AGE 4 - 7

this sensitive and impactful picture book about seeing the world from different points of view. In this full, bright, and beautiful picture book, many different perspectives around the world are deftly and empathetically explored—from a pair of bird-watchers to the pigeons they're feeding. Young readers will be drawn into the luminous illustrations inviting them to engage with the world in a new way and see how everyone is connected, and that everyone matters.

FOCUS: The incredibly simple secret to making mornings in your house more harmonious

I am definitely a crabby Mum first thing in the morning! I don't want to be talked to. I don't want to talk back. I don't want to make breakfast; I don't want to hear the cartoons. I just want to be left alone until I'm ready.

This is not because I've woken up on the wrong side of the bed. It's because I have a brain, and brains are computers and they need to load before they can work. When we turn on our computer, we don't expect that we can immediately get stuck into that spreadsheet or Google search, we know it needs time to load. Our brain is no different! It needs to become active. It needs to get ready before we can do all the things.

But with our modern-day, rushed and urgent lifestyle, we make very little time or space first thing in the morning to prime our brain before we need to start using it.

And if we, as adults, experience this crabby, anxious morning feeling just imagine how much harder it must be for a child, especially a young child who doesn't yet have the emotional regulation skills that we as adults generally do. And yet they're expected to get up, get dressed, sit at the table, have their breakfast, do their teeth, remember their library book, pack their lunch and all the other morning jobs. Imagine the crabbiness, the anxiety that they must experience.

All of these morning tasks require what we call 'executive functioning' and the brain needs to be active before it can make these things happen.

If our kids haven't had sufficient time in the morning to play, to do some stretching, to move, to have some music, use their imaginations, a little bit of creative time or fresh air — then their brain is not necessarily going to be primed in the way they need it to be so that they can function easily.

But fear not! Because it is super simple to prime our brains, and one of the best ways to do this is with music.

Research tells us that when we experience music, more of our brain activates than it does when we experience any other thing. And this can happen from listening to music, making music, or even just thinking about it.

So, simply listening to music in the mornings as part of your daily routine will help activate your brain and your child's brain so that everybody can work together more harmoniously in the mornings. I recommend choosing songs that your children love, make a playlist, listen to your favourite CD. You could opt for an early morning disco



party — just turn on the music and all have a quick dance around the lounge room together.

A really important element of music is its physicality. Movement, dancing, stretching. This, in conjunction with rhythm and melody, absolutely does wonders for getting the brain active and ready to work!

These strategies are super simple, they don't take a lot of time and you don't need to be musical to be able to achieve them.

So if you or your children are finding that you're crabby in the morning, anxious, worked up, not functioning at your best, not able to get the jobs done on time then these simple, music based exercises are a must — and a fun one at that — to get you walking out the door harmoniously and calmly.

This article is a guest post by Allison Davis on maggiedent.com Allison Davies is a Registered Music Therapist who specialises in brain care, and a National 2016 AMP Tomorrow Maker. Alli lives in regional NW Tasmania with her young family. She is joining Maggie Dent and Dr Kaylene Henderson for Maggie's one-day conference Calming Today's Anxious Children happening in Wollongong (26 September 2020). www.maggiedent.com/calminganxiouskids

Davis, Allison. (2019). FOCUS: *The incredibly simple secret to making mornings in your house more harmonious*. Retrieved from <https://www.maggiedent.com/blog/the-incredibly-simple-secret-to-making-mornings-in-your-house-more-harmonious/>

SOUND SPOTTERS

The ability to listen closely is a key ingredient of phonemic awareness. This is the part of instruction that is skipped most often, because we assume that young children know how to listen. They may not!

After a busy morning or afternoon lie quietly on the floor with your children. It's not nap time, but it's a great time to unwind, which is important for young children. As you lie there quietly for five to ten minutes, listen for sounds. Become "sound spotters". Don't use your eyes — use your ears. There are always sounds and weird noises you can hear in your home or outside: an air conditioner, doors closing, stomachs growling. The possibilities are endless! Your part is to talk about the sounds you and your children hear. Use a little enthusiasm and exaggeration to get the kids interested in this activity. The key phrase is, "Who can spot a sound with their ears?"

Find more early literacy activities here



HEALTH & SAFETY: How much sugar is hiding in your trolley?

Everything you eat and drink can have a major effect on the health of your teeth and gums. Tooth decay is a diet-related disease that commonly develops in response to our consumption of sugar. Sugar from the foods and drinks we consume is taken up by decay-causing bacteria that live on the surfaces of our teeth. These bacteria process the sugar, turning it into acid which is then excreted on the surface of our teeth where it draws out minerals from the tooth. If this process happens over and over, without any effort to prevent or stop the disease process, it can eventually result in the formation of tooth decay. So, what can you do?

Drink lots of water Water is the best choice for your teeth. It is good for you; it is sugar free and in most areas in Australia it contains fluoride. Drinking fluoridated tap water is one of the most cost-effective ways to try to prevent tooth decay.

Sugar-sweetened beverages such as soft drinks, energy drinks, sports drinks and even fruit juices are packed with sugar. These drinks provide no nutritional content and increase your risk of developing tooth decay as well as a range of other health conditions like Type 2 diabetes. Even the sugar-free varieties can cause damage to your teeth as these drinks have a low pH, making them acidic, which can cause the tooth's surface to soften and become worn.

Spotting added sugar in the food we buy should be easy, right?

Just read the label. Actually, it is very tricky indeed. That's because food manufacturers call sugar by more than 60 different names. Names range from the scientific sounding dextrose and maltodextrin, to attractive terms like sugar cane crystals or sorghum syrup.

Top tips for reading food labels:

Start at the very beginning. Items on food labels are listed in order from largest to smallest by weight. If one or more of the names for sugar feature towards the start of the list, that's a sign that the product is high in added sugar.

Red alert words. Words like "syrup" and "sugar" are highly likely to mean added sugar. Anything described as "crystals" or "concentrate" is suspect as well.



An "ose" by any other name.... Words ending in "ose" often mean added sugar. Dextrose, maltose, sucrose are just a few.

How much is too much? Do you know that one 600ml bottle of soft drink, on average, contains 16 teaspoons of sugar? This is over twice the recommended daily sugar intake for adults. The World Health Organization (WHO) recommends that adults and children's sugar intake be equal to 5% of the recommended daily total energy intake (kJ) to decrease your risk of developing tooth decay as well as other health benefits. For the average adult, this equates to *6 teaspoons (equal to 24 grams) of free sugar per day.*

Calculating sugar consumption based on 5% of total energy intake: *Kilojoules are the measurement of energy from foods and drinks used in Australia. In some countries, calories are still used as the unit of measure. For reference, 8360kJ = 2000Kcal.*

$$\frac{5\% \text{ of } 8700\text{kJ}}{68\text{kJ (approximate kilojoules in 1 teaspoon of sugar)}} = \frac{0.05 \times 8700\text{kJ} = 435\text{kJ}}{68\text{kJ}} = 6.3$$

teaspoons of sugar per day

Note: The kJ value in the above equation is the average adult intake. To give you a guide of your recommended daily kilojoule intake go to <https://www.8700.com.au/kjs-and-kids/how-many-kjs-do-kids-need/> If you would like to now more information about what is right for you and your health, talk to doctor or dietician.

Australian Dental Association (2020). Sugar & Nutrition, retrieved from <https://www.ada.org.au/Dental-Health-Week-2020/Oral-Health-for-Busy-Lives/You-are-what-you-eat-and-drink>

Sustainability CORNER

NATIONAL TREE DAY

National Tree Day started in 1996 and has grown into Australia largest community tree-planting and nature care event. Due to the impact of the COVID-19 pandemic across Australian communities no public events will run. This year plant a tree with your family in your yard.

There are so many reasons to plant a tree:

- To tackle climate change, trees absorb CO₂, a greenhouse gas that contributes to climate change.
- To clean the air, trees clean the air we breathe, by absorbing harmful pollutants like nitrogen oxides, ammonia and sulphur dioxide.
- To prevent soil erosion and improve water quality
- To create and restore habitats.
- To improve your mental and physical health, being in the presence of nature reduces stress and anxiety in humans, in addition to other health benefits such as lowering blood pressure and reducing risk of diabetes, cardiovascular disease and stroke.

Getting out and planting trees is a fun and easy thing to do and a great activity to connect with family, friends and your community.

Choosing the right tree for your yard is important, find out what to choose by following this [link](#)

<https://theconversation.com/using-lots-of-plastic-packaging-during-the-coronavirus-crisis-youre-not-alone-135553>

