



Park Orchards
Community House
& Learning Centre

9876 4381

www.parkorchards.org.au

JUNE
2024

What's happening this month in our Early Learning Centre

World Environment Day -----5th

World Environment Day will be celebrated on the week commencing June 3rd -7th. A Day that recognises the importance of protecting our planet.

A week of Relaxation and Music 17th-----21st to include - World yoga and Music Day -----21st



**Our Early Learning Centre will be Closed on
Monday June 10th for the King's Birthday**



Book NOW! Childcare in School Holidays

As an extra service during the next school holidays, we will be offering childcare for our July holiday break.

Week 1: Tuesday 2nd, Wednesday 3rd & Thursday 4th

Week 2: Tuesday 9th, Wednesday 10th & Thursday 11th of July 2024.

If you would like to book into one of these sessions, please contact the office on 9876 4381 or Email, office@parkorchards.org.au

Our sessions will operate from 8:30 -1pm \$81.00 or 8:30 -4.00pm \$135.00.



**This Month To
Jack
Lucas
Alexandra**



WORLD ENVIRONMENT DAY – JUNE 5

Encourages awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

World Environment Day 2024 campaign focuses on land restoration, desertification and drought resilience under the slogan "Our land. Our future. We are #GenerationRestoration." [Learn more here](#)

GLOBAL WIND DAY – JUNE 15

Global Wind Day is a worldwide event that occurs annually on 15 June. It is a day for discovering wind energy, its power and the possibilities it holds to reshape our energy systems, decarbonise our economies and boost jobs and growth. Follow the link below to read 'Let the wind blow' a comic book about how renewable energies like wind will help lead the transformation to a cleaner, healthier world for everyone. [Find out more here.](#)

PESTO CHICKEN TRAY BAKE



PREP 10 min | COOK 50 min | SERVES 4

INGREDIENTS

- 1 carrot cut into batons
- 1 red capsicum cut into batons
- 1 zucchini, cut into rounds
- 1 eggplant, halved and cut into half moons
- 1 red onion, cut into thin wedges
- 1 small bunch asparagus, ends trimmed and cut into three
- 200 grams cherry tomatoes, halved
- 2 tablespoons olive oil
- sea salt and pepper
- 500 g chicken breast
- 1 tbs basil pesto

sea salt and pepper

YOGHURT SAUCE

- 1 cup Greek yoghurt
- 1 tbs basil pesto
- 1 tsp olive oil
- to serve: a small handful of fresh basil leaves

METHOD:

1. Preheat oven to 190.C and line an oven tray with baking paper. Place the carrot, zucchini, red capsicum, eggplant, red onion, asparagus, cherry tomatoes and olive oil onto the prepared tray. Season with sea salt and pepper and toss to combine. Pop into the oven for 30 minutes.

2. Meanwhile, place the chicken and pesto into a large bowl. Season with sea salt and pepper and toss to combine. Nestle the chicken breasts into the vegetables and bake for another 20 minutes, or until the chicken is cooked through. To make the yoghurt sauce, place the yoghurt, pesto and olive oil into a small bowl. Season with sea salt and pepper and gently stir to combine. To serve, pop the yoghurt sauce into the corner of the tray, sprinkle fresh basil leaves over the gorgeously golden chicken and vegetables and enjoy.

Recipe and image by My lovely lunchbox

Podcast Reviews

Did you know: *Tuning into podcasts regularly can help reduce stress and foster a positive mindset.* Add these to your family podcast line up.



Wow in the world | tinkercast.com

The #1 science podcast for kids and their grown-ups. Hosts Mindy Thomas and Guy Raz share stories about the latest news in science, technology, and innovation. Stories that give kids hope, agency and make us all say "WOW"! New episodes come out every Monday for free.



Animal Sound Safari | [abc listen app](#)

Animal Sound Safari takes your ears around the world to explore the weird and wacky histories we humans have with animals. From camel beauty queens in Saudi Arabia to cooked roosters who save lives in Portugal. Each episode is jam-packed with cool stories, kooky facts and 'pawsome' puns. Led by our safari guide Lawrence with help from his brainy animal expert Laura, you'll make awesome new friends all around the world - both human and animal. Are you ready for an adventure? Hop on board Animal Sound Safari!

HEALTH AND SAFETY: It's germ season

What Are Germs?

The term "**germs**" refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease.

Washing hands well and often is the best way to prevent germs from leading to infections and sickness.

What Problems Can Germs Cause?

When germs invade the body, they get ready to stay for a while. These germs draw all their energy from the host. They may damage or destroy healthy cells. As they use up your nutrients and energy, they may make proteins known as **toxins**, which can help the germ in its mission to destroy.

Germs also activate the **immune system**, the network of cells, tissues, and organs that work together to protect the body. Our immune system sends out white blood cells, antibodies, and other chemicals to rid the body of the invading germs.

The germs, the toxins, and the immune system processes all can lead to the annoying symptoms of a **cold** or **flu**-like infections, such as sniffles, sneezing, **coughing**, and **diarrhea**. They also can cause a high **fever**, increased heart rate, low blood pressure, an inflammatory response in the body, and even life-threatening illness.

How Can We Protect Ourselves From Germs?

Most germs spread through the air in sneezes or coughs or through body fluids like sweat, saliva (spit), semen, vaginal fluid, or blood. So, limiting contact with them, when possible, is the best protection against germs. Remember to:

- Wash your hands
- Avoid being near people who are sick. If you are sick, stay home.
- Try not to touch your eyes, nose, and mouth
- If you sneeze or cough, cover your mouth and nose with a tissue, and then throw it out. If you don't have a tissue, sneeze or cough into your elbow, not your hands.

Hand Washing

Making sure everyone in your family washes their hands well and often is the best way to stop germs from causing sickness. It's especially important to wash hands:

- after coughing or nose blowing
- after using the bathroom

- before preparing or eating food
- after touching pets or animals
- after gardening
- before and after visiting a sick relative or friend

There's a right way to wash your hands:

- Use water (warm or cold) and plenty of soap. Rub your hands together for at least 20 seconds (away from the water). Kids can sing a short song — try "Happy Birthday," twice — to make sure they spend enough time washing.
- Rinse your hands
- Dry your hands well on a clean towel or air dry them.

If soap and water aren't available, use hand sanitizer with at least 60% alcohol. Rub hands together until the sanitizer dries. This should take about 20 seconds.

Cleaning Surfaces

Cleaning household surfaces well is also important. Wipe down objects around the house that get touched a lot, such as toys, doorknobs, light switches, sink fixtures, and flushing handles on toilets. Soap and water are fine for cleaning. It's generally safe to use any cleaning agent that's sold in stores. But avoid using different cleaners or chemical sprays together because the mix of chemicals can irritate skin and eyes. You can use household bleach for disinfecting, but always follow the package instructions when using bleach products.

Vaccines

Another way to prevent infections from germs is to make sure your family has the right immunisations (or vaccines), which prepare the body to fight illness. Vaccines contain either a dead or a weakened germ (or parts of it) that causes a particular disease. When someone gets a vaccine, their immune system acts as if there's a real infection. It makes antibodies that recognize parts of that germ. So, if that germ enters the body later, the antibodies are in place and the body knows how to fight the infection so the person won't get sick.



Read the article via the QR code.

Source: Durani, Yamini. (2024, June 20). **Fighting Germs**. Retrieved from kidshealth.org/en/parents/fighting-germs.html



PHONICS BASKET

Set up a fun phonics activity for pre-schoolers and school aged children with this sorting objects into baskets game!

Use three or four baskets and label them with one letter each. Find small toys, items, and pictures that begin with the letter on each of the baskets, and have your children sort the items into each basket. This game will help children learn 12 letters as well as determine beginning sounds. [FIND OUT MORE HERE](#)



FOCUS ARTICLE: Household chores for children

Children can learn a lot from doing household chores. Doing chores helps children learn about what they need to do to care for themselves, a home and a family. They learn skills they can use in their adult lives, like preparing meals, cleaning, organising and keeping a garden. Being involved in chores also gives children experience of relationship skills like communicating clearly, negotiating, cooperating and working as a team.

Household chores: good for children, good for your family

When children contribute to family life, it helps them feel competent and responsible. Even if they don't enjoy the chore, when they keep going, they get the feeling of satisfaction that comes with finishing a task. And sharing housework can also help families work better and reduce family stress. When children help out, chores get done sooner, and parents have less to do. This frees up time for the family to do fun things together.

How to get children involved in chores

It's best to start by choosing chores that work for children's ages and abilities. Chores that are too hard can be frustrating – or even dangerous – and chores that are too easy might be boring. Even young children can help with chores if you choose activities that are right for their age. You can start with simple jobs like packing up toys. Chores like this send the message that your child's contribution is important.

It's also important to think about **chores or tasks that get your child involved in caring for the family** as a whole. A simple one is getting your child to help with setting or clearing the table. Jobs like these are likely to give your child a sense of responsibility and participation. If your child is old enough, you can **have a family discussion about chores**. This can reinforce the idea that the whole family contributes to how the household runs. Children over six years old can help decide which chores they'd prefer.

You can **motivate your child to get involved in chores** by:

- doing the chore together until your child can do it on their own
- being clear about each person's chores for the day or week – write them down so they're easy to remember
- talking about why it's great that a particular job has been done
- showing an interest in how your child has done the job
- praising positive behaviour
- using a reward chart to track completed chores and give small rewards like choosing a TV program or family meal.



Pocket money for children's chores

Some children are motivated to do chores for pocket money. But some families believe all family members have a responsibility to help and don't give out pocket money for chores. If you decide to pay pocket money for chores, **explain chores clearly** so there's no confusion or bargaining about what needs to be done and when. Some families don't link chores to pocket money but might pay extra pocket money for extra chores.

Chores for children of different ages

Here are some ideas for chores for children of different ages.

Toddlers (2-3 years)

Pick up toys and books.
Put clothes on clothes hooks.
Set placemats on the dinner table.

Pre-schoolers (4-5 years)

Set the table for meals.
Help with preparing meals, under supervision.
Help put clean clothes into piles for each family member, ready to fold.
Help with grocery shopping and putting away groceries



Read the article via the QR code.

Source: raisingchildren.net.au (2020). Household chores for children. Retrieved from <https://raisingchildren.net.au/toddlers/family-life/routines-rituals/chores-for-children>



MAKE YOUR OWN CLEANING PRODUCTS

Turn cleaning day into a science experiment and mix up some non-toxic sprays and solutions to use around the house with your child. Combine baking soda with warm water to create a deodoriser or simple kitchen cleaner, and use it to wipe down the inside of your microwave or refrigerator. Or, mix dish soap with warm water to clean the countertops.

When you make your own cleaners you save money, reduce your toxic load and reuse bottles you would have usually thrown out! You can find a large range of recipes [here](#)





SLEEP / NAP TIME

Sleep is important for all of us because it's a time for rest and recovery, allows our brains to form new pathways and is a chance to replace chemicals and repair muscles. Because young children grow and develop so quickly, they need much more sleep—including daytime sleep—than adults.

Naptime is not only important for regaining energy, it's also beneficial for brain development in young children. Several studies have shown that napping allows for improved cognition and memory development.

In fact, one study had preschool children play the game "Memory" either after a nap or after quiet playtime. The children who napped showed better recall than those who did not.

What if my child no longer has naps? Children who do not wish to sleep are provided with alternative quiet activities and experiences, while those children who do wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day we provide them with a comfortable, safe area they can rest in.

Our sleep times: *(Customise or delete this paragraph)*

Room Name: Sleep/ nap time

Room Name: Sleep/ nap time

Room Name: Sleep/ nap time

Source: <https://www.tuck.com/daycare-preschool-naptime/>

National Quality Framework | Quality Area 2:
Element 2.1.1 – *Wellbeing and comfort*. Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

You're invited to
Australia's Biggest Morning Tea
hosted by
Park Orchards Community House & Learning Centre

This is a FREE EVENT!

Every dollar raised helps support those impacted by cancer.

When: **Wednesday 19th June**
Where: **Warrandyte South Hall (68 Hall Rd, Warrandyte Sth)**
Time: **10:00am - 1:00pm**
Details: **You're invited to join Park Orchards Community House for our Biggest Morning Tea! We will have plenty of entertainment, live music, guest speakers, a raffle, and of course delicious morning tea!**

Scan to register or visit www.parkorchards.org.au

biggestmorningtea.com.au
9876 4381 | enrol@parkorchards.org.au

Cancer Council

5 Minute MOVES

Tissue Dance

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

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?