

JULY  
2021

# ON *this* MONTH

5<sup>th</sup>-9<sup>th</sup> of July: NAIDOC WEEK

16<sup>TH</sup> July: Pyjama Day

19<sup>th</sup> July: Odd Socks Day

26<sup>th</sup> July: Crazy Hair Day

20<sup>th</sup> July: Parent night

## POLICIES UP FOR REVIEW THIS MONTH

Immunisation & Disease Prevention Policy  
Incident, Injury, Trauma and Illness Policy  
Infant Feeding Guidelines  
Infectious Diseases Policy  
Lockdown Policy

These will be posted on story park and printed off in the foyer for you to review.

As always, we appreciate any feedback you may have!



## FROM THE OFFICE

This month we have lots of special events upcoming where your child gets to dress up and be apart of lots of fun such as Pyjama Day, Crazy Hair Day & Odd sock day.

We will be hosting a parent night on Tuesday 20<sup>th</sup> July 2021 from 6.00-7.00pm This will give families the opportunity to look through the children's rooms, art displays, speak to the educators about their child and ask any questions you may have.

We will be having a guest speaker come and talk about Healthy eating & Nutrition. An itinerary of the evening will be released closer to the date on story park.

We would love to see you all there!

## CHANGE OF DETAILS:

Please ensure your email the office if you have any changes to your details such as address, contact number etc.



### NAIDOC WEEK – JULY 4-11

NAIDOC Week celebrations are traditionally held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. '*Heal country*' is the theme for NAIDOC Week 2021.

*Heal country!* – calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage. Find out more about [NAIDOC WEEK here](#)

### NATIONAL PYJAMA DAY – JULY 23

Support Little People with BIG Dreams! National Pyjama Day is all about wearing your favourite pair of PJ's to school to help The Pyjama Foundation raise funds for children in foster care. Funds help to run a program called *The Love of Learning Program* where volunteers called Pyjama Angels are matched with a child in care and spend an hour a week focusing on learning-based activities.

Find out more [HERE](#)

## PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

### INGREDIENTS

2 cups milk (or use coconut or almond milk)  
2 cups flour (either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)  
4 tsp baking powder  
4 eggs  
6 tbsp protein powder\*  
2 tbsp hemp or chia seeds  
\* optional- use Nutra organics vanilla

### METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

### SO, WHAT ARE THEY GETTING?

Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

*Love this recipe and want more? Go to Jo Kate Nutrition*  
Jo's course *The Nourished Family* provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life. Find out more [here](#).



### Did you know?

Australia has the most amount of reptiles in the world (over 750 different species!)

Please remember to provide your child with a hat for day-care, although the winter season is fast approaching, we still encourage the children to wear a hat during outdoor play.

Please remember to sign your child in and out each day they attend care as it is a legal requirement.

Please ensure your child is up to date with their immunisations as it is a requirement to obtain your CCS. You will receive a reminder from the office when it is coming close to needing an update.

We ask all families to please utilise the hand sanitising station upon entry and exit to prevent the spread of germs. Children are encouraged to wash their hands before and after meal times, after toileting and when coming inside from outside.

### COMMUNITY SERVICES AVAILABLE NEARBY:

- The salvation army in Balga
- Balga child health centre
- Balga Church
- Mercy Care
- Warriapendi Dental Unit

## FOCUS: A “million-word gap” for children who aren’t read to at home

Young children whose parents read them five books a day enter kindergarten having heard about 1.4 million more words than kids who were never read to.

This “million-word gap” could be one key in explaining differences in vocabulary and reading development, said Jessica Logan, lead author of the study and assistant professor of educational studies at The Ohio State University. Even kids who are read only one book a day will hear about 290,000 more words by age 5 than those who don’t regularly read books with a parent or caregiver. “Kids who hear more vocabulary words are going to be better prepared to see those words in print when they enter school,” said Logan, a member of Ohio State’s Crane Centre for Early Childhood Research and Policy. “They are likely to pick up reading skills more quickly and easily.” The study appears online in the *Journal of Developmental and Behavioural Paediatrics* and will be published in a future print edition.

Logan said the idea for this research came from one of her earlier studies, which found that about one-fourth of children in a national sample were never read to and another fourth were seldom read to (once or twice weekly). “The fact that we had so many parents who said they never or seldom read to their kids was pretty shocking to us. We wanted to figure out what that might mean for their kids,” Logan said.

The researchers collaborated with the Columbus Metropolitan Library, which identified the 100 most circulated books for both board books (targeting infants and toddlers) and picture books (targeting pre-schoolers). Logan and her colleagues randomly selected 30 books from both lists and counted how many words were in each book. They found that board books contained an average of 140 words, while picture books contained an average of 228 words. With that information, the researchers calculated how many words a child would hear from birth through his or her 5<sup>th</sup> birthday at different levels of reading. They assumed that kids would be read board books through their 3<sup>rd</sup> birthday and picture books the next two years, and that every reading session (except for one category) would include one book. They also assumed that parents who reported never reading to their kids actually read one book to their children every other month.

Based on these calculations, here’s how many words kids would have heard by the time they were 5 years old: Never read to, 4,662 words; 1-2 times per week, 63,570 words; 3-5 times per week, 169,520 words; daily, 296,660 words; and five books a day, 1,483,300 words.

“The word gap of more than 1 million words between children raised in a literacy-rich environment and those who were never read to is striking,” Logan said. The word gap examined in this research isn’t the only type kids may face. A controversial 1992 study suggested that children growing up in poverty hear about 30 million fewer words in conversation by age 3 than those from more privileged backgrounds. Other studies since then suggest this 30-million-word gap may be much smaller or even non-existent, Logan said.

The vocabulary word gap in this study is different from the conversational word gap and may have different implications for children, she said. “This isn’t about everyday communication. The words kids hear in books are going to be much more complex, difficult words than they hear just talking to their parents and others in the home,” she said. For instance, a children’s book may be about penguins in Antarctica – introducing words and concepts that are unlikely to come up in everyday conversation. “The words kids hear from books may have special importance in learning to read,” she said.

Logan said the million-word gap found in this study is likely to be conservative. Parents will often talk about the book they’re reading with their children or add elements if they have read the story many times. This “extra-textual” talk will reinforce new vocabulary words that kids are hearing and may introduce even more words. The results of this study highlight the importance of reading to children. “Exposure to vocabulary is good for all kids. Parents can get access to books that are appropriate for their children at the local library,” Logan said.

Source: news.osu.edu (2019, April 04). A ‘million-word gap’ Retrieved from <https://news.osu.edu/a-million-word-gap-for-children-who-arent-read-to-at-home/>

## SIMPLE MATH ACTIVITIES USING MANIPULATIVES

Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.

**Patterns with bears:** In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



**Sorting colours with bears:** Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too. You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10).15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>

# HEALTH & SAFETY: The Mental Health Benefits of Exercise



How do you feel after a workout? Even when you're purple faced and desperate for a lie-down, you feel pretty pleased with yourself for giving it a go, right? Once the initial breathlessness subsides after a workout, it's common to feel like you have more energy and those troublesome problems might not seem quite so big as before. While they might seem intangible these benefits are as real as – and arguably more important than – the results you see around your waistline. "A prescription of exercise can help you have a healthy mind," says GP Dr Paul Stillman, from Media Medics. "Exercise stimulates positive endorphins, clears your head and lifts your mood. I think we'll see more and more people prescribed exercise as a mood-booster."

## Healthy body = healthy mind

We're starting to realise just how vital exercise is for our wellbeing, both mental and physical. New research from the Department of Health published in October 2017, reported 12 per cent of cases of depression could be prevented with an hour of exercise each week. Up your workouts to three a week and you could reduce your risk of depression by 30 per cent.

## Can exercise help you handle stress?

Sure thing. A team of neurologists at Stanford Medical School, U.S., studied brain scans and found regular exercisers have more grey matter in the prefrontal cortex, which governs stress-management. But when we feel down, everything can feel overwhelming. Time to crawl into a hole? In fact, the more stressed out you feel, the more you need to look after yourself – and a workout can be the happiest medicine. Research has shown that exercise is clinically proven to stimulate serotonin, your natural feel-good neurotransmitter.

**Does exercise help anxiety?** "Running gives me the headspace to focus on what I'm feeling when my anxiety gets really bad," says Cardiff student Seren Pritchard-Bland, 21, who ran the London Marathon for the mental health charity Heads Together. "I get panic attacks when I'm stressed out, but I find simply getting out of the house with my trainers on makes me feel like I've achieved something positive. Running is therapeutic – it's so much healthier than being alone at home with thoughts spinning around my head."

**Why is exercise such a mood-booster?** "Exercise is fantastic for releasing tension, reducing stress and giving joy," says Hayley Jarvis, programme manager for sport at the mental health charity Mind. "Being active is one of the best things you can do to help yourself bounce back in times of adversity. Getting out of your head and into your body can actually improve your ability to think clearly and break up your racing thoughts."

**Find your mood-boosting workout** If the thought of hauling yourself out of bed to jump around feels as impossible as climbing Everest, start slow. You can always stop if you're not feeling it, but all it takes is a few minutes of low-intensity exercise – even just walking – to trigger the release of pain-relieving endorphins. Every stretch releases tension and every movement makes oxygen flow a little faster. Look out for your tipping point, because the more aware you are of the moment your mood warms up, the better it feels.

**Which workout will make you happy?** *To build friendships...* try team sports like football and netball. "Social connectivity is incredibly important," says Hayley. "When we're struggling, we tend to isolate ourselves, but being with other people can motivate you to get out there. Playing team sports is great if you feel lonely."

*To calm your mind...* try yoga, pilates and t'ai chi. Hayley explains: "Exercise that works with your breath is particularly good for improving mindfulness, which can also calm a spinning head and improve your mood."

Source: [thebodycoach.com](http://thebodycoach.com) (2018, November 29). The Mental Health Benefits of Exercise Retrieved from [www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html?fbclid=IwAR2BvHmw8NQcUUvZ0WtUqlXoR40\\_JE8CLo7dKCjNMxebYTawadhOVnKupPO](http://www.thebodycoach.com/blog/the-mental-health-benefits-of-exercise143.html?fbclid=IwAR2BvHmw8NQcUUvZ0WtUqlXoR40_JE8CLo7dKCjNMxebYTawadhOVnKupPO)



## ENERGY EFFICIENCY AT HOME DURING WINTER

Now that you know the average Australian home uses about 40% of their energy on heating and cooling, you can put a plan in place to save this winter. Even small changes to the way you heat your home can lead to some helpful savings, so here are five handy tips:

There are a few different ways to conserve energy when temperatures become colder:

- *Keep curtains open during the day* for rays of sunlight to warm the room and close them at night to keep out chilly drafts.
- *Only heat the rooms you use most* – reduce the area you heat by closing doors to rooms you're not using, so you'll use less energy to heat the rest of the house.
- *Keep your thermostat between 18°C and 20°C* – every degree you reduce heat can save up to 10% on your energy use.
- *Use a draft stopper* – if cold air is getting in, warm air is getting out. Invest in door seals, draft-proofing strips and door snakes to stop heat escaping and reduce your heating costs by up to 25%.
- *Consider the old-fashioned way of bundling up* with an extra layer of clothing while at home before turning the heater up an extra degree.

Source: [www.originenergy.com.au/blog/smart-ways-to-save-this-winter/](http://www.originenergy.com.au/blog/smart-ways-to-save-this-winter/)



## Being Environmentally Responsible

*Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland*

### **Within our service children:**

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability. We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

**National Quality Framework | Quality Area 3:  
Physical Environment Element 3.2.3 Environmentally responsible**

## BATHROOM CLEANING PROCEDURE

- **All benches, surfaces and cubicle doors/walls are cleaned with a separate colour coded cloth which is red with warm soapy water and disinfectant.**
- **The toilets and sinks are then cleaned with a separate chemical toilet cleaner**
- **The bathroom is stocked up with what is required**
- **The floors are then swept and mopped accordingly**

## Babies/Koomoorl

The children have been very engaged in our activities regarding birds. They showed a great interest in different art and craft activities or reading lots of books with little birds. They were very excited as well with Charlie, our little pet for a few days. It was Soren's little pet from home. The children showed a great interest in looking and being very protective with him. They were very excited in feeding him as well. The children were very happy every morning in coming in and saying "Hello" to Charlie. We are looking forward in having a little pet, bird in our room.

With the weather starting to cool down we asked all families to recheck bags to ensure there is sufficient number of clothes to change into, we also asked that jackets begin to be packed so we can continue to rug the children up on the cold days, socks or soft shoes are a must through the cooler months.

Focussing as well on self-help skills that help children become more independent begin to use spoon and fork, drink from cup independently, take off socks and shoes (when laces are undone) put arms through sleeve and legs through pants legs, try to wash face and hand help put toys away.

## Toddlers/Kooyer

In the Toddlers room we are working on further developing our social skills . We are engaging in a variety of group activities, such as making play dough together, taking turn adding and mixing the ingredients. We build tall structures with the large Lego blocks outside, where the children took turns placing the blocks on top of each other and practiced on saying the words "my turn", "your turn". We will also engage in ball games, where the children are encouraged to pass the ball to their peers, and they could see the ball will eventually come back to them. Social skills are really important as they are the skills, we use every day to interact and communicate with others.

## Kindy/Yongka

In the Yongka room the children have shown lots of interest in being apart of dramatic play so this month we will be providing lots more opportunities for the children to explore in our small world environments, utilise the costumes/dress ups and follow the children's lead with their imaginative play. Please remember to provide sheets for your children if they require a rest time.

## Preschool/Nyingarn

The children have all responded very positively to the environment changes. We have been focusing on a couple of different things; firstly, we have introduced "pretzel legs & popcorn hands" for the children to sit on the mat with their legs crossed and hands in their laps. Secondly, we have been participating in a rainbow project where we have focused on 1 colour recognition experiences. The children are very engaged with this ongoing project, matching objects to colours confidently. This rainbow project will continue throughout the month of July.

## 5' Minute SUPERMAN RAC MOVES

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

Lay in a line on your stomach and take flight – just like your favourite superhero! Once you're laying down, lift your arms up so that your upper chest comes off the ground too. Hold that position. Who can hold it the longest? Maybe you have to lean to one side to go around a building, over a bridge...

\*Tip: Try lifting your legs or your arms and legs at the same time for an advanced workout. This exercise is perfect for strengthening the backside of one's core. It works to stabilize your back, glutes, hamstrings and even your shoulders.

**Feedback**   
is always welcome

Warriapendi Early Learning Centre

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