

If you have good thoughts, they will shine out of your face like sunbeams, and you will always look lovely.” – Roald Dahl



ON *this* MONTH

AT KIDZONE FDC

- Reconciliation Week
- Immunisation awareness
- Updated policies and parent portal
- Assessment and Rating

AROUND THE COUNTRY

Mabo Day -----	3
World Environment Day -----	5
Global Wind Day -----	15
World Yoga Day -----	21

Reconciliation Week

Reconciliation Week, which runs from May 27 to June 3, is an annual event dedicated to strengthening relationships between Indigenous and non-Indigenous Australians. This year's theme, "Living the Legacy: Our Shared Journey," provided a perfect backdrop for Kidzone's Reconciliation Action Plan. In a heartwarming celebration of unity and cultural appreciation, our educators and their children participated in Reconciliation Week with a series of engaging and educational activities. The event aimed to foster a deeper understanding and respect for Aboriginal and Torres Strait Islander cultures among the children, their families, and the wider community. Some of the amazing activities children engaged in included art and craft, music, and dance, singing and storytelling. As Reconciliation Week ends, our family day care remains committed to fostering an inclusive environment where every child feels valued and respected. This week's activities have laid a strong foundation for ongoing cultural education and engagement, ensuring that the spirit of reconciliation continues to thrive in our community.





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 DRESSING:

- 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

FIRST AID FOR KIDS

Introducing the topic of First Aid at the earliest possible stage will help children grow their understanding and effective application of first aid skills. There are many areas of safety you can teach your children, which can make them aware of dangers and safely handle injuries that may occur. Follow the link for basic life skills you can teach your children at home that can enormously impact their overall safety and first aid preparedness.

<https://thefirstaidcoursesydney.com.au/blog/5-first-aid-skills-you-can-teach-your-child-at-home/>

HEALTHY
KIDS



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.

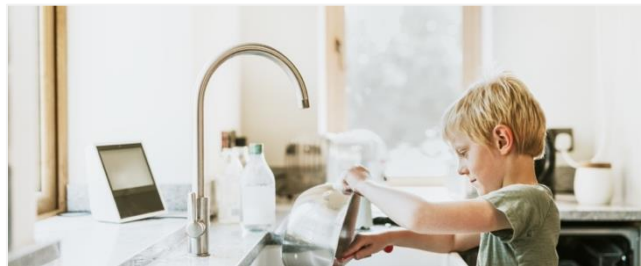
It's also important to think about **chores or tasks that get your child involved in caring for the family** as a whole. A simple one is getting your child to help with setting or clearing the table. Jobs like these are likely to give your child a sense of responsibility and participation. If your child 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.

School-age children and pre-teens (6-11 years)

- Water the garden and indoor plants
- Feed pets
- Help to hang out clothes and fold washing
- Take out rubbish
- Help to choose meals and do the shopping
- Help to prepare and serve meals, under supervision
- Vacuum or sweep floors
- Clean the bathroom sink, wipe down kitchen benches, or mop floors
- Empty the dishwasher

Teenagers (12-18 years)

Teenagers can do the chores they did when they were younger, but they can be responsible for doing them on their own. Teenagers can also take on more difficult chores. For example, teenagers could do the washing, clean the bathroom and toilet, mow lawns, stack the dishwasher, do basic grocery shopping, or cook a simple family meal once a week. When choosing chores for teenagers, think of the skills you'd like them to learn.



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](#)



IS YOUR CHILD'S IMMUNISATION UP TO DATE?



Ensuring the health and safety of all children in our care is our top priority. In line with this commitment, we are reinforcing the importance of adhering to immunisation requirements for all children attending our Family Day Care. These requirements are vital in protecting our community from preventable diseases and ensuring a safe environment for everyone.

Under current health regulations, all children enrolled in childcare services must be up-to-date with their immunisations. To comply with these requirements, we kindly ask all parents and guardians to provide up-to-date immunisation records upon enrolment and to notify us immediately of any changes. Records can be submitted through the MyGov portal or directly to our Coordination Unit.

Feature Article



PARENT PORTAL

Please review our updated policies, including those on delivery and collection.

We understand that keeping track of immunisation schedules can be challenging, so we have outlined some key steps to help parents stay on top of their child's immunisations:

1. **Regular Check-Ups:** Schedule regular visits with your healthcare provider to ensure your child receives vaccinations on time.
2. **Record Keeping:** Maintain an accurate and up-to-date immunisation record for your child.
3. **Timely Notifications:** Inform your educator or the coordination unit immediately if there are any updates or changes to your child's immunisation status.

For parents who may have questions or concerns about immunisations, we encourage you to speak with your healthcare provider or reach out to our staff. We are here to support you and provide any necessary information to help you make informed decisions about your child's health.

Kidzone FDC remains dedicated to upholding the highest standards of health and safety. By working together, we can continue to protect our community and provide a secure and supportive space for every child.

We encourage you to review our immunisation policy available on the parent portal.

We believe the Parent Portal will significantly enhance your experience with our service by providing the tools and information you need to stay connected and involved in your child's care. We encourage all parents to make full use of this valuable resource.

The Parent Portal is a crucial tool where you can access all our policies, updates, and important announcements. We recommend checking it regularly to stay informed.





ASSESSMENT AND RATING:

We are pleased to announce that our family day care service will soon undergo an assessment and rating process. This evaluation, conducted by the regulatory authority, is a crucial step in ensuring that we continue to provide the highest quality care and education for your children.

What is the Assessment and Rating Process?

The assessment and rating process is part of the National Quality Framework (NQF), which sets a high national standard for early childhood education and care across Australia. During this process, our day care service will be evaluated against the seven quality areas of the National Quality Standard (NQS):

1. **Educational Program and Practice**
2. **Children's Health and Safety**
3. **Physical Environment**
4. **Staffing Arrangements**
5. **Relationships with Children**
6. **Collaborative Partnerships with Families and Communities**
7. **Governance and Leadership**

Why is this Important?

This assessment ensures that we meet or exceed the national standards, providing your children with a safe, nurturing, and stimulating environment. The rating we receive will reflect our commitment to quality and help us identify areas for continuous improvement.

What to Expect?

In the coming weeks, assessors will visit our family day care educators to observe our practices, review our documentation, and speak with educators, children, and families. Their findings will determine our rating, which will be published and available to the public.

How You Can Support Us:

- **Engage with Educators:** Share your thoughts and feedback with our educators. Your insights are valuable and help us improve our services.
- **Stay Informed:** Keep an eye on the Parent Portal for updates on the assessment process and any specific information we might need from you.
- **Participate:** Your involvement in our day care activities and programs is crucial. Attend meetings, events, and provide feedback to help us showcase our strong community partnerships.

Our Commitment:

We are dedicated to providing exceptional care and education for your children. This assessment is an opportunity to demonstrate our strengths and highlight the wonderful aspects of our family day care. We are confident that our hard work, dedication, and the strong relationships we have built with our families will be reflected in the assessment.

For any questions or additional information about the assessment and rating process, please do not hesitate to contact us. We appreciate your support and look forward to continuing to provide the best possible care for your children.

Thank you for being a valued part of our family day care community.



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?