

JULY  
2024



# ON *this* MONTH

AT Seeds C & ELC and Seeds OSHC Club

Vacation Care -----1<sup>st</sup> July to 12<sup>th</sup> July  
Pyjama Day -----12  
NAIDOC Week-----8<sup>th</sup> July to 12<sup>th</sup> July

## AROUND THE COUNTRY

Asalha Puja Day ----- 20  
Schools Tree Day -----26  
International Day of Friendship ----- 30



## FROM THE OFFICE

### Welcome to the July Newsletter.

The weather has turned very cold, and the winter ills are most definitely amongst us. If your child is sick, please keep them at home. Prevents the spread of viruses. Please ensure your child has appropriate clothing.

During winter, children can wear slippers inside and gumboots outside. They are both easy for children to pull on and off and I have found gumboots tend to stay on the feet even in the sandpit. Slippers are lovely and warm when inside

Early in July we will say farewell to Miss Hazel, from the Marigold Room. She has now completed her teaching placement and is ready to begin her teaching career. We wish her all the best

The new fee structure began on the 1<sup>st</sup> of July, please bare this in mind when paying your account. Centrelink will be expecting you to update your work activity via MyGov. Your CCS can be affected if this is not completed. Please go to

<https://www.servicessaustralia.gov.au/centrelink-online-account-help-update-your-activity-test-for-child-care-subsidy> to find out how to do this





**NATIONAL TREE DAY – JULY 28**

Planet Ark's National Tree Day started in 1996 and has grown into Australia's largest community tree planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community.

While every day can be Tree Day, we dedicate the celebration of National Tree Day on the last Sunday in July. Get involved by hosting or joining a planting, [find out how here](#).

**INTERNATIONAL DAY OF FRIENDSHIP – JULY 30**

Friends are beautiful presents, each wrapped in their own unique packages. We develop friendships within our communities and across the world. We surround ourselves with friends of different ages, backgrounds, cultures and personalities. We encourage and treasure our friends. They are important for our health, happiness and world peace. Our world faces many challenges, crises and forces of division, friendship can help combat that. [Find out more here](#).



**PSYLLIUM HUSK SLIME**

PREP 5 mins | COOK 5 mins | PLAY

This psyllium slime recipe is a great non-toxic alternative to glue slime, and it is easy to make with psyllium husk. It is lovely for children who enjoy sensory play or creating different types of slime. It is also taste-safe, so it is fine for younger children, or children who tend to put things in their mouths. I particularly like it because it has a nice texture and usually isn't very sticky if it is cooked enough.

**INGREDIENTS**

- 3 tablespoons psyllium husk
- 2 cup water (approximately 500ml)
- 3-5 drops food colouring

**METHOD**

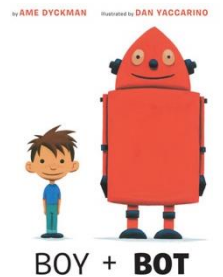
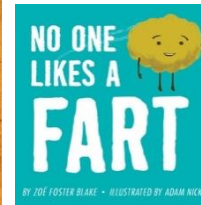
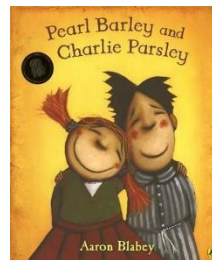
- Combine all the ingredients in a pot
- Cook it on the stove.
- Heat slowly and stir continuously. It will gradually form into a piece of slime at which point you can take it off the heat. Children can play with it once it has cooled.

*Have fun!*

*Source: Image & recipe 'Play of the wild'*

**Book reviews**

How fun are holidays!  
Enjoy these fun reads in the sun.



**PEARL BARLEY AND CHARLIE PARSLEY | AARON BLABEY**

*Pearl Barley and Charlie Parsley are the best of friends. But they are different in almost every way ...* Pearl likes solving mysteries and moves rather fast in the world. Charlie likes taking baths and watching his garden grow. So how can Pearl Barley and Charlie Parsley be such good friends? A delightfully uplifting tale about self-belief, courage - and above all - the power of friendship.

**NO ONE LIKES A FART | ZOË FOSTER BLAKE & ADAM NICKEL**

*Fart is desperate to make friends and have fun. But no one likes a fart -- not even a fart with a heart.* With plenty of laughs and even more heart, this delightful picture book shows that even the smelliest among us can find a friend in this world.

**BOY & BOT | AME DYCKMAN ILLUSTRATED BY DAN YACCARINO**

*One day, a boy and a robot meet in the woods. They play. They have fun. But when Bot gets switched off, Boy thinks he's sick. The usual remedies—applesauce, reading a story—don't help, so Boy tucks the sick Bot in, then falls asleep.* Bot is worried when he powers on and finds his friend powered off. He takes Boy home with him and tries all his remedies: oil, reading an instruction manual. Nothing revives the malfunctioning Boy! Can the Inventor help fix him?



## FOCUS: It's NOT Funny! What to do if your child laughs at discipline



***We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.***

**That grin. That giggle. OH! It feels like mocking.** *Let's consider some things before lighting the fuse.* Humour usually brings people together.

Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

***Laughter is a physical response to an emotional trigger.*** Have you ever said, *"If I don't laugh, I'm going to cry?"* Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

**Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mum and dad must not ignite the wick. Stay in control.**

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalised it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."

If in finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

### 8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

1. Set Expectations.
2. Get to the Root of the Behaviour.
3. Set your **Child Up** for Good Behaviour.
4. Treat Your **Child** As You'd Want to Be Treated.
5. **Take** Advantage of Your **Child's** Verbal Skills.
6. Establish Absolute Ground Rules.
7. Compromise When You Can.
8. Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Katherine, Lee (2020). *Effective Ways to Handle Defiant Children*. Retrieved from <https://www.verywellfamily.com/how-to-handle-defiant-children-620106>



Read the article via the QR code.

Source: Wildenberg, Lori. (2020). *It's NOT Funny! What to do if your child laughs at discipline*. Retrieved from <https://herviewfromhome.com/its-not-funny-what-to-do-if-your-child-laughs-at-discipline/>

## SHAPE HUNT

**Shapes can be seen everywhere! Why not make a game out of finding them in our homes and outside!**

First, make a shape chart: square, rectangle, circle, triangle. Add new shapes – stars, ovals, diamond (rhombus), trapezoid, etc. – as your child learns them! Invite your child to find objects around the house that have the shapes listed in your chart and write them down or draw a picture of them in your chart. Once you have completed your chart, count the number of each shape you found together.

Source: *Idea Museum*



# HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

## Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

## Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

## 5 things to teach your children to do if they get lost

**STOP:** If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

**BE SAFE:** Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in

the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

**CALL FOR YOU:** Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

*Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.*

**LOOK FOR A SAFE ADULT:** Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

**USE THE SAFETY PLAN:** If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

**THE BEST THING YOU CAN DO:** As soon as you discover your child isn't where they should be is to **start shouting your child's name, and what they are wearing.** It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.



Read the article via the QR code.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. From <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>



## Embrace Nature for a Better Tomorrow

As we confront human-induced climate change, bridging the gap between humanity and nature is crucial. Research consistently shows that reconnecting with nature enhances our overall well-being, benefiting both adults and children alike. If you've experienced the rejuvenating effects of time spent outdoors, you understand its profound impact. Our well-being encompasses physical and mental health, our sense of purpose, connections with others, and our environment. Yet, amidst busy lives and the allure of technology, we often overlook these vital connections.

It's imperative to cultivate our children's relationship with the environment. Exploring nature together fosters environmental awareness and encourages sustainable behaviours. Whether hiking in the woods, playing on the beach, or swimming in a lake, these simple activities instil a deep appreciation and respect for our world. By nurturing this connection, we empower the next generation to value and protect nature, ensuring a brighter future for all. *Let's prioritize nature and nurture a sustainable future together.*



## News from the Rooms



### Gumnut Room

Our focus this month will be sensory. Babies are enjoying experiences involving different textures, sound and colours to stimulate their senses. Some of our sensory play includes

1. Exploring Goop, made with flour and water
2. Feely bags – sand, oil & water, pasta filled bags
3. Painting with flowers
4. Water play – exploring sea animals in blue coloured water

During NAIDOC week we will be decorating an indigenous flag with red, black and yellow handprints. Scooping red, black and yellow rice with spoons and flour scoops.

### Blossom Room

As part of the Blossom room program in July, we are focusing on planned experience and providing resources to mark NAIDOC week that can encourage children's appreciation of diversity

We are embedding sustainability by providing children with access to a range of natural materials through planned experiences, for example painting with natural paint brushes, nature sensory bin, and natural science experiments.

We are providing experiences based on family input, so keep those ideas coming

### Jasmine Room

Children are focusing on developing self-help skills like serving their own afternoon tea using tongs, helping make and pack-away their own beds and changing clothes when required – with a little help from their grown-up friends

Children will be observing NAIDOC week by respectfully engaging in stories, arts and crafts  
A new area to our room is the dress up area

### Marigold Room

This month, kinders are heading term three. How time flies! We will be starting off our term with letter sound (letter Hh and Rr) while integrating storybooks, story retell. The focus on our numeracy will be patterns and partition with hands on experiences. Part of our HASS learning, kinders will explore community helpers in our local community.

### OSHC Club

This month started with 2 weeks of holidays. So, the group have been having fun making plushie emojis, go-karting, explore the Hi Voltage centre in Belmont, cooking, among other things. The most important part was that the children could wind down from school and enjoy spending time with their friends. Once school resumes, we will be looking at experiences based around winter and sustainability. Not necessarily at the same time though



## WATER PLAY



Water is an important natural material that provides hours of absorbing fun and a **multitude of wonderful development and learning opportunities.**

#### What are the benefits of Water Play?

**Energy Release** – Children can find water play both calming or invigorating depending on the activity being presented.

**Therapeutic Water Play** – Water play doesn't have to be loud and busy; it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

**Motor Skills** – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

**Social Skills** - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

**Language and Communication** - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course, **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>

## Buy, Sell or Swap

If you have anything you would like to advertise, please email me - [stjames@seedselc.com.au](mailto:stjames@seedselc.com.au) and I can put it in the newsletter



## 5 Minute MOVES

### WHERE TO NEXT?

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

**HOW TO PLAY:** This game is best played outdoors, in an open area with different landmarks or locations that children can run to. On small pieces of paper write down the names of different landmarks in the vicinity, i.e., the fence, goal post, a tree, swing... Put the pieces of paper in a small bag that can be carried as you run. One child pulls out a piece of paper and reads the location. Then they all have to run to that location. Once everyone reaches the destination, a different child pulls out another piece of paper, and you all run again.

**Feedback**   
is always welcome



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