

There is nothing either good or bad but thinking makes it so
— WILLIAM SHAKESPEARE

Seeds C & ELC – St
James incorporating
Seeds OSHC Club



OCTOBER
2024

ON *this* MONTH

AT Seeds C & ELC and Seeds OSHC Club – ST James

Pupil Free Day – Millen Primary	7
National Hat Day	10
Children’s Week	19-27
Halloween	31
Diwali Celebrations	30

AROUND THE COUNTRY

World Animal Day	4
Loud Shirt Day	18
Grandparents Day	27
National Nutrition Week	14-20

From the Office

Hard to believe that it is the 10th month of the year already. Our Marigold graduation and end of year Christmas party will be on Friday the 6th of December, commencing time to be announced closer to the date.

As you may noticed we have had a few changed with staffing in recent times.

- Miss Vicky is on extended leave – should be back Mid-October
- Miss Dani has chosen to move on a more challenging role at another service
- Miss Namgay has started her maternity leave and should return March/April 2025
- Miss Niroshika is moving interstate

So please be patient while we create new teams for each room.

The gardens are coming along nicely, and we have spinach and silver beet growing. Now that it is spring we will be, with our children’s help, planting more vegies and flowers.

One of our grandparents has volunteered to paint a mural on the wall next to the garden beds. He has kept the design a secret so that it will be a surprise for us all

Until next time, stay safe and happy

Lisa – Centre Director





GRANDPARENTS DAY – OCTOBER 27

Grandparents Day celebrates the contributions grandparents make to their families and communities. Grandparents, grand-friends, kin, and those who take on the role of a grandparent in their family or community are recognised for and celebrated.

This is a day to spend time with an older loved one and connect across the generations. There are lots of ways you can celebrate this year, with activities like these: Have morning tea together, make a special card, read a book together, play a board game. What are you going to do?

LOUD SHIRT DAY – OCTOBER 18

Loud Shirt Day is dedicated to raising vital funds and awareness for kids who are deaf or hard of hearing to receive support services they need to reach their full potential in life. Wear it loud in any way you like – as a family, at work, with your friends and community group or at school. The opportunities are endless and easy! Every noise counts, no matter how loud it is. [Find out more here.](#)



ONE BOWL SAVOURY MUFFINS

PREP 10 mins | COOK 30 mins | MAKES 12

INGREDIENTS

- 2 cups (300 grams) **plain wholemeal (wholewheat) flour**
- 2 teaspoons **baking powder**
- sea salt and pepper, to season**
- 60 grams **butter, melted and slightly cooled**
- 1/2 cup (125 ml) **milk**
- 3 **eggs**
- 1 medium **zucchini, grated**
- 1 medium **carrot, grated**
- 1 cup (160 grams) **canned corn kernels, drained**
- 1 1/3 cups (150 grams) **tasty cheese, grated**

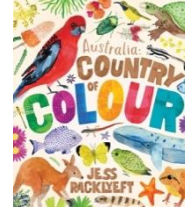
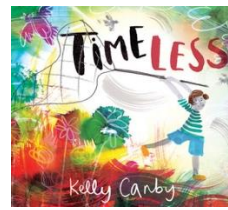
METHOD

1. **Preheat** oven to 180 C and line a 12-hole muffin tin with papers. Set aside.
2. **Place** the flour, baking powder, salt and pepper into a large bowl. Whisk to combine creating a well in the centre.
3. **Place** the butter, milk and eggs into the well of the flour and whisk until just combined.
4. **Gently fold** through the zucchini, carrot, corn and cheese. If your batter looks a little dry (depending on the brand – wholemeal flours can vary slightly and require a tad more liquid) simply add a splash of milk.
5. **Evenly** divide the mixture between the prepared tray.
6. **Bake** for 15-18 minutes or until golden and when a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely. Enjoy x

Source: Image & recipe [‘My lovely lunchbox’](#)

Book reviews

Discover these NEW CBCA 2024 Books of the year winners!



TIMELESS | KELLY CANBY

Emit (whose parents turned back time to name him) is surrounded by busyness. Dad is too busy to read stories, Mum is too busy to play games and Emit's brother and sister are simply too busy doing nothing to do anything, at all. Emit tries everything he can think of to get more time, he tries to catch it, wait for it, but it's not until Emit tries to buy some time that he learns the secret which is, if you want time, you have to make it.

THAT BIRD HAS ARMS | KATE & JOL TEMPLE

Roy is an ordinary bird in every way. He is not the biggest, or the smallest. His squawk is not the loudest or the quietest. He even follows the same football team as everyone else. He was very normal except for one thing – he has ARMS. Absolutely nobody knows – and Roy would like to keep it that way... That Bird Has Arms is a story about difference and identity. It's about learning to see that what sets you apart is what makes you strong, and it's about pride in your own uniqueness.

AUSTRALIA COUNTRY OF COLOUR | JESS RACKLYEFT

Bestselling creator Jess Racklyeft celebrates Australian animals, plants and landscapes through the lens of the colour wheel. Here is a celebration of the stunning plants and animals of this colourful country, from vibrant pink Flame Peas to startling blue Fairy Wrens, electric yellow Billy Buttons, glossy black Tasmanian Devils, and many more.



FOCUS: Teaching kids about enthusiastic consent

Enthusiastic consent is permission to do something and that it's about saying YES, NO, or Maybe.

While commonly associated with adult behaviours, consent is part of decision-making, conversations, exchanges and relationships, affecting **all ages, every day**. It's a hug, a photograph, sitting together on a bus, holding hands and playing games.

True, wholehearted consent or **enthusiastic consent** is much more complex than yes, no or maybe. It is permission that has been truly, freely, clearly and wholeheartedly given without any line or personal boundary being blurred or crossed.

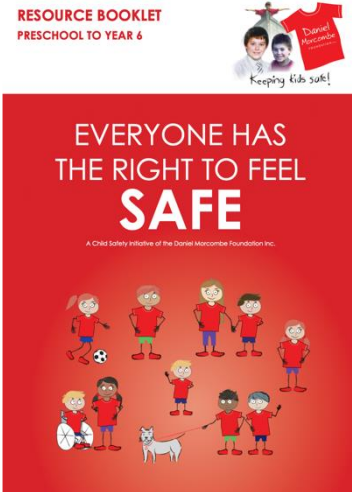
It is very important to show children how common it is for boundaries to be blurred and then crossed each day. Equipping children with self-protective tools, such as **critical thinking** and a strong sense of **self-worth** so they know how they truly feel can enable them to confidently hold their ground when they see a line or boundary being blurred and/or crossed.

It is also important for children to know the signs of peer pressure, coercive control and grooming. Children are digital natives and technology requires them to be equipped with the skills and knowledge to identify suss behaviours, in both online and offline spaces.

When children are able to see **consent** clearly, they will also be able to understand that true consent must be freely and wholeheartedly given. When teaching children the importance of **enthusiastic consent**, we are helping them to make their own decisions, to understand and confidently assert their boundaries, to consider the boundaries of others, to ask respectfully for permission and to respond appropriately when someone says 'No' to them. These skills will help them navigate life and healthy relationships safely, respectfully, happily and enthusiastically **together**.

Why are personal/body boundaries important?

Child sexual abuse often begins with a perpetrator ignoring a child's personal boundaries and bodily autonomy. Talk to your child about their personal boundaries and teach them to tell a safety helper on their safety team if someone ever tries to cross a boundary. Remind your child that they are the boss of their own body and that they can say 'No!' to anything that makes them feel uncomfortable.



Ways to teach empower your child

Download and fill in this book together. This resource is full of worksheets for all ages. [Resource Booklet](#)

Discuss with your child what enthusiastic consent is. You will need to adjust the explanation depending on the age of your child. But keep the message clear. For example: It's when you or someone else is really happy and confident about giving permission! It's permission that has been given truly, freely and wholeheartedly without any personal boundaries being blurred or crossed.

What are body boundaries? The invisible line around your body that you are the boss of. **What are blurred boundaries?** When someone pressures, tricks or rushes you to consent. **What are crossed boundaries?** When someone crosses your boundaries without consent.

Role play scenarios with your child that help them practise giving enthusiastic consent. These would be things like giving a cuddle, tickling or even taking a photo.

danielmorcombe.com.au has a huge library of resources to help you educate your child on safety and it is never too early to learn.



More information via the QR code.

Source: **The Daniel Morcombe Foundation**. (2024). Retrieved danielmorcombe.com.au

BEADS COUNTING

This is a classic math activity that requires only two materials: pipe cleaners and beads.

This activity helps to develop motor skills and basic counting abilities. There are a few ways you can do this activity with your child. You can simply count each bead as you thread them onto the pipe cleaner. You could thread beads onto a pipe cleaner and your child count them as they take them off. You can introduce a die and thread the number of beads you roll or use numbered playing cards and thread the number you see on the card you draw. This is a great activity for all ages, have fun.



HEALTH & SAFETY: Benefits of Family Dinners

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in pre-schoolers
- Healthier eating patterns in young adults

There are also benefits for adults, including:

- Better nutrition, more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words — those not found on a list of 3,000 most common words — that the families used during dinner conversation.

Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily. Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance. Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A's in school as those who ate dinner with their families fewer than two times a week.

Children who eat regular family dinners also consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks. And the nutritional benefits keep paying dividends even after kids grow up: young adults who ate regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

You can read about all the additional benefits [here](#) but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won't confer positive benefits. Sharing a roast chicken won't magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience — a well-cooked meal, a joke, or a story — and these small moments can gain momentum to create stronger connections away from the table.



Read the article via the QR code.

Source: The Family Dinner Project. (2022). Science says: eat with your kids. Retrieved from thefamilydinnerproject.org/about-us/benefits-of-family-dinners/

Using less water

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment. Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use, often for very little cost. **Here are some tips to get you started:**

- Keep your showers short and sweet
- Water when it matters
- Fix any leaks
- Hang up the rubber gloves.
- Turn of the sink while you brush

Using less water at home something we are capable of. Give it a try in your home.



Classroom News

Gumnut Room

This month we are looking at the sense of touch. The children will be exposed to water, leaves, home-made goop (cornflour & water) as well as many other natural items. We will be reading stories and singing songs. Our babies are growing fast, and some will be soon moving to the Blossom Room, not too soon 😊



Blossom Room

We are continuing to expand the children's language skills. By playing types of games the children are encouraged to use their words. We will, also, be exploring sea animals and their habitat. This follows on from learning about farm and zoo animals



Jasmine Room

This month the Jasmine Room will continue to look at the letters of the alphabet



Marigold Room

This month the Kinder children will be looking at increasing their chemistry skills, crafting hats for National Hat Day. The children will be looking at creating items for Halloween and for Diwali, as we celebrate at the end of the month. We will continue to provide cooking experiences. As well as looking at numbers, letters and words as we prepare our children for primary school.



OSHC Club

September saw the end of 3rd term and school holidays. October means a return to school for the final term of the year. During the final term we will be

looking at increasing our children's social skills as well as mentoring skills with the Kinder age children. We will be increasing sensory play as this is an interest with the children. Creating snow, goop, slime as well as other goeey stuff.

We have a new Café in the OSHC room. Children will be honing their skills with cooking and financial management



Feature Article



Mid-Autumn Festival - September

On September the 19th we were very fortunate to be picked as one of six places in WA to host a bilingual story time for the Mid-Autumn Festival

The children were exposed to a story about how a girl called Chang'e become a moon goddess in both English and Mandarin. The children listened well as the story was told and were able to answer questions about the story later. Jaxon and Nasra won a prize for correctly answering a question. Our kinder friends from East Cannington came and joined with the story time as well.



GAMES



Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of *duck, duck, goose* or *musical chairs* is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills. These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like *Simon Says* help children learn how to be leaders, while games like *hide-and-seek* teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). *Those silly day care games kids play are secretly getting them ready for school*. Retrieved from www.newfolks.com/activities/day-care-games/

Advertising Space

If you have anything you would like to buy, sell or swap. Let me know and I advertise here in our newsletter

Maybe you have business you would like to let people know about – let me know

Things to do around Perth



PERTH HILLS

Perth Observatory

337 Walnut Road, Bickley



PERTH CITY

Old Central Fire Station

25 Murray Street, Perth



Bubble Pop

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

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.