

SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE. TIP TOE IF YOU MUST, BUT TAKE THE STEP – NAEEM CALLAWAY



ON *this* MONTH

AT SERVICE NAME

Service event/item ----- 0th
Service event/item ----- 0th

AROUND THE COUNTRY

Mabo Day ----- 3rd
World Environment Day ----- 5th
World Oceans Day ----- 8th
Global Wind Day ----- 15th
National Refugee Week ----- 17 – 23rd

Centre Policy Review

During the month of June, we will be reviewing the following policies:

- Clothing
- Control of infectious disease
- Hand washing
- Sick children
- Work health and safety
- Medical Conditions

If you have any suggestions in relation to our policies, please email policyreview@oxanda.edu.au or by using the Educa- Comment button. All policies are also available in the Policy Folder located in your Centre Foyer.

We have updated our Excursion, Administration of First Aid, Behaviour Guidance, Nutrition and Food Safety, Interactions with Children, families and staff and In-service & staff development.



WORLD OCEANS DAY – 8TH

World Oceans Day is a global day of ocean celebration and collaboration for a better future. Despite the huge challenges facing the world's ocean, by working together we can support a healthy ocean that is able to sustainably provide for the billions

of humans, plants, and animals that depend on it every day. The focus for 2018 is to prevent plastic pollution and encourage solutions for a healthy ocean. Learn more at worldoceansday.org

NATIONAL REFUGEE WEEK – 17TH – 23RD

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrates the positive contributions made by refugees to Australian society. The Refugee Council of Australia has chosen #WithRefugees as the theme for Refugee Week 2018 in Australia. Today there are more refugees than ever. The experience can be prolonged or it can be fleeting, only by standing together can we begin to change this. www.refugeeweek.org.au



CARROT CAKE PORRIDGE BARS

PREP 15 min | COOK 25 min | MAKES 8

INGREDIENTS

½ (80ml) cup milk (of your choice)
 1-tablespoon pure maple syrup
 6 medjool dates, pit removed
 2 bananas
 1-teaspoon vanilla bean paste (or vanilla extract)
 1-cup (150 grams) plain wholemeal flour
 1-teaspoon baking powder
 1 cup (80 grams) desiccated coconut
 1 cup (100 grams) rolled (traditional) oats
 1 teaspoon cinnamon, ground
 1 teaspoon mixed spice
 2 carrots, grated
 white choc yoghurt topping;
 50 grams white chocolate
 1-tablespoon Greek yogurt
 1-teaspoon vanilla bean paste (or extract)
 mandarin zest (to serve)

METHOD:

Preheat oven to 160 degrees and line a 20cm x 20cm tin with baking paper. Place milk, maple syrup, dates, banana and vanilla into the bowl of a food processor and blitz for a minute. Add flour, baking powder, coconut, oats, cinnamon, mixed spice and carrot and blitz until combined. Pour mixture into prepared tray and flatten. Bake for 20-25 minutes or until golden. Place onto a wire rack to cool completely. Place chocolate into a microwave bowl, heat on high in 15-second intervals (stirring occasionally) until chocolate is melted. Add yoghurt and vanilla and stir to combine. If the mixture splits simply heat for 10-15 seconds and stir again. Drizzle over cooled bars, top with mandarin zest (optional) and cut into 8 serves.

SAFETY – Remember to always supervise kids in the kitchen.

Source: Recipe and images belong to mylovelylittlelunchbox.com

Book reviews

Three bedtime stories themed around caring for the environment



KATE WHO TAMED THE WIND

LIZ GARTON SCANLON

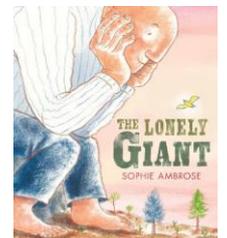
A wild wind blows on the tippy-top of a steep hill, turning everything upside down for the man who lives there.

Luckily, Kate comes up with a plan to tame the wind. This is a rhythmic read-aloud about a girl who solves a windy problem with an environmentally sound solution.

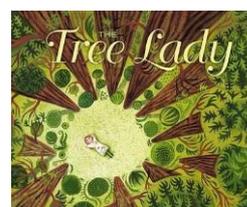
THE LONELY GIANT

SOPHIE AMBROSE

After inadvertently destroying his home, a well-meaning giant must learn the true value of the natural world.



In the middle of a vast forest lives a giant who spends his days hurling and heaving, smashing and bashing. Over time, the animals flee as their homes vanish, the birdsong dwindles away to silence, and, finally, the forest itself disappears. Now the lonely giant misses the crackling warmth of a fire and the sweet songs of the yellow bird — but will he realize it's up to him to restore what he loves?



THE TREE LADY

PAPER BOAT APPS

Unearth the true story of green-thumbed pioneer and activist Kate Sessions, who helped San Diego grow from a dry desert town into a lush, leafy city known for its gorgeous parks and gardens.

Katherine Olivia Sessions never thought she'd live in a place without trees. After all, Kate grew up among the towering pines and redwoods of Northern California. But after becoming the first woman to graduate from the University of California with a degree in science, she took a job as a teacher far south in the dry desert town of San Diego. Where there were almost no trees.

FOCUS ARTICLE: How to help your child develop a growth mindset



A growth mindset is a wonderful gift to develop in your child. With a growth mindset, your child will feel empowered to persist and work hard in the knowledge that they will get better and more proficient at a skill. By contrast, a fixed mindset can stagnate a child's talents and sense of agency. It is not helpful to tell children 'they are a natural' at a skill or hobby as it limits their ability to improve and excel.

What is a growth mindset?

In a growth mindset, children believe that their abilities and skills can be developed and improved through persistence and hard work. Talent is just the starting point. This approach fosters a love of learning and resilience when a child faces difficulties in learning or improving.

A growth mindset is a simple idea first described by psychologist Professor Carol Dweck at Stanford University. She was inspired at high school in Chicago where students were awarded a 'not yet' rather than a 'fail' on courses until they passed. This helped them not to focus on what they knew in the now and instead see themselves on a learning curve. Dweck realised that this gave those children a road map into the future.

What is a fixed mindset?

In a fixed mindset, people assume their current abilities and qualities, such as their talents or intelligence are largely fixed. They are more likely to measure these traits rather than develop them. A fixed mindset leads to a belief that talent, without effort, leads to success. You are a born musician or born tennis player.

The truth is that all traits with benefit from training and practice.

What are the benefits of a growth mindset?

A growth mindset gives a child a sense of control over their skills. This 'internal focus of control' is empowering as opposed to an 'external focus of control' where, e.g., genes or 'natural talent' is identified as the reason for a child's skills.

Even if you think your child is talented and motivated in a certain area, one of the most precious life skills is a growth mindset. It is an attitude that will permeate every area of your child's life from creativity, art, and music, to sports, academic work, and even their emotional development.

Also, a growth mindset helps to give a child a path to improvement and learning as well as a sense of energy and resilience during the learning or training process. This makes motivation and productivity easier and even enhances emotional development and a child's relationships

Toddlers have a natural growth mindset?

Toddlers have a growth mindset. They enjoy the process of playing, art and exploring rather than the result and are less interested in the result, e.g., painting a picture. They don't reflect on themselves as 'talented' and just get on with trying and doing. They have big reserves of perseverance and will try and try and keep practicing new skills until they accomplish them. This is how they learn to pull themselves up to standing and start to walk.

Developing a fixed growth mindset?

Sadly, many children begin to develop a fixed mindset by the time they have started school. They compare themselves to other children and begin to label themselves based on their perceived current skills and abilities.

This is something that really intrigued me from the beginning. It shows that being mastery-oriented is about having the right mind-set. It is not about how smart you are. However, having the mastery-oriented mind-set will help students become more able over time. --Carol Dweck

To find out more go to <https://www.essentialparent.com/lesson/how-to-help-your-child-develop-a-growth-mindset-rather-than-a-fixed-mindset-2284/>

Source: Essential Parent. (2018, May 09). How to help your child develop a growth mindset rather than a fixed mindset Retrieved from <https://www.essentialparent.com/lesson/how-to-help-your-child-develop-a-growth-mindset-rather-than-a-fixed-mindset-2284/>

LEGO SYMMETRY

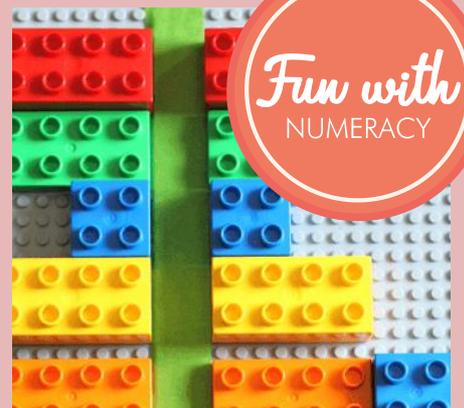
This hands-on math activity is perfect for teaching symmetry to preschoolers and young children. It makes learning symmetry fun and playful!

You will need: LEGO Duplo Bricks, Painter's tape, LEGO baseplate (or a flat surface)

Create even halves on your baseplate using a piece of painters tape. On one side create a pattern and leave the other side blank. Ask your child to try and copy what you

did. You may need to demonstrate first, as you do explain what you are doing. For example I am placing the red block here because it is the same shape and colour as the one on the other side.

Source: Fun Learning for Kids. (2018, May 15). Teaching Symmetry to Preschoolers with LEGO bricks. Retrieved from <https://funlearningforkids.com/teaching-symmetry-to-preschoolers-with-lego-bricks/>



HEALTH & SAFETY: Healthy Mouths for Kids Under 5



Caring for young children's teeth is an important part of keeping their bodies healthy—and it's never too early to get started! Strong first or baby teeth set the stage for strong permanent teeth, and help children play, learn, and grow.

What is tooth decay?

Tooth decay occurs in toddlers when bacteria within the mouth begin to eat away at the primary teeth. Bacteria (*Mutans streptococci*) in the mouth feed on sugars from foods and drinks. These bacteria produce acid which damages the outer surface of the tooth (the enamel). Saliva repairs this damage, but if over time there is more damage than repair, it leaves a cavity or 'hole' in the tooth. Every child is at risk of tooth decay. The enamel (hard outer layer of teeth) is much thinner and softer on baby teeth, making them at greater risk of decay. The good news is that tooth decay is largely preventable.

10 tips to help create a solid foundation for healthy teeth.

1. Start Early:

Even before teeth come in, you can take care of your child's mouth by cleaning his gums with a washcloth. Take your child for his first dental visit within six months of his first tooth, or by his first birthday.

2. Brushy-Brush

Help your preschooler brush her teeth at least twice a day (after breakfast and before bed) to keep them healthy and strong.

3. Teeth Time

Young children should brush their teeth for about 2 minutes. While brushing your child's teeth together, try playing some music or singing the ABC song four times to help him keep track of time.

4. Choosing a Toothbrush

Look for children's toothbrushes with small heads and soft (or extra-soft) bristles. Help your child get excited about brushing by letting her choose the colour.

5. A Little Does a Lot

A little toothpaste goes a long way! Help children ages 2–5 add a pea-size amount to their toothbrushes. For children under 2, just a smear will do.

6. Crunch and Munch

Teeth love crunchy fruits and vegetables! With your child, try some tooth-friendly foods, such as apples, pears, carrots, or celery. What does each food sound like when you take a bite?

7. Water Works

Drinking water helps keep bodies healthy and strong. Water can also help wash food away from teeth if there isn't time to brush after a snack.

8. It Takes a Team

It takes a team to keep teeth healthy. Visit your dental office twice a year and stay in touch with your child's primary-care physician and nurse.

9. Teeth's Best Friends

Talk with your child about the grown-ups who can help him take care of his teeth: the doctor, nurse, dentist, hygienist...and you!

10. Model Good Brushing Behaviour

Your kids will learn good habits from the people they spend the most time with – their parents. To encourage proper dental habits, you need to model this behaviour for them. Brush your teeth with your kids in the morning and evenings so they can see and learn how it's done.

Sesame Street has some fun resources to encourage and support you and your children. www.sesamestreet.org/toolkits/teeth

Source: Sesame Street (2018, May 10). Healthy Teeth. Retrieved from <https://www.sesamestreet.org/toolkits/teeth>

Better Health Channel. (2018, April 11). Tooth Decay – Young Children. Retrieved from <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/tooth-decay-young-children>



HOW TO REMEMBER YOUR REUSABLE SHOPPING BAGS

Reducing your footprint and becoming more self-reliant is a lifestyle change. And like quitting smoking, eating better or any other lifestyle improvement, **if you don't put a system in place to make living sustainably easy—if not effortless—it will be almost impossible to integrate new, positive changes into your life permanently.**

To sustain any new endeavour, you've got to set yourself up for success!

1. Choose Small – Ultra-compact reusable bags that fold up and fit into your handbag make remembering bags easy.
2. Strategic placement - if not in your car, place them on the back of the front door or with a bag you take everywhere.
3. Always start your shopping list with "bags" so you remember to get them out of the car before you start shopping.
4. Set a reminder on your phone.
5. Involve the kids - children love to help and with a little practise they'll be waiting at the door with the bags ready to go.

CHILD CARE SUBSIDY



Reminder for Families

Have you done the following?

Transitioning to the new Child Care Subsidy is not an automatic roll over. You will have needed to work through the following steps:

You should have received a letter from Centrelink during the month of April...

Then, logged into [myGov](#) and accessed your Centrelink account online to provide new information and confirmed details such as:

- Your combined family income estimate for the 2018-19 year
- The hours of recognised activity including work, training, study and volunteering
- The type of childcare your family uses

You will also need to provide information to your Childcare Service in the form of a 'Written Arrangement'.

"A Service and Parent/Guardian must agree up-front on the arrangements for the care of a child. Arrangements must be recorded and kept up to date to ensure compliance".

If you are unsure about any of the above information including the 'Complying Written Arrangement' please contact us as soon as possible.

For more information
www.education.gov.au/ChildCarePackage



Step by Step

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

Step by step is an easy fitness activity that teaches kids to actively observe their environment. Count on this step-by-step activity to be fun!

How many steps does it take to get from your room to your front door? How many steps to walk to school? You've never thought about it, right? Well, slip on your thinking cap, and take it step by step. You might be amazed at how busy your feet actually are.

Choose a path and compare your steps to your child's. What happens if you both run? Does the number change?