



MARCH
2024

ON *this* MONTH

AT WOY WOY PENINSULA COMMUNITY CHILDCARE

Pre-school photos-----Mon 18th – Fri 22 March 2024
Harmony Week----- Mon 18th – Fri 22 March 2024
TeethNSmiles-----Tues 30th April 2024
Annual General Meeting – Fri 3rd May 2024, 6.30pm
4 yr old Health Checks----Mon 27th-Fri 31st May 2024

AROUND THE COUNTRY

Clean Up Australia Day ----- 3
Ramadan -----11-9 APR
St Patrick's Day -----17
Harmony Week ----- 18-24
National Ride to School Day ----- 22
Earth Hour ----- 23

Pre-school photos –

Week of **Monday 18th - Friday 22nd March 2024**
Please ensure you have returned your pre-paid photo envelope.
(See staff if you have not received an envelope.)

We will be celebrating Harmony Week the week of Monday 18th - Friday 22nd March 2024. Please feel free to dress your child in orange or add a touch of orange each day.

TeethNSmiles will be visiting Preschool on Tuesday 30th April 2024. Consent forms will be going home within the next couple of weeks.

Please join us for our Annual General Meeting which will be held on Friday 3rd May 2024, 6:30pm at Pre-school. Light supper provided.

Please remember to sign your child in/out via the Ipad along with our regular sign in/out sheets.

For children enrolled in a pre-school position please ensure you are dropping off & collecting your child within the pre-school hours of 8.45am – 3.15pm. (Extra fees will apply outside of these hours)





CLEAN UP AUSTRALIA DAY - MARCH 3

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill. Those facts are horrific, you can

help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily! [Learn more here](#)

EARTH HOUR - MARCH. 23

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic gesture of solidarity to show they care about our planet's future. [Find out more here.](#)

EASY CHICKEN TRAY BAKE



SERVE 4 | PREP 10 min | COOK 1hr

INGREDIENTS

- 8 skinless chicken thighs
- 1 cauliflower, broken into florets
- 1/2 butternut pumpkin, cut into 2cm cubes
- 1 cup frozen peas
- 3 tbs honey, melted
- 2 tbs extra virgin olive oil
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp salt-reduced soy sauce
- 1 clove garlic, minced
- 1/4 cup water

METHOD:

Preheat oven to 200°C and line a baking tray with baking paper. To prepare the marinade, combine honey, oil, mustard, soy sauce, garlic and water. Place chicken thighs in a mixing bowl and pour over half of the marinade. Cover and refrigerate. In a separate bowl, add cauliflower, pumpkin and the other half of the marinade. Toss to coat. Pour vegetables onto baking tray and bake for 45 minutes, or until almost cooked through.

Remove tray from oven. Spread chicken thighs evenly over the vegetables, then pour over frozen peas. Return to the oven for 20-25 minutes, or until chicken is cooked through. Serve immediately.

Enjoy!

Recipe from Kidspot - [Recipe Here](#)

Podcast Reviews



The Lazy Genius Podcast | Kendra Adachi

Part systems expert, part permission giver, Kendra Adachi, The Lazy Genius, is here to help you be a genius about the things that matter and lazy about the things that don't.

Kendra Adachi is a *New York Times* bestselling author, nationally ranked podcaster, wife, and mother (no awards for those last two). Her lifelong attempts at perfection have thankfully been tempered by age and therapy, and now she empowers people to get their stuff done without turning into a tired robot.

The Imperfects | Hugh Van Cuylenburg, Ryan Shelton & Josh Van Cuylenburg

We're all imperfect. On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.

Whether it's in The Vulnerability House, The Academy of Imperfection, or with psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.



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, mom 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 verbalized 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."



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.

- Set Expectations.
- Get to the Root of the Behaviour.
- Set your **Child** Up for Good Behaviour.
- Treat Your **Child** as You'd Want to Be Treated.
- **Take** Advantage of Your **Child's** Verbal Skills.
- Establish Absolute Ground Rules.
- Compromise When You Can.
- Discuss Options.

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

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-laugh-at-discipline/>



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 herviewfromhome.com

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION. Let toddlers **divide Uno cards by colour**. It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS. Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

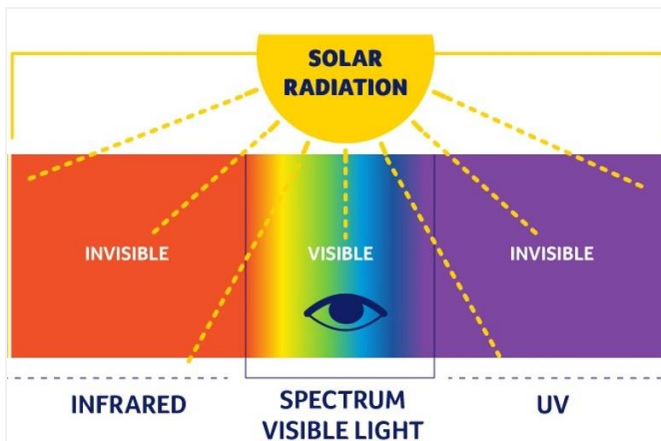
A little bit more enhanced: Sorting by both colour and number.

4. GO FISH. Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: besttoys4toddlers.com



HEALTH & SAFETY: UV Radiation



Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers. The sun emits UV radiation but it isn't connected to sunshine or heat like many think. This means we can't see or feel it, so it can be difficult to understand.

Our sun emits different kinds of energy:

- infrared radiation that we can feel (heat or temperature)
- visible light that we can see (sunlight)
- UV radiation (that can't be seen or felt).

When it comes to sun protection, we need to think UV, not heat!

Types of UV radiation

There are three types of UV radiation:

- UVA: transmits freely through the earth's atmosphere.
- UVB: about 15% of UVB transmits through to the earth's atmosphere. The rest is absorbed by ozone.
- UVC: is absorbed by ozone and does not reach the earth's surface.
- UVA and UVB both contribute to skin cancer, sunburn, skin ageing and eye damage.

Exposure to UV radiation is the main factor that causes skin cells to become cancer cells. Almost all skin cancers

(approximately 99% of non-melanoma skin cancers and 95% of melanoma) are caused by over exposure to UV radiation.

The simplest way to reduce your risk of skin cancer is to use sun protection when the UV index is 3 or above. When the UV is 3 or above, it is strong enough to damage your skin and in NSW, this is most days of the year.

UV Index

The UV Index is an internationally standardised, open ended, numerical scale developed by the World Health Organization. The UV index measures the amount of UV radiation reaching the earth's surface. It begins at zero and has no upper limit, the rating usually finishes at 11+, which is extreme.

The UV index and the sun protection times

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

How does UV add up?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.



Read the article via the QR code.

Source: Cancer Council. (2024). What is UV radiation? Retrieved from cancercouncil.com.au



NATIONAL RIDE '2' SCHOOL DAY

On March 22 why not ride, scoot or walk to school? National Ride '2' School Day is held annually each year to promote physical activity in children and remind parents and children that there are other fun options to driving. By not driving every trip we are also reducing pollution. If more children ride or walk to school it reduces the amount of cars on the road. The results are cleaner air and a healthier environment.

[FIND OUT MORE HERE](#)





INVESTIGATIVE PLAY

"The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations."

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- Children have the time, space and resources to become deeply involved in their investigations. Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- The physical environment contains materials and spaces that encourage curiosity, investigation and wonder. Interesting and engaging materials or resources can provide the stimulus for children's questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- Educators see themselves as co-learners, working with children as they learn. When this happens, educators feel less focused on transmitting knowledge and are more likely to support and extend children's own attempts at understanding.

Source: Investigative learning- Our journey at BPS
[Balmain p-school NSW](#)

Department of Education NSW – [fostering curiosity through STEM and storytelling](#)

National Quality Framework | Quality Area 1:
Element 1.1 – *The educational program enhances each child's learning and development.*



In line with COVID restrictions we ask that you adhere to the following protocols:

- Maintain social distancing whilst at the centre.
- Wear a mask whilst at the centre when you cannot socially distance.
- Please limit the number of people attending drop off/pick up.
- Hand sanitizer is available at sign in desk to use.

Thank you for helping to stop the spread of COVID-19



THIS MONTH LET'S... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try : [Cosmic Kids](#) www.youtube.com/watch?v=LhYtcadR9nw