



# ON *this* MONTH

## AROUND THE COUNTRY

Sustainable Living Festival -----	1-29
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World Day of Social Injustice -----	20

# Welcome

A message from Jasminka and the team...

Dear Grange PS OSHC families, welcome to the 2020 school year.

We would especially like to welcome all the new families and children to our service. We are grateful for the privilege of caring for your children, getting to know them and learning their interests and personalities in the coming weeks and months.

We hope that 2020 is a wonderful year for you all. May your children learn, grow and shine bright in Grange Primary School, OSHC and the wider community. How lucky we feel to be a part of their journey.



## SUSTAINABLE LIVING FESTIVAL (SLF) – FEBRUARY 1-29

Everything we care about is now under threat. To enable a sustainable world, we must urgently address the climate emergency. In 2020, SLF explores the impacts of the climate emergency and

will pitch new social, economic and political responses essential for creating the transition to a safe climate.

**Find out more at [www.slf2020.org](http://www.slf2020.org)**

## WORLD WETLANDS DAY – FEBRUARY 2

Wetlands are rich with biodiversity and are a habitat for a dense variety of plant and animal species. Latest estimates show a global decline of biodiversity, while wetlands are disappearing three times faster than forests. This year's theme is 'Wetlands and Biodiversity' it's a unique opportunity to highlight wetland biodiversity its status, why it matters and promote actions to reverse its loss. **Find out more at [worldwetlandsday.org](http://worldwetlandsday.org)**

## SPICED SWEET POTATO & CHICKPEA FRITTERS WITH HARD BOILED EGGS



PREP 15 min | COOK 15 MINS | SERVES 6

### INGREDIENTS

1 x 400 g can of chickpeas, drained and rinsed thoroughly  
500 g sweet potato, peeled and grated  
¼ cup chives, finely chopped  
100 g feta, crumbled  
1 heaped tbsps tikka masala spice blend  
2 eggs

1/3 cup (50 g) plain flour  
½ tsp baking powder  
Sea salt and pepper, to season  
Olive oil, to fry in

### Soft boiled egg and salad:

6 eggs  
Salad greens

### METHOD:

#### To make fritters

1. Place the chickpeas into a large bowl and mash slightly using a fork. Add the grated sweet potato, chives, feta, tikka masala spice blend, 2 eggs, flour, baking powder, salt and pepper and mix thoroughly to combine.
2. Heat a fry pan to medium heat. Cover the base of the fry pan with a thin layer of olive oil. Gently place tbs of the mix into pan and cook for 4 mins or until golden and the fritter is holding together.
3. Gently flip each fritter and cook for another 3 mins or until golden and cooked through.
4. Place the fritters on a plate lined with kitchen paper and continue frying until no batter remains. Set aside.

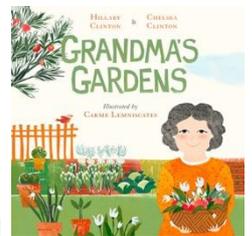
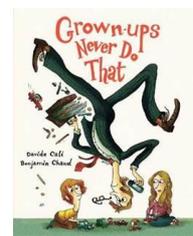
#### To make soft boiled eggs

1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 6 eggs to the pot of simmering water and cook for 7 minutes.
3. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and slice in half.

Recipe and Image from '[australianeggs.org.au](http://australianeggs.org.au)'.

## Book reviews

Beautiful books full of heart and fun.



## TOMORROW I'LL BE KIND

JESSICA HISCHE

*In a follow-up to Tomorrow I'll Be Brave, award-winning illustrator Jessica Hische brings to life another series of inspirational words and scenes with her lovely hand-lettering and adorable illustrations. This uplifting and positive book encourages kids to promise that tomorrow, they will be grateful, helpful, and kind. It's a reminder to all readers, young and old, that the smallest kind gesture can make the biggest difference in the world—we just have to remember to be kind to one another.*

## GROWN-UPS NEVER DO THAT

DAVIDE CALI

*Adults never misbehave. They never make funny faces, blame stray dogs for their mistakes or drop ice-cream on their shirts. Adults are perfect – aren't they? Determined to document adults doing precisely all these things, a gang of kids spy on adults as they go about their days, breaking all the rules they impose on children.*

## GRANDMA'S GARDENS

HILLARY CLINTON AND CHELSEA CLINTON

*From mother-daughter team Hillary Clinton and Chelsea Clinton comes a celebration of family, tradition and discovery, and an ode to mothers, grandmothers and the children they love. Grandma Dorothy shared her love of gardens with her daughter, Hillary, and her granddaughter, Chelsea. She taught them that gardens are magical places to learn, exciting spaces for discovery, quiet spots to spend time with family and beautiful areas to share stories and celebrate special occasions. But most of all, she taught them that in her gardens, her love grew and blossomed.*

# FOCUS: How to Empower Your Child to Deal with School Anxiety.

**School anxiety is awful for children and heart wrenching for parents. It's so common, but it doesn't always look the same. Sometimes it will dress itself up as illness (headaches, tummy aches), sometimes as a tantrum or fierce defiance, and sometimes it looks exactly as you would expect.**

## School Anxiety. What it's not.

If I could write this across the sky, I would: *Separation anxiety and school anxiety have absolutely nothing to do with behaviour, defiance or poor parenting. Nothing at all.*

Anyone who is tempted to tute, judge, or suggest a toughening up of parents or children, don't. Hush and hold it in. The assumptions on which you've built your high ground are leading you astray. It's likely, anyway, that parents dealing with school anxiety have already tried the tough love thing, even if only out of desperation. It's understandable that they would. They'd try anything – parents are pretty amazing like that.

They are great parents, with great kids. If only being tougher was all it took, they all would have done it yesterday and we'd be talking about something easier, like how to catch a unicorn – or something.

## School Anxiety. What it's not.

School anxiety isn't a case of 'won't', it's a case of 'can't'. It's anxiety. It's a physiological response from a brain that thinks there's danger. Sometimes the anxiety is driven by the fear that something will happen to the absent parent. Sometimes it's not driven by anything in particular. Whether the danger is real or not is irrelevant. Many kids with anxiety would know somewhere inside them that there is nothing to worry about, but they're being driven by a brain that thinks there's a threat and acts as though it's true.

When this happens, the fight or flight response is triggered, and the body is automatically surged with neurochemicals to deal with the threat. That's why anxiety can look like a tantrum (fight) or resistance (flight). It's the physiological, neurochemical response of a brain on high alert. It's hard enough to control your own brain when it's on high alert, let alone someone else's, however much that someone else wants to do the 'right' thing.

We humans are wired towards keeping ourselves safe above everything else. It's instinctive, automatic, and powerful. This is why tough love, punishment or negotiation just won't work. If you were in quicksand, no amount of any of that would keep you there while you got sucked under. You'd fight for your life at any cost. School is less dramatic than quicksand but to a brain and a body in fight or flight, it feels the same.

When you're dealing with an anxious child, you're dealing with a brain that will fight with warrior daring to keep him or her safe. It's not going to back down because of some tough words or tough consequences.

The good news is that there are powerful ways to turn this around. Let's talk about those.

## But First...

Before we go further, it's important to make sure that the anxiety isn't from bullying, friendship problems or problems with schoolwork that might need their own response. Teachers generally know what's going on so it's always worth having a chat to get a clearer idea of what you're dealing with. In many cases, there are no other issues at all. On paper, everything looks absolutely fine. That's anxiety for you.

## Empower them.

Anxiety has a way of making people feel like they have no control. It's inexplicable and feels as though it comes from nowhere. Explaining to your kids how anxiety works will demystify what they're going through and take away some of the punch. It's powerful. Here are some ideas for how to explain it in a way they can understand:

**Why does anxiety happen? The words.** – Follow the link below and use Karen's script to explain why anxiety happens.

**Your brain and anxiety – what you need to know.** – Again, follow the link for a conversation with your brain. What is actually happening in there when the anxiety builds.

**Anxiety the feeling** – Racing heart, hot and sweaty, puffed and breathless. These are just some of the ways your body might react to anxiety. Learn more via the link.

School anxiety never just swipes at one person. It's affects kids, parents, siblings and the teachers who also invest in the children in their care. One of the worst things about anxiety is the way it tends to show up without notice or a good reason. For kids (or anyone) who struggle with anxiety, it can feel like a barrelling – it comes from nowhere, makes no sense and has a mind of its own. The truth is, the mind that anxiety has is theirs, and when they can understand their own power, they can start to establish themselves firmly as the 'boss of their brain'. Understanding this will empower them, and will help them to draw on the strength, wisdom and courage that has been in them all along.

Young, Karen. (2020, January 15). How to empower your child to deal with school anxiety. Retrieved from [heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/](https://heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/)

## THIRSTY? CHOOSE WATER

**Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.** Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones. **DID YOU KNOW:** In NSW, 55% of boys and 46% of girls in Year 6 drink more than one cup of soft drink a week. By Year 8, these figures rise to 68% of boys and 50% of girls.

<https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink>



HEALTHY  
KIDS

# HEALTH & SAFETY: Internet Safety for 6-10 Year Old's

Early use of digital technology has been shown to improve language skills and promote children's social development and creativity.

But it's not without risks for young children, who may come across inappropriate content or begin to copy what older children do online. Use this list of practical tips to help children aged 6 to 10 to have a safer online experience and build up their resilience to get the best out of the digital world as they grow.

## Agree on boundaries

Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

## Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online

## Put yourself in control

Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

## Use airplane mode

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

## Stay involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.



## Talk to siblings

It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

## Search safely

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

## Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. Although sites aimed at under-10s like Moshi Monsters and Kudos also have social networking elements.

**February 11 is 'Safer Internet Day'.** Use this day to start a conversation with your child about internet safety. Got to [esafety.gov.au/safer-internet-day/families](https://esafety.gov.au/safer-internet-day/families) to find a wide range of resources to assist your family's internet use and register your support for 'Safer Internet Day' while your there.

Internetmatters.org (2020, January 11). Young Children: 6-10. Retrieved from <https://www.internetmatters.org/advice/6-10/>



## AIR QUALITY

Prior to our recent bushfires air quality was never really a concern for most Australians. We are lucky, generally we look outside and the skies are clear and the air is fresh and breathable. Bushfire air pollution has changed that so much so that some days it is actually dangerous to be outside. So how do you check air quality and how can you prevent adding to the problem.

To check air quality in your area go to:  
<https://www.dpie.nsw.gov.au/air-quality/current-air-quality>

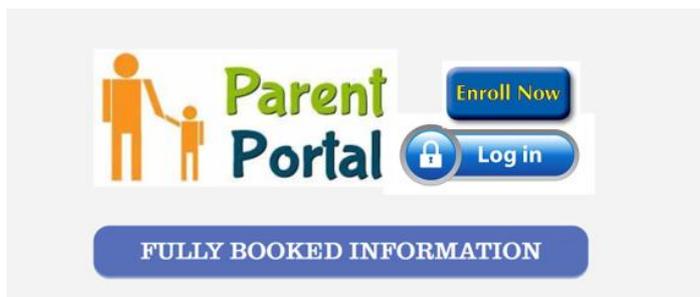
You may need to change your planned activities when considering your families risk factors and the current reading.

## Prevent air pollution:

**In your home:** Do not smoke, ensure your oven ventilates properly, use non-toxic cleaning product, Use a dehumidifier or/and air conditioner to reduce dampness, reconsider your use of any aerosol sprays. Dust regularly, keep lids on scented candles.

**Outside:** Drive less, ensures engines run properly, reduce fireplace use, don't burn rubbish, use environmentally safe paints.

<https://www.consumerreports.org/health-wellness/avoid-the-negative-health-effects-of-air-pollution/>



## New Software – Fully Booked

We are NO longer Using Xplor – Please make sure you have enrolled your child into our new software Fully Booked.

The process is simple and paperless. Go directly to our website, click on 'home' and then 'enrol now' and follow the prompts.

All bookings can be made directly through the software by selecting on the care/sessions you require.

### **Important: Make sure that you select correct session**

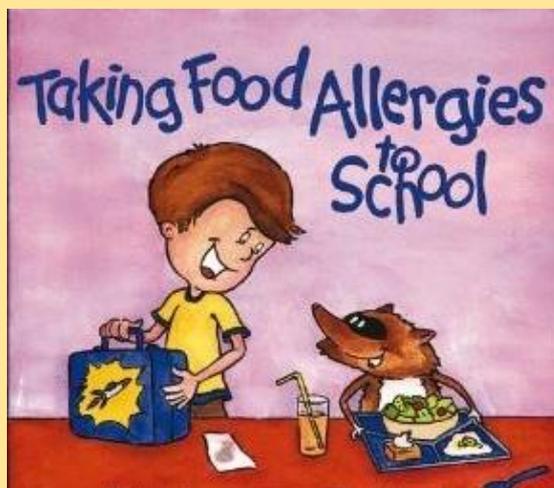
Your fees will depend on the session you have selected. All sessions will be charged the default rate. If you selected a short session and your child has stayed beyond 4pm, the software will automatically charge you for our default longer session.

**Please note, you will not be able to make any bookings and your child will not be able to attend if you have not enrolled into the new software or part of your enrolment is incomplete.**

You will need to add your payment information to be able to make bookings in the future. New regulatory changes have required us to update our enrolment forms and the way parents pay us.

For more information, please see our website <https://grangeoshc.wixsite.com/grange>

## Feature Article



## After-School Sports & Music Lessons

Recently with the introduction of new after school sports and music lessons, we've had lots of parents querying the process.

Any activities organised via Grange Primary School or outside of Grange Primary School are not affiliated with Grange PS OSHC.

**Our educators do not escort children to and from OSHC to their after-school sports and activities.**

**It is up to parents to organise with another parent or the coach/music teacher to pick up or return their children back to OSHC if they cannot be present.**

Our busiest time is between 3 and 4pm. Having educators off the floor to escort children to and from after school sports and activities will compromise our ratio and subsequently our supervision. We hope that you understand our duty of care to the remaining children who regularly use our service.

If your child will be partaking in after-school sports or music lessons etc and will need to return to After School Care once they have finished; **you must complete and return an After-School Activity Consent Form.**

**Forms are available for download on our website or hard copies are available in the OSHC front foyer area.**

## Late Pick-up Fees for Children Collected after 6pm

Please be mindful to pick up your children no later than 6pm in the evenings. This service is required to have two staff members in attendance even when only one child is present, (as per childcare laws and regulations.) Therefore, late fees will be applied to your account for every minute that lapses after 6pm. \$100 for the first 10 minutes and \$1.00 per minute, per child, thereafter.

## Does Your Child Have Any Allergies That We Need to Know About?

Please let us know if your child has any allergies that may need medication, healthcare plans or dietary requirements.

If your child has an allergy, it needs to be properly documented and entered into the Fully Booked software.

As a part of our enrolment process, it is critical that you upload your child's Allergy Medical Management Plan and Allergy Risk Minimisation Plan into the software.

**If this part of the process is incomplete, your child will not be able to attend, and you will not be able to book sessions online.**



## Summer Vacation Care Program

In the December/January school holidays children enjoyed a fun filled program with plenty of indoor and outdoor activities to keep them happy and entertained for hours.

Highlights of the program were the fun swimming excursions to the Adelaide Aquatic Centre, Water World and our beautiful local Grange Beach where the resident seal came to say hello to the children. What a thrill it gave both them and our educators.

Of course, Bounce was a popular and active indoor excursion that proved to be lots of fun for all and kept us out of the summer heat. Marshmallow Park nature playground enthralled our younger children as they experienced the joy of learning and playing outdoors, while the older children got to have some shopping, lunching and movie watching leisure time at Westfield Marion with their peers.

We also tried some new incursions and fun indoor activities to keep children entertained and cool in the hot weather. Ignite VR was an awesome introduction for most children into Virtual Reality gaming and we were lucky enough to have 10 pods set up in Wittunga Hall for most of the day. Before Christmas, children got to stuff their very own Christmas themed pillow and take it home to cuddle in excitement, as they counted down the sleeps until Santa arrived.

A successful and happy program for all!

The April Vacation Care Program will be released in week 6 of this term, Monday March 2<sup>nd</sup> 2020!



## How to Cancel a Booking or Notify of an Absence?

Families are unable to cancel online through Fully Booked as we require all cancellations to be received in writing.

To cancel please email [dl.1022.oshc@schools.sa.edu.au](mailto:dl.1022.oshc@schools.sa.edu.au)  
Once your booking has been cancelled you'll receive an automated confirmation email from Fully Booked.

## Invitation to Parents - Please join our OSHC Advisory Committee!

Are you interested in joining our OSHC Advisory Committee?

Our subcommittee meets on a Wednesday evening in Week 5 of each term from 6pm.

If you have the time to spare and would like to put forward your ideas and suggestions towards the running of our service, we would love to have you join us.

All parents and families who use our service are welcome to join.

If you're interested, please notify us in writing via email: [dl.1022.oshc@schools.sa.edu.au](mailto:dl.1022.oshc@schools.sa.edu.au)

I would also like to take this opportunity to thank our current members for their ongoing support. It is so very appreciated.

Looking forward to seeing some new faces in 2020.

Jasminka Huskic  
Director



## Simon Says

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

This is a very simple fitness activity using the basic 'Simon Says' framework. Take turns being Simon and setting the fitness challenges. Here are a few examples to get you started:

Simon Says: Shake your whole body, jump up and down, spin around, walk like a bear on all 4s to the clothes line, hop like a frog, pretend to sit on an invisible chair 5 times, Hop on your left foot, Jump as far forwards as you can then jump back again.

**Feedback**   
is always welcome

GRANGE PS OSHC

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Phone number: 08 8353 4917