

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE  
LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY. – ROALD DAHL

SEPTEMBER  
2022

## ON *this* MONTH

### POLICIES BEING REVIEWED THIS MONTH:

- Information technology policy
- Social media policy

### AROUND THE COUNTRY

Wattle Day -----	1
Asthma Week -----	1-7
Save the Koala Month -----	1-30
National Flag Day -----	3
Father's Day -----	4
Child Protection Week -----	4-10
Early Childhood Educators Day -----	7
Indigenous Literacy Day -----	7
Talk Like a Pirate Day -----	7
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World Rivers Day -----	25
World Maritime Day -----	29

## Caboolture Christian Children's Centre

### NEWS

#### Our CCCC Library!

Have you seen our new library in the front foyer? This is an extension from book week and in support of Indigenous Literacy Day.

The children are welcome to pick a book, place it in a folder provided and take it home to read with their family. The child's name and the name of the book can be recorded on the register.



Happy Reading!





### EARLY CHILDHOOD EDUCATORS' DAY - SEPTEMBER 7

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators! FIND OUT MORE ABOUT EARLY CHILDHOOD EDUCATOR'S DAY

### SAVE THE KOALA MONTH - SEPTEMBER 1-30

September is 'Save the Koala Month'. Learn about the plight of koalas and help to make a difference. There are likely to be less than 80,000 koalas remaining in Australia today and it could be as low as 43,000. Much of their habitat has already been lost. This makes it vitally important to save what is left. Hold a bake sale, create some Koala inspired art, have a face mask night and chill out like the Koalas do! BE A HERO FOR THE KOALAS THIS MONTH

## 10 MINUTE TOMATO SOUP



PREP 5 MIN | COOK 10 MIN SERVES 4

### INGREDIENTS

1/2 cup (125 ml) olive oil  
3 garlic cloves, crushed  
1.4 L tomato puree (tomato passata)  
750 ml good quality (organic, if possible) vegetable stock  
2 tablespoons balsamic vinegar  
1 tablespoon brown sugar  
2 small loaves of Turkish bread, cut into 1cm thick slices  
fresh basil leaves, to serve

### METHOD:

Place a large stock pot over low-medium heat. Add 2 tablespoons olive oil and garlic and cook for 1-2 minutes, stirring constantly, or until the garlic is cooked and wonderfully fragrant. Add the tomato puree and vegetable stock and stir to combine. Add balsamic vinegar and sugar and stir to combine. Bring soup to the boil, reduce heat and simmer for 8 minutes or until slightly thickened.

Meanwhile place a large non-stick fry pan over medium heat. Drizzle olive oil into pan and add Turkish bread slices. Cook for 1-2 minutes or until the bread is golden and toasted. Flip each piece of bread and cook for another 1-2 minutes (add more olive oil, if necessary).

**To serve** – divide the tomato soup between 4 bowls and place onto a large wooden board. Dot the toasted croutons around the board and top with fresh basil leaves. Enjoy X

*Recipe and image from mylovelylittlelunchbox.com.*

## App reviews

*Time to refresh those apps!  
Remove ones that are no longer being used and try some new ones.*



### THINKROLLS SPACE

AVOKIDDO \$7.99 | 4+

*Thinkrolls Space is a child-friendly puzzle game that's out of this world. Colourful heroes boldly roll where no Thinkroll has rolled before, in over 200 mazes set across seven unique planets.*

A cast of oddball aliens will make you grin from ear to ear. But you'll need brains and nimble fingers to reach your goal—and catch the waiting UFO that will beam your Thinkroll to the next fun-filled planet.

### PERFECT PITCH TODDLER

EAR TRAINING FOR INFANTS \$5.99 | Under 5

*Perfect pitch is impossible to learn as an adult but studies have shown that you can teach it to a child while they are still in their language learning phase of development.* Perfect Pitch Toddler is a collection of games that use animals teach children to listen to notes on a piano and identify them.

### PATTERNS & SHAPES: IBBLEOBBLE

KIDS PRESCHOOL MATCHING GAME \$2.99 | 3+

*Patterns with Ibbleobble is an exciting preschool shape matching game that helps children learn pattern sequences.* This app will help them decipher sequence problem-solving, understand repetition and familiarity, allowing them to recognise and make predictions.



**We proudly invite you to  
help us celebrate our wonderful educators!**



 **Early Childhood  
Educators' Day**  
— Wed 7 Sept 2022 —



[www.EarlyChildhoodEducatorsDay.org.au](http://www.EarlyChildhoodEducatorsDay.org.au)

**#LoveMyECE**

**#EarlyChildhoodEducatorsDay**



# HEALTH & SAFETY: Protecting Our Kids: Teaching Children About Personal Safety

One of the most important things we can do as parents and caregivers is protect our children by educating them about personal safety. Teaching children simple strategies about keeping safe can help them build confidence, resilience and empower them to be safe in a variety of situations. It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time.

## The importance of personal safety

Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

**It's never too early to teach personal safety** It's never too early to sow the seeds of personal safety and children can begin learning about keeping safe as young as three. As parents, we need to teach our children five basic principles (which form the basis of our personal safety education program for young children, Ditto's Keep Safe Adventure). These principles are:

- To trust their feelings and to distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it
- That if they feel unsafe or unsure to run and tell someone they trust.

**The 3 Rules of Personal Safety** The above personal safety principles can be distilled into three 'rules' (also known as 'Ditto's 3 Rules') that you can teach your children. Children should learn these rules through repetition and fun, engaging activities, which you can find in our free Parent's Guide to Personal Safety. You can also purchase resources related to personal safety that you can use as tools to teach your children these rules.

**1. We all have the right to feel safe with people.** This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

**2. It's OK to say 'NO' if you feel unsafe or unsure.** This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

**3. Nothing is so yucky that you can't tell someone about it.** One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

## Other helpful advice

**Talk to your kids:** Encourage your children to feel comfortable telling you anything, especially if it involves another adult. Encourage your children to identify other trusted adults they can talk to in confidence.

**Be aware:** Learn about the people with whom your child is spending time. Take notice if someone shows one or all of your children a great deal of attention or begins giving them gifts. Take time to talk to your children, find out why the person is acting in this way.

**Empower your kids:** Knowledge is power. Teach your children about their bodies. Teach them the correct language to use when describing their private parts. Emphasise that those parts are private. This will make them more at ease if they need to tell you about a touch that made them feel uncomfortable. Additionally, if a child uses a word like 'garage' or 'golf stick' to describe their private parts, a disclosure might be missed.

**Teach them their rights:** Teach your kids that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help and it is okay to tell you anything.

**Notice changes in behaviour:** Be sensitive to any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small indications that something may be troubling your children because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, non-critical, and non-judgemental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

**Practice safety skills:** Practice basic safety skills with your children. Make an outing to a mall or a park a 'teachable' experience in which your children can practice checking with you before going to the restroom with a friend, and locating the adults who can help if they need assistance.

**Cyber safety: is important too.** Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Parents should help children choose a screen name that does not disclose information about their location. Teach children not to post pictures with identifying information such as a school uniform. Always keep your computer in a public area of your house – not in a child's bedroom.

September 9 is Bravehearts Day find out more [here](#)

Source: *Bravehearts* (2022). Protecting our kids: Teaching children about personal safety. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/>



## MAKE A RECYCLING GAME

If you already have separate bins for trash and recycling, turn recycling into a sorting game. Designate different boxes for paper products, plastic, cans, and glass — you can even print off or create your own signs to put on the boxes, with pictures of common items that would go in each one. Get sorting!





# Supporting Early Learning at Home



Remember that although your child is now attending an early childhood centre, so much of your child's learning still happens at home. Doing things together is key to your child's early learning; this way your child can learn new skills, and build their interests and confidence as a learner. Time invested in interacting with your child in the early years is an investment in their future as a learner and a way of ensuring you have a strong long-term relationship with them.



Why did the scarecrow win an award?

Because he was outstanding in his field.

DAD JOKES - WWW.PUN.ME

Did you hear about the restaurant on the moon?

Great food, no atmosphere...

DAD JOKES - WWW.PUN.ME

## Top Tips for Dads



- **Include your child in every day of family life.** There are many opportunities to learn in every-day life. What may seem mundane to you is of great interest to your child! It could be when you: cook, clean and tidy up, measure or fix things, or gardening. Explaining what you are doing, talking and letting your child help enables them to grow, learn and strengthen their relationship with you.
- **Play with your child** – The way fathers and father figures play with their children has been found to have significant benefits to their development. Children who engage in active safe rough and tumble play (such as tickling, chasing and fun wrestling) with their fathers/father figures, have been shown to be more confident and better at coping with challenges, setbacks or problems.
- **Talk with and listen to your child every day.** Talk about: what you are doing, what will happen that day, the world around you. Ask for your child's opinion and encourage them to share their ideas.
- **Play with language.** Singing songs, reading books and reciting nursery rhymes are fun, interactive ways for your child to learn language through repetition. Putting actions to words also provides opportunities for children to learn the meaning of words.
- **Connect what you do at home to what they learn at preschool.** Talk to the early childhood staff and your child about what activities they do. See if you can extend and connect your child's learning at pre-school through activities at-home.
- **Do creative things together.** Your child's imagination and creativity are valuable qualities that support learning in pre-school and throughout life. Nurturing these from an early age will guarantee this. Besides, doing creative things together is fun!
- **Provide opportunities for your child's social and emotional learning.** There are many ways you can help your child to develop social and emotional wellbeing. One way is to think out loud. When your child hears your thinking process and how you feel, it helps them to understand how to cope with frustration and solve problems. Listening to your child is also important. Listening is a simple and easy way to validate the feelings that children experience, regardless of the size of the problem.

# 5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

## 1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

## 2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

## 3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

## 4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

## 5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).





## CREATE TOGETHER

*The benefits of art are tremendous. We think of creativity as the ultimate long term side effect of art, but the more immediate and obvious benefits are equally important. We also think that the biggest benefit of art is that it's FUN. Art helps kids develop both fine and gross motor skills. It helps children develop their problem-solving abilities.*

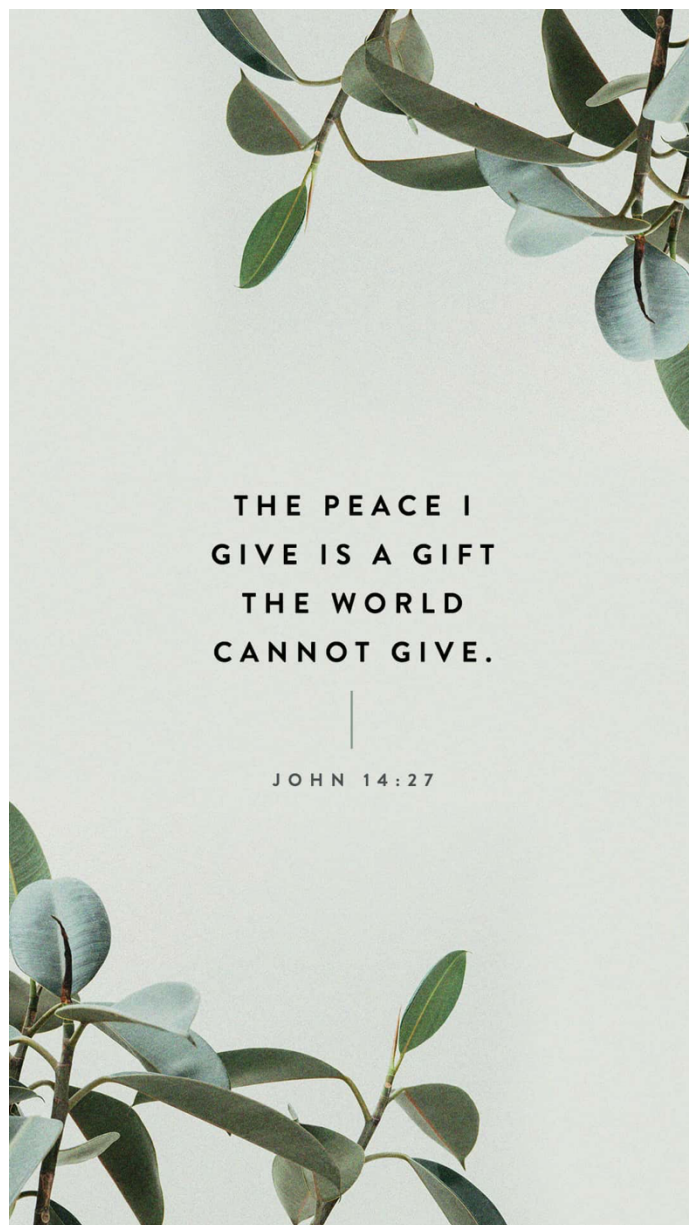
*Importantly art helps kids connect with others.*

Creating art with your child doesn't need to be result driven, encourage your kids to simply create their own thing as they explore art materials, art techniques, their own capabilities, and their current ideas and interests. There is a lot of enjoyment in the process, as well as learning and communication, that takes place as they experiment and create.

**Try this:** Find a large piece of paper or piece of cardboard and place it in a 'paint safe' space on the floor, you could even go outside and paint on the lawn. Choose 2 colours of paint and squirt some of each onto a plate, now get out some kitchen utensils you don't mind getting paint on and get creating!

Experiment together, see what patterns you can create. Will you work together? What happens if you mix the two colours together? Can you paint small patterns and large patterns?

Keep the dialogue open and enjoy this time being created with your child.



## 5 Minute MOVES

### Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core. Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.