



ON *this* MONTH

AT THE CENTRE

Sth Sudanese Dance Group and Morning Tea --6
Pyjama dress up day -----12

AROUND THE COUNTRY

Coming of the Light -----1
NAIDOC Week celebrations-----
Nelson Mandela Day -----18
Schools Tree Day (Planet Ark) ----- 28
International Friendship Day ----- 30



Under New Management from August 21st 2023



HATCHLINGS
Early Learning Centre

The centre that you know and love which has been running since September 2009 is changing ownership! This means that it will also have a name change... We will become Hatchlings Caboolture. The last day of trading as Caboolture Christian Children's Centre will be on the 18th August and commence under new management on Monday 21st August.

This means that things might look a little different with our signage, business name, Approved Provider, Fees Software and collection process, Communication Software, Uniforms and some operational requirements but you will still see the same *Amazing Team* dedicated to ensuring that your children have the best start in life in our Supportive, Friendly, Christian Environment! We hope to ensure that there is minimal disturbance to the program and practices provided and we will be following on with the same service Philosophy and this will be reviewed as we go in partnership with our families and our new owners. We are excited to join their family and I'm sure that we will have many more amazing years together. We want to thank everyone on behalf of Jenny Hills and her late husband Jeffery for all they have done for our community, families, staff and children to provide a home away from home for the past 14 years. Jenny would like to wish everyone the best and many blessings for the future.

Please see the letter that was sent out to families via email by Hatchlings to learn more about what's ahead. We will keep families updated with all relevant information as we go.

If you have any feedback, questions or ideas that you would like to share please send them through to us or come and chat with me.





SCHOOLS TREE DAY – JULY 28

Trees make happy healthy children by providing shade and helping to reduce exposure to harmful ultraviolet rays. Trees provide fun play opportunities through activities like climbing, swinging or creating a tree house. The benefits are endless.

Did you know: Since Tree Day 1996, 26 million trees have been planted. Find out more here

INTERNATIONAL DAY OF FRIENDSHIP – JULY 30

Friends are beautiful presents, each wrapped in their own unique packages. We develop friendships within our communities and across the world. We surround ourselves with friends of different ages, backgrounds, cultures and personalities. We encourage and treasure our friends. They are important for our health, happiness and world peace. [Find out more here](#)

ZUCCHINI, BRUSSEL SPROUT & HALLOUMI FRITTERS



INGREDIENTS

3 zucchinis, coarsely grated
8 brussels sprouts, shredded
200 grams halloumi, grated (I made light work of all of the grating by using my food processor)
2 green onions (scallions or spring onions), thinly sliced
1/2 cup mint leaves, chopped
1/2 cup basil leaves, chopped
zest of 1 lemon
2 garlic cloves, crushed
3/4 cup (95 grams) plain flour
3 eggs
2 tablespoons buttermilk
olive oil, to fry in
ricotta and lemon wedges, to serve

METHOD:

Place the zucchini, brussels sprouts, halloumi, spring onions, mint, basil, lemon zest, garlic, flour, eggs, and buttermilk into a large bowl and mix to combine. Heat a little olive oil in a non-stick frying pan over low-medium heat. Place heaped tablespoons of the mixture into the pan and cook for 3-4 minutes each side or until golden and cooked through. Place the fritters onto a plate lined with kitchen paper and continue frying until no batter remains. You'll notice the fritters feel quite tender but as they begin to cool they firm up beautifully thanks to the halloumi. Serve the gorgeously crisp veggie studded fritters alongside a big dollop of smooth ricotta and lemon wedges. Enjoy x

Images and recipe from mylovelylittlelunchbox.com



EARLYYEARSOUTDOOR

[instagram.com/earlyyearsoutdoor/](https://www.instagram.com/earlyyearsoutdoor/)

With over 1000 posts Katie of 'Early Years Outdoor' has plenty of nature inspired activities to keep your kiddos inspired to play outside.

FIVE MINUTE MUM

[instagram.com/fiveminutemum/](https://www.instagram.com/fiveminutemum/)

Five-minute, easy, fun games and activities for busy people to do with little kids. Think numeracy and literacy activities that build school readiness.

PLAY AND LEARN ACTIVITIES

[instagram.com/play.and.learn.activities/](https://www.instagram.com/play.and.learn.activities/)

Play and learn activities for children of preschool and early Primary.

PLAY HOORAY

www.instagram.com/play.hooray/

Play and parenting advice for the whole family. Here you will find developmentally appropriate activities and supportive parental advice.



FOCUS: One Powerful Word That Will Inspire a Kid Who Says, “I Can’t Do It!”



Many parents instinctively know that calling a child “stupid” could influence that child’s idea of how smart she is and cause her to behave differently when learning something new. But as it turns out, a child calling herself “stupid” can have the same effect.

The danger of negative self-talk Let’s suppose you’re back in high school, and you’re nervous about a big science test coming up. You tell yourself, “I’ll probably fail anyway, so why even study?” By telling yourself that, you’ve given up before the test even happened and envisioned a future for yourself where you’ll skip studying. If you do skip studying, you’ll have increased the chances that you’ll fail the test. Instead, consider what would happen if you told yourself, “I’m nervous about the science test, but studying will help me feel more confident.” You’d be **more** likely to study and therefore more likely to do well on the test. This phenomenon is called a self-fulfilling prophecy. In other words, when you declare something like this to yourself or another person, it’s enough to influence your behaviour to fulfill that declaration of “truth.”

But the most common response doesn’t work When kids engage in negative self-talk, it may sound like: *I’m no good at this, I can’t do it, it’s too hard, I’ll never learn how to read.* Because we love our kids more than anything else in the world, our gut reaction as a parent is to convince them that their words aren’t true: You **are** good at this! Yes, you **can** do it!, You **will** learn to read. I believe in you!

But have you noticed that when you try to fight your child’s negative self-talk with your own positive words, it doesn’t work? I learned that lesson the hard way with my 9-year-old. It took me a while to realise that when I unleashed a slew of positive affirmations, it actually made her attitude **worse**. She’d furrow her brow, cross her arms on her chest, and shut herself off from me. I’d unknowingly turned her frustration into a power struggle instead of addressing the heart of the issue.

This is what we’re missing. Here’s what your child is *really* saying when she talks bad about herself: *I’m frustrated, I feel bad that I made a mistake, I’m scared I won’t be able to figure this out.* When we respond with positive affirmations, this is what our kids hear: **Don’t be frustrated! Don’t feel bad!, Don’t be scared!**

I don’t know about you, but when I’m feeling those emotions and someone responds by telling me **not** to feel those emotions, I don’t take it very well. Which means the real problem is that we’re not stopping to *empathise* with our kids’ big and scary emotions. In that moment when your child gets easily frustrated and her confidence is shaken, she doesn’t feel heard. So, what *can* you do in that moment when you hear your sweet child saying mean things about herself, to herself?

Say one simple word. ...yet. Adding this one word builds your child’s confidence by giving her a vision of her future where she does “get” it. She’ll make choices that will help her **live up** to that new “truth.” Which means this little word is important for your child to hear, but it’s just as important for you. Because saying “...yet” will stop you from spewing out positive affirmations that will just make your child dig her heels further into the muck of negative self-talk.

For the best results when teaching optimism, grit, and stick-to-it-iveness, you’ll want to follow up “yet” with a little more guidance:

1. **Yet** – When you hear your child engage in negative self-talk, close the distance between you, look them in the eye, and repeat their statement but add “...yet” to the end. Depending on the statement, it may work better to say “...not yet.”
2. **Empathise** – Let them know you hear their frustration by saying “I can see that you’re frustrated.” Or “It seems like you’re nervous that you won’t figure this out.” Or “You feel bad that you made a mistake.” You might also follow this up with a question to get them talking about what they’re stuck on, like “Can you show me the part that’s hard for you?”
3. **Turn it around** – Now, ask your child a question to engage their problem-solving skills so they can move forward in a positive way. For example, “How can you try this a different way?” or “What part isn’t making sense yet?”

And all you have to remember is **YET**. *Yet, Empathize, Turn it around.*

To read more about ‘yet’ follow the link below.

Holmes, Kelly (2021). *One Powerful Word That Will Inspire a Kid Who Says, “I Can’t Do It!”* Retrieved from happyyouhappyfamily.com/negative-self-talk-in-children/



STREET NUMBER HUNT: Write numbers 1-10 on a sheet of paper. Go for a walk in your street or local neighbourhood. Look around and see what number you can find. Numbers may be on letterboxes, on signs. Look for individual numbers among larger numbers. How many can you find?



HIDE AND SEEK

Everyone knows the classic children's game 'Hide and Seek', but did you know there are at least 15 variations that children will be able to understand very easily, and that they will quite simply *love* to play.

Research suggests there are many cognitive and emotional benefits to playing hide and seek. Also these are games that they can play over and over again, developing social skills and positive relationships with others as they play them.

The 15 hide and seek variations are:

- Hide and seek (standard)
- Hide and seek team up
- Sardines
- Hide and seek jail
- Secret wave
- Everyone is on
- Blocko
- Water pistol hide and seek
- Kick the can
- Hide and seek move
- Hide the teddy
- Hotter/colder
- Code hide and seek
- Object hunt
- Using maps to find 'treasure'

Hide and seek games can take place pretty much anywhere – indoors, outside, in the park – you name it. Find out exactly how to play all of these variants [here](https://earlyimpactlearning.com/15-hide-and-seek-variations-twists-on-the-classic-game/).

Early Impact Learning (2023). 15 Hide And Seek Variations – Twists On The Classic Game Retrieved from <https://earlyimpactlearning.com/15-hide-and-seek-variations-twists-on-the-classic-game/>



Community Visitors this month so far...

Sth Sudanese Dance Group came in and shared their beautiful dances with us for Refugee week and Sth Sudanese Independence Day.



Recycle Man came in and taught us about the importance of recycling our rubbish through stories, activities and songs.



5 Minute MOVES

LET'S PLAY HANDBALL

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

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.