



DECEMBER  
2021

## ON *this* MONTH

AT KIDS OASIS KINGSGROVE

Railway Safety Incursion -----	Nov 25
Dolphins Graduation -----	16
Christmas Production -----	22
Last Day -----	24
First day back -----	Jan 10

### AROUND THE COUNTRY

International Day of Persons with Disabilities -----	3
Human Rights Day -----	10
International Mountains Day -----	11
International Migrants Day -----	18
Christmas Appeal -----	8-24

## Reptile Fun!

Kym the Reptile man has come back for another fun reptile show! It was so fascinating to watch all the wonderful reptiles and amphibians, to touch their slimy and scaly bodies, to help in his funny magic tricks and learn lots of fun facts about wildlife! Kym was our very first incursion following the COVID lockdown and we are so excited to get back into action. We have another fun incursion booked for 25<sup>th</sup> November which is focused on Safety amongst the railway and many many more booked in for next year! We would love for a nurse to visit our centre to chat to the children, if anyone knows anyone, please let us know!

Let's hope we don't go into another crazy lockdown!





## HUMAN RIGHTS DAY – DEC 10

*Every year, Human Rights Day provides an opportunity for all to renew with the spirit of humanity's long struggle for rights and dignity and to mobilise against old and new challenges, in the shape of poverty and inequality, violence, exclusion and discrimination.*

Human Rights Day is observed every year on December 10. It commemorates the day on which, in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights. **Find out more.**

## KMART WISHING TREE APPEAL – DEC 8 - 24

*Kmart and The Salvation Army are coming together to help support those doing it tough.* Prior to the pandemic, more than 3 million Australians were living under the poverty line and The Salvation Army have seen a continual increase in need, that's why we encourage you to embrace the spirit of giving this year by supporting the Kmart Wishing Tree Appeal. **Find out what you can do here.**

## SPELT GINGERBREAD



PREP 10 min | REST 30 - 45 min | COOK 8-10 min

### INGREDIENTS

- 3 cups white spelt flour
- 1 tbsp ground ginger
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp bicarb soda
- 1/4 tsp baking powder
- 125g unsalted butter
- 1/2 cup pure maple syrup
- 1/2 cup coconut or rapadura sugar
- 1 egg

### METHOD:

**Preheat** oven to 180 C. **Combine** dry ingredients in a medium sized bowl and set aside. **Heat** a saucepan to medium heat and melt the butter. Once melted, **stir** in the maple syrup and coconut sugar until combined and the sugar has dissolved. **Whisk** the egg in a separate bowl and add to the dry ingredients followed by the wet mixture. **Stir** to combine then place on a pastry mat or floured surface and knead until a smooth dough forms. **Place** in the fridge for 30-45 mins to chill. Use a rolling pin to **roll** dough out until 5mm thick. **Cut** into cookies or use a template for a gingerbread house. Bake in the oven for 8-10 minutes and cool completely on a wire rack before icing. Use a royal icing recipe to make some fun designs.

*Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at [jokatenuitration.com](http://jokatenuitration.com)*

## Podcast Reviews

Road trip ready fun and informative family podcasts!



### WOW IN THE WORLD

TINKERCAST

*The first word in this podcast is key: Wow. This show looks at the most amazing stories in science, technology, and history, and delivers them with more energy and fun than a toddler on five slurpees.* Curious kids will be captivated, and you'll find it hard not to love it too.

### STORY PIRATES

STRIKING VIKING STORY PIRATES

*Winner of the 2020 iHeartRadio award for Best Kids and Family Podcast, The Story Pirates Podcast is one of the top three kids and family podcasts in the world.* Downloaded over 40 million times and featuring songs and sketches based on stories written by kids, special guests include top talent like Julie Andrews, Kristen Bell, Billy Eichner, Lin-Manuel Miranda, Dax Shepard,

### LITTLE YARNS

RUDI BREMER

*Australia is full of diverse Aboriginal and Torres Strait Islander Nations. From the Bunuba to the Wiradjuri, the clans of the Torres Strait to the palawa people, every mob has its own language and unique culture.* Each episode will take you on a journey to a different Nation; to listen to the sounds of Country, share some language and have a little yarn.





## FOCUS: This One Thing is the Answer to a Good Life

From a young age, society tells us we need certain material things to be successful, to lead ‘the good life.’ To obtain the dream home, the respected career, the luxury vehicles, we need to constantly work harder, push harder, be more.

Truth be told, ‘the good life’ for many people means being caught in a vicious cycle of crazy-business. The question then becomes, what really keeps us happy and healthy as we go through life?

Empirical data from a longstanding Harvard study shows time and time again, one strong predictor of a happy and healthy life. For 75 years, the Grant and Glueck study has tracked multiple generations of people collecting ongoing data about their work, their home lives, and their overall health through blood samples, brain scans, and more...The study conclusion?

Robert Waldinger, director of the Harvard Study of Adult Development, states, “The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.” Not in the square footage of your home. Not the brand of clothes you wear. Not the type of car you drive. Not the different companies you worked for or how much is in your 401K.

***The study shows the most influential empirical predictor of health and happiness in life is — connection.***

Data from the study demonstrates that having someone trustworthy to rely on when life gets tough helps your brain stay healthy, helps your nervous system relax, and reduces both physical and emotional pain. The research also shows people who are isolated or who feel lonely are more likely to see physical health decline earlier in mid-life, brain function decline, and live shorter lives overall.

Waldinger explains, “It’s not just the number of friends you have, and it’s not whether or not you’re in a committed relationship,” but rather, “It’s the quality of your close relationships that matters.”

In other words, you don’t need to be a social butterfly with a big group of friends or even currently be in a romantic relationship; what matters is connecting with people who light you up. The key to happiness is to practice *leaning into* healthy relationships.

Let’s say you’re 25, or you’re 40, or you’re 60 — what might leaning in look like? Waldinger explains the possibilities are endless regardless of age.



***“It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven’t spoken to in years.”***

In other words, make time for the people who matter most to you.

Find a simple way to show ‘your people’ they are important — send a “remember when” text to a friend, give your partner a hug and don’t let go until after they do, make eye contact with your kids at dinner time, try that new yoga class your friend has been mentioning to you, send a good old fashion snail-mail greeting card to someone with a short handwritten note. Small acts of kindness go a long way.

In the end, this 75-year scientific study confirms what you already know deep down — “the good life is built with good relationships.”

***“When you connect with people who are good for you, you feel it. This is a big deal. Don’t forget to acknowledge how great it is to be around someone who lights you up. Tell them, even if you feel a little weird. Your people love your weirdness.”***

— Author Unknown.

Harrington, Zina (2021). This 75-Year Harvard Study Found This One Thing is the Answer to a Good Life. Retrieved from becoming unbusy.

## WRITE TOGETHER

**Receiving personal notes around the holidays is very special. Our children see us writing cards and letters and want to copy what we are doing. This activity may require a little patience from you, but the result is well worth it.**

Begin by reading some cards or letters you have already written to your child. Then choose a few special people in your children’s life who you/they intend to send a card to. Let your child choose a card for each.

The goal here isn’t ‘perfection’ it is ‘personal’. *Adapt the activity to your child’s ability/independence level.* For young children, ask them what they would like to say and transcribe for them onto the card. No practise run throughs just straight into it. You will get the most authentic responses here. Follow the same process for older children but write their response onto a white board or piece of scrap paper and allow them to write onto the card themselves. The result, treasured cards your children will be so proud to give this holiday season!



## HEALTH & SAFETY: Button Batteries



**Since 2013, three Australian children under three have lost their lives after swallowing a button battery; four-year-old Summer Steer, 14-month-old Isabella Rees and three-year-old Brittany Conway. In addition to these tragic deaths, it is estimated that one child in Australia needs to be hospitalised every day because they have swallowed a button battery. Of these kids, one child a month is also seriously injured, with some sustaining lifelong injuries. All because of a button battery.**

### Button battery warning

Many people are unaware that these batteries are so dangerous if swallowed. But they are – once ingested, they start to attack from the inside, affecting the bowels, oesophagus, nose and ears. *New safety standards were introduced on 21 December 2020, they will be mandatory on 22 June 2022. You can read about these [here](#).* There are some button battery safety tips that all parents need to know, especially with the lead-up to Christmas.

### Safety tips

**1. Store safely** - Keep **new and used button batteries out of sight and out of reach** of small children. High shelves, locked cupboards – places your kids cannot get to. Even old or spent button batteries can retain enough charge to cause life-threatening injuries.

**2. Opt for button-battery free products** - When choosing gifts, go button battery-free, if you can! This eliminates the risk. So many products (and Christmas gifts) have button batteries – watches, remotes, toys, torches, but there are alternatives.

**3. Check the compartments** - Check that the product does not release the battery and it is difficult for a child to access. If the battery compartment does not close securely, stop using the product and keep it away from children.

**4. Dispose of properly** - As soon as you have finished using a button battery, **put sticky tape around both sides of the battery and dispose of it immediately in an outside bin**, out of reach of children, or recycle safely.

**5. Know the symptoms of button battery ingestion** - It takes two seconds for a child to find one on the floor, ingest it, and keep on playing. Many parents are not aware their children have swallowed a battery. Three-year-old Brittany went 8 days before it was discovered she swallowed a battery through an X-ray. This is why it's important to know the symptoms: **gagging or choking, drooling, chest pain (grunting), coughing or noisy breathing, food refusal, black or red bowel motions, nose bleeds, spitting blood or blood-stained saliva, any unexplained vomiting, fever, abdominal pain or general discomfort.**

If you suspect a child has swallowed or inserted a button battery, you should ask for an X-Ray from a hospital emergency department to make sure. If you know they have swallowed a button battery, call 000 immediately.

### ADDITIONAL SAFETY TIPS DURING THE FESTIVE SEASON

Of course, button batteries are only one of the many hazards to watch out for at Christmas. **Battery World** has some great **general battery safety tips** for you to keep the kids safe at Christmas, especially around Christmas lights.

- Before you start setting up your Christmas decorations, make sure you check the cables for any cracks, exposed wires or frayed ends.
- Make sure your batteries are new if they have been stored away for the past year.
- Indoor and outdoor Christmas lights are different, with the cables built for different purposes and conditions, so don't use indoor lighting outside!
- When shopping for outdoor lights, make sure the ones you get are durable and have waterproof battery packs.
- For any length of cord not used, make sure to tape it down, as the last thing you want is preventable tripping leading to rather disgruntled relatives!
- Place your lights away from any flammable materials like gas bottles, and avoid confining the cables by placing them under rugs, mats and into tight spaces where they can overheat and cause damage.
- When you're heading to bed, turn your lights off to make sure they don't overheat or cause any damage while you're out.
- Store them safely when you're done in a tightly sealed container with cables neatly piled away to avoid any deterioration, poor storage conditions or nasty pests chewing on the cables.

Source: Galley, Jenna. (2020, December 2020). Don't Let it Happen to You: Button Battery Warning in the Lead Up to Christmas *Retrieved from* [www.mumcentral.com.au/button-battery-warning-christmas/](http://www.mumcentral.com.au/button-battery-warning-christmas/)



## WRAPPING PAPER

Do you have a stockpile of your little artist's creations that you are ready to part with? These beautiful drawings and paintings can become this year's wrapping paper. Ask your child if they can pick out some artworks especially for grandparent's and friends presents. Family and friends will feel extra special receiving presents wrapped in art.

REDUCE, REUSE, RECYCLING, RE-LOVE. MERRY CHRISTMAS.



## WATER PLAY



Water is an important natural material that provides hours of absorbing fun and a **multitude of wonderful development and learning opportunities**.

#### What are the benefits of Water Play?

**Energy Release** – Children can find water play both calming or invigorating depending on the activity being presented.

**Therapeutic Water Play** – Water play doesn't have to be loud and busy, it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

**Motor Skills** – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

**Social Skills** - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

**Language and Communication** - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>

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

# Christmas

is almost here!

Our team wants to thank our amazing parents and grandparents for all the support they have offered us over the last year! Its been a challenging one but we have managed to get through it safely and this is a testament to our amazing families and their efforts in staying safe also.

We want to wish our families light and laughter during this coming holiday season! Merry Christmas and a very Happy New Year!



## 5 Minute MOVES

### WHERE TO NEXT?

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

**HOW TO PLAY:** This game is best played outdoors, in an open area with different landmarks or locations that children can run to. On small pieces of paper write down the names of different landmarks in the vicinity, i.e., the fence, goal post, a tree, swing... Put the pieces of paper in a small bag that can be used to run. One child pulls out a piece of paper and reads the location. Then they all have to run to that location. Once everyone reaches the destination, a different child pulls out another piece of paper, and you all run again.

**Feedback**   
is always welcome

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