



## A note from the director

Fabulous families,

What a busy month! I am knee deep in putting together enrolments for 2021. A huge thanks to all the families who have accepted their placement for next year. If you are yet to respond please don't forget to do so by the 31<sup>st</sup> of August. It assists me greatly in planning.

Sibling letters of offer will follow soon so if you haven't already, please let me know what you are looking for ASAP.

Thanks so much to all the families who are handwashing, sanitising and bag spraying! We have seen such a significant decrease in the amount of general illness with the children. Just a gentle reminder to please make sure your child's temperature is recorded before you leave in the morning as in the unlikely event that there is an issue we have you on hand. We understand that drop off times can be busy but it only takes a minute.

*Doting Dads, don't forget to grab a coffee and muffin from us next Wednesday 2nd September in honour of your special upcoming Father's Day*

That's it from me, have a Spectacular September!  
Sophie



## LEMON, THYME &amp; HONEY CHICKEN



PREP 25 min | COOK 35 min | SERVES 3-4

## INGREDIENTS

## Chicken

6 chicken drumsticks  
zest of 1 lemon  
6 sprigs of fresh thyme  
2 tablespoons olive oil  
sea salt and freshly ground pepper  
1 tablespoon honey **\*\*Not suitable for bubs under 1 year, leave drumsticks honey free**

## Pesto pasta salad

500 grams short pasta (such as fusilli, penne or rigatoni)  
3-4 heaped tablespoons of basil pesto  
1 punnet of cherry tomatoes, halved  
1 cucumber, thinly sliced  
2 cups rocket  
1/3 cup pecorino/parmesan, shaved  
4 bocconcini balls, roughly torn

## METHOD:

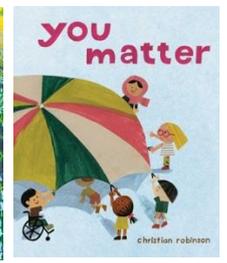
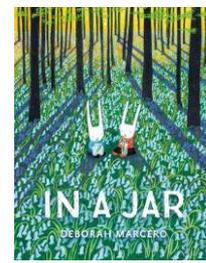
**Chicken** - **Preheat** oven to 200.C. **Place** the chicken on a lined oven tray. **Zest** a lemon over the chicken, adorn with thyme sprigs, drizzle with olive oil and season with sea salt and freshly ground pepper. **Roast** for 30 minutes, drizzle with honey and cook for another 5 minutes or until cooked, golden and caramelised. **Serve** with pesto pasta salad.

**Pesto pasta salad** - **Bring** a large pot of salted water to the boil and cook pasta. **Drain** and rinse under cold water. In a large bowl place, the cooked pasta and pesto and mix to combine. **Add** the cherry tomatoes, cucumber, rocket, pecorino and bocconcini balls and toss to combine. **Serve** with golden roasted lemon, thyme and honey chicken.

Recipe and Image from 'mylovelylittlelunchbox.com'

## Book reviews

Beautiful picture books that promote strength, courage and unity.



## THE BUG GIRL

Sophia Spencer and Margaret McNamara | AGE 4 - 8

*Real-life 7-year-old Sophia Spencer was bullied for loving bugs until hundreds of women scientists rallied around her.*

Now Sophie tells her inspiring story in this picture book that celebrates women in science, bugs of all kinds, and the importance of staying true to yourself.

## IN A JAR

Deborah Marcano | AGE 3 - 7

*Llewellyn, a little rabbit, is a collector. He gathers things in jars--ordinary things like buttercups, feathers, and heart-shaped stones.*

Then he meets another rabbit, Evelyn, and together they begin to collect extraordinary things--like rainbows, the sound of the ocean, and the wind just before snow falls. And, best of all, when they hold the jars and peer inside, they remember all the wonderful things they've seen and done. But one day, Evelyn has sad news: Her family is moving away. How can the two friends continue their magical collection—and their special friendship—from afar?

## YOU MATTER

Christian Robinson | AGE 4 - 7

*this sensitive and impactful picture book about seeing the world from different points of view.*

In this full, bright, and beautiful picture book, many different perspectives around the world are deftly and empathetically explored—from a pair of bird-watchers to the pigeons they're feeding. Young readers will be drawn into the luminous illustrations inviting them to engage with the world in a new way and see how everyone is connected, and that everyone matters.



## FOCUS: The incredibly simple secret to making mornings in your house more harmonious

I am definitely a crabby Mum first thing in the morning! I don't want to be talked to. I don't want to talk back. I don't want to make breakfast; I don't want to hear the cartoons. I just want to be left alone until I'm ready.

This is not because I've woken up on the wrong side of the bed. It's because I have a brain, and brains are computers and they need to load before they can work. When we turn on our computer, we don't expect that we can immediately get stuck into that spreadsheet or Google search, we know it needs time to load. Our brain is no different! It needs to become active. It needs to get ready before we can do all the things.

*But with our modern-day, rushed and urgent lifestyle, we make very little time or space first thing in the morning to prime our brain before we need to start using it.*

And if we, as adults, experience this crabby, anxious morning feeling just imagine how much harder it must be for a child, especially a young child who doesn't yet have the emotional regulation skills that we as adults generally do. And yet they're expected to get up, get dressed, sit at the table, have their breakfast, do their teeth, remember their library book, pack their lunch and all the other morning jobs. Imagine the crabbiness, the anxiety that they must experience.

All of these morning tasks require what we call 'executive functioning' and the brain needs to be active before it can make these things happen.

If our kids haven't had sufficient time in the morning to play, to do some stretching, to move, to have some music, use their imaginations, a little bit of creative time or fresh air — then their brain is not necessarily going to be primed in the way they need it to be so that they can function easily.

*But fear not! Because it is super simple to prime our brains, and one of the best ways to do this is with music.*

Research tells us that when we experience music, more of our brain activates than it does when we experience any other thing. And this can happen from listening to music, making music, or even just thinking about it.

So, simply listening to music in the mornings as part of your daily routine will help activate your brain and your child's brain so that everybody can work together more harmoniously in the mornings. I recommend choosing songs that your children love, make a playlist, listen to your favourite CD. You could opt for an early morning disco



party — just turn on the music and all have a quick dance around the lounge room together.

A really important element of music is its physicality. Movement, dancing, stretching. This, in conjunction with rhythm and melody, absolutely does wonders for getting the brain active and ready to work!

These strategies are super simple, they don't take a lot of time and you don't need to be musical to be able to achieve them.

So if you or your children are finding that you're crabby in the morning, anxious, worked up, not functioning at your best, not able to get the jobs done on time then these simple, music based exercises are a must — and a fun one at that — to get you walking out the door harmoniously and calmly.

*This article is a guest post by Allison Davis on [maggiedent.com](http://maggiedent.com) Allison Davies is a Registered Music Therapist who specialises in brain care, and a National 2016 AMP Tomorrow Maker. Alli lives in regional NW Tasmania with her young family. She is joining Maggie Dent and Dr Kaylene Henderson for Maggie's one-day conference Calming Today's Anxious Children happening in Wollongong (26 September 2020). [www.maggiedent.com/calminganxiouskids](http://www.maggiedent.com/calminganxiouskids)*

Davis, Allison. (2019). FOCUS: *The incredibly simple secret to making mornings in your house more harmonious*. Retrieved from <https://www.maggiedent.com/blog/the-incredibly-simple-secret-to-making-mornings-in-your-house-more-harmonious/>

## SOUND SPOTTERS

*The ability to listen closely is a key ingredient of phonemic awareness. This is the part of instruction that is skipped most often, because we assume that young children know how to listen. They may not!*

After a busy morning or afternoon lie quietly on the floor with your children. It's not nap time, but it's a great time to unwind, which is important for young children. As you lie there quietly for five to ten minutes, listen for sounds. Become "sound spotters". Don't use your eyes — use your ears. There are always sounds and weird noises you can hear in your home or outside: an air conditioner, doors closing, stomachs growling. The possibilities are endless! Your part is to talk about the sounds you and your children hear. Use a little enthusiasm and exaggeration to get the kids interested in this activity. The key phrase is, "Who can spot a sound with their ears?"

**Find more early literacy activities here**





# What's been happening at Seaforth: Science week, the deep blue



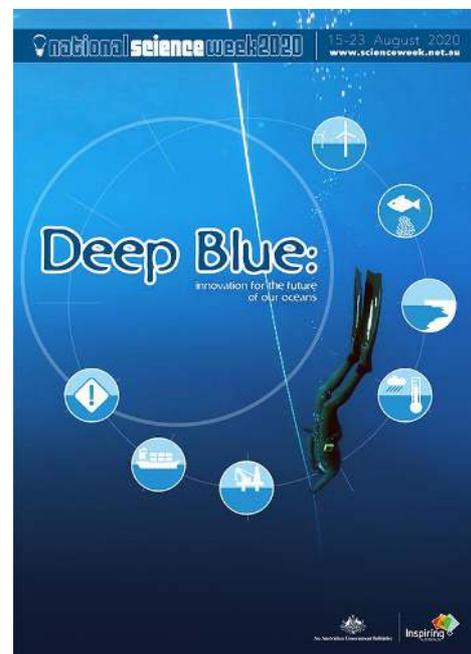
During the month of August Seaforth Childcare have been celebrating science week! The school theme of National Science Week 2020 is 'The deep blue.'

This inspired our Kookaburras, Cockatoos and Kingfishers to spend the week exploring the oceans and all the wonders it has to offer!

The Kookaburras began our week by discussing all the information the children already knew. We gathered for a yarning circle and the children very excitedly named different sea creatures they knew and their favourite aspects of the ocean such as seaweed and coral! We then used this information to shape our program for the week. The children engaged in crafts, fact finding, exploring Indigenous dreamtime stories and engaged in small world explorations. The children took a strong interest in how to stop pollution from entering our oceans.

The Cockatoos enjoyed investigating where all the different ocean animals live and the Great Barrier Reef. The children then transferred this knowledge into creating their own ocean display complete with coral and sea creatures. The Cockatoos also explored the concept of sinking and floating. The experiment consisted of two containers, one containing salt water and the other fresh water. Using a variety of resources each child hypothesised if the object would sink or float in each container.

The Kingfishers have been exploring habitats in the lead up to science week so the children already had a strong foundation of knowledge. This foundational knowledge paved the way for the Kingfishers to explore more in-depth the different layers of the ocean and what species are found within each of these layers. The children conveyed this knowledge through creative arts and ongoing discussions.



## Feature Article



### How to make goop!

Goop is a great, easy way to encourage sensory learning for your little one at home!

#### What you'll need:

- 1 1/2 cups corn starch
- 1 cup water
- 1 drop of food colouring

#### Method:

Mix all ingredients together until blended. Goop should harden when squeezed in your hand. (sometimes it needs a little extra water)





## WHAT'S IN THEIR POCKETS?

Looking into a child's pocket opens a magical window into their daily experience. Small children in six countries emptied the contents of their pockets and were asked about their haul. From Argentina to the Ukraine, the results were as cute and baffling as you might expect.

The six families chosen to be featured in the story all agree that it has been an adventure to discover what their kiddos are carrying around as treasures.

The biggest similarity among the international kids was candy. Half of them said it was their favourite thing to keep in their pocket. When asked, 'If you could fit anything in your pocket, what would it be?', **William**, from the USA, doubled down on his sweet tooth, saying: "Five thousand pieces of candy!" On one memorable day, William's pockets contained Skittles with all the colours licked off. He told his parents the colourless Skittles were candies for Harry Potter. **Nadya** from the Ukraine chose 'slime' as the number one thing she wished she could carry in her pocket. The reason? Because "mother forbids it." The fun continued when parents were asked the question: "What's the weirdest thing you found in their pockets?" The mother of **Bilal**, a five-year-old from India, answered with four words. "My husband's credit card." **Wyatt's** parent in the U.K admitted, "I was both incredibly confused and relieved when I found my missing house keys there once." She explained, "Not all of my house keys, just the keys that were attached to a BB-8 key ring that he'd decided was now his."

*What treasures have you found in your child's pockets?*

Source: [goodnewsnetwork.org/whats-in-their-pockets-a-look-at-children-around-the-world/](http://goodnewsnetwork.org/whats-in-their-pockets-a-look-at-children-around-the-world/)



## Simple school readiness checklist.

Making the decision of if your child is ready for school or not can be overwhelming so here is a simple checklist to help guide parents when making this decision.

So what skills do children need to have developed by the time they begin Prep? Below is a non-exhaustive checklist for parents:

Being able to socialise and cooperate with other children and adults

Being able to identify and communicate their feelings (both physical and emotional)

Being able to sit still for extended periods of time

Good listening skills and being able to follow simple instructions

Developed fine and gross motor skills

Developed visual system – allowing to focus between their paper and the board

Age appropriate self-control and being able to **manage 'big' feelings**

Source: [www.learningconnections.com.au](http://www.learningconnections.com.au)



## Thunderstruck

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

Find an open area to jog laps in or simply jog in place at a moderate pace. Find the song "Thunderstruck" by AC/DC on YouTube and play it. During the song, you should listen closely for the words "Thunder" or "Thunderstruck". Every time these words are said, perform a burpee (or a version of that your child/ren can perform). This will go on for the entirety of the song!

You can choose any song you like; simply choose the word/phrase in the song you will perform the burpee on and press play.

Source: [successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/](http://successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/)