



# ON *this* MONTH

## AROUND THE COUNTRY

World Wetlands Day -----	2 <sup>nd</sup>
Safer Internet Day -----	6 <sup>th</sup>
National Apology Day -----	13 <sup>th</sup>
Chinese New Year -----	16 <sup>th</sup>
World Day of Social Justice -----	20 <sup>th</sup>
Sustainable Living Festival -----	1-28 <sup>th</sup>

## POLICY REVIEW AND UPDATE

Oxanda Privacy and Confidentiality Policy has been updated due to changes made to the Australian Privacy Law, which comes into force on 22nd February 2018.

During the month of February, we will be reviewing the following policies:

- Environmental Sustainability Policy
- Non-English Speaking Background Policy
- Physical Environment Policy
- Bottled Breast Milk Policy
- Sleeping and Rest Requirement Policy
- Infant Bottle Safety and Preparation Policy

If you have any suggestions in relation to our policies, please email [policyreview@oxanda.edu.au](mailto:policyreview@oxanda.edu.au) or by using the Educa-Comment button.

All policies are also available in the Policy Folder located in your Centre Foyer.



**NATIONAL APOLOGY DAY – 13<sup>TH</sup>**

Tuesday the 13th of February marks the 10th Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten.

Events are held throughout the country as a reminder that sorry is more than just a word, we need to work together in order to achieve key outcomes for the Stolen Generations. Find out more at [www.healingfoundation.org.au](http://www.healingfoundation.org.au)

**CHINESE NEW YEAR – 16<sup>TH</sup>**

In 2018 the Chinese New Year will be celebrated on February 16<sup>th</sup>, and marks the beginning of a new lunar year. Chinese New Year, also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people. 2018 will be welcomed as the 'Year of the Dog'.



**MINI PEA & PESTO FRITTATAS**

PREP 10 min | COOK 10 - 12 min | MAKES 12

**INGREDIENTS**

- 2 cups (250 grams) peas  
*(if using frozen peas, simply run under water to defrost a little)*
- 6 eggs
- 1/2-cup cream
- 1 cup tasty cheese, grated
- 2 tablespoons pesto
- 2 tablespoons basil, finely chopped

**METHOD:**

Preheat oven to 190 degrees Celsius. Grease a 12-hole muffin tin with butter or olive oil spray. Divide the peas evenly into holes of prepared tin. Place the eggs, cream, cheese, pesto and basil into a large mixing bowl and whisk to combine.

Pour egg mixture over peas and bake for 10-12 minutes or until golden and set. Allow standing in the pan for 5 minutes or so before loosening with a knife and removing. Serve alongside a little fresh fruit or veggie sticks. These muffins aren't suitable for freezing.

Enjoy [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)

**SAFETY** – Remember to always supervise kids in the kitchen.

**Book reviews**

Three lesser known titles that are sure to become favourites.



**THE UNDERWATER FANCY DRESS PARADE**

DAVINA BELL | 3-7 YEARS

*The night before the underwater fancy-dress parade, Alfie got that feeling*

Sometimes it's hard to be brave. Sometimes you get that feeling. Sometimes you're just not ready . . . until, one day, you are. A wonderful book that explores the feelings of anxiety or worry that a child may experience before certain occasions or events in their lives.

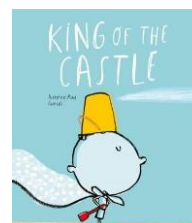
**THE BARBER AT THE HARBOUR**

TOM PATERSON | 4-8 YEARS



*Sailors return from long voyages and head straight to the harbour barber.*

A witty and engaging children's book that tells the story of a barber who finds innovative ways to groom the shabby sailors as they return from sea. Through rhyme, the book pays homage to the iconic hairstyles of recent decades, accompanied by beautiful watercolour illustrations that bring the characters to life.



**KING OF THE CASTLE**

AURORA RUD | 3-8 Years

*When a creative young boy goes to the beach, he sees it as a blank canvas for imagination and adventure.*

What starts as a sand castle becomes much, much more... The book is written from the perspective of a fearless, all-conquering child at the beach. There is a dragon, three thousand workers constructing the castle and a moat as well as a giant deep-sea monster and more...



# FOCUS ARTICLE: How to teach your kids to do hard things



Ever wonder how to teach your kids to do hard things? How to fight fear, to live brave and overcome hard things? Here are some great ideas to get you started.

Life is full of hard things. Full of them. Learning to walk is tough. Growing up is challenging. Learning to become a good spouse is no easy feat, settling into the role of mother is hard. Hard. Hard. Hard. So why wouldn't we want to prepare our kids to handle hard things well—to not balk at the pressure? Why shouldn't we seek to give them eyes that see beyond what's right in front of them, intentionally training them and equipping them with the tools to handle hard things?

Here are 5 things I want to be intentional about in raising kids who can do hard things, kids who are overcomers.

**1. Let them fail |** Really. Our home is a training ground for life. And so is yours. It's a place where our children are loved no matter what, a place where their worth is not based on performance, and the safest place for them to trip and fall and learn about what it takes to get back up again. My natural tendency is to smooth out all the rough spots, and champion my children to success. But this does not help them in the long run. A cut-throat workplace or college class are not the best place for our kids to be learning these lessons for the first time. Be intentional about giving your children a safe place to mess it all up, to crash and burn, to learn consequences and forgiveness and exactly what it takes to get back up and try again.

**2. Equip them |** Watching our children deal with hard things give us the opportunity to teach them how to respond well. One thing I'm

learning is that no matter how irrational, improbable, or ridiculous it may seem to someone else, fear is real. We all fear different things, but when you are in the midst of it, it becomes your reality. Minimizing someone else's fear is not helpful. But teaching them how we handle fear, how we fight lies that can eat away at our hearts, is quite useful.

**3. Talk truth |** While we try to re-shape hearts and complaining attitudes around here we don't shy away from calling things hard. Learning to swim is hard. Pulling weeds is hard. Keeping a tidy home is hard. Sure it is, but that doesn't mean we don't do it. As my kids get older we talk more and more about the hard things of life, because they don't ever magically go away. Talking truth with your children, rather than sugar-coating life lessons, conditions them to understanding that hard work is a part of life and not something we shy away from.

**4. Start training them |** Have you ever considered intentionally training your children to do hard things, to push past their will and what they see right in front of them in order to learn the value of perseverance? You can be intentional about helping your children develop faithfulness and tenacity. Try taking on a big challenge as a family. Help your kids engage in conversations outside of their comfort zone or offer an apology even when it feels awkward. Show them how to serve others or what it might look like to give sacrificially. These things don't come naturally for most children, or adults for that matter. Walk them through it intentionally and give them opportunities and new environments in which to practice it. Make sure they see you doing the same. Let them fold their clothes, let them weed the flowerbeds, teach them to clean up the kitchen, to sweep the steps and wash the windows. The tasks will grow with age, of course, and you can even make some of the bigger and more challenging chores paid jobs, but only pay for a job well done. It all takes effort and oversight on your part, but slowly they will begin to learn the value of hard work and doing hard things. And, hopefully, your house will be getting cleaner in the process!

**5. Follow through |** Similar to discipline, follow through is key and is often the hardest part as a parent. You love those kids like crazy and if you're anything like me, you tend to let them off the hook too easy at times. But that is not parenting brave. Parenting brave requires the very same thing of us that we are trying to train in our kids, making decisions not based solely on what is right in front of us, but with the end result in mind. In this case that would be responsible and capable adults.

This is an edited version of 'Raising Overcomers' read the article in full at the following [ink www.mother.ly/child/raising-overcomers-how-to-teach-your-kids-to-do-hard-things#close](http://www.mother.ly/child/raising-overcomers-how-to-teach-your-kids-to-do-hard-things#close)

Source: *Motherly*. Author *Katie Westenberg*

## PIPE CLEANER MATH

This numeracy activity will take you less than 5 minutes to put together, and all the materials are very inexpensive.

Start with paper cups, turn the cups upside down, and use a marker to write numbers on the front of the cups. Begin with a small set of numbers your child has been learning. Poke a matching number of holes in the bottom of the cup. Cut a handful of pipe cleaners, into halves.

The pipe cleaner counting activity is now ready. To complete the activity, the children must read the number on the front of the cup. They then count out the right number of pipe cleaners, and push them through the holes at the top of the cup.

This is a fantastic fine motor activity as well as counting. The smaller the holes the more challenging the activity will be.

Source: *Planning Playtime*  
[www.planningplaytime.com](http://www.planningplaytime.com)



Fun with  
NUMERACY

# HEALTH & SAFETY: Safe Internet use for Preschoolers



The Internet can entertain, educate and occupy your pre-schooler. But your child can come across dangerous people or inappropriate content online. With some practical internet safety precautions, you can minimise the risks for your child.

## Internet safety risks for pre-schoolers

There are three main kinds of Internet safety risks for children:

- **Content risks:** these risks include content that children might find upsetting, disgusting or otherwise uncomfortable.
- **Contact risks:** these risks include children coming into contact with people they don't know. For example, a child might use a communication app and talk to a stranger.
- **Conduct risks:** these risks include children acting in ways that might hurt others. For example, accidentally making in-app purchases is another conduct risk.

## Protecting your child from Internet safety risks: tips

You play a key role in reducing the risks that your child is exposed to on the Internet. There are many practical things you can do to help keep your pre-schooler safe while she's online.

Here are some ideas:

- **Use the Internet** with your child or make sure you're close by and aware of what your child is doing while he's online. This way you can act quickly if your child is concerned or upset by something he's seen.
- **Create a family media plan.** Your plan could cover things like screen-free areas in your house, internet safety rules like not

giving out personal information, and the programs, games and apps that are OK for your child to use.

- **Use child-friendly search engines** like Kiddle, or content providers like KIDDOZ, ABC Kids or YouTube Kids.
- **Check that games, websites and TV programs** are appropriate for your child. For example, you can look at reviews on Common Sense Media.
- **Make sure older siblings follow your Internet safety rules** when they go online with your pre-schooler. Rules might include watching only age-appropriate programs.
- **Set up a folder with bookmarks** for your child's favourite apps or websites so that she can easily find them.
- **Check privacy settings, use parental controls, block in-app purchases, disable one-click payment options** on your devices, and find out how to make complaints about offensive content.

## Teaching safe and responsible online behaviour

You can help your child learn how to use the Internet safely, responsibly and enjoyably. If you teach your child how to manage Internet safety risks and worrying experiences for himself, he'll build digital resilience. This is the ability to deal with and respond positively to any risks he encounters online.

Here are some ideas:

- **Be a good role model.** Your child learns from you. This means you can model safe and healthy Internet use by using the Internet in the way you want your child to use it.
- **Explain to your child that there's good and bad content on the Internet,** including content that isn't true. Encourage your child to talk to you if she sees something upsetting, scary or worrying.
- **Spend time online with your child.** Get him to show you websites that are fun or interesting, ask him to show you how to play the app or game that he's playing, or talk about the videos he's watching.
- **Explain to your child about in-app purchases and pop-up advertisements.**

It's also a good idea to find out how grandparents and other people in your child's life use the Internet and try to agree on a shared approach. It's OK if your rules are different from those of other families. If you've thought them through and you're happy with the way they're working, you're helping keep your child safe online.

For additional information and to read this article in full go to [www.raisingchildren.net.au/articles/internet\\_safety\\_preschoolers.html](http://www.raisingchildren.net.au/articles/internet_safety_preschoolers.html)



## CUT EMISSIONS AT HOME

**Burning fossil fuels such as natural gas, coal, oil and gasoline raises the level of carbon dioxide in the atmosphere, and carbon dioxide is a major contributor to the greenhouse effect and global warming. You can help to reduce the demand for fossil fuels, which in turn reduces global warming, by using energy more wisely.**

The following is a list of 10 steps YOU can take to reduce greenhouse gas emissions:

1. Reduce, Reuse, Recycle
2. Use Less Heat and Air Conditioning

3. Replace Your Light Bulbs
4. Drive Less and Drive Smart
5. Buy Energy-Efficient Products
6. Use Less Hot Water
7. Use the "Off" Switch
8. Plant a Tree
9. Get a Report Card from Your Utility Company
10. Encourage Others to Conserve

It's 'climate crunch time' and everything we care about is now under threat. **The Sustainable Living festival runs from the 1-28<sup>th</sup> of February, find out more at [www.slif-apply.org](http://www.slif-apply.org)**

Source: [www.eastgwillimbury.ca/Services/Environment/Ten\\_Ways\\_to\\_Reduce\\_Greenhouse\\_Gases.htm?PageMode=Print](http://www.eastgwillimbury.ca/Services/Environment/Ten_Ways_to_Reduce_Greenhouse_Gases.htm?PageMode=Print)