

WE DO NOT INHERIT THE EARTH FROM OUR ANCESTORS; WE
BORROW IT FROM OUR CHILDREN – CHIEF SEATTLE

DO THE BEST YOU CAN UNTIL YOU KNOW BETTER. THEN WHEN YOU
KNOW BETTER DO BETTER – MAYA ANGELOU



OCTOBER

NOVEMBER

DECEMBER
2021

UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (18/9 – 3/10)
- Public holiday – Melbourne Cup Day (2/11)
- Public holiday – Christmas Day and Boxing Day (25- 26/12)
- School holidays (18/12 – 30/1)
- COMPULSORY Educator meeting– 16/11/2021

COMMUNITY HOLIDAYS AND EVENTS

OCTOBER

International Day of Older Persons	1
World Smile Day	1
World Animal Day	4
World Space Day	4-10
National Nutrition Week	10-16
Sustainable House Day	10-16
World Food Day	16
Aussie Backyard Bird Count	18-24
Loud Shirt Day	22
Children's Week	23-31
World Teachers Day	29
Day for Daniel	29
Grandparents Day	31

NOVEMBER

Melbourne Cup Day	2
Outdoor Classroom Day	4
Orangutan Caring Week	7-13
National Recycling Week	8-14
Remembrance Day	11
World Kindness Day	13
Australian Food Safety Week	13-20
Universal Children's Day	20

DECEMBER

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





REMEMBRANCE DAY – NOVEMBER 11

The eleventh hour of the eleventh day of the eleventh month gained a special significance in post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.

Every year at 11am on November 11 communities gather to pay their respects to those fallen. It is important that we continue to talk about and celebrate the brave men and women who fought then and now. **Visit your council website for information on your local commemorative ceremonies.**

NATIONAL RECYCLING WEEK – NOVEMBER 8-14

National Recycling Week provides an important opportunity for councils, workplaces, schools and individuals to improve their recycling knowledge, build better recycling habits and build trust in recycling. **Find out how you can help 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

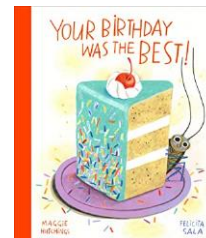
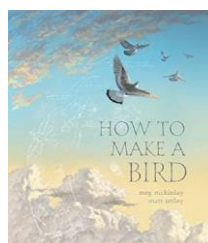
METHOD:

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 jokatenutrition.com

Book reviews

Enjoy a few of this year's CBCA award winners



HOW TO MAKE A BIRD

AUTHOR MEG MCKINLAY | ILLUSTRATOR MATT OTTLEY

Extraordinary imagery and rich language spark the reader's imagination as they enter the creative world of a young girl.

A moving and visually stunning picture book that celebrates the transformative power of the creative process from inception through recognition to celebration and releasing into the world.

YOUR BIRTHDAY WAS THE BEST

AUTHOR MAGGIE HUTCHINGS | ILLUSTRATOR FELICITA SALA

This is the story of a plucky young cockroach who gate-crashes a birthday party – with hilarious results. Funny, silly and surprisingly cute, Your Birthday Was the BEST! is the perfect blend of downright gross and delightfully entertaining.

ANEMONE IS NOT THE ENEMY

AUTHOR/ ILLUSTRATOR ANNA MCGREGOR

Anemone lives alone in the rock pool. The tide comes in and the tide goes out. Anemone wants a friend, but friends are hard to make when you accidentally sting everyone who comes near you. Perhaps Clownfish has a solution to the problem... A funny tale of mishap, misunderstanding, and the search for true friendship in an ocean rockpool.



FOCUS: DON'T 'JUST GOOGLE IT'

One day, as I was going out, I couldn't find my car key. I nearly googled — "where is my car key?" Since when did I become comfortable using "google" as a verb? Since when did I become a part of *Google Generation* which I define as people who excessively rely on the search engine to solve any real-life issues.

I'd like to examine the impact of over-reliance on internet search engines. I'm not a neuroscientist or a psychologist, but I'm looking at the issue as a forgetful adult who relies on Google a lot and also as a concerned parent of a 10 years old whose favourite phrase is "Just google it".

The impact on the brain - Let's start with the benefits of using technology to gain knowledge because there is no doubt, we're able to obtain information more easily and swiftly than the pre-Google era of 1998. A neuroscientist professor Steven Pinker argued in *The New York Times* (June 10, 2010, *Mind Over Mass Media*) that; *Far from making us stupid, these technologies are the only things that will keep us smart*. While Professor Pinker acknowledges that the constant feeding of information can be distracting or addictive, he is casting a positive outlook on how technologies can assist human brainpower. However, he was focusing on scientific discoveries as a way to measure brainpower and smartness. Needless to say, brain development cannot solely be measured by the amount of knowledge we can store in our brains. We need to look at how we can transform this additional knowledge. A technology writer Nicholas Carr in *The Atlantic* (July/August 2008 Issue, *Is Google Making Us Stupid?*) argues that; *as we come to rely on computers to mediate our understanding of the world, it is our own intelligence that flattens into artificial intelligence*. Carr also warned of *capacity for concentration and contemplation* being chipped away by the internet. I think both arguments, albeit over 10 years old, are still very relevant today. I can definitely relate to the side effects of the internet — distraction, and addiction.

The danger of the internet search One Christmas evening, my family was playing Trivial Pursuit. One question came out "What is the longest river in the world?" Relieved to have gotten an easy question, my wife answered, "Nile".

"No", my son disputed. "Just Google it!"

So I took my phone out to settle the dispute and Googled it.

"Nile, it is", I said.

"No. It depends on how you define the source of the Amazon.", my son insisted. So I typed "Which is longer Nile or Amazon"

He was right, some scientists claim that Amazon is actually longer than Nile. The dispute arises from the fact that it's extremely difficult to pinpoint the exact source of the river in the snow-capped mountain. We found many interesting research papers on this topic.

While traditionally Nile is considered the longest, there is no clear answer. Unless you're a geologist, you probably do not have enough knowledge to fully understand the way rivers are measured, or even the exact definition of river.

This event highlighted a few issues with internet search.

1. The answer depends on how you formulate the question.
2. There is not always a clear answer.
3. You need to read full articles to fully understand the subject.

Learning is fun - My son is an avid reader. He read somewhere about this subject and knew the answer, whereas I and my wife learned this "fact" without learning the context. We were efficient like a machine in terms of storing and withdrawing necessary information. But we think everything in binary. We simply use our brain to store knowledge and that's it. We stopped thinking.

Our brains should be better than that. I was glad that my son challenged Google. On that night, we actually learned something, not through Google, but through discussion, and by actually being curious about the rivers, and imagining how the scientists' 14-day expedition went, and so on. It was also much more fun than just getting the straight answer and moving on.

We always seek for instant gratification. We expect our demands to be satisfied without any delay. Yet, we must understand that learning takes time and efforts. Arafeh and Lenhart in *The Digital Disconnect* (2002; Pew Research Center) found that some students think internet *as a way to complete their schoolwork as quickly and painlessly as possible, with minimal effort and minimal engagement*. That's us, trying to take a short cut to get the answer. By doing so, we missed so many interesting things which could have led to more questions and findings. We missed all these opportunities. But I was relieved that my son was not becoming a robot like us. He knew how to use the internet to his advantage— get the information backed by his own knowledge.

Final thoughts We cannot imagine our lives without the internet. I remember my school days when I had to use encyclopedia for research. I check the index, find the right volume and page, and read the whole article. I couldn't use "Ctrl + F" to skip to the exact section I needed to read. But this effort taught me many things along the way to the answer.

The technologies are keeping us "smart", if it means we get correct answer quickly. But learning how to get to the answer is more important for brain development. Only the creativity in the process can lead to achieving unthinkable. Otherwise, we will just become a machine.

Source: Casper. (2020, August 23). Don't just google it! Retrieved from <https://medium.com/age-of-awareness/dont-just-google-it-2f3971b08882>

KICK THE LETTER CUP

This pre-K activity suggested by *Fun Learning for Kids* combines letters with sports. Take a stack of plastic cups, and write a single letter on each. Then line the cups up in a row, spreading them out a bit. Give your child a small soccer ball (or any soft ball) and instruct them to kick the ball toward the letter cups. Once they knock a cup down, instruct them to say the name of the letter on the cup. For a more advanced version, say a letter first, and see if they can aim for the corresponding cup.

Source: funlearningforkids.com/ball-theme-alphabet-activity-kick-the-cup/



HEALTH & SAFETY: Water safety supervision

Kids' water safety is paramount all year round, but especially during the summer when families will be spending a lot more recreation time in swimming pools and various bodies of water. Susie Allison at Busy Toddler has shared an amazing (an incredibly easy) water safety tip that airline pilots use for cockpit safety, and guess what? This safety measure adapts surprisingly well for kids in any environment but is especially handy around water.

Allison's husband is a former airline pilot, and the couple started this system "almost the day our first came home from the hospital." Shared in a Reel on her Instagram page, Allison writes, "My husband and I have been using a cockpit safety measure for our whole span of parenting AND IT WORKS WONDERS. It keeps the kids safe, makes sure supervision is specified, and helps us never just assume the other adult is watching out."

"When airline pilots need to make a change of controls in the cockpit, the pilot currently flying says: 'Your airplane.' This signals a change of controls is coming. The other pilot must respond back with 'My airplane,' acknowledging that they are now flying the aircraft.

Allison continues, "When one of us needs to make a change in supervision or go do something different or help someone else, we announce it and make a verbal change: 'Your Kate & Matt.' And we wait for the other to respond 'My Kate & Matt.' This is the verbal and acknowledged shift of supervision duties for those two kids from one parent to the other. THIS SYSTEM WORKS."

And when it comes to assumptions, well, those don't come in to play. Allison writes, "We never assume the other is watching. We never assume they noticed we walked away. We never assume the kids are being supervised."

By stating clearly "Your" and the names of your children, then waiting for confirmation, you will know that your partner has taken over keeping an eye on the kids, which is especially important around water.

"Your kids." - "My kids."

Water Safety

Drowning continues to be one of the biggest killers of Australian children. Every year a number of children are killed and hundreds more are rescued from near drowning situations. The most common factor in childhood drowning is lack of supervision.



Using a method like the one described in the opposite column ensures an adult is actively observing children at all times. Active supervision should not be limited to pools and water ways either. Whenever a child is in water, including a bathtub they should be supervised by a competent adult.

AUSTRALIA'S NATIONAL DROWNING REPORT BY THE ROYAL LIFE SAVING SOCIETY OF AUSTRALIA SHOWS THAT IN 2020/2021

25 children aged 0-4 drowned in Australia

An increase of 108% on 2019/2020 and a 9% increase on the 10-year average. 24% of these deaths occurred while bathing.

14 children aged 5-14 drowned in Australia

An increase of 56% on 2019/2020 and a 27% increase on the 10-year average.

Before summer really kicks in familiarise yourself with these four key actions to ensure the safest Summer possible.

Supervise - Actively supervise children around water. Eyes on. Hands on. Focus all of your attention on your children all of the time, when they are in, on or around the water. **Restrict** - Restrict children's access to water. Place a barrier between your child and water. If you can't create a child safe play area with no water in it. **Teach** - Teach children water safety skills. Make sure your child grows up water aware, water familiar and water confident. **Respond** - Learn how to respond in case of an emergency. Many children are alive today because their parents knew how to perform CPR and respond quickly.

Source: Royal Life Saving Australia (2021) Royal Life Saving National Drowning Report 2021 Retrieved from royallifesaving.com.au

Source: Schmidt, Ellen. (2021, July). This airline safety tip works wonders at the pool with your kids. A two-word hack used by pilots is also great for kids' water safety. Retrieved from mother.ly/parenting/two-word-water-safety-tip

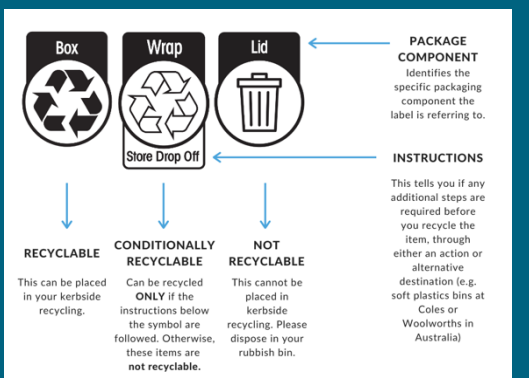


CHECK IT BEFORE YOU CHUCK IT

Recycling can be confusing, getting to know the Australasian Recycling Labels (ARL) will help make recycling much easier. The ARL ensures packaging is disposed of correctly and can be recovered for future use in new products.

Curby begun on the NSW Central Coast, but is now being introduced to 1 million Australian homes. Curby makes recycling soft plastics easy. Register your interest [here](https://recyclingnearyou.com.au/ar/)

Source: recyclingnearyou.com.au/ar/



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.

MESSAGE FROM THE OFFICE

Many thanks to all our families and Educators who have made 2021 a successful year here at BBFDCC.

Just a reminder if you are going on leave during the holiday season please advise the administration staff asap.

The staff at BBFDCC wish you all a happy and safe holiday season and we look forward to providing quality education and care in 2022!

2022, is going to be another great successful year for us and we look forward to continuing our close relationship with you until then, stay safe and enjoy your well-deserved break.



HIT THE PLAYGROUND

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

Next time you are at the playground don't just sit back and watch the kids have all the fun! Join in too. Your children will love having you play along and climbing, crawling, hanging and sliding all increase the heart rate.

See how many slides you can all have in a minute? Who can cross the monkey bars? Who can swing the highest?