

## UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (26/6 – 11/7)
- Compulsory Educator meeting on ZOOM – 01/07/2021
- World Of Kaos Excursion - 22<sup>nd</sup> July @11 am **"CANCELLED"**
- Professional Development session, CHILD PROTECTION - In Safe Hands - 26<sup>th</sup> July @ 10:30am **"CANCELLED"**
- Playgroup @ Bright Beginnings FDCC – Fortnightly
- Compulsory Educator meeting on ZOOM – 19/08/2021
- Road Safety session- SAFE TRANSPORTATION OF CHILDREN, conducted by ELAA @ Bright Beginnings - (Bookings required) **TBA**

## COMMUNITY HOLIDAYS AND EVENTS

### JULY

NAIDOC Week	4 - 11
World Population Day	11
Eid al-Adha	19 - 23
National Pyjama Day	23
Asalha Puja Day	24

### AUGUST

National Tree Day	1
Homeless Persons Week	1-7
Dental Health Week	2-8
National Aboriginal & Torres Strait Islander Children's Day	4
International Day of the World's Indigenous People	9
International Youth Day	12
World Elephant Day	12
National Science Week	14-22
Keep Australia Beautiful Week	16-22

### SEPTEMBER

Wattle Day	1
Indigenous Literacy Day	1
Early Childhood Educators Day	1
Asthma Week	1 - 7
Save the Koala Month	1 - 30
National Flag Day	3
Father's Day	5
National Child Protection Week	5 - 11
International Literacy Day	8
Talk Like a Pirate Day	19
World Rivers Day	26
World Maritime Day	30





## NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER DAY – AUGUST 4

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The theme for 2021 is 'Proud in Culture, strong in spirit'.

Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, growing them up strong and safe in their cultural traditions, for thousands of generations. **Find out more.**

## KEEP AUSTRALIA BEAUTIFUL WEEK – AUGUST 16 -22

The theme for 2021 is 'Ditch plastic' our beautiful country needs help to protect its precious biodiversity. Plastic that ends up in nature can take up to 500 years to decompose and can harm animals that ingest it. So, we're calling on all Aussies to make a pledge to ditch a plastic item for Keep Australia Beautiful Week.

**Make your pledge today.**

## PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

### INGREDIENTS

2 cups milk (or use coconut or almond milk)  
2 cups flour (either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)  
4 tsp baking powder  
4 eggs  
6 tbsp protein powder\*

### METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

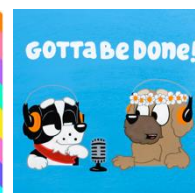
### SO, WHAT ARE THEY GETTING?

Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

**Love this recipe and want more? Go to [Jo Kate Nutrition](#)**

Jo's course **The Nourished Family** provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life. [Find out more here.](#)

## Podcast Reviews



## SHOW AND TELL THE PODCAST

**KATIE 'MONTY' DIMOND**

*Refreshing, raw and intimate chats with women, who will no doubt feel like your friend after each 'On The Couch' chat. Nothing will be off limits!* So many relatable funny stories that will keep you coming back for more every week.

## THIS GLORIOUS MESS

**MAMAMIA**

A twice-weekly look at parenting as it truly is: confusing, exhausting, inspiring, funny, and full of surprises. Join Tegan Natoli and Leigh Campbell for This Glorious Mess Little Kids on Monday's. And Andrew Daddo and Holly Wainwright for This Glorious Mess Big Kids on Friday's. It's all the disasters and delights of parenting with a healthy dose of advice from our trusted experts.

## GOTTA BE DONE!

**MARY BOLLING & KATE MCMAHON**

*I don't know a parent (or child) who doesn't love Bluey.* Join ex-journos and Melbourne mums Mary Bolling and Kate McMahon as they analyse every episode of the ABC TV cartoon Bluey, with plenty of detours into parenting, childhood memories and everything else we're bingeing too

## FOCUS: 10 Emotion-Coaching Phrases to Use When Your Child is Upset

***"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." – L.R. Knost***

When our kids are upset and need us the most are the exact moments we aren't prepared for — the moments we ourselves are tired, stressed, sad, or triggered. It's exactly those moments that I feel like my words fail me — I search for the right thing to say and it escapes me. It is also exactly at those moments when our children need us the most — to be able to lead them through the emotion, through the storm — to be their *emotion-coach*. ***It's our job to be accepting of the emotion, while at the same time teaching them how to handle those emotions. To coach our child through their feelings, from experiencing those feelings to expressing them. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child's emotional intelligence — these are soul-building phrases***

**1. It's okay to be upset — it's good to let it out.** As your child's emotion-coach, the first thing you want to teach them is that emotions are meant to be experienced, in fact, that their emotions need to be felt. *It seems like you are mad, it's okay to be mad. It's good to let that anger come out. Your face/body looks sad. It's okay to feel sad. It is sad to say goodbye.*

**2. I hear you — I'm here for you — I'll stay with you.** The best gift you can give to another human is to stay with them in their emotion. To hold that emotion with them. That is something we must give to our children as well. To simply be with them in that emotional space. To be there. *You are upset, let's sit here for a moment. I'm with you, I'll stay with you — it's okay to feel \_\_\_\_\_. I won't leave you.*

**3. It's okay to feel how you feel. It is not okay to \_\_\_\_\_."** Sometimes it is necessary to use a very clear limit in how our child expresses their emotions. It isn't the emotion itself that needs to change, but rather how they are expressing it. *You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit.* Let's go over here together and you can be angry. This is a very clear statement — hitting is not okay. As your parent, I won't allow you to hit. I will help you regulate your anger, being angry is okay, hitting is not okay. Taking a break when we are angry, walking away for a moment is actually a good way of regulating anger. You are teaching your child to give themselves a little space to breathe and time to gain perspective.

**4. How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again soon.** In-the-moment your child feels (and acts) as if their entire world is ending. Their emotions are big and overpowering and they feel that they will never feel better again — which only compounds how they feel. **Reminding them** that their emotions will pass will help them and potentially lessen the intensity of those emotions in the first place!

**5. Let's take a breath, take a break, sit down, pause for a minute...** It is a hard thing to do to sit with an emotion. To just feel it — live in it. But if we allow ourselves to be in the moment with our emotions, then we can let them go easier. A key part of being your child's emotion coach is simply teaching them that experiencing the emotion, *feeling the emotion*, helps us to let it go.

**6. You are good and kind.** Being dysregulated is not being bad. Being angry or frustrated is not being bad. Yet, sometimes when we are emotional, we don't always make the best choices. Our kids may make mistakes or bad choices, but that is how they act, **not who they are**. This is such an important message when we emotion-coach our kids.

**7. I'll be over here when you need me.** I am all for validating and acknowledging children's emotions, but sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time. But not right now, later when things are calm again. ***You can still acknowledge your child's emotions while giving them a chance to regulate themselves.*** *"I can see you are really upset about this. It's okay to be upset. It doesn't seem like what I am saying is helping. You remember what to do when you're upset, and you remember how to calm down. I'll be over here when you need me."*

**8. Let's have a Do-over!** Sometimes everyone needs a chance to reset. Sometimes kids know they have messed up and they want to save face, they want a chance to do it better.

**9. What can we learn from this? What is the lesson in this?** Teaching our children that there is a lesson when we struggle is so important. That there is a lesson in our pain, disappointment, anger. That problems that are hard to solve lead to opportunities.

**10. You'll Remember Next Time.** When your child does something they shouldn't do and you correct their behaviour—say this. Or when you've worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say, "You'll remember next time." That one simple phrase communicates so much to children. It tells them that their failure today isn't a permanent failure and that they can change.

***This is a small part of a wonderful article, to read in full follow the link below.***

Soderlund, Dr Ashley (2021, 16 July). 10 Emotion-Coaching Phrases to Use When Your Child is Upset. Retrieved from [nurtureandthriveblog.com](https://nurtureandthriveblog.com)

## SIMPLE MATH ACTIVITIES USING MANIPULATIVES

Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.

**Patterns with bears:** In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



**Sorting colours with bears:** Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too. You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10). 15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>





## HEALTH & SAFETY: Good Immunity

**What Is Our Immune System?** On a daily basis, we are constantly exposed to potentially harmful microbes of all sorts. Our immune system, a network of intricate stages and pathways in the body, protects us against these harmful microbes as well as certain diseases. It recognises foreign invaders like bacteria, viruses, and parasites and takes immediate action. Humans possess two types of immunity: innate and adaptive.

**Innate immunity** is a first-line defence from pathogens that try to enter our bodies, achieved through protective barriers. These barriers include:

- Skin that keeps out the majority of pathogens
- Mucus that traps pathogens
- Stomach acid that destroys pathogens
- Enzymes in our sweat and tears that help create anti-bacterial compounds
- Immune system cells that attack all foreign cells entering the body

**Adaptive or acquired immunity** is a system that learns to recognise a pathogen. It is regulated by cells and organs in our body like the spleen, thymus, bone marrow, and lymph nodes. When a foreign substance enters the body, these cells and organs create antibodies and lead to multiplication of immune cells (including different types of white blood cells) that are specific to that harmful substance and attack and destroy it. Our immune system then adapts by remembering the foreign substance so that if it enters again, these antibodies and cells are even more efficient and quick to destroy it.

### What factors can depress our immune system?

**Older age:** As we age, our internal organs may become less efficient; immune-related organs like the thymus or bone marrow produce less immune cells needed to fight off infections. Aging is sometimes associated with micronutrient deficiencies, which may worsen a declining immune function.

**Environmental toxins** (*smoke and other particles contributing to air pollution, excessive alcohol*): These substances can impair or suppress the normal activity of immune cells.

**Excess weight:** Obesity is associated with low-grade chronic inflammation. Research is early, but obesity has also been identified as an independent risk factor for the influenza virus, possibly due to the impaired function of T-cells, a type of white blood cell.

**Poor diet:** Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies.

**Chronic diseases:** Autoimmune and immunodeficiency disorders attack and potentially disable immune cells.

**Chronic mental stress:** Stress releases hormones like cortisol that suppresses inflammation (inflammation is initially needed to activate immune cells) and the action of white blood cells.

**Lack of sleep and rest:** Sleep is a time of restoration for the body, during which a type of cytokine is released that fights infection; too little sleep lowers the amount of these cytokines and other immune cells.

**Does an Immune-Boosting Diet Exist?** Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. The design of our immune system is complex and influenced by an ideal balance of many factors, not just diet, and especially not by any one specific food or nutrient. However, a balanced diet consisting of a range of vitamins and minerals, primes the body to fight infection and disease. Scientists are finding that the microbiome plays a key role in immune function, so adding probiotic foods to your diet may also help keep bugs at bay.

### Steps to Help Support a Healthy Immune System

1. Eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods.
2. Don't smoke and ensure your children aren't exposed to second hand smoke.
2. Exercise as a family
3. Aim for 7-9 hours of sleep nightly.
4. Aim to manage stress. This is easier said than done, but try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend.
5. Wash hands throughout the day: when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

The Nutrition Source (2021). Nutrition and Immunity. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>



## TEACH YOUR CHILDREN ABOUT OCEANS AND OCEAN LIFE

*As parents, we all know that our children are our future, so that's why we have to start teaching them at an early age to respect and love our natural world, especially our beautiful oceans.*

### How can we do that?

- Visit the sea aquarium to give your children an up-close view of sharks, sea turtles, manta rays and other ocean life.
- Share books about the ocean and its creatures, which can delight your children.
- Explore the ocean via the internet together.
- Buy sea animal toys. Playing with these toys can help children to build their relationship with these creatures.
- Do ocean-themed craft activities, such as making sand jars and a paper-plate aquarium, etc.
- And remember, 'A visit to the ocean will be the best thing you can ever do for them.'

Source: <https://saveourseas.com/sosf-shark-education-centre/teach-your-children-about-oceans-and-ocean-life/>





## INVESTIGATIVE PLAY

*"The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations."*

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- Children have the time, space and resources to become deeply involved in their investigations. Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- The physical environment contains materials and spaces that encourage curiosity, investigation and wonder. Interesting and engaging materials or resources can provide the stimulus for children's questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- Educators see themselves as co-learners, working with children as they learn. When this happens educators feel less focused on transmitting knowledge and are more likely to support and extend children's own attempts at understanding.

Source: [earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/10/NQS\\_PLP\\_E-Newsletter\\_No45.pdf](http://earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/10/NQS_PLP_E-Newsletter_No45.pdf)

- <https://education.nsw.gov.au/teaching-and-learning/professional-learning/scan/past-issues/vol-38,-2019/investigative-learning-our-journey-at-balmain-public-school#What0>

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



On 28<sup>th</sup> of June, Bright Beginnings FDC had planned an incursion at Optimistic Futures RTO 41043 for children to attend a First Aid Training course with a qualified trainer. Having a child learn first aid is rewarding and fulfilling for all parties involved. Here are just some ways that a child under 13 years old could benefit from learning first aid.

- First aid will teach them how to make judgement calls.
- First aid will teach them how to be calm and level-headed.
- First aid will be a fun and enriching experience for them.
- First aid could help pupils along their chosen career path.
- First aid bolsters communication and leadership skills at an early age.

The First Aid training was a great success. The children were listening and paying attention with great enthusiasm and curiosity. There were plenty of discussions, questions and answers in between. Trainer Fay also performed several demonstrations of CPR using a dummy and also had a child volunteer to lay down for a real enactment. The session also included Anaphylaxis, teaching children awareness of allergies and has also shown how Epi-pens are used.

Children also went into groups to practice CPR with the dummies, they all engaged and were quite content with their training. All children that attended were presented with a First Aid Certificate of attendance.



## SUPERMAN RACE

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

Lay in a line on your stomach and take flight – just like your favourite superhero! Once you're laying down, lift your arms up so that your upper chest comes off the ground too. Hold that position. Who can hold it the longest? Maybe you have to lean to one side to go around a building, over a bridge...

\*Tip: Try lifting your legs or your arms and legs at the same time for an advanced workout. This exercise is perfect for strengthening the backside of one's core. It works to stabilize your back, glutes, hamstrings and even your shoulders.

**Feedback**   
is always welcome

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