

THERE WILL BE A TIME NOT TOO FAR FROM NOW, WHEN YOU WILL LOOK BACK AT THIS PHASE OF YOUR LIFE AND INSTEAD OF CONDEMNING IT, YOU WILL FEEL APPRECIATION FOR IT. - ABRAHAM HICKS

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING WHAT YOU CAN DO – JOHN WOODEN



UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (25/3 – 14/4)
- Public holiday – Good Friday (10/4)
- Public holiday – Queen's Birthday (8/6)
- School holidays (27/6 – 12/7)
- COMPULSORY Educator meeting on ZOOM– 20/04/2020
- COMPULSORY Educator meeting on ZOOM– 06/05/2020
- COMPULSORY Educator meeting on ZOOM– 2/06/2020

COMMUNITY HOLIDAYS AND EVENTS

APRIL

Children's Book Day	2
World Autism Day	2
Nature Play Week	Mar 25-April 5
Easter	10 - 13
International Day of Human Flight	12
Baisakhi	13
Earth Day	22
ANZAC Day	25

MAY

Ramadan	April 23-May 23
Play Outside Day	2
International Star Wars Day	4
International Compost Awareness Week	3-9
World Migratory Bird Day	9
Mother's Day	10
National Families Week	15-21
National Sorry Day	26

JUNE

Mabo Day	3
World Environment Day	5
World Oceans Day	8
Global Wind Day	15
National Refugee Week	14 - 20





NATIONAL FAMILIES WEEK – MAY 15-21

The aim of National Families Week is to celebrate the vital role that families play in Australian society. The enduring theme '*Stronger families, stronger communities*', highlights the important role that families play as the central building block of our communities and

that community wellbeing is enhanced by family wellbeing. Celebrate families week this year by focusing on the wellbeing of your family. The following link will provide you with helpful tips and ideas to support you. **Find our more here.**

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report *Bringing them Home, May 1997*. **Find out more here**

BANANA CAKE



PREP 20 min | COOK 30 min | SERVES 16

INGREDIENTS

3 overripe **bananas**, *mashed*
 2 **eggs**
 3/4 cup **olive oil** (or vegetable oil)
 1 cup Greek or natural **yoghurt** (or sour cream or buttermilk)
 1/2 cup **brown sugar** (or coconut sugar)
 1/3 cup **pure maple syrup** (or brown sugar)
 1 tablespoon **vanilla bean paste** (or extract)
 1 cup **buckwheat flour** (or plain flour)
 1 cup **plain flour**
 1 1/2 teaspoons **baking powder**
 1 teaspoon **cinnamon**, *ground*
 1/2 teaspoon **nutmeg**, *ground*
 1/4 teaspoon **ginger**, *ground*
 pinch of **salt**

ICING

2 cups **fresh ricotta** (deli-style) **cheese**
 1/2 cup **pure maple syrup**
 2 teaspoons **vanilla bean paste** (or extract)
 1/2 cup **cocoa powder**

METHOD:

Preheat oven to 180 C and line a 20 cm x 20 cm brownie pan with baking paper. Set aside. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined. **Pour** the batter into the prepared tin. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly. **Allow** the cake to cool completely.

To make the whipped ricotta maple and chocolate frosting:

Place the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious. **Smother** the cooled cake with a thick layer of frosting. **Cut** into 9 or 16 squares. Enjoy x

Recipe and Image from 'mylovelylittlelunchbox.com'

RASPBERRY AND BANANA BREAKFAST MUFFINS



PREP 10 min | COOK 15 min | SERVES 12

INGREDIENTS

2 **flax eggs*** (or 2 regular **eggs**)
 1 **banana**, *mashed*
 1/2 cup **coconut** (or **brown**) **sugar**
 1 cup **coconut yoghurt** (or natural or Greek yoghurt)
 1/2 cup **olive oil**
 1/4 cup **almond milk** (or milk of your choice)
 1 teaspoon **vanilla bean paste** (or extract)
 1 cup **almond meal** (or 1 cup of wholemeal flour)
 1 cup buckwheat **flour** (or 1 cup of wholemeal flour)
 2 teaspoons **baking powder**
 1 teaspoon **cinnamon**, *ground*
 1 cup fresh (or frozen) **raspberries**

ICING

3/4 cup **rolled** (traditional) **oats**
 1 tablespoon **coconut** (or **brown**) **sugar**
 1/4 teaspoon **cinnamon**, *ground*
 2 tablespoons **coconut oil**, *melted*
 pinch of **salt**

METHOD:

Preheat oven to 160 degrees Celsius and line a 12-hole muffin tin with papers. Set aside. **Place** the flax eggs, mashed banana, coconut sugar, coconut yoghurt, olive oil, almond milk and vanilla into a large bowl and whisk to combine. **Add** the almond meal, buckwheat flour, baking powder and cinnamon and gently stir to combine. Do not over mix. **Gently** fold through the raspberries. **Evenly** divide the mixture between the prepared tray. Set aside.

To make the crumble topping: Place the oats, coconut sugar, cinnamon, coconut oil and salt into a small bowl. Mix to combine. **Top** each muffin with a sprinkle of crumble. **Bake** for 12-15 minutes or until golden and bounce back to the touch. Allow to cool for five minutes before placing on a wire rack to cool completely. Enjoy x

Recipe and Image from 'mylovelylittlelunchbox.com'



FOCUS: Mental Health Practices to Maintain or begin during lockdowns and isolation

As many of us are being told to hunker down in our apartments and houses, and limit trips outside and social contact, things are feeling pretty “real” at this point. Aside from the general worry people may have about their physical health as they digest the news from around the world and here at home, there’s the larger toll this is taking on our collective mental health. Here are some of the mental health practices to make sure to keep doing—or begin doing, for some of us—during the lockdown period.

Have a routine as much as you can We know how important routine is, especially for kids, under normal conditions. And when schools are closed and many people are working from home or told to stay at home, it might feel like all bets are off. But it’s actually much better for everyone’s mental health to try to keep a routine going, as much as possible. “Studies in resiliency during traumatic events encourage keeping a routine to your day,” says Deborah Serani, PsyD, professor of psychology at Adelphi University and author of “Sometimes When I’m Sad.” “This means eating meals at regular times, sleeping, waking and exercising at set times, and maintaining social (socially distant) contact. Unstructured time can create boredom, spikes in anxiety or depression, which can lead to unhealthy patterns of coping.” Another reason is that keeping a routine reduces “decision fatigue,” the overwhelm and exhaustion that can come from too many options. So in the morning, rather than wondering whether to start work or help the kids with their online learning, it’s better to know what you’re going to do—make a schedule that everyone can get on board with, and try to stick with it (as much as is possible—don’t beat yourself up if it doesn’t always work, and it’s sure not to work some days). This will free up some mental bandwidth during this time of uncertainty, which is already straining everyone’s cognitive capacities.

Start an at-home exercise routine Working out at home in these times is obviously a good way to stay healthy and kill indoor time. There are lots of options, from the 21st century ones (youtube) to the old-fashioned ones (workout videos and the dusty hand weights in your closet). Many online workout sources are offering free access or longer free trial periods during this time, which might be worth looking into. But again, anything that gets your heart pumping or builds muscle is excellent for both physical and mental health. Chris Hemsworth’s **centr.com** is offering 6 weeks FREE and **Joe Wicks The Body Coach** has a YouTube channel with lots of FREE workout videos. He is also running a PE class online for kids Monday to Friday go to his YouTube channel **The Body Coach TV**.

Get outside in nature if you can Lots of recent research finds that spending time in nature is a boost to both mental and physical health. For instance, multiple studies have found that time in green and blue space is associated with reduced anxiety and depression, and the connection may well be a causal one. Just remember to follow current government advise regarding social distancing.



Declutter your home Working on your home if you have time can be a good way to feel productive and in control. “Studies say the predictability of cleaning not only offers a sense of control in the face of uncertainty, but also offers your mind body and soul a respite from traumatic stress,” says Serani, referencing the book *Trauma-Informed Care*. Just be careful that you don’t become obsessive about cleaning, since there’s only so much you can do.

Meditate, or just breathe. Meditation has lots of research behind it, as most people by now know—it’s been shown to reduce symptoms of depression and anxiety, and even increase the volume of certain areas of the brain. There are lots of FREE websites and apps available, try; **Smiling Mind, Headspace, mindful, the Kinderling app, Calm.com.**

Maintain community and social connection We’re fundamentally social creatures, and during crises it’s natural to want to gather. Unfortunately, it’s the opposite of what we can do right now, so we have to be creative, to maintain both psychological closeness and a sense of community. Texting and social media are ok, but picking up the phone and talking or video conferencing, or having a safe-distance conversation on the street, is probably much better. Using video chat for kids is a great way to keep them connected with friends in a safe manner.

Let yourself off the hook This might be the most important thing to keep in mind—don’t beat yourself up when things are not going perfectly in your household. On top of everything else, being upset with yourself is totally counterproductive. If the kids watch too much Netflix or play too many hours of video games, it’s not the end of the world. Things are going to be hairy for a while, and if you can’t stick to your schedule or can’t fit in your at-home workout every day, it’s really not such a big deal in the long run. It’s much more valuable to everyone to cut yourself some slack, use the time to reflect on the important things, and try to keep a sense of “we’re all in this together” at the forefront.

Walton, Alice G. (2020, March 20). Forbes.
<https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/#11cc40a14264>

UP, DOWN AND AROUND

Supplies: Toy cars, boxes or furniture.

Watch ‘Up, down and around’ <https://youtu.be/yY4ZNV3BQCw> and talk to your child about the positional words in the story. Use toy cars to demonstrate the words: Up, down, around, under, over. Once your child understands the concept take turns directing each others cars. For example, say to your child; “drive your car up the box, over the box, down the box, around the box...” Extend this activity by adding new positional words or different settings. Find out more at https://mathathome.org/lessons/up-down-around__trashed/



HEALTH & SAFETY: Managing main meals and snack times

If we can take a positive out of this social isolation (if you are at home), it's that this certainly is a brilliant time to start having more family mealtimes together and reconnect as a family over food.

All too often we are rushing between work, sport, getting homework done, and very little time is given to sharing quality time together around the table. We also have the opportunity (albeit a messy one!) to cook more with our children, which is another great way to get them involved with food.

Before we get started, it would be remiss of me not to mention the most important safety precaution of all which is handwashing regularly throughout the day. Certainly, enforce hand washing before any food prep or meal/snack.

PLANNING – Avoid aimlessly wandering the grocery store for large periods of time by planning all meals and snacks as much as possible in advance. When you return from the supermarket wipe over foods and ensure you wash all fresh fruit and veggies.

BREAKFAST – A nutrient dense breakfast will help children stay fuller for longer and hopefully ask for snacks less often between main mealtimes. As the weather cools down involve them in making egg dishes together or oats. If you're in need of a quick breakfast, veggie/fruit smoothies are always a great option. If possible, eat breakfast together and set your intentions for the day and ask your children theirs.

SNACKS – Here are two snack strategies worth trialling in your home if you feel like you're constantly being asked, or the pantry is now a free for all.

The “**just have it all right now**” strategy. This idea comes to us from *Random Thoughts Uncensored* on Facebook. Each child gets their own basket. Each basket contains the day's snacks for that child. Want to eat it all before 9 a.m.? Fine, but that's all the snacks you get for the day, so you might want to think about how hungry you really are.

For older children “**Turn snack time into a maths lesson**” I wish I could attribute this genius to its rightful owner, but it was posted in the COVID-19 and Keeping Kids Busy Facebook group



last week. Want a snack? You have to pay for it— with money (or tokens for younger children) you earned by doing some jobs, academic work etc. And junk food is pricier than healthy snacks: “I don't know if anyone's shared this but I thought it was a great way to incorporate a math lesson in all of this as well as make the kids think “do I really want this?” Or “Am I really hungry?” Posted by Heather Robinson on Friday, March 20, 2020. I like this because they have to do some work anyway, they don't have to do much of it to earn a healthy snack but if they really want that lollipop, they can dig in and ramp up the learning.

LUNCH / DINNER – Children love being involved in ‘adult’ activities, so have them help you cook whenever possible. It's an activity you can't avoid and an activity they will enjoy doing with you. If you are busy trying to work from home and feeling guilty you aren't interacting with your child on a meaningful level, this is a perfect time.

Savage, Karina. (2020, March 31). Kidspot.com.au. <https://www.kidspot.com.au/health/family-health/real-life/food-you-shouldnt-eat-during-isolation/news-story/a4620b0301dd59591f347342337e106b>

Moravcik Walbert, Meghan. (2020, March 28). MSN. <https://www.msn.com/en-au/lifestyle/foodanddrink/how-to-manage-snacks-while-the-kids-are-home-all-day/ar-BB11EJBC>



RECYCLED CRAFT: Collect, milk bottles, cardboard rolls, bottle caps, egg cartons etc.

Having a box filled with recycled items provides an open-ended engaging activity for children. Add some masking tape and markers watch your children's imagination take over.

If you wish to create a more guided activity simply search google for ‘recycled craft for kids’. There are endless ideas of what you can create with a few simple household items.





B KINDER DAY

The world could use a little more kindness, so the purpose of B Kinder day is to discuss kindness, to empower children and enable people to see that they each have the capacity to make a difference.

Billie Kinder never doubted the power of one. The bubbly 12-year-old with a smile like sunshine packed a lifetime of positivity into her poetry, illustrations, writing and small acts of kindness, living by a simple belief that adults often forget: each one of us can always change things for the better.

When Billie tragically died in a 2016 equestrian accident, her family established the charity Fly High Billie, creating a lasting legacy* kids around the country can enjoy, thanks to 'b kinder' resources and the third annual B Kinder Day on June 22.*

B Kinder day addresses what it means to be kind, inspired by one little girl who wanted to make a positive change in this world.

SHARE YOUR KINDNESS STORY

b kinder Storytime will take place each week. Tuesdays will host Storytime to 2 – 5-year-olds and Thursdays will host Storytime to 5 – 8-year-olds. The story can be from 100 to 400 words long and include up to 3 drawings.

Send your story to info@flyhighbillie.org

Go to flyhighbillie.org/b-kinder-storytime/ to find out more!

COVID-19 UPDATE

Bright Beginning Family Day Care centre commit to ensuring that all educators, staff and families are well informed about the Corona Virus outbreak, and all information is relayed by management as it becomes readily available from the department.

As per the department of education (Victoria) in order to protect the child/ren as well as the educator's health we recommend that;

- Children who are unwell should be kept at home until all symptoms have cleared.
- Everyone should cover their mouth and nose when coughing and sneezing with a tissue, or cough into your elbow.
- Dispose of the tissue into a bin and then wash your hands afterwards
- Wash your hands regularly, after using the toilet and before eating.

For the latest information on the Coronavirus epidemic continuously visit <https://www2.health.vic.gov.au/>

Stay healthy, stay safe and always remember to use hygiene practices in and outside your homes!
Remember the children are always watching - be the perfect role model!

Mohammad Ayad



Roll of the dice

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

You will need two die (different colours if possible). Assign each number on the die an exercise and write these down or draw a symbol for each one. Choose simple exercises everyone taking part can do. For example: Crab walk, squat, varied push ups, run, jumping jacks, leap, duck walk, skip...

One die will be your exercise dice and one your reps. Roll them together or if you only have one die, the first roll will choose the exercise, the second roll the reps.

How long you exercise for is completely up to you. Set a timer for 5 minutes or choose how many exercises you're going to do or simply go until you can't stop! Have fun.