

"CHILDREN ARE HUMAN BEINGS TO WHOM RESPECT IS DUE, SUPERIOR TO US BY REASON OF THEIR INNOCENCE AND OF THE GREATER POSSIBILITIES OF THEIR FUTURE."

— MARIA MONTESSORI



APRIL

MAY

JUNE
2021

UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (2/4 – 18/4)
- Public holiday – Good Friday (2/4)
- Public holiday – Queen's Birthday (14/6)
- School holidays (26/6 – 11/7)
- COMPULSORY Educator meeting on ZOOM–
01/07/2021
- First Aid for Kids – Broadmeadows -28th June @11am
- Australia's Biggest Morning Tea- 28th May @10am
"CANCELLED"

MAY

Ramadan	-----April 12-May 12
Play Outside Day	----- 1
Composting Awareness Week	-----2-8
International Star Wars Day	-----4
Migratory Bird Day	----- 8
Mothers Day	----- 9
Eid al-Fitr	-----12-13
National Families Week	-----15-21
National Sorry Day	-----26

COMMUNITY HOLIDAYS AND EVENTS

APRIL

World Autism Day	----- 2
Children's Book Day	----- 2
Easter	----- 2-5
International Day of Human Space Flight	-----12
Baisakhi Festival	----- 13
Nature Play Week	----- 14-25
Earth Day	----- 22
Anzac Day	----- 25
Pay it Forward Day	----- 28

JUNE

Mabo Day	----- 3
World Environment Day	----- 5
World Ocean Day	----- 8
Global Wind Day	----- 15
National Refugee Week	----- 20-26





WORLD AUTISM DAY – APRIL 2

No two people on the spectrum are the same – each person has their own way of seeing the world, which makes them interesting and unique. World Autism Day aims to increase understanding and acceptance of people with autism, foster worldwide

support and inspire a kinder, more inclusive world. **Wear something blue on April 2 in support of understanding and acceptance for people with autism. Find more information for [Go Blue for Autism here](#).**

PAY IT FORWARD DAY – APRIL 28

Pay It Forward Day is a global initiative that exists to make a difference by creating a huge ripple of kindness felt across the world. We believe that small acts, when multiplied by millions of people can literally change the world for the better. **For some ideas on how you can Pay it Forward follow the link [here](#).**

EASY PEASY PASTA SALAD



PREP 15 min | COOK 10 min | SERVES 6-8 SERVINGS

INGREDIENTS

- 500 grams short pasta
- 250 grams cherry tomatoes, halved
- 1/2 cup (125ml) store bought basil pesto
- 100 grams parmesan, shaved
- 2 cups (250 grams) baby spinach and rocket leaves
- 1 cup (100 grams) basil, leaves picked

METHOD:

Bring a large pot of salted water to the boil, add pasta and cook according to packet instructions. Drain and rinse under cold water. Place pasta into a large bowl, add cherry tomatoes, pesto, parmesan, baby spinach and rocket, basil and toss to combine. Enjoy x

Recipe and Image from My Lovely Little Lunchbox

NO-BAKE CHOC COCONUT SLICE



PREP 15 min | COOK 15 min | SERVES 16

INGREDIENTS

- 1 cup (95 grams) rolled [traditional] oats
- 1 cup (80 grams) desiccated coconut, plus extra to serve
- 1 cup (170 grams) almonds (*nut free version replace almonds with an extra 1/2 cup coconut + 1/2 rolled oats*)
- 1/3 cup (35 grams) cacao
- 4 Medjool dates, pit removed
- 1/3 cup (80 ml) coconut oil, melted
- 1/4 cup (60ml) maple syrup
- 1 teaspoon vanilla bean paste [or extract]

METHOD:

Line a 20cm x 20 cm square tray with baking paper. Place the oats, coconut, almonds, cacao, dates, coconut oil, maple syrup and vanilla into the large bowl of a food processor. Blitz until finely chopped. With the motor running add 1-2 tablespoons of water and blitz until the mixture comes together. Pour mixture into the prepared tray, top with a sprinkle of coconut and freeze for 1-2 hours or until set and firm. Cut into 16 squares. Enjoy. X

Recipe and Image from My Lovely Little Lunchbox

FOCUS: One Powerful Word That Will Inspire a Kid Who Says, “I Can’t Do It!”

Many parents instinctively know that calling a child “stupid” could influence that child’s idea of how smart she is and cause her to behave differently when learning something new. But as it turns out, a child calling herself “stupid” can have the same effect.

The danger of negative self-talk Let’s suppose you’re back in high school, and you’re nervous about a big science test coming up. You tell yourself, “I’ll probably fail anyway, so why even study?” By telling yourself that, you’ve given up before the test even happened and envisioned a future for yourself where you’ll skip studying. If you do skip studying, you’ll have increased the chances that you’ll fail the test. Instead, consider what would happen if you told yourself, “I’m nervous about the science test, but studying will help me feel more confident.” You’d be **more** likely to study and therefore more likely to do well on the test. This phenomenon is called a self-fulfilling prophecy. In other words, when you declare something like this to yourself or another person, it’s enough to influence your behaviour to fulfill that declaration of “truth.”

But the most common response doesn’t work When kids engage in negative self-talk, it may sound like: *I’m no good at this, I can’t do it, it’s too hard, I’ll never learn how to read.* Because we love our kids more than anything else in the world, our gut reaction as a parent is to convince them that their words aren’t true: You **are** good at this! Yes, you can do it! You **will** learn to read. I believe in you!

But have you noticed that when you try to fight your child’s negative self-talk with your own positive words, it doesn’t work? I learned that lesson the hard way with my 9-year-old. It took me a while to realise that when I unleashed a slew of positive affirmations, it actually made her attitude **worse**. She’d furrow her brow, cross her arms on her chest, and shut herself off from me. I’d unknowingly turned her frustration into a power struggle instead of addressing the heart of the issue.

This is what we’re missing. Here’s what your child is *really* saying when she talks bad about herself: *I’m frustrated, I feel bad that I made a mistake, I’m scared I won’t be able to figure this out.* When we respond with positive affirmations, this is what our kids hear: **Don’t be frustrated. Don’t feel bad! Don’t be scared.**

Say one simple word. ...yet. Adding this one word builds your child’s confidence by giving her a vision of her future where she does “get” it. She’ll make choices that will help her **live up** to that new “truth.” Which means this little word is important for your child to hear, but it’s just as important for you. Because saying “...yet” will stop you from spewing out positive affirmations that will just make your child dig her heels further into the muck of negative self-talk.

For the best results when teaching optimism, grit, and stick-to-it-iveness, you’ll want to follow up “yet” with a little more guidance:

1. **Yet** – When you hear your child engage in negative self-talk, close the distance between you, look them in the eye, and repeat their statement but add “...yet” to the end. Depending on the statement, it may work better to say “...not yet.”
2. **Empathize** – Let them know you hear their frustration by saying “I can see that you’re frustrated.” Or “It seems like you’re nervous that you won’t figure this out.” Or “You feel bad that you made a mistake.” You might also follow this up with a question to get them talking about what they’re stuck on, like “Can you show me the part that’s hard for you?”
3. **Turn it around** – Now, ask your child a question to engage their problem-solving skills so they can move forward in a positive way. For example, “How can you try this a different way?” or “What part isn’t making sense yet?”

And all you have to remember is **YET**. Yet, Empathize, Turn it around.



COOK TOGETHER

Young children learn best when they are doing, playing and able to relate – cooking ticks all these boxes. It provides an experience where concepts become meaningful and that is when learning takes place and knowledge is retained. It **doesn’t take a lot of extra time** to talk about number, and other mathematical concepts when cooking with your children. However, the time spent together can go a long way in **helping your child grasp and develop their mathematical skills**.

Try cooking this month’s recipe together or one of the wonderful recipes on **Healthy Little Foodies** [follow the link here](#).

Activity Source: *Healthy Little Foodies*



HEALTH & SAFETY: Family Meals: Why do they matter?

Getting the whole family to sit down for dinner can be next to impossible – with young children, sport practice, working late and homework taking up the evening hours, many family members eat at whatever time best suits them – and that’s OK from time to time. But research shows that families who eat together regularly (that’s more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development.

The family dinner table, after all, is where children learn manners, converse and interact with grownups, share what’s happening in their lives and experience new foods. The preparation of food and the table setting process are all part of the roles in a family and shape thoughts and feelings around food and family.

Schedule Time to Eat Together

- Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect.
- If you don’t usually eat together, start by scheduling one meal per week and increase the number as you are able.
- Circle your friends and family around healthy foods as often as you can. The more you eat together, the more you benefit.
- Try to schedule activities so that they don’t interfere with mealtimes. If that’s not possible, create a meal together around a picnic table in a park on the way to piano lessons or soccer.

Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen.

Everyone Can Help Plan & Prepare Meals

- Eating together is more likely to happen when everyone helps.
- Involve kids of all ages in planning, shopping for and preparing meals. These are important life skills that can help us eat well.
- Children are more likely to eat the foods they help you to prepare.
- Cooking together is a great way to connect with each other and have fun!

- Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make more from scratch. Remember, the meal doesn’t have to be perfect. It’s the time together that’s important.

- Cooking is a great time to teach about kitchen and food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked. Always supervise their activities. Getting burned or cut puts an end to the fun fast!

Tip: If you aren’t confident in the kitchen, choose simple and familiar recipes. This will help you enjoy your time together instead of trying to figure out the next step in the recipe.

Make Mealtimes about Being Together - Eating together provides a time to be connected. This helps children feel loved, safe and secure. Focus on enjoying each other’s company, not on what or how much each child is eating. Keep mealtime conversations positive and encourage children to talk about their day. This helps to develop more communication between family members.

Tip: Turn off distractions like the TV, computer, tablets and phones during mealtimes. Keep toys and books off the table.

Model Positive Eating Behaviour - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating. Make offering new foods part of your regular mealtime routine. Children often need to see, smell, and touch a food many times before trying it, so offer new foods with familiar foods and include foods your child has refused in the past. Not everyone likes every food, and that’s okay. Encourage kids to say “no, thank you,” or teach them what you would like them to do or say if they don’t want to eat something. Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues. Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating.

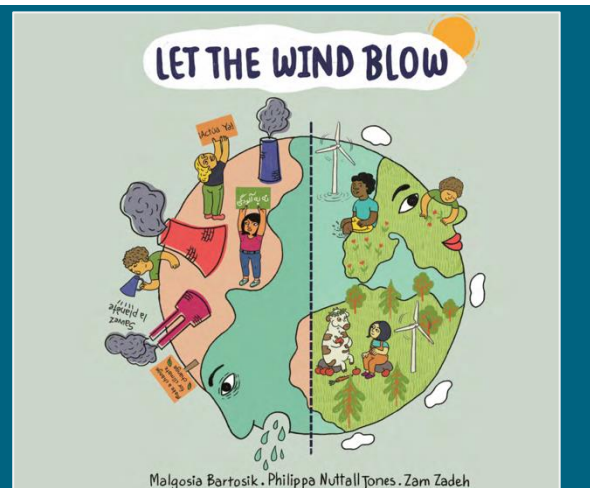
Read more via the source link: Health Link BC (2017). *The Benefits of Eating Together for Children and Families* retrieved from www.healthlinkbc.ca/healthy-eating/eating-together

Sustainability CORNER

LET THE WIND BLOW

Global Wind Day is a worldwide event that occurs annually on 15 June! It is a day for discovering wind energy, its power and the possibilities it holds to reshape our energy systems.

‘Let The Wind Blow’ By Malgosia Bartosik, Philippa Nuttall Jones and Zam Zadeh was inspired by a conversation between two mums (a Polish wind advocate and a British journalist) and a talented young Iranian artist. It is a comic book that tells the story of how renewable energies like wind will help lead the transformation to a cleaner, healthier world for everyone. You can download the book at <http://www.letthewindblow.org/>. Read and discover why making the move to clean energy is so important for the health of our world.





Cultural Diversity

Cultural diversity surrounds us. Diverse cultures in early learning is a tremendous opportunity. We value and respect our families and staff's cultural background and enjoy participating in the wider community to share authentic cultural activities with children and families.

Ways we share cultural diversity

Sing and tell stories together. We read stories from a wide range of authors with diverse characters and storylines. We ask families to share stories that are special to them, support Home Languages, retell oral stories, encourage children to participate in oral storytelling.

Invite families to share Cultural celebrations happen throughout the year. These are opportunities for communicating and interacting across cultures. We encourage families to share important cultural holidays or celebrations in authentic ways. We organise inclusive activities that children share in together.

Use a range of media to share, learn and challenge stereotypes and discrimination.

IF THE WORLD WERE 100 PEOPLE

50 would be female | 50 would be male

26 would be children. There would be 75 adults, 8 of whom would be 65 and older.

There would be:

60 Asians

15 Africans

14 people from the Americas

11 Europeans

12 would speak Chinese, 5 Spanish, 5 English, 3 Arabic, 3 Hindi, 3 Bengali, 3 Portuguese, 2 Russian, 2 Japanese, 62 would speak other languages.

83 would be able to read and write. 17 would not.

Source: <https://www.geteduca.com/blog/sharing-diverse-cultures-early-learning/>

National Quality Framework | Quality Area 6:
Collaborative partnerships with families and communities

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/>

The use of the Victorian Government's Service Victoria **QR Codes** for electronic record keeping will be mandatory for all workplaces in order to enable the effective contact tracing of any COVID-19 cases. This includes all education sector workplaces, including early childhood education and care (ECEC) providers of all types.

Under Public Health Directions, services must ensure a record of all visitors and parents who attend the premises is collected, via:

*display of the Service Victoria QR Code signage to promote additional check-in requirements

*systems to ensure those who don't have smartphones or are otherwise unable to use the QR code can also be recorded

The QR code does not replace the usual sign-in and sign-out processes.

Please click on the link below and follow instructions to create your own QR code to display at your Service.
<https://busreg.covid19.dhhs.vic.gov.au/s/login/SelfRegister>

An email will also be sent to educators and parents with instructions.

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!

Thank you
Mohammad Ayad



Dance time

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

Dancing makes you feel good, it's fun and a great way to get active. Find some free space somewhere inside or head outside and enjoy the fresh air. Pick a song and turn it up. You can free dance or take turns with your child making up a dance routine. Add moves together and then put on a show for someone else in the house.