

TRIKKI KIDZ EARLY LEARNING GROUP

If you think you are too small
to make a difference, try
sleeping with a mosquito.
– Dalai Lama

NOVEMBER
2022

ON *this* MONTH

AT TRIKKI KIDZ

Melbourne Cup Day (Cobram centre closed) -----	1
Art Show (Barooga whole centre) -----	9
Art Show (Cobram kindergarten) -----	14

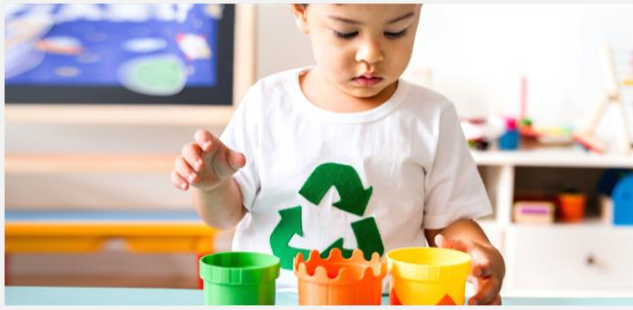
AROUND THE COUNTRY

Melbourne Cup Day -----	1
Outdoor Classroom Day -----	3
National Recycling Week -----	7-13
Remembrance Day -----	11
Australian Food Safety Week -----	12-19
Orangutan Caring Week -----	13-19
World Kindness Day -----	13
Universal Children's Day -----	20

IMPORTANT INFORMATION

- **2023 Enrolments** - If you haven't already done so, and you require a place for your child in 2023, please return your child's re-enrolment form as soon as possible. We are currently in the process of finalising bookings with many rooms fully booked already and waiting lists in place.
- **Preschool (NSW) and Kindergarten (VIC) Graduation** – Our 4 year old graduation dates have been announced. Barooga's will be held on Tuesday 6th December and Cobram's will be held on Wednesday 7th December. Families should have received information regarding these events. Please see Kath (NSW) or Jayne (VIC) for further information.
- **FREE Kindergarten (VIC) and Preschool (NSW) in 2023** - It is exciting to receive the news that the NSW government will be funding 4 year old preschool in 2023 and the VIC government will be funding both 3 and 4 year old kindergarten. Families will receive a fortnightly rebate credited directly off their fees offsetting the cost of preschool or kindergarten, with majority of families eligible to receive **FREE preschool or kindergarten**. Please see Kelly or Courtney for more information or for a quote of your family's circumstances based on your Child Care Subsidy.





NATIONAL RECYCLING WEEK – NOVEMBER 7-13

National Recycling Week was established by Planet Ark in 1996 and is held every year during the second week of November. This year, National Recycling Week explores the idea that **Waste isn't Waste until it's Wasted.**

This year it is all about quality over quantity, it is not about recycling more, but recycling better. **FIND OUT MORE HERE**

REMEMBRANCE DAY – NOVEMBER 11

At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts. There are many ways to commemorate from wherever you are - at home, school or work - this Remembrance Day. Observe a minute's silence at 11am, Explore the origins of 'Remembrance Day', Wear a poppy, make a wreath.

FIND OUT MORE HERE

BETTER FOR YOU BROWNIES



PREP 20 MIN | COOK 20 MIN | SERVES 16

INGREDIENTS

- 85 grams good quality **dark chocolate**
- ½ cup (125 grams) **butter**
- 1½ cup (315 grams) **CSR Rapadura Sugar**
- 2 **eggs**
- 1 tablespoon **vanilla extract**
- ½ teaspoon **sea salt flakes** (or pinch of salt)
- ¾ cup (100 grams) **wholemeal spelt flour**
- 1/3 cup **cacao powder**
- 1/2 cup *cooked* **beetroot**, finely grated (optional)
- 1/2 cup (100 grams) *mashed* **sweet potato** (optional)
- 1/2 cup (80 grams) good quality **dark chocolate**, *chopped*

METHOD:

Preheat oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

Place chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted. Take off heat and allow to cool for 5 minutes.

Add the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

Add the salt, plain flour, cacao and whisk to combine. Gently fold through the beetroot, sweet potato and chopped chocolate.

Pour the batter into the prepared tin and bake for 20-25 minutes or until set. Allow to cool in the tin. Cut into 16.

Images and recipe from mylovelittlelunchbox.com

BEST BLOGS

Curated parenting advice for everything you need answers to.



my
child
MAGAZINE



THE NATURAL PARENT MAGAZINE

thenaturalparentmagazine.com

The Natural Parent Magazine is the leading parenting magazine both online and in print, for conscious parents. Here, you'll find lots of nice bits and pieces including parenting support, pregnancy and birth, maternity fashion, parenting news, craft, photography, travel, events and more.

MY CHILD MAGAZINE

mychildmagazine.com.au

This is a place to find not only wholesome and simple parenting reads and information, but encouragement, humour and motivation for your journey as a caregiver.

KIDDIPEDIA

kiddipedia.com.au

Kiddipedia is Australia's leading parenting resources website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.



FOCUS: 7 Ways to Encourage your Child to Try New Things

Fear is a typical response to new challenges or experiences. These situations make children feel uncertain, vulnerable, powerless, and anxious. They strip away a child's sense of security and control. As a result, many children avoid the unfamiliar. They prefer NOT to risk attempting something new, leading to missed opportunities, and setting a negative pattern that can persist into adult life. Here are seven strategies and activities we can use to raise children who aren't afraid to tackle new situations, skills, or obstacles with confidence

Be Supportive of Effort, Progress, and the Process

Kids may fear trying new things for several reasons, including environment, upbringing, past experiences, and temperament. It is important to praise **effort, progress, and the process** rather than only praising successful outcomes. Praising process is also important because it shows your child there's more than one way to do something. Show your child that "success" isn't necessarily dependant on outcomes. Success can mean a willingness to try, put forth your best effort, and show gradual improvement.

Make an "I can" Can

Print out strips of paper with the sentence starter "I can," written on them. Then, allow your child to fill in the blanks. Help them brainstorm, while enabling them to come up with suggestions of their own as well. Put the strips in a can, and have your child add more strips whenever they learn a new skill or conquer a new challenge.

Keep an "Adventure Diary"

If your child can view new challenges as exciting rather than intimidating, they'll have the courage to pursue their full potential. Help them shift their perspective by keeping an adventure diary. In the diary, you'll detail all the adventures you've had as a result of trying new things. Write about all the times your child was brave and attempted something new and update the diary regularly. If possible, you can add pictures, drawings, or small mementoes for decoration. Also include details about how well your child did or how much fun you and your child had when he tried this new activity.

The next time your child is afraid to try something new, break out the adventure diary, and talk about the great times you had because your child was brave enough to try.

Ask the Right Questions

You can ask your child questions like, "Is there anything that used to be difficult or a little scary for you that's now much easier?" Remind your child that all the abilities they have now were new at one point. They weren't born with them; they had to learn, practice and persist. To put your child's fears in perspective, ask questions like: What's the worst thing that could happen? What evidence suggests that this might happen? What is more likely to happen? What would you tell a friend who felt this way?

When you talk to your child about trying new things, make it a discussion rather than a lecture. Listen to your child's worries, and help them talk through and confront these fears.



Incorporate Brain Breaks

While you should encourage your child to take risks, you should avoid pushing too hard. You want your child's experiences with trying something new to be positive so that they won't become even more risk-averse.

Incorporate short activities that disrupt the monotony of a child's current task. You can suggest a quick game of rock-paper-scissors, challenge your child to 'reinvent' a random object for other uses, provide a story starter for your child to complete, etc.

Because these brain breaks are a bit silly, they'll brighten your child's mood, take their mind off their fears, and help them face the task at hand with renewed energy. Plus, the fun memories you create will show your child that trying new things isn't so bad, after all.

Conduct Dress Rehearsals

If your child is nervous about meeting their teacher for the first time, you can pretend to be the teacher and let your child practice how they will greet her. Practice conversations, greetings, and other interactions that make your child feel nervous.

These dress rehearsals will familiarize your child with new situations, making them feel less unfamiliar and scary. You can even practice how to handle these situations if the "worst-case scenario" were to occur. As your child begins to feel confident and prepared, their worries about new social situations will dissipate.

Make a "Bravery Ladder"

To create a bravery ladder, help your child identify steps that will help them gradually achieve a new skill or conquer fear. Think of it like learning to ride a bike starting with training wheels.

Source: Big Life Journal (2022). 7 Ways to Encourage Your Child to Try New Things. Retrieved from biglifejournal.com/blogs/blog/encourage-child-to-try-new-things

To read article in its entirety follow the link [here](#)

PATTERN PLAY: When a child looks at a pattern, they observe what they see and make predictions for what should come next. This math skill serves as an essential foundation in number sense. The observation skills kids develop with patterns are used for more complex math skills. Using coloured blocks is a great way to practice patterns.

Create A-B-A-B pattern first: For example, using red and blocks make **A - B - A - B**. Once that's mastered, kids can progress to more intricate patterns like A-B-C, A-A-B-B and even a growing pattern. [Find great pattern resources here](#)



HEALTH & SAFETY: Work and School Lunch Safety

Australian Food Safety Week is held every year in November. This year the theme is 'Food Safety – raw and risky'. Packing a lunch for yourself or your child is a healthy and cost-effective option but how much thought do you give to food safety? Food poisoning bacteria can grow quickly, especially in hot weather and in healthier foods such as salad and cold meats. Follow these simple tips to ensure your lunch is always safe.

CHOOSE

- Choose low risk foods such as hard cheeses, freshly cooked meats and poultry, fresh, well-washed fruits and vegetables, canned tuna or salmon, shelf stable snacks and sandwich spreads.
- When buying lunchboxes choose ones which are easy to clean and dry. Insulated lunchboxes are a great idea, but not if they are difficult to keep clean.

CLEAN

- When preparing food, always practice scrupulous handwashing.
- Lunchboxes and reusable drink bottles must be thoroughly washed and dried daily. If cracked, split or crazed, replace as bugs love hidey holes.
- Ensure cutting boards, benches and utensils are clean and dry.
- Wash all fruits and vegetables thoroughly.
- With a staff kitchen, set up a roster to ensure bench tops are clean and dish cloths, sponges, brushes and tea towels are clean and replaced regularly. Wash dirty dishes in hot soapy water or put in the dishwasher.

COOK

- Make sure lunch foods are cooked properly in the first place.
- When reheating, make sure they are steaming hot all the way through – stir or turn food as appropriate.

CHILL

- Lunches can safely be prepared a little ahead of time provided they are kept in the fridge or frozen.
- When leaving home, pack a frozen juice box, water bottle or commercial ice pack with the lunch. Place perishable foods such as cheeses and sandwiches between the frozen items.
- Lunchboxes kept inside the school bag will keep cooler longer especially if the bag is away from heat sources such as direct sunlight.



- Divide cooked leftovers into small lunch-sized portions so they refrigerate or freeze quickly.
- Put food in the fridge as soon as you get to work or, if working on construction sites, outdoors or other environments with limited access to refrigerators, pack food in insulated containers with frozen drinks or freezer bricks and place the container in a cool place between meal breaks.
- Staff fridges should be uncrowded and running at or below 5°C. Provide labels and a pen so people can label and date any food they put in the fridge.

SEPARATE

- Make sure lunchbox foods have been well separated from other foods in the refrigerator, particularly meats, chicken and fish, the juices of which will contaminate foods which won't be cooked before adding to the lunchbox, such as fruits.

GENERAL ADVICE

- If in doubt throw it out!
- Warn children against sharing drink bottles. Sharing lunches is also not a good idea as it is difficult to know what allergies other children may have, or whether the foods have been prepared using the basic food safety tips.
- If you or your child has food poisoning don't go to work or school, and avoid handling food for others for 48 hours after symptoms such as vomiting and diarrhoea stop. If food poisoning symptoms persist, visit a doctor.

Source: Food Safety Information Council. (2022). *Work and School Lunch Safety*. Retrieved from <https://foodsafety.asn.au/topic/lunchbox/>



NATIONAL RECYCLING WEEK

Recycling has become second nature but you may not have it all sorted. Help reduce the amount you send to landfill by getting the whole family involved with some of our helpful tips and resources. This National Recycling Week it's not about doing more, it's about doing better.

Know the ARL: The Australasian Recycling Label (ARL) is an evidence-based system for Australia and New Zealand, that provides you with easy to understand recycling information when you need it most. It removes confusion, saves you time and reduces waste going to landfill.

Get the kids involved: The PLANET ARC Website has a huge library of guides that can help you teach you and your children how to recycle and enjoy creating something from recycling materials. **FIND OUT MORE HERE**



MUSIC PLAY

The benefits of engaging in music activities and games with your preschool and kindergarten child are endless and should be a part of your daily play together.

Researchers keep telling us that music is not only good for children in its own right, it also enhances learning in many other ways. So why not use your own love of music and your child's natural affinity for music to:

- learn about the world through song
- learn to control emotions through melody and an expressive voice
- learn to listen and predict patterns through rhythmic movement, fun dances and instrumental play
- learn how to get along with others by making music together
- learn coordination indoors when you can't go out o play through drama games, actions and dances

Fun Music Games for Pre-schoolers

- Musical Statues and Musical Chairs
- Pass the Parcel
- How Many Instruments Do You Hear?
- Draw the Music
- Hide and Listen
- Dance to the Song
- Let's Make Up the Words

Find out how to play these games [here](#)

Free Musical Child resources for Learning Music [here](#)



IMPORTANT REMINDERS

- **Are you a Top Fan?** Follow, like and comment on our service Facebook for a chance to win a monthly prize in our Top Fan Draw. Congratulations Cheryle Matthews on being our winning top fan for October. We hope you enjoyed the \$100 Sporties voucher. November's prize is a \$100 Woolworths gift card. It will be drawn on November 1st so stay tuned ...



5 Minute MOVES

DUCK, DUCK, GOOSE

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

It's a well know game, but just in case you've forgotten...

All players except one sit in a circle. One person walks around and taps each player on the head saying "duck" until suddenly he decides to say "goose." The goose needs to jump up and chase after the first person, who needs to run around the circle and get to goose's seat before he is tagged. Try changing up the names...Orange, orange, apple or Bear, Bear, Goldilocks.