

YOUR TIME AND ENERGY ARE NOT WELL SPENT DWELLING IN THE PAST OR BEING ANXIOUS OF THE FUTURE. INSTEAD, LIFE IS BEST SPENT BEING FULLY PRESENT TODAY – DENAYE BARAHONA

Busy Kids  
Childcare



## ON *this* MONTH

St Pats Day 17<sup>th</sup> March 2019

# Nursery Rhymes

In March we are learning nursery rhymes and getting active.

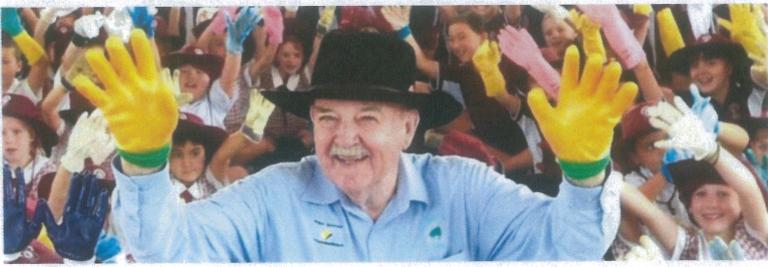
Singing nursery rhymes and songs to children as young as babies can help develop their language and communication skills from an early age. Introducing children to a variety of nursery rhymes can help them understand and learn about different sounds.

## Reminder

Next month is Easter  
We will be holding an  
Easter Hat Parade keep  
an eye out for further  
information on this in the  
coming weeks.

Please check the lost  
property bucket under  
the front verandah for  
missing items.  
-Won't keep longer than  
1 month





**CLEAN UP AUSTRALIA DAY – 3 MARCH**

In 1989 an 'average Australian bloke' - Ian Kiernan, had a simple idea to make a difference in his own backyard - Sydney Harbour. *Clean Up Australia Day* is the nation's largest community mobilisation event. 2019 is the perfect time to band together in Ian's honour, celebrate what has been

Achieved, show your support and continue his dream to Clean Up Australia. [www.cleanupaustaliaday.org.au](http://www.cleanupaustaliaday.org.au)

**EARTH HOUR – 30 MARCH**

Every year hundreds of millions of people around the world in more than 7,000 cities in over 180 countries take part in this amazing global conservation movement. People do a wide range of things around the hour to show they care about our planet's future. Millions choose to mark Earth Hour by going 'lights out' for 60 minutes at 8.30pm – a symbolic show of solidarity. #Connect2Earth Find out more at [www.earthhour.org.au](http://www.earthhour.org.au).



**Pea, asparagus & mint pasta with lemony ricotta sauce**

PREP 5 min | COOK 30 min | SERVES 4

**INGREDIENTS**

- 2 chicken breasts
- 500 grams short pasta
- 250 grams frozen peas
- A bunch of asparagus, woody ends trimmed and sliced into 3
- 1 cup fresh mint leaves, roughly torn
- 1 cup ricotta
- 1 cup shredded tasty cheese
- Juice and zest of 1 lemon

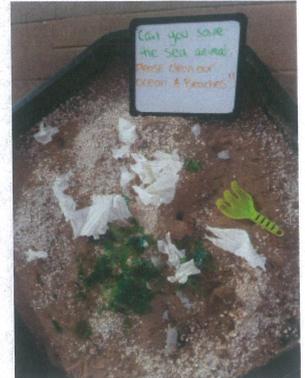
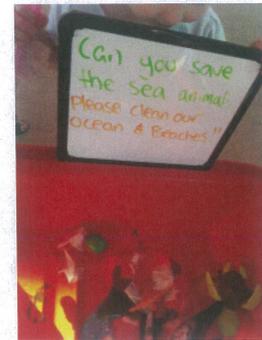
**METHOD:**

Preheat oven to 180 degrees Celsius. Place the chicken breasts onto an oven tray, drizzle with a little olive oil and bake for 18 minutes or until cooked through. Shred the chicken breasts using a couple of forks. Set aside.

Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Add the peas and asparagus half way through the pasta cooking time (they need 3-4 minutes in the water to cook). Drain and set aside.

Place the pasta, peas and asparagus into a large bowl along with the shredded chicken, mint, ricotta, tasty cheese, lemon zest and juice and stir to combine. Serve immediately. Enjoy x

*Enjoy x Remember to always supervise kids in the kitchen.*



**Clean up Australia day at Busy Kids**

The children participated in a fun learning environment to increase their knowledge and awareness of the environment by participating in a clean-up Australia day activity.



Source: Recipe and images belong to [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)



# Last Month's Activities!

## Preschool!

We have been making an inside garden while learning about bug and insects. We have also been exploring the outside garden searching for bugs and insects.

Extending on our interest we explored our senses as we dug toy bugs and insects out of ice.  
-Ellen



## **Toddler Room!**

We have been exploring our senses through ice play, foam and water play, while learning about bug and insects.  
-Kayla



## **Lunch Time Club!**

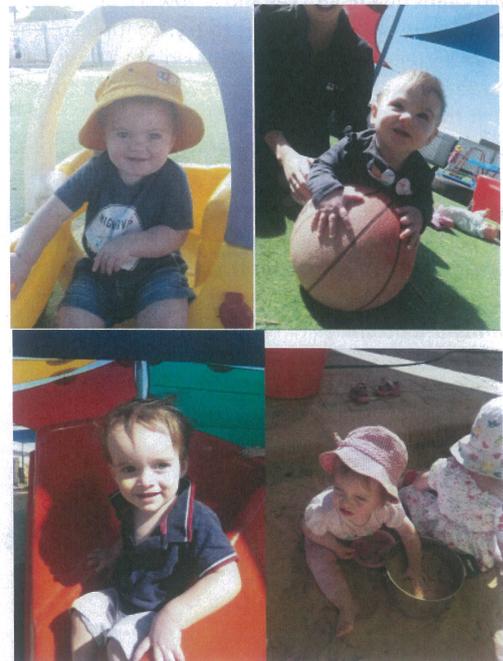
We have settled into an awesome routine, focusing on name recognition, pencil grasp, counting and group times. Your children have been trying very hard and are enthusiastic and feeling confident.

-Wendy



## **Baby Room!**

We have been exploring the outdoors developing our gross motor skills as we walk, ride and climb around.  
-Amelia



## FOCUS ARTICLE: This is why your child can't actually 'calm down' during a tantrum



**Our capacity for calm in the midst of a kid's emotional storm offers hope, because it signals that calm is possible in the midst of chaos.**

Neuroscientist Dan Siegel and parenting expert Tina Bryson creatively describe "downstairs" and "upstairs" aspects of the brain. Our primitive brains—the limbic system and amygdala—are reactive and emotional, driven by impulsive, short-term interests, and primitive drives. This childlike, impulsive, instinctual system lives downstairs. Meanwhile, the outer cortices of our brains, which enable us to inhibit impulses, slow down, gain perspective, process emotional stimuli, and articulate these stimuli into thought and action, live upstairs. This upstairs area helps us plan, think before we act, take perspective, make moral decisions, and form relationships. The "wise mind" integrates both our emotional and our rational minds, according to Marsha Linehan, the creator of dialectical behaviour therapy. The four aspects of our brains—left, right, upstairs, downstairs—need strong connections to work together to build wise, healthy brains.

**During a tantrum, when the amygdala and emotions flare up, it's almost impossible for logic to penetrate our kids' closed-off outer cortices. Helping them settle down from a tantrum to engage their wise mind takes wisdom, compassion, and plenty of patience on our part.**

**Once your child calms down, you can move toward processing and planning verbally. Here are some things to try:** Continue to engage the prefrontal cortex (PFC), don't forget your kid's basic needs, sometimes you have to get creative and throw your kid a curveball. Try to jump-start their PFC with a seemingly random question. Decrease the dominance of the amygdala with games.

Source: Motherly; Christopher Willard (2019, January 22). This is why your child can't actually 'calm down' during a tantrum. Retrieved from <https://www.mother.ly/child/this-is-why-your-child-cant-actually-calm-down-during-a-tantrum>

## Download the APP!

Keep up to date with what's happening in our centre by downloading the app!

- Daily photos
- Observations
- Updates on illness'

## KidsXap guardian

Contact the office to find out more and get new or updated contact details.



## ALPHABET ROCKS

**YOU NEED:** 52 rocks (these may be collected or purchased) Choose rocks that are smooth and big enough to not be a choking hazard. Permanent Marker.

Using a black permanent marker, carefully print an upper case letter on one side of a rock and the corresponding lowercase letter on the other side. This is an easy way to help children gain practice in connecting uppercase with lowercase letters. These rocks will become a reusable learning resource in your home, with so many activities possible. (This will ensure you have 2 sets of letters for

activities).

**1. Upper case, lower case match** - This activity is simple; children search the rocks and match the letters.

**2. My name** – Write your child's name on a piece of paper for your child to copy with the rocks. Model the activity by spelling your name using capitals and lower case letters.

**3. Sight words** – Use these rocks to make basic sight words from familiar books.

This activity was adapted from [homegrownfriends.com](http://homegrownfriends.com)



## CIRCLE TIME



Circle time is a great way for Pre-schoolers to get a sense of community with other kids their age and enhance their social skills and improve their attention span.

We believe that starting with circle time helps to introduce the topics and plans for the day. Here are some benefits of a successful circle time for Pre-schoolers.

### What are the benefits of Preschool Circle Time?

**Establish Community** – My having circle time, or group time, our pre-schoolers greet each other and learn awareness of other children. This kind of interaction helps to enhance the social skills of toddlers. They learn that each child is valued as a member of the group.

**Plan it Out** – Use circle time to go over the day's plans and topics. With all the children in the class together, everyone will know what the class will be doing. Kids are always curious and circle time is a good opportunity for them to ask questions.

**Keep it Fun** – Getting toddlers and pre-schoolers to sit still for any amount of time can be tricky. Keeping circle time fun and interactive can help keep toddlers engaged and help to improve their attention span. Circle time becomes a fun activity rather than a chore.

**Make it a Routine** – When something becomes routine or familiar to young children, they respond to it better.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

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

# Sustainability CORNER

## INTERNATIONAL DAY OF FORESTS

Did you know that forests cover one third of all land on earth and are home to 80% of the planet's land animal and plant species? Forests and trees make vital contributions to our lives and to the planet, bolstering livelihoods, providing clean air and water, conserving biodiversity and responding to climate change.

The theme for 2019 is 'Forests for Education', so this year

We challenge you to create something to educate others. As a family you may like to create a poster, a song or create a short video to educate others on the importance of forests.

Working together on a project promotes communication and provides a platform to discuss sustainability with your children.

**International Forests Day is March 21.** Go to <http://www.fao.org/international-day-of-forests/en/> to find out more.

## 5 Minute MOVES

### DANCE PARTY

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

When was the last time you turned on some music and let loose on the dance floor? Or for this purpose the lounge room floor with your kids? For the next 5 minutes turn on some music and get down and boogie. Copy your kids moves And teach them some of your tried and true favourites!

**Feedback**  
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

Busy Kids Childcare

Email: [admin@busykidschildcare.com.au](mailto:admin@busykidschildcare.com.au)  
Phone number: 8088 7033

