



# MRS P'S BEFORE AND AFTER SCHOOL CARE & VACATION CARE



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Before and After School Care opens at 6am and closes at 6.30pm (School Schedule).

Vacation Care opens at 6.30am and closes at 6pm (All Day).

## ON *this* MONTH

AT MRS P'S BEFORE AND AFTER SCHOOL CARE

Service event/item ----- 0

AROUND THE COUNTRY

Clean Up Australia Day -----3

Ramadan -----11-9 APR

St Patrick's Day -----17

Harmony Week -----18-24

Earth Hour -----

## TERM 1, 2024

Welcome back to the 2024 school year. We are well and truly into the swing of it all now.

Our new kindergarten children should be congratulated on how well they have adjusted to big school life.

Some sad news from us is that we will be saying farewell to our educational leader Catherine this week as she is moving on to a new role. We are so thankful to Catherine for her contribution here full time since 2023. Whilst we are very sad to see her go, we are really pleased and excited for her as she takes on a new role as a service director back in early childhood. We hope that some of the knowledge she has gained here will help her in her leadership role.

I will be taking over the roll of educational leader so you will see me out on the floor a lot more. If there is anything you do need to discuss with me, please let me know in advance so a suitable time can be arranged.

Thanks, Carolyn.

## Just a reminder...

❖ **ABSENCES OR CHANGE TO PICK UP PROCEDURE** - If your child/ children are going to be absent or there are any changes on a booked session of care day, we need to know by **7:30am for AM sessions and 2pm for PM sessions**. One child being absent can make an enormous difference in our pick-up and drop-off schedules. It is often a hectic time during pick-up and drop-off, so to have absences sorted in advance saves a lot of confusion and stress only for the staff but importantly the children. Please be aware that failure to advise by those times will result in a fine of **\$25.00**.

❖ **AM ARRIVAL**- all children attending the session must be present and signed into the service by 8am to ensure buses can leave on time.

❖ **PM PICK UPS** – please be aware PM buses won't be back at the service until 3:30-3:45pm each day.

❖ **CAR PARK SAFETY** - Car parks are a very busy place are a great resource but can be dangerous. Please remember to slow down and never leave your child unattended in the car park. We remind all children to NOT WALK BEHIND THE CARS IN THE CAR PARK but instead follow the footprints by the fence and then enter the car. A safety suggestion would be to REVERSE into the car parking spaces and then when you are exiting, you have a clear view as we regularly see cars backing into each other.

❖ **Vacation care program will be available in the next few weeks**. Please keep an eye on emails.



## CLEAN UP AUSTRALIA DAY - MARCH 3

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill. Those facts are horrific, you can help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily! [Learn more here](#)

## EARTH HOUR - MARCH. 23

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic gesture of

## Podcast Reviews

### The Lazy Genius Podcast | Kendra Adachi

*Part systems expert, part permission giver, Kendra Adachi, The Lazy Genius, is here to help you be a genius about the things that matter and lazy about the things that don't.*

Kendra Adachi is a *New York Times* bestselling author, nationally ranked podcaster, wife, and mother (no awards for those last two).

Her lifelong attempts at perfection have thankfully been tempered by age and therapy, and now she empowers people to get their stuff done without turning into a tired robot.

### The Imperfects | Hugh Van Cuylenburg, Ryan Shelton & Josh Van Cuylenburg

*We're all imperfect. On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.*

Whether it's in The Vulnerabilities House, The Academy of Imperfection, or with psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.

## EASY CHICKEN TRAY BAKE



SERVE 4 | PREP 10 min | COOK 1hr

### INGREDIENTS

- 8 skinless chicken thighs
- 1 cauliflower, broken into florets
- 1/2 butternut pumpkin, cut into 2cm cubes
- 1 cup frozen peas
- 3 tbs honey, melted
- 2 tbs extra virgin olive oil
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp salt-reduced soy sauce
- 1 clove garlic, minced
- 1/4 cup water

### METHOD:

Preheat oven to 200°C and line a baking tray with baking paper. To prepare the marinade, combine honey, oil, mustard, soy sauce, garlic and water. Place chicken thighs in a mixing bowl and pour over half of the marinade. Cover and refrigerate. In a separate bowl, add cauliflower, pumpkin and the other half of the marinade. Toss to coat. Pour vegetables onto baking tray and bake for 45 minutes, or until almost cooked through.

Remove tray from oven. Spread chicken thighs evenly over the vegetables, then pour over frozen peas. Return to the oven for 20-25 minutes, or until chicken is cooked through. Serve immediately.

Enjoy!

Recipe from Kidspot - [Recipe Here](#)

# FOCUS: It's NOT Funny! What to do if your child laughs at discipline

*We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.*

**That grin. That giggle. OH! It feels like mocking.** *Let's consider some things before lighting the fuse.* Humour usually brings people together. Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

**Laughter is a physical response to an emotional trigger.** Have you ever said, "If I don't laugh, I'm going to cry"? Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

**Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mom and dad must not ignite the wick. Stay in control.**

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalized it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."



In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

## 8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

- Set Expectations.
- Get to the Root of the Behaviour.
- Set your **Child** Up for Good Behaviour.
- Treat Your **Child** As You'd Want to Be Treated.
- **Take** Advantage of Your **Child's** Verbal Skills.
- Establish Absolute Ground Rules.
- Compromise When You Can.
- Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Source: McCready, Amy. (2022, January 3). **4 Things to Say Instead of "Because I said so"** Retrieved from [positiveparentingsolutions.com/parenting/updating-because-i-said-so-four-things-to-say-instead](https://positiveparentingsolutions.com/parenting/updating-because-i-said-so-four-things-to-say-instead)



Read the article via the QR code.

Source: Wildenberg, Lori. (2020). **It's NOT Funny! What to do if your child laughs at discipline.** Retrieved from [herviewfromhome.com](https://herviewfromhome.com)

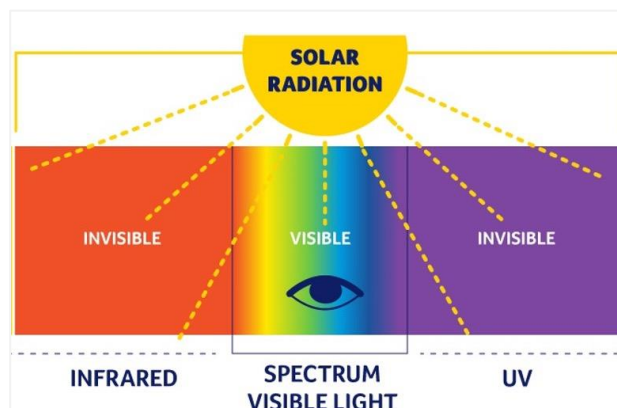
## THE SNACK ATTACK

**Do you feel like you spend most of your weekend making snacks? What can you do to help curb this habit?**

**1) Stick to a (flexible) meal/snack routine.** Talk to your kids about it so they know that after breakfast we won't be eating again until 9.30 snack. **2) Keep busy.** If you're just sitting around the house, you get bored and head to the kitchen, right? It's understandable that your kids will do the same. **3) Limit the number of packages snacks in your cupboard.** When the options abound, your kids will want to try all of them. **4) Plan & prep ahead.** Besides meal planning your dinners for the week, make a list of healthy snack options for the kids (and yourself!). A few ideas written on a post-it on your refrigerator and a few pre prepped snacks will help you to offer a nutritious snack at snack time. **5) Don't allow snacking close to mealtimes.** Kids always seem to ask for snacks right before dinner! Distract instead, suggest an activity they can do. Take out the Legos, play dough, colouring books, or matchbox cars. Keep a few toys and activities put away and only take them out during dinner prep time.

HEALTHY  
KIDS





**Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers. The sun emits UV radiation but it isn't connected to sunshine or heat like many think. This means we can't see or feel it, so it can be difficult to understand.**

Our sun emits different kinds of energy:

- infrared radiation that we can feel (heat or temperature)
- visible light that we can see (sunlight)
- UV radiation (that can't be seen or felt).

When it comes to sun protection, we need to think UV, not heat!

### Types of UV radiation

There are three types of UV radiation:

- UVA: transmits freely through the earth's atmosphere.
- UVB: about 15% of UVB transmits through to the earth's atmosphere. The rest is absorbed by ozone.
- UVC: is absorbed by ozone and does not reach the earth's surface.
- UVA and UVB both contribute to skin cancer, sunburn, skin ageing and eye damage.

Exposure to UV radiation is the main factor that causes skin cells to become cancer cells. Almost all skin cancers

(approximately 99% of non-melanoma skin cancers and 95% of melanoma) are caused by over exposure to UV radiation.

The simplest way to reduce your risk of skin cancer is to use sun protection when the UV index is 3 or above. When the UV is 3 or above, it is strong enough to damage your skin and in NSW, this is most days of the year.

### UV Index

The UV Index is an internationally standardised, open ended, numerical scale developed by the World Health Organization. The UV index measures the amount of UV radiation reaching the earth's surface. It begins at zero and has no upper limit, the rating usually finishes at 11+, which is extreme.

### The UV index and the sun protection times

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

### How does UV add up?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

**Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.**



Read the article via the QR code.

Source: Cancer Council. (2024). What is UV radiation? Retrieved from [cancercouncil.com.au](https://cancercouncil.com.au)

## THIS MONTH LET'S... DO YOGA

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



You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try: [Cosmic Kids](https://www.youtube.com/watch?v=LhYtcadR9nw) [www.youtube.com/watch?v=LhYtcadR9nw](https://www.youtube.com/watch?v=LhYtcadR9nw)

