

AUGUST
2024



ON *this* MONTH

AT HIGHLAND GROVE

S.I.D.S 'Red Nose Disco' ----- Thur. 8th
Vicki returns to the Moonbeam Room ----- Thur. 8th
Ali returns from prac. ----- Wed. 21st

AROUND THE COUNTRY

World Breastfeeding Week ----- 1-7
Dental Health Week ----- 5-11
International Day of the World's Indigenous People -- 9
National Science Week ----- 10-18

DATES FOR LATER IN YEAR

HGP Photo Week ----- From Mon. 14th of Oct.
Closure Date 2024 ----- Fri. 20th of Dec.
Opening Day for 2025 ----- Wed. 15th of Jan.

PUMPKIN PATCH:

Welcome to new baby Georgina! Little sister for James in the Starlight Room. Congratulations Will and Jess.

Congratulations, again, to our Bella and Ben on the arrival of little Evie Isabella. We look forward to a visit very soon. Bella will return to HGP in 2025 in a part time role.

Events at Highland Grove in August: RED NOSE DISCO

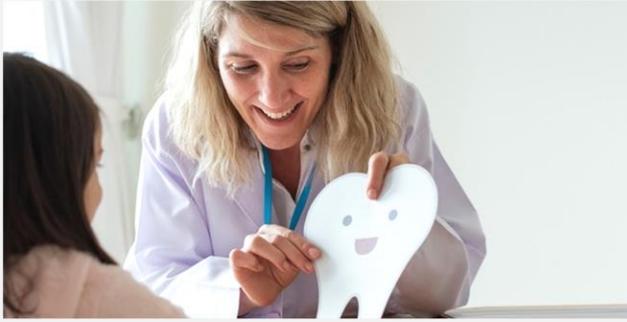
Our Red Nose Disco will be held here at Highland Grove on the evening of **Thursday 8th of August from 6.00pm until 7.30pm**. We will have a 'DJ' here with lots of fun dancing with friends, teachers and families.

Everyone is welcome.

It is worth noting that due to how late, loud and busy these nights are, we will also be holding a little 'Red Nose Disco' with the 'Sunshiners' each preschool day during that week. This will ensure that if these families decide not to attend this year, the children still have the 'disco' experience.

*This is a S.I.D.S fundraiser and the cost is **\$5.00 per child or \$10.00 for a family**, paid on the night. **PLEASE BRING ALONG CASH**. There will also be a limited amount of merchandise here on the evening. A cool drink will be provided on the night.*

PICTURE PLATES: These lovely plates will be completed by the children in August (if you choose) and sent away on 26th of August to return by Christmas. The cost is \$33.00 (inc GST) and will be included on accounts. Lists are next to the iPads. 



DENTAL HEALTH WEEK – AUG 5-11

Dental Health Week is the Australian Dental Association's major annual oral health promotion campaign. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

The 2024 campaign is centred around gum health. Without the correct gum care, bacteria and food particles can find their way in and around your teeth, which could lead to gum disease. So #Letstalkaboutgums [Learn more here](#)

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE – AUG 9 In order to raise awareness of the needs of Indigenous Peoples living in the world across 90 countries population groups, the International Day of the World's Indigenous Peoples is celebrated each year. Indigenous Peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. We need indigenous communities for a better world. [Find out more here.](#)

BEST BLOGS

GOOD INSIDE

www.goodinside.com

Good Inside focuses on the parent behind the parenting and the child behind the behaviour, helping families heal — bringing out the good inside everyone. Sturdy leadership, Parent-child connection, Deep thoughts, practical strategies, bite-sized learning and community are the foundations of Good Inside.

RECIPE TIN EATS

www.recipetineats.com

Nagi is RecipeTin. Recipe Tin Eats reflects her philosophy on food and cooking – fast, creative, clever and fresh. That's fast meals for busy weeknights. Creative new ideas and fresh takes on favourites to shortcut preparation, cut down on cost and create food with style.

Recipes are cost conscious, made using everyday ingredients and (mostly) pretty healthy. You won't use a tub of cream or blocks of cream cheese in every sauce, and you will only deep fry when it is really worth it. Enjoy a huge range of recipes suited for the whole family.

BACON FRENCH TOAST

PREP 10 min | COOK 15 min | SERVES 6



INGREDIENTS

5 cups of bread, cut into 2cm cubes
3 rashers bacon -diced
Oil spray

Egg Mixture:

3 eggs
1 1/4 cups milk
1 tsp sugar
2 pinches salt

METHOD:

Combine the Egg Mixture ingredients in a bowl and whisk until combined. Add bread cubes and mix well. *(If using fresh bread, set aside for 10 to 30 minutes in the fridge. If using stale bread, set aside for 20 minutes to overnight. If you're in a rush, use your hands to gently squeeze the cubes to help them absorb the egg mixture faster.)*

Preheat oven to 180C.

Spray a medium fry pan with oil spray and heat on high heat. Add the bacon and cook until just starting to brown. Remove bacon from fry pan and drain on absorbent paper.

Spray 6 holes in a muffin tin. Mix the bread-egg mixture to evenly disperse the egg mixture that will have settled at the bottom of the bowl.

Divide 1/3 of the bread-egg mixture between the 6 muffin cups. Sprinkle with half the bacon, then press the mixture down with medium pressure using the back of a spoon.

Top with the remaining bread mixture. Each muffin should be slightly mounded even after lightly compressing them. The bread cubes on top will puff back up when you bake it.

Sprinkle with remaining bacon. Bake for 15 to 20 minutes until the top is golden brown. Let rest for 5 minutes before removing from the muffin tin.

Serve with maple syrup, if using.

Recipe and image by Recipe Tin Eats



HEALTH & SAFETY: Sleep

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

What Happens When Children Don't Get Enough Sleep?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life.

According to the American Academy of Paediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system, as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental. The American Medical Association, the US Department of Health and Human Services, and the American Academy of Paediatrics consider chronic sleep loss in adolescents to be a public health problem. It is a risk factor for substance abuse and mental health problems, as well as more immediate problems such as car crashes and sports injuries.

Tips on How To Make Sure Your Child Gets a Full Night's Sleep

Sleep needs change as your child grows older, but whether you're dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for

making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include: Turning off computers, TV screens, video games, and other bright lights, Putting on pyjamas and brushing teeth, reading a light book, singing a lullaby, or taking a bath, picking a stuffed animal or security blanket for the night for toddlers.

Sleep Hygiene Tips for Kids: Daytime habits also affect sleep. You can promote restful slumber in your children by following basic sleep hygiene rules:

- Arranging a balanced schedule with interspersed periods of rest and play
- Keeping a regular bedtime
- Making the bedroom, and especially the mattress, a no-screen zone, even during the
- Providing a healthy diet
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, this will make them overtired and actually make it harder to fall asleep. Learn to recognize the special level of hyper that means your toddler is too tired, so you can put them to bed before things turn sour. For more information about sleep and your child **follow the QR code.**



Read the article via the QR code.

Source: Sleepfoundation.org (2023, April). **Children and sleep** Retrieved from sleepfoundation.org

SNOWBALL THROW ALPHABET GAME

Paper, tape and ping-pong balls OR ball pit plastic balls are all you need for this game of "snowball" throwing from **Mom Inspired Life**. Tape a bunch of letters to a wall, call out the sounds and have your kids throw the snowball at the letter represented. As an added bonus, kids get to work on their coordination as well as their alphabet.

Source: **Mom Inspired Life**



FOCUS: Parenting Children Ages 2-6: When My Child Hits

Take a moment to picture this scene: Your four-year-old son wants to show you the block tower he's made, but before you're able to come look, his baby sister comes over to play and knocks the tower down! You arrive just in time to see your son push his sister away, and your daughter falls and bursts into tears on the floor. Oh boy, not good! So, what do you do?

It's not an unusual thing for kids to do at this age, in fact, it's pretty normal and common, but of course you want him to know that it's not okay! You probably want him to learn to take responsibility, make amends, and do better in the future. With emotions running high all around, it can be a tough spot to be in as a parent!

But how we respond, rather than react, to situations like this can either help or make things worse in the long run. This is one area of parenting where it's really important to remember: as we build healthy RELATIONSHIPS with our kids, they will be more open to our correction! We need to build connection, and THEN we can more effectively direct and correct our kiddos' behaviour.

Of course, this doesn't mean letting your kids get away with things like pushing! But it's helpful to keep that big picture in mind as we set boundaries, keep everyone as safe as possible, and help our children understand that violence is not acceptable. The key here is when they feel connected to you, they'll be more open to learning other options for handling those strong feelings and tough situations!

Here's a few basic tips that can help you with those goals:

1. Keep in mind that your child probably isn't TRYING to be bad or mean. They're still learning to understand and regulate their feelings, and they don't have a lot of problem-solving experience yet. So, when they hit or push, it's probably their way of expressing themselves and asking for help and getting their needs met! That doesn't make it okay, of course, but it's important to remember that they probably WANT to get along with others and figure out better ways to handle hard emotions. They just don't know HOW, sometimes! They need your help to learn. It takes time and a ton of practice for kiddos to learn how to use their words or find other ways to problem-solve in high-emotion situations. Try to be patient with them, and with yourself. Remind yourself that learning these skills is a process, and it will go better if you try to look at things from their perspective.

2. PREVENT problems when you can. For example, when your child is tired or hungry, it's probably not the best time to have them play with other kids. Think about it: when YOU'RE tired and hungry, it's hard to respond well when people aren't nice to you! Right!? So, it's probably even harder for your kiddos to do so!

Things like cutting playdates short or packing some extra snacks for long outings can help.

3. Take ACTION without insult. Sometimes you'll need to physically intervene to keep people safe, maybe grabbing or blocking the child to protect someone. Be careful what you say when you do so! Rather than telling them that they are bad or mean, give information that teaches your values, such as "It's not okay to hit!", or strongly express your feelings, such as "It makes me sad when you hurt your sister!" Focus on the BEHAVIOUR without attacking your child's CHARACTER. This will help you maintain a healthy connection with them and help them be more open to correction.

4. Help your child calm down and feel safe. This can include you making eye contact with them and taking some deep breaths together to bring their heart rate back to normal and help clear their mind. Or maybe you hold them or take them to another room where they can have some quiet time for a few minutes. It's important to not try and teach our child a lesson when they are experiencing strong emotions. Remember: emotions must be understood before behaviour can be improved.

5. TEACH your child and SHOW them how to be kind. Acknowledge their feelings by saying something like, "Even though you know there's no pushing allowed, it can be frustrating to have little sisters ruin something you worked hard on. You were really mad at her for knocking down your tower, right?" Then, work together to come up with ideas for making amends to whoever they hurt and for other ways they might solve similar problems in the future. For example, you might say something like, "I think your sister was pretty sad when she was knocked down. What do you think you could do next time when you get frustrated with her, instead of pushing or hitting?"

There's a lot that can be said about this tricky parenting subject, but these tips are a great place to start!



Read the article via the QR code.

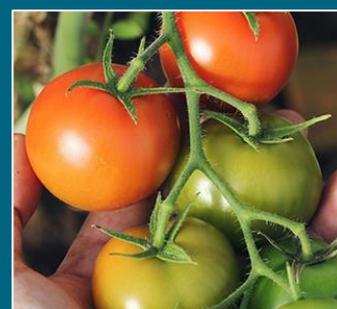
Source: Schramm, Dave (2022). When My Child Hits. Retrieved from www.dr.daveschramm.com



RE-GROW VEGGIES FROM SCRAPS

Did you know that there are lots of vegetables out there you can regrow from scraps and leftovers? And it doesn't matter if you don't have a garden; many of these veggies will regrow from your balcony or windowsill too. Regrowing your veggies is a fun and free way to get your kids excited about healthy food. Why not try turning it into an experiment to see which veggies grow the fastest? Or challenge your kids to making a recipe using their own home-grown produce.

Follow [this link](#) to find the instructions to grow a range of different veggies.





ART AND CRAFT

Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

Fine motor skills - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

Cognitive development - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

Math skills – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

Language skills – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

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.

COMING EVENTS AT H.G.P:

Staff Training:

Several of our team are completing training over the coming weeks. The training includes specialised Toddler Training, Managing Challenging Behaviours and training for Ella in 'Educational Leadership'; to support the work she does in this important role.

Confirmation of Re-enrolment:

Confirmation Letters will be placed in pockets in early September. Please see Kylie if you have any queries.

School Readiness Evening:

On Thursday 22nd of August we will be holding a 'Transition to School Information Evening'. The night will run from 6.30 until 8.00pm in the Moonbeam Room.

Our 4 Early Childhood teachers will be facilitating this night. It is an excellent opportunity to find out more information about your child's next big step. An RSVP list will be available soon.

4-Year-Old Check:

NSW Health is providing 4-year-old checks to preschoolers. They will visit Highland Grove in November this year. More information to come.

5 Minute MOVES NINJA WARRIOR

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

Create a Ninja Warrior obstacle course in your backyard! Your home is full of objects you can use for the course, buckets, ladders, play equipment, heavy cans, ropes, hula hoops. You can also mix the obstacle race with a treasure hunt. Include obstacles that involve agility, jumping, balancing, climbing, crawling, strength and teamwork. Check for safety and have fun!