



Welcome to December, 2019.

Events .

Our to-do list .

Article .

DIY .

## Events for You.



Alexandria Village  
Xmas Concert - 13/12



Xmas in the square  
until 24/12,  
At Olympic Park



Xmas party lunch & dinner cruises,  
At Darling Harbour



The Rocks, Xmas  
at the Rocks, until  
24/12



**30 staycation ideas to help stay away from screen time and get your family fun back these holidays.** There are ideas for all ages to keep them busy during the school holidays. Check out number 30 in case you decide that you want to keep a record of the great ideas you have!

1. Design a play area like a kid's kitchen in the backyard
2. Take a day trip. Look for fun places to go two hours away from home.
3. Arts and crafts: making boats, painting, finger knitting, volcanoes, and sock puppets
4. Disco day: play music, design your own disco ball and dance
5. Outdoor pool days: visit the local outdoor pool with goggles and diving toys
6. Build a dress-up corner to use for dress-up days
7. Dress up days: make your own costume and stage a performance
8. Go fruit picking. It's a great way to educate the kids on where food comes from.
9. Become a tourist in your own town. Pretend you're a visitor and plan a day out.
10. Explore local walking trails. You see so much more when you're on foot.
11. Camp in the backyard. Kids love sleeping outside.
12. Create your own resort at home. A buffet breakfast, spa experience and colourful drinks are easy to rustle up.
13. Take advantage of windy weather, by making your own kite and taking it out to fly.
14. Have theme nights. Dress up, decorate and cook as though you were at your favourite holiday destination.
15. Go outside when it's nighttime with a torch and explore. Download an App for watching the stars (e.g. StarMap 3D+) and look at the shapes they make; see how we get the Star signs.
16. Visit a local airport (big or small)- there is always some designated parking place to watch the planes take off and land.
17. Catch or watch a train. Make the whole process a learning experience from start to finish!
18. Find a new park out of town. Take a picnic lunch. Search for 'Best Playgrounds in your town. Leave the car behind and catch the bus.
19. Make a sand or mud cafe in the backyard. Lots of messy fun. Bake mud pies!
20. Eat an early dinner outside in your garden. Let the kids set the menu and the eating area.
21. Take the kids to the local farmer markets – speak to the farmer about his produce
22. Visit second-hand markets. Look for very old items and discuss how things have changed over the years.
23. Make a small theatre and organise a puppet play. A table tipped sideways, and decorated toilet rolls make a simple easy puppet. (Or search for ideas on Pinterest.)
24. Have a 'beauty day'. Hair plaiting, nail painting, dress-ups followed by a fairy picnic in the garden.
25. Go on a nature hunt. Give out paper bags with a list of age-appropriate things to find/collect on the front. Give little surprises to be found along the way to give an incentive.
26. Try a Scavenger hunt for older kids

#### **Indoor ideas for when the kids are stuck inside**

27. Make play dough at home
28. Bored with their toys? Then change up and let them make their own!
29. Lastly, turn any of the above activities into a video by using your iPhone and the so very simple to use Splice-Video editor/maker. It's a **free** and easy to use App



**Heat stroke in children can occur without proper hydration or rest. Learn how to recognise heat exhaustion and heat stroke symptoms to keep your child safe.**

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defence is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

**Did you know: Just a few serious sunburns can increase you and your child's risk of skin cancer later in life.** Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with a SPF (sun protection factor) 50 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside. (Not recommended for under 6 months)

**Keeping children hydrated in hot weather** on hot days, make sure you offer your child frequent drinks to avoid dehydration. If you are breastfeeding, feed your baby as often as they need during hot weather. This may be more often than usual. Have plenty of fluids yourself, including a cool drink at every feed. If you are bottle feeding you may also need to increase the number of feeds. Babies who are more than six months old can be offered small amounts of cooled boiled water, after or between feeds. Give young children regular drinks during the day. Water is best. Aim for children to drink about 1 to 1.5 L (1 to 6 glasses) per day.

**Dehydration in children** Young children can easily become dehydrated during periods of hot weather due to sweating, and not drinking enough water.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 right away—heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>

*Dehydration can also be caused by, doing lots of physical activity or exercise, having a high temperature, severe vomiting or diarrhoea - or not eating or drinking enough.*

*Your child may be mildly dehydrated if they, are dizzy or lightheaded, feel nauseous or have a headache, have dark yellow or brown urine, have fewer wet nappies than usual, or if their nappies are less wet than usual, if they go to the toilet less often, have a dry and coated-looking tongue and mouth.*

If your child shows these signs, the best treatment is to give them some water or an oral rehydration solution (such as Gastrolyte or Pedialyte). If they refuse either of these, try diluted apple juice or their usual milk. Don't give sugary drinks such as lemonade or sports drinks as this can make dehydration worse.

*Your child may be severely dehydrated if they:* are extremely thirsty, seem tired and lethargic, look pale and have sunken and dark eyes, have fewer tears than usual when crying, are irritable, drowsy or confused, are breathing faster than usual and have a fast heart rate (pulse). If your child shows signs of severe dehydration, see your GP or go to your closest hospital emergency department.

**Sources:**

CDC (2019, November 11). Extreme Heat. Retrieved from <https://www.cdc.gov/disasters/extremeheat/warning.html>

Better Health Channel (2019, November 11). Hot weather and child safety. Retrieved from [betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety](https://www.betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety)



Our selection of Christmas ideas for you !!

- Mail a letter to Santa

@ Australia Post - <https://auspost.com.au/about-us/corporate-responsibility/our-community/education/santa-mail>

- Get your picture with Santa, book

@ Westfield Chatswood  
<https://www.westfield.com.au/chatswood/event/3FKalpCGjnsMP4SA5gdYH8/santa-photography>

- Donate a Christmas gift to WorldVision @

[https://www.worldvision.com.au/gifts/?qclsrc=aw.ds&scp=true&qclid=CjwKCAiA27LvBRB0EiwAPc8XWSIkINA2wkD2o\\_4kVaQcYDak9ZI\\_mqYCbZacIsJaLCg7pK0I1QX7URoCCSQQAvD\\_BwE](https://www.worldvision.com.au/gifts/?qclsrc=aw.ds&scp=true&qclid=CjwKCAiA27LvBRB0EiwAPc8XWSIkINA2wkD2o_4kVaQcYDak9ZI_mqYCbZacIsJaLCg7pK0I1QX7URoCCSQQAvD_BwE)

- Create a Christmas list via <https://www.prezzybox.com/christmas-gifts.aspx>





**Click play ↑ to create:**

- Essential oil set
- Flavoured popcorn
- Tic Tac Toe Board
- Holiday coffee grounds
  - Hair spray set
  - Makeup set
- Coffee syrups set



*What opportunities are you providing children to make meaningful decisions and choices about things that impact them?*

*How do you enable children to make a range of choices and decisions to influence events in their world?*

### ***Child agency***

*As an integral component of 'sense of identity', child agency promotes independence as children are learning to make choices and decisions to influence events and have an impact on one's world.*

***NQF Outcome 1.2 Children develop their autonomy, inter-dependence, resilience and sense of agency.***

***NQF Outcome 1.1.6 Each child's agency is promoted enabling them to make choices and decisions and to influence events and their world.***

*Considering the importance of 'child agency', we have emphasised importance on ensuring that our documentations support child agency and effective learning. Our educators are trained to provide both pre-planned and spontaneous experience to influence children to give ownership and create their own opinion matter to influence events in their world. Most importantly, our educators are encouraged to provide play that is open ended and nurtures child's holistic learning.*



*Furthermore, we follow Shier's (2001) model to guide our pedagogies -*

- 1. Children are listened to;*
- 2. Children are supported to express their views;*
- 3. Children's views are taken into account;*
- 4. Children are involved in decision making processes;*
- 5. Children share power.*

*Please view the resources below to further your understanding of child agency and its importance:*

<https://www.bricolagedesign.com.au/childrens-agency-matter/>



<http://www.centresupport.com.au/wp-content/uploads/2015/03/1.1.6a-ChildG%C3%87%C3%96s-Agency.pdf>

