



## ON *this* MONTH

AT STAR KIDS  
WE CELEBRATED  
Children's Book Day  
Ramadan  
Nature Play Week  
International Day of Human Space Flight  
Easter  
Earth Day  
Anzac Day

## Anzac Day



### ANZAC DAY – APRIL 25

Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service past and present. The spirit of Anzac, with its qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity. **Visit your local council website for your local service.**



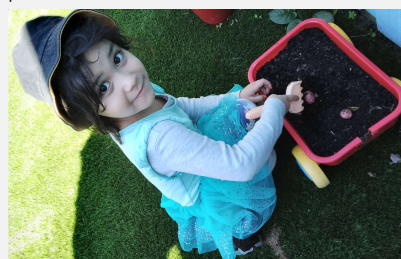




## NATURE PLAY WEEK – APRIL 6 - 16

Nature Play Week celebrates initiatives of all shapes and sizes that reconnect kids with nature and the outdoors. The week was developed collaboratively by individuals and organisations involved in the Kids in Nature Network.

Getting your children involved in Nature Play doesn't have to be expensive or time-consuming, it can be as simple as a visit to the local park where kids can roam free.



## BANANA BLUEBERRY CINNAMON CRUNCH COOKIES



### INGREDIENTS

- 1 cup (160 grams) **mashed bananas** (approx. 3 bananas)
- 2 cups (240 grams) **almond meal** (ground almonds)
- 1/3 cup (80 ml) **pure maple syrup**
- 1 teaspoon **vanilla bean paste** (or extract)
- pinch of **salt**
- 3/4 cup (75 grams) **blueberries** (fresh or frozen)
- 1 teaspoon **cinnamon**
- 3 tablespoons **demerara sugar** (or brown sugar)

### METHOD:

**Preheat** oven to 180 degrees Celsius. Line a cookie tray with baking paper and set aside.

**Place** the mashed bananas, almond meal, maple syrup, vanilla, cinnamon and salt into a large bowl and mix thoroughly to combine.

**Gently** fold through the blueberries.

**Take** heaped tablespoons of the mixture and shape into cookies. Arrange cookies on prepared tray and flatten slightly.

**In** a small bowl, place the cinnamon and sugar and mix to combine.

**Sprinkle** the top of each cookie with a little cinnamon sugar.

**Bake** for 14-16 minutes or until golden. Allow the cookies to cool completely on the tray. Enjoy x

*Recipe and image from mylovelylittlelunchbox.com*



## CIRCLE ROUND | WBUR

*Created and produced by parents of young children, WBUR's Circle Round adapts carefully-selected folktales from around the world into sound- and music-rich radio plays for kids ages 4 to 10.*

Each 10- to 20-minute episode explores important issues like kindness, persistence and generosity. And each episode ends with an activity that inspires a deeper conversation between children and grown-ups.

## FIERCE GIRLS | ABC

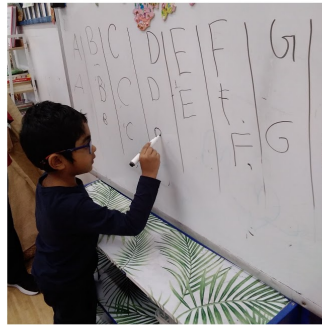
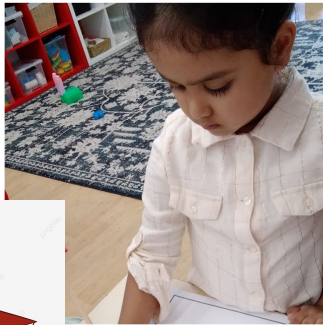
*From skaters to singers, mountaineers to Mars mission-leaders. From the deep blue sea to the dark, black skies. Australia is full of girls who dare to do things differently. Adventurous girls.*

Adventurous girls. Girls with guts and spirit. Girls who stand-up and say, "Watch out world, here I come!". Do you know what they are? They're FIERCE. These are their stories.

## THIS KID LIFE | ARTY FARTY SYDNEY OPERA HOUSE

*This Kid Life is a podcast by the Sydney Opera House, where they unpack big ideas by little thinkers to find out what kids think about science, resilience, diversity and accessibility.*

*Arty Farty is the second season of This Kid Life. Arty Farty is a podcast for creative kids! These talks, discussions and stories will ignite the spark of imagination in our littlest listeners and remind them to always think and create on the edge of the possible!*



## ALPHABET PILLOW JUMPING

If your kiddos need to burn off some energy, this letter activity from *Toddler Approved* will be perfect. Use a stack of paper plates and write one giant letter on each one. Then use packing tape to secure each plate to a pillow and spread them around the room. Have the kids start on one side of the room and try to jump to the other without touching the floor. As they jump to each new pillow, have them say the letter or letter sound.

Source: [toddlerapproved.com/2014/02/alphabet-pillow-jumping.html](http://toddlerapproved.com/2014/02/alphabet-pillow-jumping.html)



## HEALTH & SAFETY: Illness and the changing seasons

With the warmer parts of autumn finally giving way to chilly mornings and earlier sunsets, you might begin to notice a few more people with a sneeze and snuffle. While the coldest parts of winter – the peak of cold and flu season – are still a few months away, that doesn't mean you should be complacent about your health. A surprisingly high number of people fall sick during that little sliver of the year where summer becomes autumn, but why? And what can you do about it?

**A more welcoming environment** - The month-long period that straddles the end of summer and the beginning of autumn is a time of big environmental changes, and it's precisely that shift that causes people to be so susceptible to illness. But despite the name, it's not the drop in temperature that directly causes colds. The shift in temperature allows a different variety of viruses the chance to flourish. The rhinovirus – the most common cause of the common cold – as well as the influenza virus all flourish in cooler, drier weather. In addition to that we have to wait and see what strains of Covid-19 may appear. While winter is definitely colder, in many parts of the world it's also a lot wetter, making those 17°C, clear sky days perfect weather for catching something.

**The perfect storm** - On top of the most common causes of the common cold coming out to play, the beginning of autumn is also the beginning of allergy season for many unlucky Australians. While spring is normally seen as the peak season for allergies, it's not just pollen that's the trigger for hayfever. While not as common as grass pollen allergies, as many as one in five people experience hayfever symptoms from weed pollen, triggered by exposure to pollen from plants such as ragweed, parthenium weed, pellitory weed and Patterson's curse. The end result? Viruses are flourishing just at the time that much of the population is starting to sneeze and experience runny noses, turning many people into potential cold and flu carriers.

### So, how to prevent illness in children as the seasons change?

**Treat allergies** *Problem:* If your child suffers cold symptoms such as a constant runny nose or a cough at a certain time of the year the cause could be seasonal allergies or asthma according to the American College of Allergy Asthma & Immunology. *Solution:* If your child's cold symptoms have not resolved after several weeks consult their doctor for a referral to an allergist. These medical professionals can test to see if constant seasonal symptoms could be due to allergies rather than illness

**Reduce stress** *Problem:* Stress can weaken individuals' immunity. Preschool and school can at times be stressful on children. When children cannot cope well with normal stressors or the stress is extreme it can weaken the body's ability to fight off bacteria and viruses. *Solution:* Keep the lines of communication open with your child so you can help them navigate these changes throughout the year especially as new seasonal activities begin. Watch signs of stress including withdrawal from favourite activities sleeping problems stomach aches, headaches, a negative attitude or even signs of anti-social behaviour such as lying or stealing.

**Improve nutrition** *Problem:* Nutrients from vitamins minerals carbohydrates protein and fat are essential to a healthy immune system so that it can prevent illness according to the Mayo Clinic. The poor nutrition quality in a steady diet of processed and fast foods that are high in added sugar and fat can weaken your child's immunity making them more susceptible to viruses and bacteria that thrive in colder weather. *Solution:* The Physician's Committee for Responsible Medicine suggested choosing whole plant foods such as fruits vegetables whole grains beans and nuts as the basis of snacks and meals. Whole plant foods deliver all your basic nutrients — along with a healthy dose of fibre and antioxidants — with less fat no cholesterol and no added salt sugar or oil.

**Sleep better** *Problem:* Adequate sleep will help your child have a healthier immune system and can support better school performance behaviour memory and overall mental health.

*Infants (4-12 months)* needs 12 to 16 hrs sleep a day  
*Toddlers (1-2 years)* need 11 to 14 hrs sleep a day  
*Pre-schoolers (3-5 years)* need 10 to 13 hrs sleep a day  
*School children ages 6-12* need nine to 12 hrs of sleep a day

*Solution:* The AAP recommended keeping all screen devices — such as TVs computers laptops tablets and phones — out of children's bedrooms. Make sleep a priority and create a bedtime wind-down routine (without any electronics) that begins at least one hour before bedtime.

Source: Wilson Medic One (2018). Why people get sick when the seasons change (and how to avoid it!). Retrieved from [wilsonmedicone.com.au/blog/Pages/Why-People-Get-Sick-When-the-Seasons-Change.aspx](https://wilsonmedicone.com.au/blog/Pages/Why-People-Get-Sick-When-the-Seasons-Change.aspx)

Reid Health (March 20, 2022). How to prevent illness in children as the seasons change. Retrieved from <https://www.reidhealth.org/blog/how-to-prevent-illness-in-children-as-the-seasons-change>



### EASTER

It is that yummy time of year when there is lots of nicely wrapped chocolate scattered around our home. Instead of throwing out the foil, recycle it. It doesn't matter if it has been unwrapped neatly or torn it can all be used.

Children used a recycling box to make a bunny basket for our cook.





## 5 WAYS TO PRACTICE GRATITUDE WITH YOUR KIDS

*This article is written by Maryam Abdullah, Ph.D. She is the Parenting Program Director of the Greater Good Science Centre. She is a developmental psychologist with expertise in parent-child relationships and children's development of prosocial behaviours.*

### 1. DISCOVER WHAT GRATITUDE MEANS TO YOU

Gratitude can be a difficult concept for adults to grasp let alone little ones. **Maryam says gratitude is really about recognising goodness outside of ourselves.** Goodness can be big things, like happiness, love, family, and health. It can also be small things, like hugs, green lights, and ice cream. It's up to *you* to decide the goodness you want to recognise. Once you understand how gratitude aligns with your own values, you can start talking about it with your kids.

### 2. SHARE HOW GOODNESS MAKES YOU FEEL

Practicing gratitude doesn't always have to be a formal act of recognition. It can be as simple or easy as thanking your child for a hug or kiss.

### 3. ASK YOUR KIDS ABOUT THEIR GRATITUDE

Kids aren't always great at describing their feelings. **Maryam recommends sparking conversations based on four parts that make up the gratitude experience.** What we **NOTICE** in our lives for which we can be grateful. How we **THINK** about why we have been given those things. How we **FEEL** about the things we have been given. What we **DO** to express appreciation in turn. Asking Notice-Think-Feel-Do questions is a simple way to scaffold your child's understanding or perception of something that's good in their life.

### 4. ENCOURAGE YOUR KIDS TO DOCUMENT THEIR GRATITUDE

Try a **Gratitude Journal**: Recognising goodness in writing can be a ritual in the morning when they wake up or in the evening as a reflection about how the day went.

**Photo Essays**: If writing isn't the right activity for your child, they could take pictures of things that they're grateful for and build up a library of photos of the good things and gifts in their lives.

### 5. PRACTICE TURNING GRATITUDE INTO A HABIT

Each time you demonstrate and talk about gratitude with your kids, you're helping them build valuable skills for their emotional toolbox.

Bradley, Cailyn. (2020). *5 Ways to Practice Gratitude with Your Kids*. Retrieved from [www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/](http://www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/)

## Reconciliation



## 5 Minute MOVES

### Chalk Obstacle Course

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

You will need chalk and a safe cement space (driveway, path).

Make a **start point** and work your way around your driveway (or wherever you are making the obstacle course) by drawing different activities. Include many different tasks such as *dancing, jumping, hopping, turning around, jumping on 1 foot, clapping, going backwards*, etc. You could even include rocks or other objects and create a task around it. It's a good idea to squeeze in some "break" activities such as *make a wish, give high five to the sky, say your name, empty your pockets*, etc. It makes the obstacle course more fun.

Source: [playtivities.com/sidewalk-obstacle-course/](http://playtivities.com/sidewalk-obstacle-course/)