

Monthly Newsletter

BEPS OSHC



OCTOBER 2024

Welcome to our new monthly newsletter!

Moving forward, BEPS OSHC will be sending out weekly bulletins and monthly newsletters to all OSHC families!

Our weekly bulletins will contain any important or urgent information for parents and families; including the date of the next OSHC invoice, any upcoming curriculum days or upcoming emergency evacuation drills and the upcoming OSHC activities.

Our monthly newsletters will contain additional information for parents and families; including community events, recipes, children's books, parenting support, contacts to support services and more! It'll change slightly each month!

We truly value your feedback! If you do have any feedback or suggestions about our new mediums of communication or service feedback in general, please scan the QR Code below, which will take you to our '2024 BEPS OSHC Family Feedback Survey'.



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ON *this* MONTH

TODAY'S NEWSLETTER

Information on upcoming community dates
One Bowl Savoury Muffins Recipe
Child's Book Reviews
Teaching children about enthusiastic consent
Benefits of family dinners
National Nutrition Week

AROUND THE COUNTRY

World Animal Day ----- 4th Oct
National Nutrition Week ----- 14-20th Oct
Loud Shirt Day ----- 18th Oct
Grandparents Day ----- 27th Oct



GRANDPARENTS DAY – OCTOBER 27

Grandparents Day celebrates the contributions grandparents make to their families and communities. Grandparents, grand-friends, kin, and those who take on the role of a grandparent in their family or community are recognised for and celebrated.

This is a day to spend time with an older loved one and connect across the generations. There are lots of ways you can celebrate this year, with activities like these: Have morning tea together, make a special card, read a book together, play a board game. What are you going to do?

LOUD SHIRT DAY – OCTOBER 18

Loud Shirt Day is dedicated to raising vital funds and awareness for kids who are deaf or hard of hearing to receive support services they need to reach their full potential in life. Wear it loud in any way you like – as a family, at work, with your friends and community group or at school. The opportunities are endless and easy! Every noise counts, no matter how loud it is. [Find out more here.](#)



ONE BOWL SAVOURY MUFFINS

PREP 10 mins | COOK 30 mins | MAKES 12

INGREDIENTS

- 2 cups (300 grams) plain wholemeal (wholewheat) flour
- 2 teaspoons baking powder
- sea salt and pepper, to season
- 60 grams butter, melted and slightly cooled
- 1/2 cup (125 ml) milk
- 3 eggs
- 1 medium zucchini, grated
- 1 medium carrot, grated
- 1 cup (160 grams) canned corn kernels, drained
- 1 1/3 cups (150 grams) tasty cheese, grated

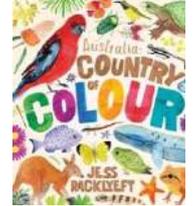
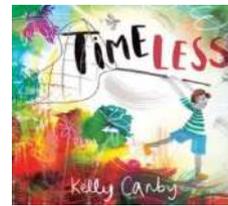
METHOD

1. **Preheat** oven to 180 C and line a 12-hole muffin tin with papers. Set aside.
2. **Place** the flour, baking powder, salt and pepper into a large bowl. Whisk to combine creating a well in the centre.
3. **Place** the butter, milk and eggs into the well of the flour and whisk until just combined.
4. **Gently fold** through the zucchini, carrot, corn and cheese. If your batter looks a little dry (depending on the brand – wholemeal flours can vary slightly and require a tad more liquid) simply add a splash of milk.
5. **Evenly** divide the mixture between the prepared tray.
6. **Bake** for 15-18 minutes or until golden and when a skewer inserted removes cleanly. Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely. Enjoy!

Source: Image & recipe 'My lovely lunchbox'



Discover these NEW CBCA 2024 Books of the year winners!



TIMELESS | KELLY CANBY

Emit (whose parents turned back time to name him) is surrounded by busyness. Dad is too busy to read stories, Mum is too busy to play games and Emit's brother and sister are simply too busy doing nothing to do anything, at all. Emit tries everything he can think of to get more time, he tries to catch it, wait for it, but it's not until Emit tries to buy some time that he learns the secret which is, if you want time, you have to make it.

THAT BIRD HAS ARMS | KATE & JOL TEMPLE

Roy is an ordinary bird in every way. He is not the biggest, or the smallest. His squawk is not the loudest or the quietest. He even follows the same football team as everyone else. He was very normal except for one thing – he has ARMS. Absolutely nobody knows – and Roy would like to keep it that way... That Bird Has Arms is a story about difference and identity. It's about learning to see that what sets you apart is what makes you strong, and it's about pride in your own uniqueness.

AUSTRALIA COUNTRY OF COLOUR | JESS RACKLYEFT

Bestselling creator Jess Racklyeft celebrates Australian animals, plants and landscapes through the lens of the colour wheel. Here is a celebration of the stunning plants and animals of this colourful country, from vibrant pink Flame Peas to startling blue Fairy Wrens, electric yellow Billy Buttons, glossy black Tasmanian Devils, and many more.



FOCUS: Teaching children and young people about enthusiastic consent

Enthusiastic consent is permission to do something and that it's about saying YES, NO, or Maybe.

While commonly associated with adult behaviours, consent is part of decision-making, conversations, exchanges and relationships, affecting **all ages, every day**. It's a hug, a photograph, sitting together on a bus, holding hands and playing games.

True, wholehearted consent or **enthusiastic consent** is much more complex than yes, no or maybe. It is permission that has been truly, freely, clearly and wholeheartedly given without any line or personal boundary being blurred or crossed.

It is very important to show children how common it is for boundaries to be blurred and then crossed each day.

Equipping children with

self-protective tools, such as **critical thinking** and a strong sense of **self-worth** so they know how they truly feel can enable them to confidently hold their ground when they see a line or boundary being blurred and/or crossed.

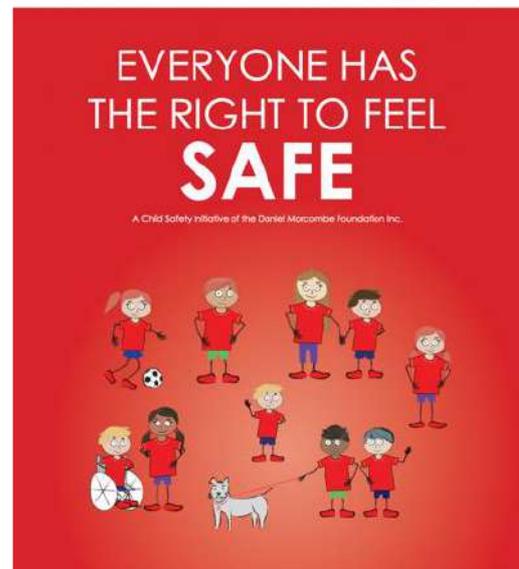
It is also important for children to know the signs of peer pressure, coercive control and grooming. Children are digital natives and technology requires them to be equipped with the skills and knowledge to identify suss behaviours, in both online and offline spaces.

When children are able to see **consent** clearly, they will also be able to understand that true consent must be freely and wholeheartedly given. When teaching children the importance of **enthusiastic consent**, we are helping them to make their own decisions, to understand and confidently assert their boundaries, to consider the boundaries of others, to ask respectfully for permission and to respond appropriately when someone says 'No' to them. These skills will help them navigate life and healthy relationships safely, respectfully, happily and enthusiastically **together**.

Why are personal/body boundaries important?

Child sexual abuse often begins with a perpetrator ignoring a child's personal boundaries and bodily autonomy. Talk to your child about their personal boundaries and teach them to tell a safety helper on their safety team if someone ever tries to cross a boundary. Remind your child that they are the boss of their own body and that they can say 'No!' to anything that makes them feel uncomfortable.

RESOURCE BOOKLET
PRESCHOOL TO YEAR 6



Ways to teach empower your child

Download and fill in this book together. This resource is full of worksheets for all ages. [Resource Booklet](#)

Discuss with your child what enthusiastic consent is. You will need to adjust the explanation depending on the age of your child. But keep the message clear. For example: It's when you or someone else is really happy and confident about giving permission! It's permission that has been given truly, freely and wholeheartedly without any personal boundaries being blurred or crossed.

What are body boundaries? The invisible line around your body that you are the boss of. **What are blurred boundaries?** When someone pressures, tricks or rushes you to consent. **What are crossed boundaries?** When someone crosses your boundaries without consent.

Role play scenarios with your child that help them practise giving enthusiastic consent. These would be things like giving a cuddle, tickling or even taking a photo.

danielmorcombe.com.au has a huge library of resources to help you educate your child on safety and it is never too early to learn.



More information via the QR code.

Source: **The Daniel Morcombe Foundation**. (2024). Retrieved danielmorcombe.com.au



HEALTH & SAFETY: Benefits of Family Dinners



Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in pre-schoolers
- Healthier eating patterns in young adults

There are also benefits for adults, including:

- Better nutrition, more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words – those not found on a list of 3,000 most common words – that the families used during dinner conversation.

Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily.

Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance.

Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A's in school as those who ate dinner with their families fewer than two times a week.

Children who eat regular family dinners also consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks. And the nutritional benefits keep paying dividends even after kids grow up: young adults who ate regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

You can read about all the additional benefits [here](#) but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won't confer positive benefits. Sharing a roast chicken won't magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience – a well-cooked meal, a joke, or a story – and these small moments can gain momentum to create stronger connections away from the table.



Read the article via the QR code.

Source: The Family Dinner Project. (2022). Science says: eat with your kids. Retrieved from thefamilydinnerproject.org/about-us/benefits-of-family-dinners/

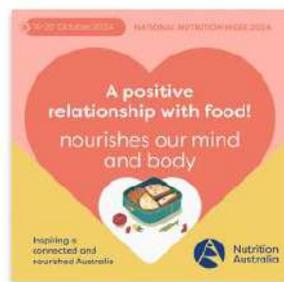




CREATIVE WAYS TO EAT VEGETABLES

DID YOU KNOW: Research from the Australian Bureau of Statistics (ABS)¹ indicates that around 95% of 4–11year-olds and more than 80% of 2–3year-olds in Australia don't eat the recommended amounts of vegetables each day! Including vegetables in your meals is extremely important.

Veggies are rich in nutrients and antioxidants, which boost your health and help fight off disease. Getting enough vegetables into your kids at times can be tricky try these: Veggie-based soups, try zucchini lasagne, veggie noodles, add veggies to sauces, try cauliflower pizza bases or even add them to smoothies. See the full list of ideas [here](#)



Are colours of vegetables and fruits important to health?

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

Encouraging children to eat a rainbow

Offering a wide range of colours in children's food is not only visually appealing, but also ensures that children are receiving a great variety of nutrients. Here are some healthy ways you can interest children into the marvellous, colourful world of fruit and vegetables:

Create your own fruit and vegetable Rainbow

A great way to keep track of the colours children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.

Create a rainbow on your plate

Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries. Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.



ENVIRONMENT: Sustainability Corner



Using less water

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment. Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use, often for very little cost. **Here are some tips to get you started:**

- Keep your showers short and sweet
- Water when it matters
- Fix any leaks
- Hang up the rubber gloves.
- Turn of the sink while you brush

Using less water at home something we are capable of. Give it a try in your home.



Landcare Australia is a national not-for-profit organisation that was established 35 years ago to support the landcare community with funding, capacity-building, on-ground projects, information, networking and promotion of landcare achievements. **Landcare Australia's Junior Landcare program provides children the opportunity to play an active role in ensuring the safe future of their environment.**

Junior Landcare resources can be used at home, in the classroom or with a youth group, and provides children with an opportunity to become:

- **Aware** of environmental issues and sustainability
- **Empowered** to take meaningful action to restore, enhance and protect the environment
- **Active** in their local community to be the next generation of Landcarers.

The Junior Landcare Learning Centre provides age-appropriate activities aligned to the school curriculum. Ideal for early learning centres, primary schools, before and after school centres and youth groups, the activities help educators, parents and children build knowledge about:

- Food production
- Biodiversity
- First Nations perspectives
- Waste management.

BEPS OSHC does use Junior Landcare resources in our educational program, when designing activities around sustainability and the environment; some of which include crosswords, games, dot-to-dots, word searches, fact sheets, quizzes and mazes. They are great, learning resources for children to engage with at leisure, so we thought we would share them with you in case you wanted to use them in your home! <https://juniorlandcare.org.au/just-for-kids/>

FOOD PRODUCTION: Creating a food garden, vision

VEGGIE GARDEN GAME

Beth's family grow fruit and veggies in their backyard. Beth loves the taste of their homegrown produce.

INSTRUCTIONS

1. Choose your game piece and put them out. Colour in your board game.
2. Youngest player goes first. Players take turns to move their pieces.
3. Find a die and give it a roll.
4. Make your move. If you land on a shaded square, follow the instruction.
5. Whoever gets to the top to harvest their garden first wins the game!

START HERE

FINISH Well done! You can now harvest and enjoy your fresh fruit and vegetables!

You made a salad from homegrown produce. Forward 1	Your soil became compacted and your seedlings died. Back 4	You thinked your green bean vine to better access the beams. Forward 1
You mulched around your spin plants to keep in moisture. Forward 1	Colaborators ate your lettuce patch over night. Back 3	You placed straw under your strawberries to prevent insects. Forward 1
You watered your herb garden regularly. Forward 2	You planted the basil in a shady spot. It died! Back 1	Uncle Bob put tramp in the compost. It stunk. Back 2
You prepared your veggie bed well with soil and compost. Forward 1	You have been collecting food scraps for your worm farm. Forward 1	You forgot to water your lettuce. It wilted. Back 1

VISIT THE LEARNING CENTRE: JUNIORLANDCARE.ORG.AU/LEARNING_ACTIVITY/CREATING-A-FOOD-GARDEN-VISION

BIODIVERSITY: Getting the buzz on bees and other beneficial insects

THE INSECT GAME - WHO AM I?

Suzie loves spending time at her grandparent's farm. Her grandparents have lots of fruit trees, one in the apple the apple tree out. Suzie and her grandparents are not the only ones who like to eat from the trees, so one day her grandfather points out some insects to Suzie with his magnifying lens.

INSTRUCTIONS

Try to identify the insect by the clue. Can you match them all? To get you started we have done one for you. Check your answers.

How did you do?

After playing the insect game, go outside and take a magnifying glass (or just your eyes). See what insects you can find and try counting their legs. Do they have antennae?

1. I love to eat aphids.
2. I can jump about 35cm high and around 1 metre long.
3. I can store pollen around my hairy knees.
4. I eat candy but I can grow 100 times larger than the size when I hatched.
5. I can fly straight up and down and hover like a helicopter.
6. I have a good sense of smell so that I can locate the right plant to lay my eggs.
7. I can grow a new limb if I lose one to a predator such as a bird.
8. I can carry 50 times my own body weight.
9. I am not an insect.

The answers are above if you need some help.

VISIT THE LEARNING CENTRE: JUNIORLANDCARE.ORG.AU/LEARNING_ACTIVITY/GETTING-THE-BUZZ-ON-BEES-AND-OTHER-BENEFICIAL-INSECTS

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(9am to 1am daily)

headspace.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

QLife

LGBTIQ+ peer support and referral

1800 184 527
qlife.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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