



## November

Welcome to the second edition of our monthly newsletter!

For those who may have not be aware, we have changed the format of our regular communications between BEPS OSHC and families; our monthly newsletters will contain feature articles, information about upcoming community events, and strategies for maintaining healthy familial relationships, whereas our weekly bulletin will continue to provide information about OSHC invoices, notice of curriculum days, and activity plans.

Time certainly seems to fly, and now - as we move into the last two months of the schooling year - is a great time to reflect on how much development every child has made in their physical, emotional, and academic wellbeing in the last 12 months. W

## ON *this* MONTH

### TODAY'S NEWSLETTER

Apricot & Coconut Bliss Balls  
Parenting Podcast Reviews  
The Benefits of Outdoor Play  
Perfectionism in Children  
Recycling Awareness  
The Summer of Cricket

### AROUND THE COUNTRY

Remembrance Day ----- 11<sup>th</sup> Nov  
World Kindness Day ----- 13<sup>th</sup> Nov  
National Recycling Week ----- 11-15<sup>th</sup> Nov  
Eureka Day ----- 3<sup>rd</sup> Dec



### CONTACT US

Phone: 9387 2631  
Mobile: 0409 380 202

Email: [ranita.swamy@education.vic.gov.au](mailto:ranita.swamy@education.vic.gov.au)  
Website: <https://beps.vic.edu.au>

### OSHC Representatives

- Helen Rabenda- 0447781830
- Lucy Paplinska- 0415868656



**REMEMBRANCE DAY – NOVEMBER 11**

Remembrance Day is one of the most important days on our commemorative calendar. It's a day when we acknowledge those who died or suffered while serving in wars, conflicts and peace operations. Remembrance Day is held on 11 November each year. This is the

anniversary of the Armistice that ended fighting with Germany in World War I. People in Australia and many other countries observe one minute's silence at the 11th hour of the 11th day of the 11th month because that's when the Armistice came into effect. It's a time to honour our service personnel who died or suffered in service of Australia. **Learn more here**

**WORLD KINDNESS DAY – NOVEMBER 13**

World Kindness Day is to highlight good deeds in the community focusing on the positive power and the common thread of kindness for good which binds us. Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender and location.

**APRICOT & COCONUT BLISS BALLS**



MAKE 15 min | SERVES 20

**INGREDIENTS**

- 1 cup (190 grams) dried apricots
- 1 cup (90 grams) desiccated coconut
- 1 cup (100 grams) almond meal (ground almonds)
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla bean paste
- 2 tablespoons honey

**METHOD:**

Place the apricots, coconut, almond meal, coconut oil, vanilla bean paste and honey into the large bowl of a food processor and blitz until the mixture comes together.

If needed, add a splash of water until the mixture is wet enough to shape into balls.

Take heaped teaspoons of the mixture and shape into balls and roll in coconut until coated.

These balls will keep refrigerated in an air tight container for 7 days. They also freeze beautiful, simply pop into a freezer safe bag or container and stash in the deep freeze for up to 3 months.

**ENJOY X**

Image & recipe: [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)

**Podcast Reviews**

A couple of podcasts that sum up all the important stuff you need to know as a parent!



**This glorious mess | Mamamia**

*A weekly look at parenting as it truly is- confusing, exhausting, inspiring, funny, and full of surprises. Join Tegan Natoli and Annaliese Todd every Monday as they discuss all the disasters and delights of parenting with a healthy dose of advice from our trusted experts.*



**Dr Justin Coulson's happy families | Dr Justin Coulson**

*The Happy families podcast with Dr. Justin Coulson is designed for the time poor parent who just wants answers now. Every day Justin and his wife Kylie provide practical tips and a common-sense approach to parenting that Mums and Dads all over the world are connecting with. Justin and Kylie have 6 daughters and they regularly share their experiences of managing a busy household filled with lots of challenges and plenty of happiness. For real and practicable advice from people who understand and appreciate the challenges of a time poor parent, listen to Justin and Kylie and help make your family happier.*



**CHILDREN & HYDRATION**

Our bodies are made up of approximately 70 percent water. Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated. **How much water does my child need?** The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended. To read this article in full go [healthy-kids.com.au](http://healthy-kids.com.au)

# HEALTH AND SAFETY: The benefits of outdoor play



It's undeniable that the digital age that we live in has many extraordinary advantages and having access to these digital resources is a great privilege. As more children grow up surrounded by digital media, and electric entertainment, it's becoming exceedingly clear that this privilege is one that needs to be managed responsibly. With tech devices becoming increasingly accessible, the amount of time school-age children, and even toddlers spend outside actively playing has declined dramatically. Most parents recognise this issue and want to encourage their kids to be more active throughout the day, but outdoor play may not be a priority in a busy household.

## Why Outdoor Play is Important for Healthy Childhood Development

**Physical Benefits of Outdoor Play:** Spending time outdoors in their early years directly affects your child's physical strength, coordination, and even the development of their immune system.

**Exercise and Physical Health:** Kids who spend more time outdoors playing are less likely to develop weight-related health issues because they are able to engage in active play. Children should have at least an hour of active play a day, and outdoor spaces are the perfect environment to naturally encourage this.

Running, skipping, jumping, and climbing all help little bodies grow stronger muscles, and build up their endurance. Plus, establishing this positive relationship with physical activity in a child's early years sets them up for a healthy attitude towards maintaining an active lifestyle into adulthood.

**Improved Motor Skills:** Many outdoor activities naturally help young children develop essential motor skills like coordination, agility, balance, and dexterity. Kids who are encouraged to explore outdoor environments will put their abilities to the test and constantly develop new skills through trial and error.

If your little one isn't walking yet, pushing them on a swing is a great exercise for early motor skills development! Swinging helps them engage all their muscles as they learn to sit up, hold on, and flow with the movement.

**Sunshine (Vitamin D):** Vitamin D aids in immune system development, strong bone and muscle growth, and even allows our bodies to heal more efficiently. It has also proven to play a big role in helping us establish healthy sleep cycles

and mood stabilization. Our bodies require regular sun exposure to produce Vitamin D, and children who play outside produce ample amounts of it.

**Playing Outside Encourages Emotional Development:** Spending more time outside playing can also have many positive effects on young children's emotional development and build their confidence.

**Confidence and Independence:** Engaging in outdoor play introduces children to new situations and encourages them to take positive risks and try new things at their own pace. By being presented with opportunities to try something new, children independently test their own abilities and learn new skills. This allows them to develop stronger self-awareness and a sense of independence as they grow more confident in their capabilities.

**Appreciation of the Environment:** Outdoor play helps kids create positive memories and deeper connections to the environment at a young age. These fun childhood experiences tend to promote an appreciation for natural spaces and the environment as a whole.

**Playing Outside Benefits Kids Intellectually:** Encouraging outside play allows little learners to experience new things that will benefit their intellectual development and boost their creativity.

**Sensory Engagement:** Kids will naturally engage all five of their senses while playing outside, which strengthens their ability to process sensory stimulation. For toddlers, outdoor play can help them build familiarity with a variety of sensory experiences and promotes more positive responses to them.

**Creative Thought:** Children love to invent their own games and act out pretend situations while exploring the world around them. An outdoor environment presents endless opportunities for kids to use their imaginations and grow creatively.

**Outdoor Play Allows Children to Develop Important Social Skills:** Playing outside can provide more opportunities for social development in young children as well.

**Increased Communication Skills:** When kids make new friends, they naturally develop an awareness of others' feelings and emotions as they interact together in a safe and positive space. This encourages healthy communication between peers and allows them to cultivate relationships without the help of their parents or guardian.



Read the article via the QR code.

Source: Children's Museum (2021, May). The benefits of outdoor play. Retrieved from <https://www.cmosc.org/benefits-of-outdoor-play-in-early-childhood-development/>

# FOCUS ARTICLE: Perfectionism in children

Children who have perfectionist tendencies exhibit a continuum of behaviours. On one end of the spectrum are children who take pleasure from doing difficult tasks, setting high standards for themselves, and putting forth the necessary energy for high achievement. On the other end of the continuum are those children who are unable to glean satisfaction from their efforts due to their pre-set, unrealistic goals. Since mistakes are unacceptable to them, perfectionism provides these students with little pleasure and much self-reproach.

Perfectionism appears to result from a combination of inborn tendencies and environmental factors. These can include excessive praise or demands from parents, teachers or trainers, observation of adults modelling perfectionist tendencies, and from parental love being conditional upon the child's exemplary achievement. Extreme perfectionism has been linked to performance and social anxiety, eating disorders, migraine headaches, obsessive-compulsive disorder, depression, and suicide. When behaviour of this type affects normal development and social relationships, these children need assistance.

## Characteristics of Perfectionists

Some characteristics of children who are extreme perfectionists:

- having exceptionally high expectations for themselves
- being self-critical, self-conscious and easily embarrassed
- having strong feelings of inadequacy and low self-confidence
- exhibiting persistent anxiety about making mistakes
- being highly sensitive to criticism
- procrastinating and avoiding stressful situations or difficult tasks
- being emotionally guarded and socially inhibited
- having a tendency to be critical of others
- exhibiting difficulty making decisions and prioritizing tasks
- experiencing headaches or other physical ailments when they perform below the expectations of themselves or others

Gifted children, who are accustomed to excelling, are often perfectionists. Problems occur if they refuse to attempt a new assignment or do not complete their work because it may not be done flawlessly. The result is gifted children who are underachievers. These students are also susceptible to burn-out if they attempt to display exemplary performance in every academic discipline.



## How Parents Can Help with Perfectionism in Children

Parents may help children who exhibit extreme perfectionism in the following ways:

- Provide unconditional caring and respect.
- Provide a calm, uncluttered, and structured environment.
- Avoid comparing children.
- Give specific praise. (Effective Praise)
- Avoid using words such as brilliant, genius, and perfect.
- Use listening and other communication skills.
- Acknowledge without judgment children's negative emotions such as frustration, anxiety, sadness and fear.
- Ask children to keep a journal expressing their thoughts and feelings.
- Help them understand that it is impossible to complete every task without making mistakes.
- Encourage high standards but explain that there is a difference between perfectionism and quality work.
- Involve them in setting realistic standards for themselves.
- Let them know that even if they fail at something, they are loved.
- Challenge their belief if they call themselves a failure and provide a more rational evaluation.
- Teach them to revise, start again, and learn from their errors.
- For those who procrastinate, change the goal from perfection to completion.
- Provide support if they perform at a lower level than expected.
- Help them learn coping skills such as positive "self-talk."
- Encourage the use of self-control skills.
- Promote relaxation techniques such as listening to soothing music, counting slowly, taking deep breaths, participating in a hobby, walking, reading or something else calming.

Read the article via the QR code.



Source: Davies, M.Ed., Leah (2019, November). Perfectionism in children. Retrieved from <https://centerforparentingeducation.org/library-of-articles/school-and-learning-issues/perfectionism-in-children/>

Read the full list of suggestions via the link on the left.

Children who suffer from extreme perfectionism need assistance from the adults in their lives. They may also need help from a professional therapist. The goal would be to reduce their perfectionist tendencies to the point of having them become an asset rather than a liability.

## JOIN THE CYCLE

They say it's all about quality over quantity, well when it comes to recycling this is true; it is not about recycling more, it's about recycling better. For many, recycling has become second nature, but you may not realise that you still have much to learn. Help reduce the amount you send to landfill by getting the whole family involved.

The Australasian Recycling Label (ARL) is an evidence-based system for Australia and New Zealand, that provides you with easy to understand recycling information when

you need it most. It removes confusion, saves you time and reduces waste going to landfill. 'Check It! Before You Chuck It' is a new campaign encouraging us all to always check the Australasian Recycling Label (ARL) when disposing of packaging. Always following the ARL ensures *food packaging, bottles, and containers* are disposed of correctly and can be recovered for future use in new products.

Go to <https://recyclingnearyou.com.au/arl/> to ensure you are recycling correctly. Why not print out a recycling cheat sheet

Glass, plastic, paper, cardboard, tyres, electronics, batteries, construction materials, food and garden waste are all waste items containing value in the form of energy and resources. Maximising that value is dependent on a diligent approach to recycling, from the national to individual level.

The Australasian Recycling Labelling system provides consumers with easy-to-action recycling information on packaging. The ARL program is endorsed by the National Waste Policy Action plan as a key mechanic in improving consumer awareness and increasing recycling efficacy.

In the Merri-bek City Council, households operate on a four-bin system; the recycling bins are in a yellow lid (for general recycling), and a purple lid (exclusively for glass recycling). You may not know that household items such as mobile phones, digital camera, pens, highlighters, and eye glasses, can be dropped into cabinets at customer service centres in Brunswick and Coburg for re-use and recycle.

## ARL Logos Guide



## Merri-bek Recycling Stations



## The Summer of Cricket!

A highly anticipated Australian Cricketing Summer is just around the corner. This year, the Australian Men's Test Team will face India in a five—test series for the Border-Gavaskar Trophy. The

Australian Women's team has equally big billing, as they host England in the first ever day-night test to be played at the MCG.

There is plenty of limited overs cricket to look forward to as well, with the women's white ball series against India, and the men's ODI and T20 series' against Pakistan sure to be high-octane encounters.

Local and junior cricket seasons are already underway, with many of our OSHC students proudly boasting their bowling figures or batting performances after each weekend.

Cricket is a popular activity during our aftercare program, and children of all abilities are encouraged to participate and have a go. If you think your child would have some fun with bat-in-hand, encourage them to ask one of educators if they can teach them and play with them!

# 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.



With delivery partners



Funded by

