



December 2024

Welcome to the last monthly newsletter of 2024!

We are incredibly thankful for the continued trust and support you have shown us. It has been a joy watching your children grow, learn, and thrive in our care.

As we wrap up the year, we're excited about the opportunities and activities December brings. From festive crafts and cooking to lots of shining sun, we look forward to ending the OSHC year on a high note.

We also take this time to reflect on the students who won't be in our OSHC service in 2025. Whatever the 2025 year of your child's Education journey looks like, we sincerely hope that the child-centred philosophy and pedagogy of our service has provided every child with a strong set of emotional and social skills which allow them to thrive.

We hope you all have a fantastic summer break.

ON *this* MONTH

TODAY'S NEWSLETTER

- Spelt Gingerbread Recipe
- Podcast Reviews
- Water Safety
- New Year's Resolutions
- Recycling for Christmas
- BEPS OSHC Assessment and Rating Summary

Upcoming Community Dates!

- International Volunteer Day ----- 5th Dec
- Nobel Prize Day ----- 10th Dec
- International Migrants Day ----- 18th Dec
- International Human Solidarity Day ----20th Dec
- Christmas ----- 25th Dec



CONTACT US

Phone: 9387 2631
Mobile: 0409 380 202

Email: ranita.swamy@education.vic.gov.au
Website: <https://beps.vic.edu.au>

OSHC Representatives
• Helen Rabenda- 0447781830
• Lucy Paplinska- 0415868656



HUMAN RIGHTS DAY – DECEMBER 10

Human Rights Day is a global observance dedicated to promoting and celebrating the fundamental rights and freedoms that all individuals are entitled to, regardless of their nationality, gender, race, religion, or background.

It serves as a reminder of the importance of upholding human rights and addressing issues related to social justice and equality. [Learn more here](#)

KMART WISHING TREE APPEAL – DECEMBER

For 37 years, The Kmart Wishing Tree Appeal has helped assist families and people in need in our communities at Christmas and beyond. Kmart and their long-standing partner The Salvation Army, are working together to create positive change. You can help by giving a gift in store or donating money. [Find out more here.](#)

SPELT GINGERBREAD



PREP 10 min | REST 30-45 min | COOK 8-10min

INGREDIENTS

- 3 cups white spelt flour
- 1 tbsp ground ginger
- 1 tsp cinnamon and nutmeg
- 1/2 tsp bicarb soda
- 1/4 tsp baking powder
- 125g unsalted butter
- 1/2 cup pure maple syrup
- 1/2 cup coconut or rapadura sugar
- 1 egg

Preheat oven to 180 C. **Combine** dry ingredients in a medium sized bowl and set aside.

Heat a saucepan to medium heat and melt the butter. Once melted, **stir** in the maple syrup and coconut sugar until combined and the sugar has dissolved.

Whisk the egg in a separate bowl and add to the dry ingredients followed by the wet mixture.

Stir to combine then place on a pastry mat or floured surface and knead until a smooth dough forms.

Place in the fridge for 30-45 mins to chill. Use a rolling pin to **roll** dough out until 5mm thick.

Cut into cookies or use a template for a gingerbread house. Bake in the oven for 8-10 minutes and cool completely on a wire rack before icing. Use a royal icing recipe to make some fun designs.

Jo Kate is a realistic nutritionist offering simple & effective ideas, tips and recipes to inspire healthy living. Find more delicious recipes at jokatenutrition.com

Podcast Reviews

Summer holidays often means road trips!
Add these to your family podcast line up.



Tumble Science | Science podcast for kids

Tumble is a science podcast for kids, to be enjoyed by the entire family. Listen to stories about science discoveries, with the help of scientists! Join Lindsay and Marshall as they ask questions, uncover mysteries, and share what science is all about.



Dirt Girl's Nature Detective Academy | Dirtgirl

dirtgirl's Nature Detective Academy is an invitation for kids to switch on their senses. From seeds to trees, butterflies to chickens, clouds to rainbows – dirtgirl wants to share the little things that make a big difference to our planet. Each episode is full of fun things to do; poems, tips, amazing facts, and real-life nature sounds to connect you with the outside.



HEALTH AND SAFETY: Have a water safe summer

In Australia we have access to a wonderful variety of water environments for our recreational activities. These environments, however, can be dangerous to children. Tragically, children represent the most vulnerable group in relation to drowning, particularly those under 5 years of age.

Whether at home, visiting family and friends or on holiday, it is always important to keep safety in mind when children are in or near water. Drowning can occur quickly and quietly, without any warning noises. Sadly, on average, one child dies each week in Australia because of preventable drowning.

Most children who drown in home pools fall in by accident. Children drown quickly and silently, often without making any noise or splashing. Young children are naturally curious and attracted to water but do not yet understand the concept of danger, while parents can become complacent about safety around a familiar home environment.

In cases of child drowning in home pools, designated supervisors were often distracted by everyday tasks, such as a conversation with another person, answering the door or attending to another child, all of which give a young child time to wander away unnoticed.

It's important to remember though that children can drown in all sorts of water.

Children can drown in shallow water: swimming pools, spas, bathtubs, rivers, creeks and oceans, dams and lakes

Children also drown in less obvious locations: nappy buckets, toilets, water tanks, water features, fish ponds, pets' water bowls.

Keeping children safe around water constitutes following the four key actions of **Royal Life Saving's Keep Watch Campaign**:

- **Supervise.** Actively supervise children around water
- **Restrict.** Restrict children's access to water
- **Teach.** Teach children water safety skills
- **Respond.** Learn how to respond in the case of an emergency

Children must be supervised by an adult when in, on or around water. Active supervision means focusing all of your attention on your child, all of the time. You must be within arms' reach, interacting with your child and be ready to enter the water in case of an emergency.



Restrict access to water by correctly installing and regularly maintaining a pool fence with a gate that self-closes and self-latches. Remember to never prop the gate open.

Buckets, **bathtubs**, eskies (coolers), water fountains and features, fishponds, drains, **inflatable pools**, water tanks and even pet bowls all pose a significant drowning risk especially to younger children. It is crucial that these are emptied, covered, put away and not left where they can fill up with water. Inflatable pools should be emptied after use and stored securely out of reach of children.

Teaching children water safety skills is an important step in ensuring they grow up to become confident around water. Familiarise children with water by enrolling them in water awareness classes, spending time with them in the water and establishing basic water safety rules.

All parents are encouraged to learn **cardiopulmonary resuscitation (CPR)**. Knowing how to respond in an emergency could mean the difference between life and death.

Access CPR training via the QR code.

Source: NSW Health & **Sydney Children's Hospitals Network**. (June, 2024). **CPR training modules**
Retrieved <https://www.schn.health.nsw.gov.au/cpr-training-modules>



Source: <https://www.kidsafensw.org/safety/home-community/water-safety/>
<https://www.royallifesaving.com.au/stay-safe-active/locations/water-safety-at-home>

SunSmart Slip, Slop, Slap, Seek, Slide

UV radiation isn't like the sun's light or heat, which we can see and feel. Even on a cool day, UV can damage our skin without us realising, which is why it is important not to rely on temperature to decide whether sun protection is needed. You can use the SunSmart app or Bureau of Meteorology for each days UV index.

Remember to **slip** on clothing, **slop** on sunscreen, **slap** on a hat, **seek** shade and **slide** on some sunglasses. Sunscreen should always be reapplied at least two hours, irrespective of the water resistance of the sunscreen. Swimming, sport, sweating and towel drying can reduce the effectiveness to the product so sunscreen should always be reapplied after these activities.



FOCUS ARTICLE: Make your New Year's resolutions a family affair

It's that time of year again, when many of us make New Year's resolutions that we have the best intentions of keeping. But despite our initial efforts, we often don't follow through. A lot of us fail because we either make unrealistic goals or we lack a support system that will help keep us honest. If you want to keep this year's resolutions, make a realistic goal. Your goal should be specific, measurable, and doable within a reasonable period of time. Being supported and held accountable by others will further help you reach your goal, so consider making resolutions as a family.

Families Who Make Goals Together Keep Goals Together

While making a family resolution may seem as sensible as herding cats, it's worth the effort. But setting family resolutions will only work if each member of the family feels invested. And for everyone to feel invested, shared goals need to be recognized and treated equally within the family. If everyone feels they have a stake, then you have created the foundation for achieving your shared goals. Making goals as a family has a distinct advantage over making a personal goal as an individual. For example, if you go running every day with a friend, you're more likely to continue making progress because you will feel supported. Making goals public to your family and working together to achieve them provides the outside encouragement we all need to keep resolutions.

Alone You Will Struggle; Together You Will Thrive

Many of our routines are built around work and family, but your autonomy and ability to make personal changes to your life can be undermined by your greater responsibilities. So if you want to exercise more or eat healthier, you are more likely to do so if your other family members exercise with you and eat the same things you do. But if you are the only one in your family that is actively working towards a goal, constantly removing yourself from your other family members' habits (e.g. eating a salad during family pizza night) will eventually erode your desire to keep your resolutions. You might stick with eating salads for a while, but that pepperoni pizza will be



more tempting when everyone else is enjoying it but you. You shouldn't force your family to do what you're doing, especially if they don't want or need to, but you can easily find ways for you and your family to work together and achieve a common goal.

8 Resolutions That Are Easier Kept as a Family

Some habits are truly personal and require individual accountability, but many common resolutions can be adopted by the entire family with a little planning and coordination. Maybe you're the only one who needs to lose weight or create a better diet, but there are other ways to encourage your whole family to work together.

1. Eat Meals Together
2. Go to Bed at the Same Time
3. Unplug Devices
4. Create Reading Time
5. Exercise as a Family
6. Work Toward a Financial Goal
7. Switch Out the Soda
8. Go Meatless One Day a Week



This is just a quick read of this article.
Read the in full via the QR code.

Down, Kelsy. (March, 2024). Make Your New Year's Resolutions a Family Affair Retrieved from <https://www.gottman.com/blog/make-new-years-resolutions-family-affair/>



REDUCE, REUSE, RECYCLING CHRISTMAS

This year don't buy wrapping paper or Christmas cards make your own or better yet use art already created.

Collect your kids drawings and paintings – After your child's art has spent its time on the fridge, tuck it away ready to be used as wrapping paper or as part of a Christmas card. Family friends and family will love receiving gifts and cards created with love.

If you do have to buy cards or wrapping paper – Choose cards and paper not wrapped in plastic. Check that items you are buying are made of recycled materials. You could even try sending e-cards this year.

D-eco-rations – Many of us reuse our decorations year after year already but if you are planning on buying new ones this year why not try making some instead. Turn off your lights at night and try to use LED ones instead.

Presents – Take a look around your home. How many things do you already have? Do you really need more stuff? Maybe instead of buying more things this year, you could try an 'experience' Christmas. Like, a **trip out to a theme park** with a friend. Or a **surfing lesson**! You can also ask your family to get all their gifts at **online eco-stores** this year!

We can all play a part in helping the earth this Christmas.

Source: <https://www.natgeokids.com/au/kids-club/cool-kids/general-kids-club/eco-friendly-christmas/>



BEPS OSHC: An Exceeding Service



The BEPS OSHC program recently received an overall rating of Exceeding National Quality Standards in an Assessment and Rating Report from our organisational body, the highest rating level possible from the process. This is validation of the program's ongoing commitment to fostering a child-centred philosophy which values the needs of all children.

An authorised officer from Australian Children's Education & Care Quality Authority (ACECQA) conducted an on-site visit during an after-school care session, in which they interviewed service leadership, observed educators interacting with children, reviewed service policies, and assessed our quality improved plan.

The officer compared our service against the 7 prescribed national standards for best-practise. BEPS OSHC received ratings of 'exceeding national quality standard' in the quality areas of Educational Program and Practice, Relationships with Children, Collaborative Partnerships, and Governance and Leadership. The service received an overall rating of exceeding national quality standard. This is the highest rating level prescribed by the assessment and rating process.

As an exceeding service, ACECQA is acknowledging that high-quality practise at BEPS OSHC is embedded in service operations, informed by critical reflection, and shaped by meaningful engagement with families and the community. These themes are fundamental to our service pedagogy, and to be recognised by our governing body is a significant achievement of which we are all immensely proud.



Evidence for our services exceeding rating included the competency of educators in employing strength-based views of each child, supporting opportunities for children to rest and relax, consistently utilising warm and responsive interactions between children and educators, and maintaining positive collaboration between educators, families, and the wider school community.

These are excellent results which we are exceptionally proud of. They reflect the ongoing commitment of all our OSHC staff to providing exceptional and personalised care.

Particular thanks go to Lucy – Educational Leader – who spent countless hours augmenting our existing Quality Improvement Plan, compiling evidence of our services exceeding themes, and fostering a positive culture and community of educators. Our service Co-Ordinator, Rena, has also done enormous work reforming policy documents, collaborating with organisational and departmental bodies, and leading the development and implementation of effective educational programs and practises.



Significant comments from the report summary included:

"The **child-centred leisure environment** reflected the philosophy and values of the school community. The program was built on a **strong foundation of collaborative partnership** and critical reflection which **supported the inclusion of all children.**"

"Trusting relationship and mutual respect resulted in a strong sense of **belonging and connection among educators and children.**"

"The consistent and considered pedagogical practices of educators and their **calm and attuned interactions** ensured that **each child** was able to participate in a **program that reflected their interests and needs.**"

"The service was staffed by **educators with a range of qualifications** and who were also employed as education support facilitators at the school."

"Staff to student ratio was low to ensure that **each young person is supported accordingly** and allowed for more **flexibility in routines and transitions.**"

"There was an embedded **culture of professional collaboration** that recognised the **skills and expertise of each educator** which facilitated self-leadership, mentoring and critical reflection."



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

