

MARCH  
2021

Trade your expectations for appreciation and your whole world changes in an instant – TONY ROBBINS



# ON *this* MONTH

## At Bug-A-Lugs

OLR Last Prep Free Day-----	3
Labour Day (closed) -----	8
KPS Meet the teacher -----	24
(we will pick KPS children up at 1.30 today)	
Anzac Day-----	26

## AROUND THE COUNTRY AND WORLD

Schools Clean Up Day -----	5
Clean Up Australia Day -----	7
Harmony Week -----	15-21
St Patricks Day -----	17
Ride 2 School Day -----	19
Day of Happiness -----	20
Day of Forests -----	21
World Poetry Day -----	21
World Water Day -----	22
Earth Hour -----	27
Neighbour Day -----	28
Holi Festival Of Colours -----	28-29

# MARCH

ALREADY!!

Wow 33 days until Easter! The educators are busy getting the next school holidays prepared, which should be out shortly, and a heap of fun as usual!

We have seen a tremendous amount of teamwork and growing friendships at both centers as the children settle into the new school year. It has been awesome watching how much the children develop in such a short period of time and we cannot wait to see the children achieve their goals during 2021. We would like to welcome all our new families to Bug-A-Lugs including our Prep students just starting their schooling journey, and our older additions who have moved to the Macedon Ranges from all over the place! We hope you love it in this community and we hope the children enjoy their time with us at Bug-A-Lugs!

## Woodend

This month has been full of fun at Bug-A-Lugs Woodend, the children have all settled in nicely to the routine. Children explored themes around bullying, goal setting and understanding our emotions. Children have also taken on their own roles and responsibilities within the centre, tackling tasks such as food preparation for afternoon tea, been group leaders in games and setting and packing up their own activities in line with our child choice initiative. Down ball has become a regular afternoon activity where all the children are involved, we often have had to have two areas set up, because this is so popular. The children have also really embraced cafe play and creating their own restaurants as well as trying to create their own records. Just this week children attempted to make the world's largest loom band. Children have also really embraced our reading corner and lots of books have been read, and our educators are extremely impressed with how far all of the children have come. Next month is all about ANIMALS!!!

## Kyneton

Just like Woodend, we have settled very well into life at Bug-A-Lugs in Kyneton! We have also been focusing on learning more about ourselves and each other, setting our goals for the coming year, learning to recognise and respond to our emotions and looking at how to be a good friend and stand up to bullies in a way that makes everyone feel safe and welcome! We have been working really well together on building some huge creations with the sticks and balls, and the zoobs, including a THREE-STOREY HOUSE, and a zoobs snake that stretched from the GATE to the PLAYGROUND! It was an awesome show of teamwork from our children, with each encouraging the others and supporting the smaller children in their participation. We have also loved playing our games of "Real life Among us" where we have to do tasks before the imposter catches us! We have read some extremely kind compliments on our compliments board and there are some awesome suggestions going up for our coming programs on the suggestion board from the children! Next month is all about SUSTAINABILITY, so if you have any small boxes you would like to donate to us, we would love to turn them into all sorts of creations!

## HEALTHY KIDS



Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming **dehydrated**. 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. If your child is playing sports or is very active, they will need extra fluid. Kids will also need more fluid on hot days or when unwell.

To read this article in full go to [www.healthy-kids.com.au/parents/children-hydration/](http://www.healthy-kids.com.au/parents/children-hydration/)

## CHILDREN & HYDRATION

### WHAT DOES WATER MEAN TO YOU?

22 March 2021 is World Water Day. This year the focus is about *what water means to people*, its true value and how we can better protect this vital resource.

Water means different things to different people. Start a conversation about what water means to you and your family. How is water important to your home and family life, your livelihood, your cultural practices, your wellbeing and your local environment? *As a family come up with a sentence and contribute to the global conversation using this hashtag #water2me*





### CLEAN UP AUSTRALIA DAY – FEBRUARY 7

Change starts with you. The key to success is stopping litter becoming rubbish. There are so many actions every one of us can take to help reduce the 8 million tonnes of plastic entering our oceans worldwide each year.

‘Step Up to Clean Up’ participate in clean up Australia day and make a sustainable change in your daily life. [Find a clean up event happening near you here.](#)

### EARTH HOUR – FEBRUARY 27

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. This earth hour, make the switch and show your support for a renewable energy future! **Find out more.**

## JULES FAVOURITE - SUPER CREAMY GREEN SMOOTHIE YOUR KIDS WILL LOVE



PREP 5 min | COOK 5 min | SERVES 4 small smoothies

Getting fruit and vegetables into our little ones especially the green kind is never easy! A delicious smoothie is a wonderful little trick to get them the extra health energy boost they need.

### INGREDIENTS

- 1 banana, frozen
- 1 cup pineapple, frozen
- 1 cup baby spinach leaves
- 1 cheek mango, diced
- flesh of half an avocado
- handful of ice cubes
- 1 cup (250ml) filtered water
- 1 teaspoon vanilla bean paste (optional)

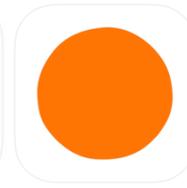
### METHOD:

1. Place all the ingredients into the jug of a blender. Blitz until creamy and smooth. Pour into glass and enjoy X
2. Makes 4 small smoothies

Recipe and Image from [My Lovely Little Lunchbox](#)



A few apps for the adults. Think clearer, feel better, smile more.



### SUPER BETTER

SUPERBETTER, LLC | FREE

*Resilience Training. Powered by the Science of Games.*

Join nearly a million people who have played SuperBetter so far to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more.

### HEADSPACE: MEDITATION & SLEEP

HEADSPACE INC | FREE (IN APP PURCHASES)

**Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life.** Learn meditation and mindfulness skills from world-class experts like Headspace co-founder Andy Puddicombe, and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health. Build your practice your way with meditations for every experience level and lifestyle — including short, 3-minute sessions that fit seamlessly into a busy schedule.

### HAPPIFY: FOR STRESS & WORRY

ACTIVITIES, GAMES & MEDITATION | HAPPIFY, INC. | FREE (IN APP PURCHASES)

**Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.**

Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades.

# HEALTH & SAFETY: The 'tricky people' lesson you need to teach your kids

For generations, kids have been taught stranger danger: the principle that all strangers can potentially be dangerous. But a certified child safety educator says stranger danger doesn't work. In fact, it actually works against a parent. Safely Ever After founder Pattie Fitzgerald says 90% of sexual abuse or harm comes from someone the child knows, not a stranger. "Stranger danger doesn't teach kids about that. Stranger danger is looking in the wrong direction here."

**Strangers can be confusing to kids** Speaking to News Regional Media, Pattie says kids also have a different perception of what a stranger is. "If someone wants to offend against a child, they will often make themselves friendly or introduce themselves and then that child doesn't think they are strange. "Kids also see their parents talking to strangers all the time. With learning stranger danger, when there is no danger perceived kids don't see that stranger as a threat which is why we need tricky people and why tricky people makes more sense."

**Learning to spot 'tricky people'** Tricky people is Pattie's philosophy; one she has been teaching to families all over the world for 15 years. "The main principle of tricky people is a tricky person can be someone you know or don't know but it is someone who breaks a safety rule or asks you to do something that makes you feel uncomfortable. But before we rush out and teach kids about tricky people, Pattie says it is important to teach kids safety rules first. My whole philosophy it is a process. The first thing parents need to do is teach kids what is okay and not okay and anyone who breaks those rules is a tricky person. I call them thumbs up/thumbs down. Someone doing something thumbs down - breaking a safety rule - they're a tricky person."

## Pattie recommends these 10 rules for kids:

1. I am the boss of my body!
2. I know my name, address and phone number and my parents' names too (don't forget: kids need to know their parents' mobile phone numbers)
3. Safe grownups don't ask kids for help (they go to other grown-ups if they need assistance)
4. I never go anywhere or take anything from someone I don't know
5. I must "check first" with my safe-smarts grown-up for permission before I go anywhere, change my plans, or get

into a car even if it's with someone I know. If I can't check first, then the answer is NO!

6. Everybody's bathing suit areas are private
7. I don't have to be polite if someone makes me feel scared or uncomfortable. It's okay to say no even to a grown-up if I have to
8. I don't keep secrets especially if they make me feel scared or uneasy (no adult should tell a child to keep a secret)
9. If I ever get lost in a public place, I can freeze and yell or go to a mum with kids and ask for help
10. I will always pay attention to my special inner voice, especially if I get an "uh-oh" feeling.

**Teach your kids to be boss of their bodies** Pattie also has a list of [tips for parents on her website here](#) but says the most important things parents can teach their kids is that they are the boss of their bodies, there are no secrets and to always check first. "Teach kids at an early age that they the boss of their private parts. Do this using anatomically correct words, not cutesy names. Predators have said if a child says 'that's my penis' it is harder to coerce them. Also make sure your child knows there are to be no secrets from mum and dad and to check first if someone asks something of them. And teach kids what to do not what to do. Show them how to respond in a situation." Pattie recommends doing this through role-play. "Show them what asking first or checking first looks like. Practice makes perfect. You have to remind them every time you go somewhere."

While role playing is good, Pattie says if we're really going to keep our kids safe from tricky people, it is up to us to pay attention. "Don't let your kids run around unsupervised. And notice who is paying attention to your kids. Safe adults, especially ones who work with your kids, don't look for extra alone time for your kids. "My mother asking to take my daughter to the movies, that makes sense. A maths teacher asking to make my daughter to the movies doesn't make sense." Pattie has an extensive list of [red flags for parents here](#). For parents looking for guidance on how to get the safety dialogue started with their

## I'll time you!

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

Say to a child "I'll time you" and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn't matter. Choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn't matter, have fun with it.



**Feedback**   
is always welcome

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