THE EXPERT IN ANYTHING WAS ONCE A BEGINNER – *HELEN HAYES*

ACE & A1 FUN

ON this MONTH

AT ACE & A1 FUN

AROUND THE COUNTRY

Clean Up Australia Day ---------- 2
St Patrick's Day ---------- 17
Harmony Day ---------- 21
Earth Hour ---------- 22
Eid Al Fitr ---------- 30-31

March 25

Dear Families ,

Term 1 is fast coming to an end. Thankyou all for your patience as we transitioned children between services to place as many as we could before and after school. Term one has an over all focus of Self/All about me along with plenty of cultural cerebrations and experiences planned around reflections and goals set by educators as they get to know the children.

Easter Vacation care is fast approaching. Be sure you make bookings.

Tip: pop the program for your service on the fridge and highlight the days your children are attending so they can be prepared each day.

Ace and A1 Fun Pty Ltd

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Community Events

CLEAN UP AUSTRALIA DAY – MARCH 2

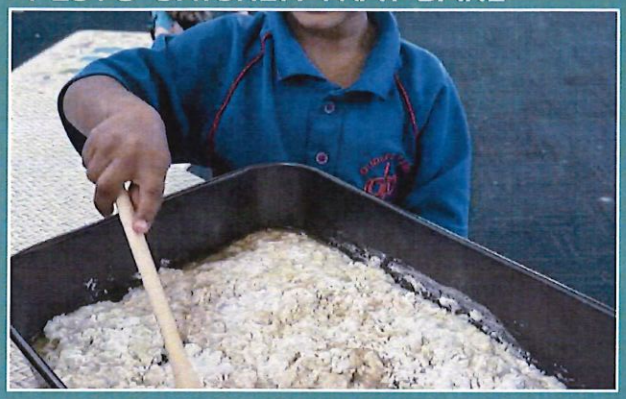
Clean Up Australia inspires and mobilises communities to improve and conserve our environment, eliminate litter and end waste. Our Ace and A1 children participate in rubbish rangers activities keeping their environment clean and actively participate in sustainable practices like recycling.

Harmony Day -March 21 2025

Harmony day and week is an opportunity to celebrate Australia's amazing cultural diversity. At Pinjarra the children created paper chains of people and had wonderful discussions about similarities and differences among themselves while doing so.

Kids in the kitchen

PESTO CHICKEN TRAY BAKE



PREP 10 min | COOK 1hour 10min

INGREDIENTS

1 carrot, 1 red capsicum cut into batons
1 zucchini, cut into rounds
1 eggplant, halved and cut into half moons
1 red onion, cut into thin wedges
1 small bunch asparagus, ends trimmed and cut into three
200 grams cherry tomatoes, halved
2 tablespoons olive oil
sea salt and pepper
500 grams chicken breast
1 tablespoon basil pesto
sea salt and pepper
1 cup (250 ml) Greek yoghurt
1 tablespoon basil pesto
1 teaspoon olive oil
to serve: a small handful of fresh basil leaves

1. Preheat oven to 190 degrees C and line an oven tray with baking paper. Place the carrot, zucchini, red capsicum, eggplant, red onion, asparagus, cherry tomatoes and olive oil onto the prepared tray. Season with sea salt and pepper and toss to combine. Pop into the oven for 30 minutes.

2. Meanwhile, place the chicken and pesto into a large bowl. Season with sea salt and pepper and toss to combine. Nestle the chicken breasts into the vegetables and bake for another 20 minutes, or until the chicken is cooked through. To make the yoghurt sauce, place the yoghurt, pesto and olive oil into a small bowl. Season with sea salt and pepper and gently stir to combine. To serve, pop the yoghurt sauce into the corner of the tray, sprinkle fresh basil leaves over the gorgeously golden chicken and vegetables and enjoy.

recipe from Mylovelylittlelunchbox.com Image from A1 fun children cooking

Bring each day : Vacation care

HAT
WATER BOTTLE
SUN SAFE CLOTHING
SPARE CLOTHES
ITEMS FOR EXCURSIONS (SWIMMING, SOCKS
FOR PLAY CENTERS
ETC.

LABEL ALL THE THINGS

There are many fun things to do each day and places to go. Please ensure to label all of your children's belongings clearly to assist children to take care of their own belongings.

Vacation Care Excursions :

Excursions may change on the day due to weather or other safety concerns . Some excursions may require children to be signed in early or arrive back at center late in afternoon . please sign excursion form each day and check in if special requirements for next day.

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FOCUS: The beautiful reason why Danish schools teach empathy to kids

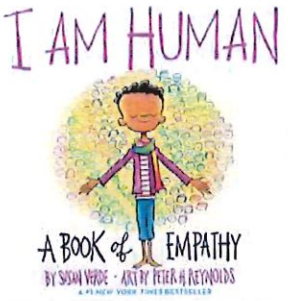
If you're wondering what you can do to make sure your kids grow up happy and well-adjusted, you might want to look to Danish schools. Since 1993, students in Denmark have studied empathy as part of their curriculum. Starting in kindergarten, Danish students learn about emotions, how to articulate their feelings and how to support their classmates. In the book *The Danish Way of Parenting* by Iben Sandahl and Jessica Alexander, the authors assert that the Danes raise empathetic, capable kids who grow into confident, happy adults. It's a winning cycle that starts with how they teach their children empathy.

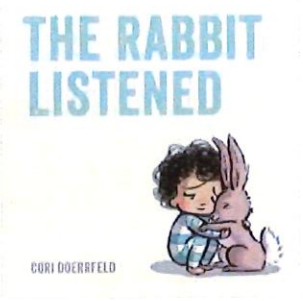
For the past seven years in a row, Denmark has consistently ranked as one of the happiest nations in the world. Maybe the way they raise their children is the reason why. Danish students participate in the Step by Step program. Students are shown cards that feature kids who are experiencing different emotions, like sadness, anger, and happiness. The students are asked to not just identify the emotion, but to explain what it means to them. They learn how to interpret others' emotions and how they make them feel. Perhaps most tellingly, the students don't judge the emotions. They simply recognize and respect them.

Students also participate in the CAT-kit program, which focuses on identifying and articulating emotions. It was originally designed as a tool for children on the autism spectrum and has since been picked up by educators and parents worldwide. It uses visual pictures to help students learn how to name their thoughts and feelings.

In an essay in *The Atlantic,* Jessica Alexander, one of the co-authors of *The Danish Way of Parenting*, explains that teachers also subtly mix children of different strengths and weaknesses together. "The goal is for the students to see that everyone has positive qualities and to support each other in their efforts reach the next level," she writes. "The math whiz may be terrible at soccer, and vice versa. This system fosters collaboration, teamwork, and respect."

Yet another program that Danish schools utilize comes from The Mary Foundation, established by HRH Crown Princess Mary of Denmark in 2007. The anti-bullying program is taught to elementary-aged children and encourages them to be more caring towards each other. According to The Foundation's website, "Everyone has the right to belong. The Mary Foundation works for the many people who are alone."





It's not just a one-off lesson or a conversation held on World Kindness Day. Students learn about empathy, kindness and respect from the time that they enter the school system. Danish teachers place equal emphasis on academics as well as emotions. And it's not just about making a grade—it's about raising kind, understanding children. That's something we definitely support.

Source: Motherly. (2020). The beautiful reason why Danish schools teach empathy to kids. *Retrieved from https://www.mother.ly/life/why-danish-schools-teach-empathy/*

If you would like to bring more empathy and kindness teaching into your home books are a great way to do it.

'I AM HUMAN – A book of empathy'
Susan Verde, illustrated by Peter H. Reynolds

'THE RABBIT LISTENED'
Cori Doerrfeld

'Have you filled a bucket today'
Carol McCloud

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

Orsini, Jamie. (October 2020). The beautiful reason why Danish schools teach empathy to kids. *Retrieved from https://www.mother.ly/life/why-danish-schools-teach-empathy/*

Sustainability CORNER

RIDE TO SCHOOL AND WORK

Improve physical fitness and mental health. We're all aware that riding is a great way to help keep your body fit and healthy, but did you know it can also help to support your mental wellbeing, too? One study reveals that riding is the second best form of exercise for a lower mental health burden, just behind participating in team sports.

Improve productivity. Riding has been shown to improve brain function, with it increasing blood flow to the brain by 28% compared to resting, according to one study. As a result, this can help your children ride to school and you arrive to work in a more positive frame of mind, and help to improve productivity throughout the day.

Helps the environment. If you're passionate about sustainability, riding is a great way to play your part and help create a greener local environment. By replacing a car for a bike, not only will you be saving on harmful emissions,

but if more people chose to cycle, it would reduce congestion on roads, helping to cut pollution even further.

It's National Ride '2' School Day on March 21, why not join in this year and start a new tradition with your family or better yet begin a new weekly routine. Follow the QR code for some awesome National **Ride2School** day ideas!

Source: **BQ Bicycle Queensland**, Image: Bicycle network Instagram

HEALTH AND SAFETY: School Refusal

Experiencing **anxiety** every now and then is a normal part of growing up as children develop and learn about the world around them. It's quite common for primary school-aged children (around 5- to 12-years-old) to feel anxious about a variety of situations and objects, especially as they face new experiences. For most children in this age group, anxiety comes and goes and doesn't last long.

At this age, anxious feelings range from 'butterflies' before a playdate or test to frequent feelings of panic that can prevent your child from doing things they want to do, such as going to school. It can be hard to recognise anxiety in children since many of the signs like stomach aches, trouble sleeping and behavioural changes may also be symptoms of physical illness or just part of a phase of growing up.

Going to school is usually an exciting and enjoyable event for young children. However, for some it can cause intense fear or panic. Parents should be concerned if their child regularly complains about feeling sick or often asks to stay home from school with minor physical complaints.

These children may suffer from a paralysing fear of leaving the safety of their parents and home. The child's panic and refusal to go to school is very difficult for parents to cope with, but these fears and behaviour can be treated successfully, with professional help.

Refusal to go to school often begins following a period at home in which the child has become closer to the parent, such as a summer vacation, a holiday break, or a brief illness. It also may follow a stressful occurrence, such as the death of a pet or relative, a change in schools, or a move to a new neighbourhood.

The child may complain of a headache, sore throat, or stomach ache shortly before it is time to leave for school. The illness subsides after the child is allowed to stay home, only to reappear the next morning before school. In some cases the child may simply refuse to leave the house. Since the panic comes from leaving home rather than being in school, frequently the child is calm once in school.

Children with an unreasonable fear of school may:

- feel unsafe staying in a room by themselves
- display clinging behaviour
- display excessive worry and fear about parents or about harm to themselves
- shadow the mother or father around the house
- have difficulty going to sleep
- have nightmares
- have exaggerated, unrealistic fears of animals, monster, burglars
- fear being alone in the dark, or
- have severe tantrums when forced to go to school

Such symptoms and behaviours are common among children with separation anxiety disorder. The potential long-term effects (anxiety and panic disorder as an adult) are serious for a child who has persistent separation anxiety and does not receive professional assistance. The child may also develop serious educational or social problems if their fears and anxiety keep them away from school and friends for an extended period of time.

When fears persist the parents and child should consult with a qualified mental health professional, who will work with them to develop a plan to immediately return the child to school and other activities. Refusal to go to school in the older child or adolescent is generally a more serious illness and often requires more intensive treatment.

Excessive fears and panic about leaving home/parents and going to school can be successfully treated.

Access more info via the QR code.

Source: AACAP. Retrieved February 2025. From https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-Who-Won't-Go-To-School-(Separation-Anxiety)-007.aspx

There are many resources that may be able to assist you and your child during times of anxiety. One of our favourites is Smiling Mind. Along with the app there are a huge range of resources available online. Why not try: **Smiling Mind Creek.** Join Tam the platypus, Maali the galah and Wes the echidna as they explore and understand their own personality traits and those of others. These 2-minute animated episodes each explore positive mental health and are great social and emotional wellbeing lessons for children aged 3 to 8.

Find out more **here**

WHY BOTHER WITH BREAKFAST

HEALTHY KIDS

Breakfast is a great way to give the body the refuelling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to be physically active. Skipping breakfast can make kids feel tired, restless, or irritable.
In the morning, their bodies need to refuel for the day ahead. Their mood and energy can drop by midmorning if they don't eat something for breakfast. It's important for kids to have breakfast every day, but what they eat in the morning is important too. To boost nutrition, choose breakfast foods that are rich in whole grains, fruits or vegetables, and protein while low in added sugar. **Find out more**

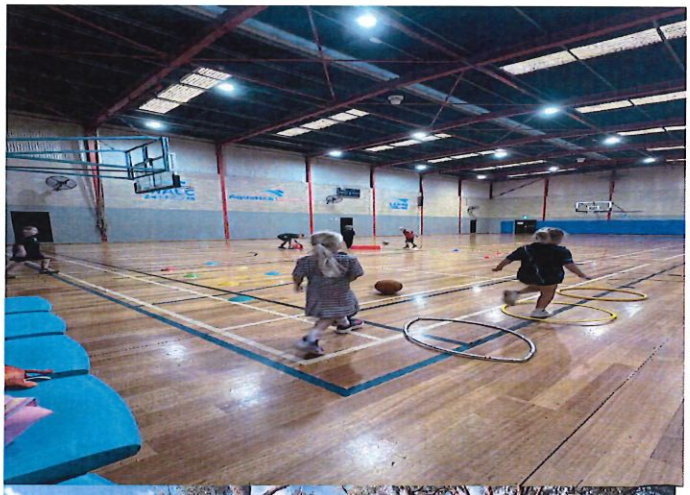
Around here lately

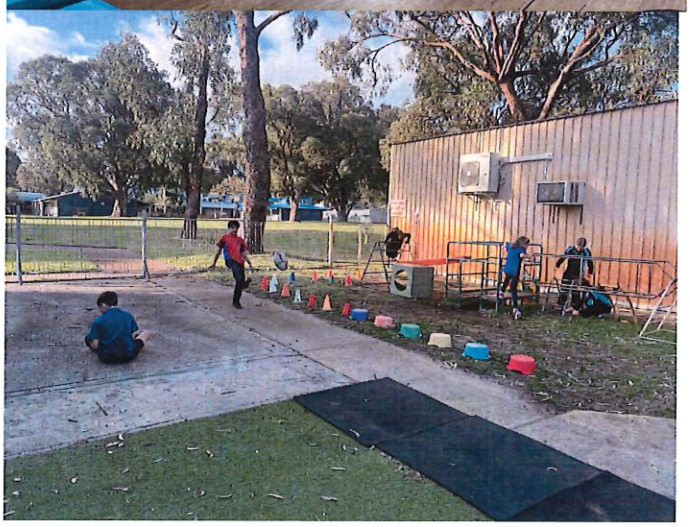
THIS MONTH WE HAVE BEEN FOCUSSING ON SELF/ALL ABOUT ME.

At A1 Fun and Ace BSC and ASC the children have also explored a variety of creative activities , cultural and community events. Our children attend from a number of local schools and have the opportunity to develop both new and old friendships. Relationships and awareness of self are crucial to a sense of Belonging.

Active play

No matter what the weather, there are always opportunities for active play before and after school. We are blessed in our settings to have access to indoor and outdoor spaces for both Educator led physical games and Educator supervised outdoor play. For school age physical activity is essential leisure and learning time. Educators are intentional in their planning for time and spaces to allow for this.





5 Minute MOVES

KICK AND CATCH

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

Head out into your backyard or down to your local oval with a ball or two. Take turns kicking the balls as far as you can and then running to 'catch' them. Try to catch them before they stop rolling. Next try to kick to one another and catch the balls.

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Feedback is always welcome

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