

MAY
2022



ON *this* MONTH

AT STAR KIDS WE CELEBRATED

Eid al-Fitr
Composting Awareness Week
International Star Wars Day
Play Outside Day
Mother's Day
National Families Week
National Sorry Day

Eid celebration





PLAY OUTSIDE DAY

it's time to create a habit of outdoor play and activity for kids, families, adults and grandparents. What is National Play outside Day? On the first Saturday of the month, everybody in the nation plays outside. There are no scheduled events or activities, just go

outside and do something fun. Here are some ideas to get you started: Go for a bike ride, have a picnic, bring your toys outside. Explore new parts of your neighbourhood, go on a shell, leaf, flower, stick hunt, ask your kids to make up a game. [FIND OUT MORE ABOUT PLAY OUTSIDE DAY HERE](#)

NATIONAL FAMILIES' WEEK—MAY 15 - 21

Each year, over a hundred thousand people and hundreds of organisations celebrate National Families Week – Australia's annual celebration of families. The aim of National Families Week is to celebrate the vital role that families play in Australian society. It is a time to celebrate the meaning of family and to make the most of family life. [EVENT INFORMATION NEAR YOU](#)

PUMPKIN MAC AND CHEESE



PREP 25MIN | COOK 25MIN SERVES 12

INGREDIENTS

500 grams **orecchiette pasta** (or any small, shaped pasta)

Pumpkin cheese sauce:

4 tablespoons **butter**

4 tablespoons **plain flour**

2 cups (500 ml) **milk**

1 can (400 grams) **pumpkin puree**

1 teaspoon **granulated garlic**

1 teaspoon **dry mustard**

1/4 teaspoon **cayenne white pepper**, to season

grating of fresh **nutmeg**

125 grams **mozzarella** & 100 grams **parmesan**, *grated*

Panko topping:

1 1/4 cups **panko style breadcrumbs**

100 grams **mozzarella**, *grated*

METHOD: Preheat oven to 200 C.

To cook the pasta: **Bring** a large pot of water to the boil.

Add salt and pasta and cook according to packet instructions. **Drain** and set aside.

To make the pumpkin cheese sauce: **Place** the butter into a large saucepan over medium heat and melt. **Add** flour and **whisk** to create a smooth paste. **Slowly add** milk, whisking continuously. Continue to **whisk** until slightly thickened, approx. 3 minutes or until the mixture coats the back of a spoon. **Reduce** the heat to low and whisk in the pumpkin puree, garlic, mustard, cayenne, and pepper. **Add** the cheeses and stir until melted. **Take off** the heat. **Add** cooked pasta to the pumpkin mac and cheese sauce and mix thoroughly to combine. **Pour** the pasta mixture into a large baking dish (approx. 45cm x 45cm).

To make the panko topping: **Sprinkle** the panko breadcrumbs and mozzarella cheese evenly over the pasta. **Bake** for 20-25 minutes or until the cheese is melted and breadcrumbs are golden.





start to soften. This can be a great thing when we have the emotional resources to do this, but we are human, and sometimes their fight or flight will raise fight or flight in us. We might get angry or frustrated (sharing their 'fight') or turn away and distract (sharing their 'flight'). Sometimes you'll be able to give them what they need, and sometimes you won't. Both are responses of loving, beautiful parents, but sometimes as parents we get stretched too far too.

Whenever you can, validate what they are feeling, but let your intentions be clear. This means steering away from neutral voices or neutral faces. It's hard to read the intentions behind a low-monotone, neutral voice or a neutral face. If your intention isn't clear, it can trigger a bigger sense of 'threat' in an already unhappy nervous system. Sometimes, we might think we're speaking calmly when we're actually speaking 'neutrally', or low, slow, and monotone. The point is our calm voice might not always be calming. Whenever you can, try to match the intensity of your child's feelings (through your voice tone, facial expressions, presence) while staying open, warm, and regulated. 'I can see how upset you are my darling. You really wanted [...] and you're so annoyed that it can't happen.'

What if they want space, or less words? If they get annoyed with too many words, just breathe and be with, 'I'm going to stay with you until you feel better.' You actually don't have to say anything at all if talking doesn't feel right. Just stay regulated and feel what they feel. They'll feel it in you that you get them. Similarly, if they want space, it's important to respect that, but stay in emotional proximity. 'Okay, I'm just going to stay over here until you feel better. I'll be right here for you.'

But what if their big feelings are driving BIG behaviour? (Follow the link below to read this paragraph)

Your own state matters. An important part of co-regulation is making sure we are guiding that nervous system with tender, gentle hands and a steady heart. This is where our own self-regulation becomes important. Our nervous systems speak to each other every moment of every day. When our children are distressed, we will start to feel that distress. It becomes a loop. We feel what they feel, they feel what we feel. Our capacity to self-regulate is the circuit breaker. This can be so tough, but it can happen in microbreaks. A few strong steady breaths can calm our own nervous system, which we can then use to calm theirs. Breathe and be with. It's that simple, but so tough to do some days. But we must be radically kind with ourselves too. It takes a steady heart to soothe the heart of another and being that steady heart can be tough some days. Parenting is hard, and days will be hard, and on many of those days we'll feel the rawness and realness of it all. We'll say things we shouldn't say and do things we shouldn't do. We're human. Let's not put pressure on our children to be perfect by pretending that we are. Instead, let's repair the ruptures as soon as we can, and bathe them abundantly in love and the warmth of us. It's not about perfection, it's about consistency, and honesty, and the way we respond to them the most.

Source: Young, Karen. (2021). To Co-Regulate or Co-Dysregulate. What to do when their feelings or behaviour get big. Retrieved from www.heysigmund.com

HOPSCOTCH. It's a simple childhood game and an easy way to increase number recognition skills. Use chalk to draw a simple hopscotch board. Start with 1-6 and then build from there. Ask your child to say the numbers as they jump. You could count forwards on the way up, backwards on the way down.





KEEP YOUR SOIL HAPPY

The benefits of composting are endless. You can improve the structure, water retention and drainage of the soil in your garden, as well as increasing the retention of nutrients, resulting in happy and healthy plants. The best bit? Once you're all set up, your compost system will mostly look after itself.

Learning how to compost isn't difficult, Costsa Georgiadis ICAW ambassador has a very simple video explaining the steps to take to start composting at home. Find the video here <https://youtu.be/Uw5JVZSzMUA>

May 1-7 is International Compost Awareness week! ICAW aims to improve awareness of the importance of compost, a valuable organic resource. We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils. *Better Soil, Better Life, Better Future.*

Enter the *#CelebrateICAW Photo Competition 2022* by sharing how you have supported Compost Week this year by sending a photo of your compost at home or at work to info@core.asn.au

FIND OUT MORE ABOUT COMPOSTING HERE



5 Minute MOVES

Handball

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

The much-loved school yard game is fun for all. Need a refresher? Find a piece of hard, smooth ground on which to draw your court. With a piece of chalk draw a 4x4 square with K,Q,J and D in the right places with a metre x metre perimeter.

The person in Kings serves the ball by hitting it in their own square and then someone else's. The receiving player must hit the ball in their own square and then someone else's square. If the ball bounces twice or more times in someone's square they are out and proceed to dunc or the end of the line of players waiting to join the game. If Kings gets out, they proceed to dunc and the new King serves.

For younger players you can just practice hitting the ball to and from each other.

Feedback
is always welcome



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