

IT'S SOMETIMES IMPORTANT FOR CHILDREN TO ACT LIKE ADULTS. IT'S SOMETIMES IMPORTANT FOR ADULTS TO ACT LIKE CHILDREN. – UNKNOWN



# ON *this* MONTH

AT BUSY KIDS

New Child Care Subsidy Commences ----- 2<sup>nd</sup>  
Pyjama Week ----- 16<sup>th</sup> – 20<sup>th</sup>

AROUND THE COUNTRY

NAIDOC Week ----- 8-15<sup>th</sup>  
World Population Day ----- 11<sup>th</sup>  
National Pyjama Day ----- 20<sup>th</sup>  
Asalha Puja Day ----- 27<sup>th</sup>  
School Tree Day ----- 27<sup>th</sup>  
National Tree Day ----- 29<sup>th</sup>  
International Friendship Day ----- 30<sup>th</sup>

# All Around the World Month

This month we have been exploring different cultures from all around the world – in particular cultures of the children that attend our centre.

We have decorated flags from around the world, the Preschool children have learnt a new song “Hello from all the children of the world”, and we helped cook and prepare foods from different cultures – the children’s favourite was “Cold Rolls” – made with rice paper rolls, cucumber, beans, chicken and carrot.





**SCHOOL TREE DAY – 27<sup>TH</sup>**

Each year, around 3,000 preschools, kindergarten, primary and high schools across Australia take part in Schools Tree Day. Trees make happy healthy children by providing shade helping to reduce exposure to harmful ultraviolet rays. Trees provide fun

play opportunities through activities like climbing, swinging or creating a tree house. The benefits are endless. Learn more at [www.treeday.planetark.org](http://www.treeday.planetark.org)

**NAIDOC WEEK – 8 - 15<sup>TH</sup>**

As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play active and significant roles at the community, local, state and national levels. Their achievements, their voice, their unwavering passion give us strength and have empowered past generations and paved the way for generations to come. NAIDOC 2018: Because of her, we can! Learn more at [www.naidoc.org.au](http://www.naidoc.org.au)



**PESTO ROLLINI WITH BROCCOLI TREES AND BEANS**

PREP 5 min | COOK 10 min | SERVES 4

Dinner on the table in 15 minutes or a quick healthy lunch option, this recipe packs in all the good stuff while enticing the fussiest eater.

**INGREDIENTS**

- 500gm short pasta, fusili/penne/rollini
- 1 head of broccoli, cut into florets
- A big handful of beans, topped and tailed
- 3 tbs basil pesto (you may need a little more depending on how thirsty your pasta is)
- 2 bocconcini balls, torn into small pieces
- ½ cup parmesan, shaved

**METHOD:**

Bring a large pot of water to the boil. Add pasta and cook for 3 minutes, add broccoli and beans and cook until pasta is al dente. Drain and return to the saucepan. Add pesto, bocconcini and parmesan and stir to combine. Serve warm or cold.

**SAFETY** – Remember to always supervise kids in the kitchen.

**The Toddlers explored the colours of flags from around the world.**



**Amelia concentrated hard as she made “Cold Rolls”**







Australian Government

Department of Health

Chief Medical Officer

National Immunisation Program (NIP) Childhood Schedule Changes - 1 July 2018

Dear Provider/Service Director

From 1 July 2018, there will be changes to the National Immunisation Program (NIP) early childhood schedule designed to improve protection against meningococcal, pneumococcal and Haemophilus influenzae type b diseases. The changes are based on advice from experts to provide children with the best protection.

This is the first significant change to the NIP childhood schedule for a number of years and we are keen to ensure parents have access to evidence based information in order to understand and be prepared for the changes.

In summary, from 1 July 2018 the following changes will occur to the NIP childhood schedule:

- at 12 months of age, children will receive a new combined meningococcal ACWY vaccine that protects against the A, C, W and Y strains (instead of meningococcal C);
at 18 months of age, children will receive the single Hib vaccine, protecting against Haemophilus influenzae type b (previously given as a combined vaccine with meningococcal C at 12 months); and
at 2, 4 and 12 months of age, children will receive the infant pneumococcal vaccine (instead of at 2, 4 and 6 months).

Your role in contributing to the sharing of quality information is important. This is why I am writing to you about the NIP early childhood schedule changes. Enclosed is a promotional poster, factsheets for your service. I would be grateful if you could display the materials and further promote the messages within your child care centre community.

Additional copies of the materials, as well as further supporting resources, including NIP early childhood schedule magnet cards for parents can be downloaded or ordered from the Department of Health's immunisation website at www.health.gov.au/immunisation at the 'Resources' link.

Yours sincerely

[Handwritten signature]

Professor Brendan Murphy
Chief Medical Officer

15 June 2018

IMMUNISATION INFORMATION

Table with 3 columns: Information, Website, Phone Number. Rows include: The National Immunisation Program (NIP) Service, The NSW Immunisation Schedule, NSW Health Local NSW Public Health Unit Contact Details.

Note homeopathic immunisation is not recognised.



## HEALTH & SAFETY: Sneeze into your elbow not your hand. Please.



When you feel a sneeze or a cough coming on, covering your mouth prevents the spread of infectious germs. You probably knew that. But the way you cover up also matters, and there are plenty of people who haven't yet heard the consensus guidance of health officials: If no tissue is available, you should aim into your elbow, not your hand. Even if that means breaking a long-held habit.

Germs are most commonly spread by the respiratory droplets emitted from sneezing and coughing. When they land on your hands, they're transmitted to things like doorknobs, elevator buttons and other surfaces the people around you are likely to also touch.

Cough and sneeze etiquette refers to simple hygiene practices everybody can take to prevent passing on respiratory infections like cold and flu to other people.

Hand Hygiene Australia director Professor Lindsay Grayson said people must learn to cough and sneeze into their elbow simply because it reduces potentially deadly influenza spreading.

"Sneezing or coughing into your elbow should be considered the new good etiquette. It's better than into hand or snotty handkerchief," he said.

Sneezing into your elbow or a clean tissue breaks the chain of transmission and you must wash your hands properly and regularly. You should sing Happy Birthday twice over while washing your hands with hot water and soap, a quick squirt of cold water will not do it.

Mythbusters explored the best way to sneeze to limit the spreading of

germs. Sneezing into a tissue or into your elbow prove the most effective methods. Go to [ed.ted.com/on/2rST1A0d](https://ed.ted.com/on/2rST1A0d) to see the Mythbusters experiment.

### Not to be sniffed at

- A single sneeze produces more than 40,000 droplets of moisture and millions of germs, propelled over a distance of 32ft
- The fastest recorded sneeze was 103.6mph. The average speed is between 80mph and 100mph
- The longest recorded sneezing fit lasted 978 days

Source: The Sydney Morning Herald (2018, June 18). Do you use your hands to cover a cough or sneeze? You're doing it all wrong. Retrieved from <https://www.smh.com.au/healthcare/do-you-use-your-hands-to-cover-a-cough-or-sneeze-youre-doing-it-all-wrong-20170908-gydem6.html>



## Sustainability CORNER

Trees combat climate change, clean the air, provide oxygen, conserve energy, save water, prevent pollution and erosion, provide habitats, shelter and food, heal, reduce violence, mark seasons and create economic opportunities. They are teachers and friends, bring diverse groups together, add unity...it is an endless list. Trees are vital to the future of our planet.

There are so many fun ways to learn about trees for kids. Try these appreciation activities to teach your children more.

1. **Go on a tree hunt:** How many different types of trees can you find?
2. **Explore the texture of bark:** Take magnifying glasses on a walk and take a closer look.
3. **Lay a sheet and shake a tree:** Lay a white sheet below the branches of a tree and shake. Investigate what has fallen from the tree. Bugs, leaves, bark, sticks, seeds?
4. **Leaves:** Go on a walk and collect a range of fallen leaves, take a closer look when you get home. Are they all the same? What makes them different?
5. **How old is a tree:** The thickness of a tree provides a rough estimation of how old a tree is. Next time you are in a park find 3 different trees and order them by age.

Source: Tree activities for kids (2018, June 17). Healthy Teeth. Retrieved from <https://www.fantasticfunandlearning.com/tree-activities-for-kids.html>

