

TRIKKI KIDZ EARLY LEARNING GROUP

'Luck is what happens when
preparation meets
opportunity' – SENECA



ON *this* MONTH

AT TRIKKI KIDZ (all services)

St Patrick's Day (wear something green) -----15
Easter Hat Parade 2.30pm (all welcome) -----28

AROUND THE COUNTRY

Clean Up Australia Day ----- 3
Ramadan ----- 11Mar to 9 Apr
St Patrick's Day -----17
Harmony Week ----- 18-24
National Ride to School Day ----- 22
Earth Hour ----- 23

SERVICE CLOSURE DATES

Victorian Labour Day (Cobram & Yarrawonga only)--- 11
Good Friday ----- 29
Easter Monday -----1 Apr

ROSIE OUR SPONSOR CHILD

This year we are delighted to continue our sponsorship of Rosie through the Smith Family. Rooms from each service take turns of raising funds each month.

Our wonderful 3 and 4-year-old children at Barooga have been hard at work creating beautiful cards and gift paper to sell throughout the month of March.

Their creativity and dedication have resulted in unique and heartfelt designs that we are sure you'll love.

We invite families to browse through the children's creations and consider purchasing some items. Your generosity will not only bring joy to those who receive unique and beautifully wrapped gifts but will also make a positive impact on the life of our sponsor child Rosie.

Thank you for your continued support and encouragement in fostering empathy and compassion in our children.





CLEAN UP AUSTRALIA DAY - MARCH 3

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill.

Those facts are horrific, you can help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily! [Learn more here](#)

EARTH HOUR - MARCH. 23

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. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic gesture of solidarity to show they care about our planet's future. [Find out more here.](#)

EASY CHICKEN TRAY BAKE



SERVE 4 | PREP 10 min | COOK 1hr

INGREDIENTS

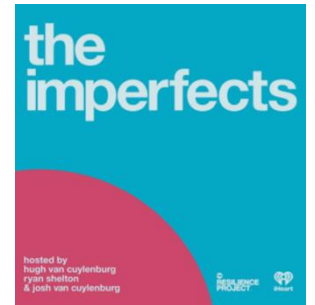
- 8 skinless chicken thighs
- 1 cauliflower, broken into florets
- 1/2 butternut pumpkin, cut into 2cm cubes
- 1 cup frozen peas
- 3 tbs honey, melted
- 2 tbs extra virgin olive oil
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp salt-reduced soy sauce
- 1 clove garlic, minced
- 1/4 cup water

METHOD:

1. Preheat oven to 200°C and line a tray with baking paper.
2. To prepare the marinade, combine honey, oil, mustard, soy sauce, garlic, and water.
3. Place chicken thighs in a mixing bowl and pour over half of the marinade.
4. Cover and refrigerate.
5. In a separate bowl, add cauliflower, pumpkin, and the other half of the marinade.
6. Toss to coat.
7. Pour vegetables onto baking tray and bake for 45 minutes, or until almost cooked through. Remove tray from oven.
8. Spread chicken thighs evenly over the vegetables, then pour over frozen peas.
9. Return to the oven for 20-25 minutes, or until chicken is cooked through.
10. Serve immediately.

Enjoy!

Podcast Reviews



The Lazy Genius Podcast | Kendra Adachi

Part systems expert, part permission giver, Kendra Adachi, *The Lazy Genius*, is here to help you be a genius about the things that matter and lazy about the things that don't.

Kendra Adachi is a **New York Times** bestselling author, nationally ranked podcaster, wife, and mother (no awards for those last two). Her lifelong attempts at perfection have thankfully been tempered by age and therapy, and now she empowers people to get their stuff done without turning into a tired robot.

The Imperfects | Hugh Van Cuylenburg, Ryan Shelton & Josh Van Cuylenburg

We're all imperfect. On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom about imperfection.

Whether it's in The Vulnerability House, The Academy of Imperfection, or with psychologist, Dr Emily, *The Imperfects* are here to find some valuable takeaways we can all apply to our own imperfect lives.



FOCUS: It's NOT Funny! What to do if your child laughs at discipline.

We love humour. But ...when disciplining our children, humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.

That grin. That giggle. Oh! It feels like mocking. Let's consider some things before lighting the fuse. Humour usually brings people together. Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

Laughter is a physical response to an emotional trigger. Have you ever said, "If I don't laugh, I'm going to cry? Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with a joke to defuse the situation. It's also likely they are scared or uncomfortable and that a laugh is their reaction rather than to fight or take flight.

Observe your child. Give them the benefit of the doubt. Perhaps their reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mom and dad must not ignite the wick. Stay in control.

During the moment mirror their non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalised it is easier for the child to draw up a more appropriate response. If your child uses humour as a tool to alleviate discomfort come up with a different strategy. Commend them on how they have been blessed with a sense of humour. Talk about the right time and place for their antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about" - "My touch is a sign that this is important but not scary."



In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

- Set Expectations.
- Get to the Root of the Behaviour.
- Set your **Child** Up for Good Behaviour.
- Treat Your **Child** as You'd Want to Be Treated.
- **Take** Advantage of Your **Child's** Verbal Skills.
- Establish Absolute Ground Rules.
- Compromise When You Can.
- Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Wildenberg, Lori. (2020). It's NOT Funny! What to do if your child laughs at discipline. Retrieved from <https://herviewfromhome.com/its-not-funny-what-to-do-if-your-child-laughs-at-discipline/>



Read the article via the QR code.

Source: Wildenberg, Lori. (2020). **It's NOT Funny! What to do if your child laughs at discipline.** Retrieved from herviewfromhome.com

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION. Let toddlers **divide Uno cards by colour**. It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS. Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

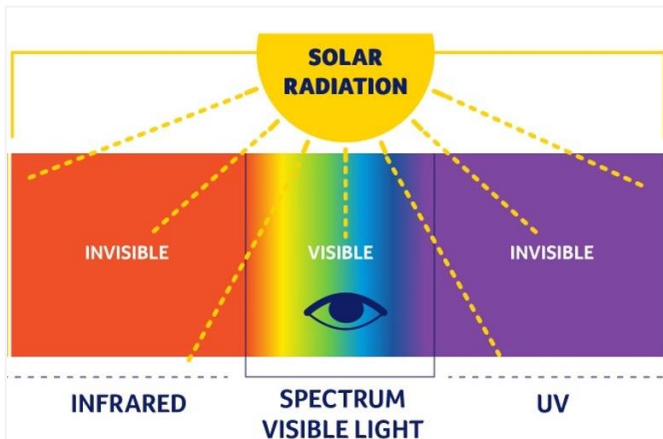
A little bit more enhanced: Sorting by both colour and number.

4. GO FISH. Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card they have in their hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: besttoys4toddlers.com



HEALTH & SAFETY: UV Radiation



Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers. The sun emits UV radiation, but it isn't connected to sunshine or heat like many think. This means we can't see or feel it, so it can be difficult to understand.

Our sun emits different kinds of energy:

- Infrared radiation that we can feel (heat or temperature).
- Visible light that we can see (sunlight).
- UV radiation (that can't be seen or felt).

When it comes to sun protection, we need to think about UV, not heat!

Types of UV radiation

There are three types of UV radiation:

- UVA: Transmits freely through the earth's atmosphere.
- UVB: About 15% of UVB transmits through to the earth's atmosphere. The rest is absorbed by ozone.
- UVC: Is absorbed by ozone and does not reach the earth's surface.
- UVA and UVB both contribute to skin cancer, sunburn, skin ageing and eye damage.

Exposure to UV radiation is the main factor that causes skin cells to become cancer cells. Almost all skin cancers (approximately 99% of non-melanoma skin cancers and 95% of melanoma) are caused by over exposure to UV radiation.

The simplest way to reduce your risk of skin cancer is to use sun protection when the UV index is 3 or above. When the UV is 3 or above, it is strong enough to damage your skin and in NSW and northern VIC, this is most days of the year.

UV Index

The UV Index is an internationally standardised, open ended, numerical scale developed by the World Health Organization. The UV index measures the amount of UV radiation reaching the earth's surface. It begins at zero and has no upper limit, the rating usually finishes at 11+, which is extreme.

The UV index and the sun protection times

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

How does UV add up?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.



Read the article via the QR code.

Source: Cancer Council. (2024). What is UV radiation? Retrieved from [cancer council.com.au](https://www.cancer council.com.au)



NATIONAL RIDE '2' SCHOOL DAY

On March 22 why not ride, scoot, or walk to school? National Ride '2' School Day is held annually each year to promote physical activity in children and remind parents and children that there are other fun options to driving. By not driving every trip we are also reducing pollution. If more children ride or walk to school, it reduces the amount of cars on the road. The results are cleaner air and a healthier environment.

[FIND OUT MORE HERE](#)





INVESTIGATIVE PLAY

“The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations.”

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- Children have the time, space, and resources to become deeply involved in their investigations. Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- The physical environment contains materials and spaces that encourage curiosity, investigation, and wonder. Interesting and engaging materials or resources can provide the stimulus for children’s questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- Educators see themselves as co-learners, working with children as they learn. When this happens, educators feel less focused on transmitting knowledge and are more likely to support and extend children’s own attempts at understanding.

Source: Investigative learning- Our journey at BPS [Balmain p-school NSW](#)

Department of Education NSW – [fostering curiosity through STEM and storytelling](#)

National Quality Framework | Quality Area 1:
Element 1.1 – **The educational program enhances each child’s learning and development.**

EASTER

As we approach the Easter season, we're excited to share upcoming easter themed learning activities that will be included in our program.

EASTER CRAFT BONANZA: Let's get creative! Our arts and crafts corner will be bustling with excitement as children engage in various Easter-themed craft activities. We encourage imaginative expression and hands-on creativity as our young artists bring their Easter visions to life.

EGG-CELLENT STORYTIME SESSIONS: Join us for special story time sessions featuring delightful tales about Easter traditions, friendly bunnies, and springtime adventures. It's a wonderful opportunity for children to enhance their listening skills, expand their vocabulary, and immerse themselves in the magic of storytelling.

EASTER HAT PARADE

As we welcome the joyful spirit of Easter, we're thrilled to announce a special event that promises to be as colourful as a basket of Easter eggs – our **Easter Hat Parade!** Children will be encouraged to create their own Easter hats with the help of educators and staff. These hats will be decorated from simple materials such as paper, ribbons, paint, glitter, stickers, and other craft supplies. Join us for a hot cross bun, easter eggs, and refreshments.

Service: All services

Date: Thursday 28th March (all families welcome to attend)

Children not booked in to attend on the day must be supervised by families to maintain educator-to-child ratios.

Time: 2:30pm – 3:30pm



THIS MONTH LET'S ... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try : [Cosmic Kids](https://www.youtube.com/watch?v=LhYtcadR9nw) www.youtube.com/watch?v=LhYtcadR9nw