

## EASTER VACATION CARE

### Holiday adventures

Now that school is back its time to reflect on all the wonderful memories that we made during vacation care.

Every day we had new and exciting adventures. We would gather in the morning to talk and discuss the current events over some morning tea, then off on the bus we would go.

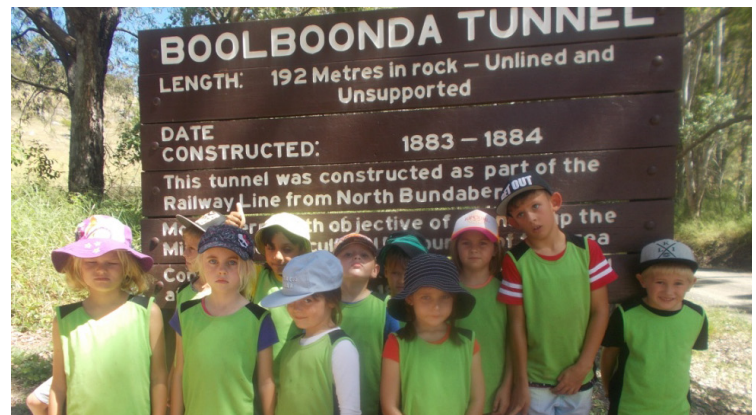
We visited Boolboonda Tunnel which is the longest unsupported tunnel in the southern hemisphere and home to some little bent wing bats. We were told not to take the bats off the wall since they would be unable to reattach and may die. While we were in the tunnel Miss Miranda noticed a bat on the ground that was still alive and she was able to help it reattach to the wall. The children were extremely proud that they had helped to save a bat.

Planting trees with Michael from Landcare was another experience that connected us to our environment. We learned how to plant the trees and got very dirty doing so. The trees we planted are at the back of the Base Hospital car park. It will be interesting for the children to go back and watch their trees

grow.

We also spent time in the local parks and beaches as well as some of the fun activities available in Bundaberg like Gymfinity and Old McDonalds Farm. To finish off the holidays we had a pizza party and a trip to the movies to see Zootopia.

Now we are back at school and its time to focus on learning again and wonder about the exciting adventures for next holidays.



## KEEPING CHILDREN SAFE FROM SEXUAL ABUSE

### Part 2

As previously mentioned it is great for children to learn protective behaviours but experience has taught us that actions by adults can be more effective than relying on children to protect themselves from sexual abuse. Clear communication is a cornerstone of effective prevention. Make sure other adults and older children understand the expectations younger children will have of them and how their cooperation will help keep children safe.

Talk about touch. When talking with children about touch, remember that sexual touch can be very confusing. Many families prefer to talk about 'secret' touch or touch that makes a child uncomfortable. "It is not OK for anyone to touch you in any way that makes you feel uncomfortable—not Mum, Dad, aunts, uncles, teachers or even your friends. Your body is yours and yours alone and you always have a right to say no to someone"

Explain about tricks. Some people who sexually abuse children use tricks or bribes to keep children from telling. They might promise a gift or allow a forbidden treat; or they might tell the child that it is their fault or that no one will believe them, or that if the child tells anyone they will hurt their family or pet, etc. Explain these tricks to your children and reassure them that

you can handle the situation. "As your parent, aunt, guardian, I will always be here to keep you safe and will always believe you and love you." "If someone touches you in an uncomfortable way it is never your fault." "They just tell you that to trick you."

Involve other adults. Children need to know that there are other adults they can confide in. Sometimes children are afraid that they will 'get in trouble' if they tell their parents about something. This fear can be reinforced by the person who is harming them. Help your children to realise that there are other adults who can help them if they don't want to talk to Mum or Dad. Ask "If you don't feel comfortable talking to me about something, who else can you talk to?" or "What if something happens at school, church, the park, who could you talk to?"

Be approachable. By initiating conversations about healthy sexual boundaries, by answering questions accurately and respectfully, by handling disclosures calmly and reassuringly, you send the message that you are someone your child (or other children you care about) can talk to even when something has already happened.

If you have any questions or concerns in relation to this article please contact Phoenix House on 4153 4299.

## ACORN EAST

### Gymfinity

On the 7th of April we were lucky to have a special visit from Gymfinity. Everyone gathered in the undercover area and listened closely to the instructor as he explained how to complete the obstacle course.

Firstly the children bounced and jumped off the trampoline and landed on the mat. Secondly they went on the balancing beam before learning how to somersault down the gym mat. Once they did their somersault they balanced on some rocky stairs which had to be climbed up and down. Lastly the children crawled through an archway before running to the other end and starting again.

Each time the children gained more confidence and explored boundaries as they worked on developing gross motor skills. The children all had a wonderful time and were very polite and used their best manners to thank the instructor.



Gymfinity: Tumbling through the obstacle course

### Jacaranda room

Thank you to everyone for welcoming me into the Jacaranda Room. Over the past few weeks Miss Carley and I have had a wonderful time with the children. We have enjoyed some amazing activities including easel painting, cell mix smearing, dress ups, sandpit play, heuristic basket exploration, music shaker making, stories and group song times.

The children have shown a real interest in farm animals. We have explored through song, stories, hand print craft and pictures and displayed our farm on the window for all to enjoy. This week we have further explored the children's interest in craft. In the room we have introduced chalk, felt pens, pencils and crayons. These are always very busy activities at the table or easel.

Outside the children have helped to construct their very own herb garden. We have planted parsley, mint, basil and some tomatoes. At the moment with this glorious weather they are growing really well. We hope to be able to harvest them in the very near future.



Looking forward we would like to further explore the children's interest with movement and music incorporating "Open Shut Them", "Heads and Shoulders" and "Incy Wincy Spider".

- Cassandra and Carley.

Dress ups: Glamorous games in the Jacaranda room

### NOTICE

## Kindergarten Information Night

For all Wattle, Melaleuca and Banksia children

Tuesday 24th May

6:00pm

Nibbles provided

R.S.V.P at reception

#### Topics:

HIPPY information

Importance of Kindergarten

Goals and Expectations

Learning outcomes

Kindy curriculum

Play based learning

Music Information