"THERE IS NOTHING EITHER GOOD OR BAD BUT THINKING MAKES IT SO" — **WILLIAM SHAKESPEARE**

Smarty Pants
Early Learning Centre

22 Kauri Street
COOROY, QLD 4563
07 5442 5700
info@smartypantselc.com.au
www.smartypantselc.com.au

JUNE
2022

ON *this* MONTH

AT Smarty Pants Early Learning Centre

Welcome to **Smarty Pants**
Early Learning Centre

Smarty Pants News

Dear Families,
Welcome to Winter. Could you please ensure that your child has several different changes of clothing suitable to the changing climate. Please make sure that everything (clothing, sheets, hats, bottles etc.) is named.

Immunisation
When your child has had their age appropriate immunisations updated could you please email a copy to info@smartypantselc.com.au

Change of address or contact numbers.
Please let the office know if there have been any changes to your circumstances. For example, telephone, email and addresses.

Prep Enrolments
For those who want to enrol their child into prep for 2023 the following links are to our local schools

Eumundi State School
https://eumundiss.eq.edu.au/enrolments/enrolling-at-our-school
Cooroy State School
https://cooroyss.eq.edu.au/enrolments/enrolling-at-our-school
Pomona State School
https://pomonass.eq.edu.au/enrolments

WORLD ENVIRONMENT DAY – JUNE 5
2022 is a historic milestone for the global environmental community. It marks 50 years since the 1972 United Nations Conference on the Human Environment, widely seen as the first

International meeting on the environment. The 2022 World Environment Day campaign #OnlyOneEarth calls for collective, transformative action on a global scale to celebrate, protect and restore our planet. **Find out more here**

NATIONAL REFUGEE WEEK – JUNE 19-25
Refugee Week promotes harmony and togetherness.
The 2022 Refugee Week theme is Healing. Australia and the rest of the world have a once-in-a-lifetime opportunity to hit the reset button on how we behave towards one another. **Find out how you can get involved**

Kids in the kitchen

PARMESAN CRUSTED ZUCCHINI CHIPS

PREP 10 min | BAKE 20-25 min

INGREDIENTS
2 zucchini, sliced into thin rounds
1 cup panko breadcrumbs
1/2 cup parmesan, grated
2 egg whites
2 tablespoons olive oil

METHOD:
Preheat oven to 200 degrees Celsius. Place the panko breadcrumbs and parmesan in a shallow bowl and mix to combine. In a separate bowl place the egg whites along with a tablespoon of water and whisk to combine. Dunk each zucchini round into the egg white, letting excess run off before pressing them into the panko parmesan mixture. Line an oven tray with baking paper and drizzle with a little olive oil. Arrange the crusted zucchini rounds on the oven tray in a single layer.

Pop into the oven and bake for 20-25 minutes, flipping halfway. The zucchini parmesan chips are done when they are golden and crisp. Enjoy X.

Recipe and image from mylovelylittlelunchbox.com

Book reviews

3 must reads on sustainability for kids.
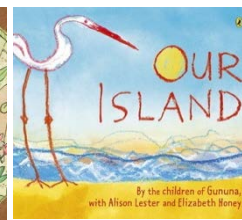
ME…JANE | Patrick McDonnell
In his characteristic heart-warming and minimalistic style, Patrick McDonnell tells the story of a young Jane Goodall and her special childhood toy chimpanzee named Jubilee. As the young Jane observes the natural world around her with wonder, she dreams of 'a life living with and helping all animals,' until one day she finds that her dream has come true.

OUR ISLAND | Children of Gununa, with Alison Lester and Elizabeth Honey
"Our island lies beneath a big blue sky, surrounded by the turquoise sea. Turtles glide through the clear saltwater, and dugongs graze on banks of seagrass." In this lyrical celebration of place, the children of Mornington Island explore their home in words and pictures.

STORM BOY | Colin Thiele
Storm Boy and his father live alone in a humpy among the sandhills between the Southern Ocean and the Coorong – a lonely, narrow waterway that runs parallel to a long stretch of the South Australian coast. Among the teeming birdlife of the Coorong, Storm Boy finds an injured young pelican whose life he saves.
From then on, Storm boy and Mr Percival the pelican become inseparable friends and spend their days exploring the wave-beaten shore and the drifting sandhills. Mr Percival learns to help Storm Boy's father with his fishing and warn the other birdlife whenever poachers are coming, but his part in rescuing a shipwrecked crew leads to great changes in Storm Boy's life.

Smarty Pants Early Learning Centre

Can't bear to put down your smartphone? Electronic devices have made themselves indispensable, but experts say they have a considerable effect on our cognitive function.

The advent of technology has undoubtedly changed the landscape of modern society. Although there was once a time when electronic devices were scarce, it now feels impossible to get through a day without reaching for them. Rapid digital innovation made possible tech-centric routines that have progressed into altogether tech-reliant lifestyles. While these devices have certainly made life easier, more efficient and more convenient in a myriad of ways, digital technology overuse may be causing more harm than good. In fact, our dependence on internet-enabled devices could lead to "digital" dementia — a term coined by German neuroscientist Manfred Spitzer to describe a decline in cognitive abilities more commonly linked with brain injuries. Spitzer argues that relying on digital media is significantly detrimental to our brain health and its impacts severe enough to interfere with our daily lives. Is there reason to believe that digital dementia is real?

Outsourcing Memory According to Spitzer, technology has allowed people to outsource mental activity by storing endless amounts of information such as phone numbers and schedules. "People choose not to memorise information because it is so easily accessible on their devices," says David Copeland, an associate professor of psychology and director of the Reasoning and Memory Lab at the University of Nevada, Las Vegas. "Because we are using these devices instead of memorising, then our memorisation skills might diminish."

Technology has markedly changed how we seek, store and recall information. According to a 2011 study, the cognitive consequence of having easily accessible data on the internet is knowing where to find information rather than recalling information itself. And a 2016 study concluded that having available data online may remove the need to commit information to memory. Therefore, because information can be retrieved without consulting the memory, using technology as an external memory source (even unintentionally) can lead to reduced learning efforts.

Additionally, multitasking practices fostered by technology use can impair the ability to detect and selectively respond to a given stimulus. "In most circumstances, people were not built to multitask," Copeland says, "and when we try to do it, we are typically just rapidly switching from one task to the other instead of focusing on the most important one. This can possibly lead to us not doing either task very well."

Nowadays, many of us make a habit out of media multitasking — the consumption of multiple streams of media simultaneously. Mindlessly scrolling through social media while half-heartedly watching television is common, since neither type of media is very demanding. However, recent studies show that media multitasking is associated with decreased attentional control and increased mind-wandering and distractibility. And a longitudinal survey of teenagers aged 15 and 16 found that using digital media more often can increase the likelihood of exhibiting symptoms like inattention and hyperactivity-impulsivity, further demonstrating the impact of technology on concentration.

Gauging the Good and the Bad Increased screen time is shown to cause poorer language acquisition, executive functioning, and cognitive and brain development in children, while excessive internet use is often linked with technology addiction and social isolation in young adults. As a whole, it appears that technology use does have plenty of negative impacts on our cognitive abilities. However, more research is needed to understand whether these impacts are only temporary or if they're causing a long-term, steady deterioration that warrants the label of "dementia." "The relationships between brain function and behaviours related to [technology] use is still developing," says Marc Potenza, a professor of psychiatry at the Yale School of Medicine. "Larger studies, longitudinal studies, are going to be very helpful in understanding more specifics regarding how specific types and patterns of internet use may be influencing people and influencing them at a brain-behaviour relationship."

When studying the harmful effects of technology, it's equally important to acknowledge its potential benefits to understand how each person's digital behaviour plays a role. For instance, technology may be beneficial when it comes to stimulating the brain and improving reaction time, but ultimately, more studies are needed to understand both positive and negative impacts and the situations in which they occur.

"I think it's clear that people are using digital technologies for different purposes, and different types and patterns of technology use may have different impacts on people," Potenza says. Users and clinicians alike must understand how various types and patterns of screen time can have different effects, which may help lessen the gravity of potential harm.

Digital Detox Interventions To avoid the negative impacts of technology, many choose to reassess their relationship with it and gradually reduce the time they spend using electronic devices. This awareness of living tech-dependent lifestyles and intention for better tech-life balances encourage people to undergo a "digital detox," the voluntary and intentional abstinence from technology use.

"If people are concerned with the effects of technology on their cognitive abilities, they can take breaks from it," Copeland says. "However, benefits might be affected by what you choose to do instead." For instance, reducing smartphone use to meditate or read books can potentially improve memory and attention or prevent cognitive decline, but doing another mindless activity might not be as beneficial, he adds. There's no hard and fast rule when it comes to digital detoxing because it can be modified depending on a person's needs. Whether you give up technology for seven straight days, go-device free once every week or restrict a single app or device, a digital detox has the potential to mitigate the harmful effects of technology on cognitive function and overall wellbeing. And it has the potential to benefit anyone. Abstaining from social media completely or even limiting its use is also beneficial — these things can enhance mental wellbeing and social connectedness, reduce the risk of compulsive smartphone use, and improve mood, sleep and anxiety. Addressing the negative impacts of technology is still an ongoing area of investigation, and in some ways, the limited information on prevention and treatment approaches has yet to catch up with the rapid development of digital technologies, the way they are used and the problems that arise from them, Potenza says.

To reduce the risk of cognitive impairment, as well as possible psychological or physical harm, it helps to use electronic devices with more intention and purpose. "As with most things, if you are at all concerned about the effects of technology, then it is probably best to use tech in moderation," Copeland says. By becoming more mindful of the use of technology, adverse and long-term effects may be avoided.

Source: Delgado, Carla. (2021, September 20). Technology Overuse and the Fear of "Digital Dementia": What You Need to Know *Retrieved from* https://www.discovermagazine.com/health/technology-overuse-and-the-fear-of-digital-dementia-what-you-need-to-know

THE RHYMING GAME

Kids love the rhyming combinations of popular authors like Dr. Seuss. Build on that by having kids think of as many rhyming words as possible on your next car ride. Start with easy words like cat. Another fun rhyming game is to have the passengers in the vehicle talk in rhyme until you get to your destination. For example, if your child asks you "Are we there yet?" You answer, "No, are you upset?"

Source: www.newfolks.com/activities/literacy-games-kids/

Fun with LITERACY

HEALTH & SAFETY: Benefits of Family Dinners

Our belief in the "magic" of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:
Better academic performance
Higher self-esteem
Greater sense of resilience
Lower risk of substance abuse
Lower risk of teen pregnancy
Lower risk of depression
Lower likelihood of developing eating disorders
Lower rates of obesity
Better cardiovascular health in teens
Bigger vocabulary in pre-schoolers
Healthier eating patterns in young adults

There are also benefits for adults, including:
Better nutrition, more fruits and vegetables and less fast food
Less dieting
Increased self-esteem
Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words – those not found on a list of 3,000 most common words – that the families used during dinner conversation. Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily.

Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance. Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A's in school as those who ate dinner with their families fewer than two times a week.

You can read about all the additional benefits here but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won't confer positive benefits. Sharing a roast chicken won't magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience – a well-cooked meal, a joke, or a story – and these small moments can gain momentum to create stronger connections away from the table.

The Family Dinner Project. (May 22, 2022). Science says: eat with your kids. *Retrieved from thefamilydinnerproject.org/about-us/benefits-of-family-dinners/*

Ketchell, Misha. (May 22, 2022). Benefits of Family Dinners. *Retrieved from https://theconversation.com/science-says-eat-with-your-kids-34573*

WORLD ENVIRONMENT DAY SCAVENGER HUNT

Sustainability CORNER

One of the best ways to celebrate 'World Environment Day' is to get outside and experience nature. While exploring complete a scavenger hunt. Below is an example. Customise your list for your own local environment. Write the items you're looking for on a piece of paper with bug check boxes to tick off when you find or do each item.

Scavenger hunt list:
1. Draw a picture of 3 different flowers or plants.
2. Spot a pelican or seagull.
3. Spot a bee.
4. Take a photo of an animal you see.
5. Safely collect any rubbish you see.
6. Hug a tree.

7. Find a smooth rock
8. Find something rough.

Remember to only observe, do not disturb or take things out of the environment.

Smarty Pants Early Learning Centre

PLAY WITH PURPOSE

Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of *duck, duck, goose* or *musical chairs* is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills. These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like *Simon Says* help children learn how to be leaders, while games like *hide-and-seek* teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). *Those silly day care games kids play are secretly getting them ready for school.* Retrieved from www.newfolks.com/activities/day-care-games/

Happy Birthday

Kasia	7th
Gretta	9th
Lachlan	9th
Ava	15th
Korbin	16th
Dexter	16th
Emma	19th
Patrice	25th
Bodhi	28th

5 Minute MOVES

Bubble Pop

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

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.