

# News of the Week

From the Clever Kid Health & Play Program

Week 2

## Weekly Saying

'Nothing speaks more loudly to a child than a good parent's quiet example.'

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## Dear parents & carers

This week we focus on the value of Caring which encompasses not only the care of self, friends and family, but also the nurturing of seeds and plants to grow healthy food.

Your child will be introduced to signature foods—those foods that look like parts of our body and which have nutritional value for those specific body parts. They will also build on their knowledge of selecting healthy foods to show care for their body and wellbeing.

Anger is an emotion that many of us find difficult to manage and are often not taught how to deal with it effectively. This week your

child will learn how to manage their own anger with a range of quick and simple techniques that will help bring them back into a calm state of



mind. You may like to ask your child to show you, and share with them any other ways you find to be a healthy option for managing anger.

How do you care for yourself? Are you taking time out to care for yourself? Caring for ourselves shows love and when in harmony with our-

selves we are better equipped to support our loved ones. And caring for ourselves can be as simple as a bunch of flowers for the house, indulging in a hobby or time with friends. In fact, any amount of time given to pleasure or leisure will reap rewards greater than the effort applied.

Our word in the garden this week is Seeds. Your child will learn about the wide variety of seeds in nature (not just the pips and stones of fruit) and will have the opportunity to taste any food seeds available. They will also plant seeds in the garden and be fully involved in the care of the seeds and other plants.

*Enjoy*

## Time out - inner wellbeing

As part of the program, each day your child will participate in breathing and relaxation exercises designed to calm and centre their mind, and ready them for the day's learning.

Controlled breathing brings a regulated flow of oxygen to the brain, nourishing the brain cells and enabling the release of

carbon dioxide and toxins. Scientific studies show that correct breathing can help manage stress and stress-related conditions by soothing the autonomic nervous system. The physiological changes resulting from the practice of relaxed breathing include:

- lowered blood pressure

and heart rate

- reduced amount of stress hormones
- improved immune system functioning
- increased physical energy
- feelings of calm and wellbeing

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## Time Out - inner wellbeing



Stop, breathe and relax. Just 5 minutes of time out works wonders for your mind and body.

Time out is important for all of us and the integration of breathing and relaxation into the Clever Kid Health & Play Program sets up a healthy habit for your child, enabling them to self manage any stress, tension or anxiety they may experience.

Do you experience pressures or tension in any area of your life? The mere thought may cause anxiety or tension in your body and mind. So let this short exercise show you just how easy it is to relax,

anywhere, anytime.

Sit comfortably, ensure your position allows your whole body to relax in its posture. Either close your eyes or rest your gaze on one focus point, whichever is most comfortable for you. Take as many long deep breaths as you need to allow your body to release and follow your intention of relaxation. Place one or both hands on your belly and breathe deeply into your abdomen, feeling your hand rise and fall with each breath.

Notice any sounds in your environment and let them blend into the background; feel the weight of the clothes on your body, and the weight of your body in the chair. All of these things allow you to relax more deeply. Feel your breathing roll gently and easily through your body. What do you notice?

Stopping for a 5 minute, focused session of breathing several times a day works wonders to relax, calm and centre your body and mind.

Accepting care, and love, is just as important as the giving of it.

## Building on the program at home

The desire to show and experience care is an inherent part of all humans. The following suggestions build on your child's capacity for, and this week's value of, Caring.

*Helping out* Children love to help and there is no better way to build a sense of caring, confidence and responsibility than allowing your child to help with tasks. Involve them

in looking after family members, any indoor or outdoor plants growing in your home and caring for pets. Find a job they can be responsible for in preparing the family meals, emphasising the use of any healthy foods you are cooking with. As your child is learning about the benefits of healthy food ask them to share their knowledge of the foods you

are using.

*Managing emotions* Allow your child to express their anger and validate that it's ok to feel it. Remind them it's important to release anger and ask them to show you how they have learned to release it. Taking the exercises with them will help to build feelings of safety and validation.



Photo: Ben Doornik

### Baked Omelette

The flavours of your omelette can vary widely according to your personal tastes. Spice it up with your own imagination.

## Recipe - Baked Greek-style Omelette

### Ingredients

1/4 cup long grain rice  
1/3 cup olive oil  
3 leeks (white part only), thinly sliced  
3 zucchini, coarsely grated  
2 garlic cloves, crushed  
1/4 cup chopped mint  
2 tbs chopped dill  
8 eggs beaten  
150g marinated feta cheese,

drained, crumbled  
Sliced red onion and tomato to serve  
Preheat the oven to 180°C.  
Grease a 1-litre round oven-proof dish.

Cook rice in boiling, salted water for 8 minutes. Drain and refresh. Heat 2 tablespoons of oil in a saucepan, add leek and cook over low heat for 7-8 minutes or until

softened.

Add zucchini and garlic, cook for 1-2 minutes, then add rice with mint, dill, eggs and feta. Season. Mix, then pour into dish and bake for 30 minutes or until golden and set.

Toss onion and tomato in remaining oil and place on top of omelette. Serve with a green salad.