

NEWSLETTER Family Edition

ISSUE #5 | August 2020

Health and social equality for our communities

Welcome and Update



Welcome back for the 5th edition of our Family Newsletter. More changes have been announced for regional Victoria. We are back to Stage 3 restrictions. This means our groups and individual sessions will change, as most services will be working from home.

Therapy sessions will run through telehealth where possible, with limited exceptions for face-to-face sessions. If you do attend SCHS, face masks/shields must be worn by clients and staff. Your therapist will contact you regarding sessions for your child.



COVID-19 is changing on a daily basis. We will do our best to inform you of changes to service delivery on our Facebook page and website.

Feel free to ask us any questions or contact your child's clinician. Stay safe and well.

Feeling Crafty?

Everyone has been having more inside time between COVID-19 isolation and winter *brrr*! Here is a simple idea that you already have the tools for...2 toilet paper rolls and ribbon/string to tie around your neck. You can also decorate them. There are heaps of ideas online.

Toilet Paper Roll Binoculars



Turn this...into this...



Play, Play Every day!

A child's only job is to play. Play is how children learn and it address many areas of development.

Play provides **hands-on experience**. It teaches them what things are like and what things can do.



Play teaches children how to **problem solve** such as sorting, making choices and planning.



It develops **oral Language** through understanding concepts, communication, self-talk and using language in different ways, e.g. questions and directions.



Social and interactive skills are another part of play. It teaches turn taking, sharing, cooperating and practising other people's roles.

Play develops **motor skills** by including extra practise with everyday muscle patterns. For example, dressing, holding and balancing.



Concentration and listening are learnt by practicing ignoring outside noises and negotiating with friends.



Tips and Tricks for Learning in the Kitchen

Applying maths and science to daily activities helps develop confidence.

Activities such as cooking, food preparation and gardening can have a big impact on improving nutrition knowledge.

**Feeling unwell?
Get tested.
Stay home.**



5021 7653



SCHS
Sunraysia Community
Health Services



Here are some **tips and tricks** for getting your little one learning maths and nutrition concepts without them even knowing!

- Show how to compare, measure and order foods from smallest to biggest using metric units such as weight and length.
- Estimate food portion sizes, follow recipes and understand food labels using maths skills.
- For older children, try to challenge your children’s maths ability by limiting cooking utensils so more calculation is needed. *For example, when a recipe calls for one cup (250ml) of flour, use the ¼ cup and ask your children to work out how many of these they need to add.*
- Try sorting ingredients into their basic food groups before you start cooking. Or try to estimate the number of serves per food group you have added when following a recipe.

Easy Recipe Idea- Zucchini Fritters

- 1x Large zucchini
- 2x eggs
- ¼ cup plain flour

* Additional (but not needed): greek yogurt OR coconut yogurt (non-dairy option) to serve the fritters with as a dipping sauce.



RECIPES ALWAYS HAVE **DOING** WORDS IN EACH STEP- SEE IF YOUR CHILD CAN IDENTIFY THE DOING WORD

STEP 1- **Grate** the zucchini into a bowl. **Take** handfuls of the grated zucchini and **squeeze** out excess water over the sink if you wish.

STEP 2- **Mix** ingredients: grated zucchini, x 2 eggs and flour into a bowl.

STEP 3- **Prepare** a plate with paper towel and **put** near the stove (for the fritters after cooking).

STEP 4- **Place** a frying pan and **add** 1-2 tablespoons of olive oil on medium heat.

STEP 5- **Spoon** out zucchini mixture to the size you want and flatten them down a bit on the pan.

STEP 6- **Cook** for 1.5 to 2 minutes each side.

STEP 7- **Place** on the plate with paper towel to cool.

STEP 8- **Serve** straight away with dipping sauce if you wish OR let them cool and **freeze** them for snacks.

FUN ZONE!

If you have any suggestions for fun activities, send them to cnapoli@schs.com.au

• Big Mouth Monsters

Colour in then fold along the lines. When they are folded, they look normal. But when you unfold them...a surprise! For more ‘Big Mouth Monster’ pictures go to

<https://www.itsalwaysautumn.com/printable-big-mouth-monster-coloring-pages.html>



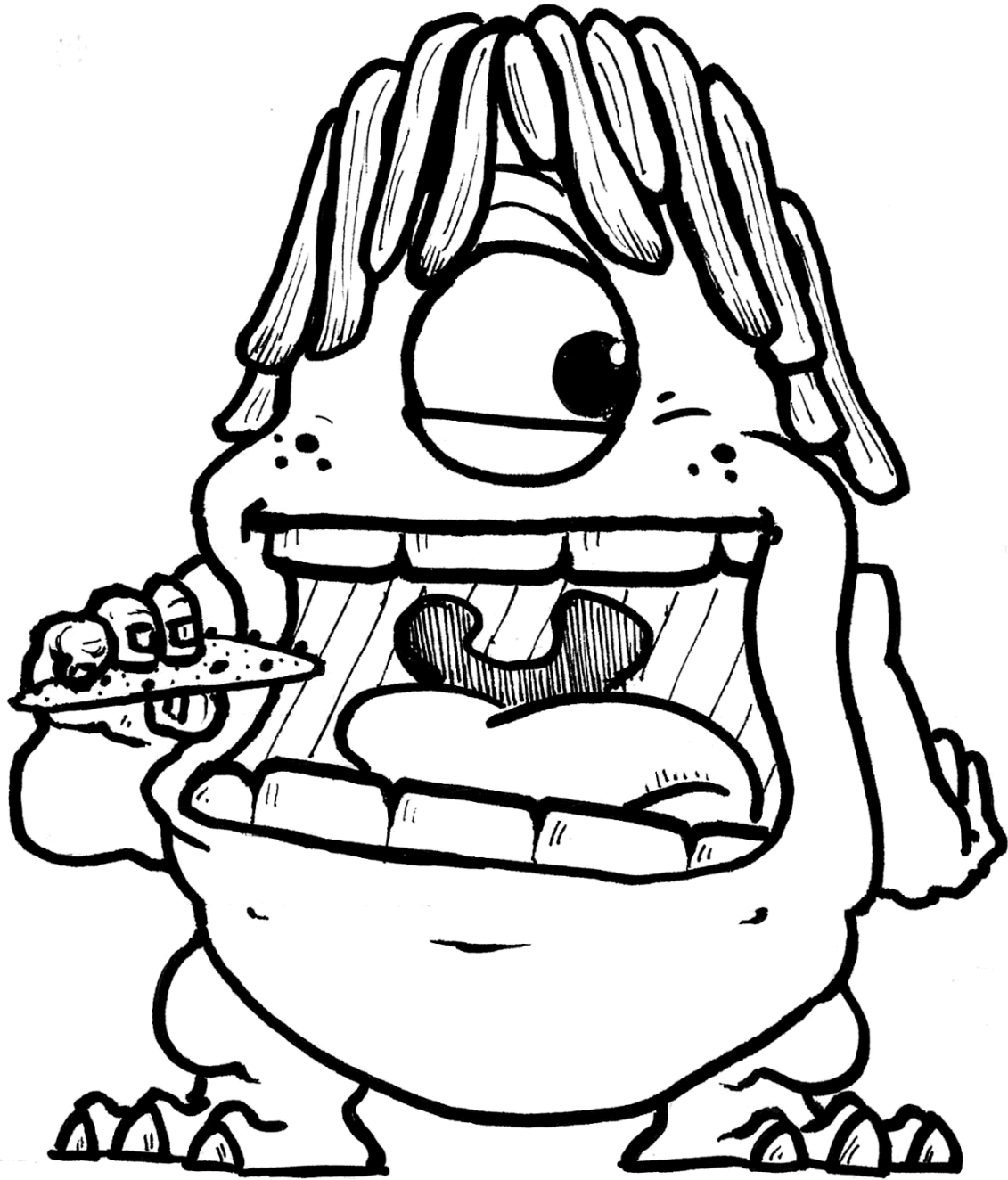
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