Outdoor play in cold or wet weather

There is no such thing as inappropriate weather, only inappropriate clothing.

Fresh air is absolutely vital for everyone’s health, adults and children. It provides us with the steady supply of oxygen that is required by our brain and all the cells of our body. We can go for days - even weeks - without food, but we are unable to survive for more than a few minutes without fresh air. When we are feeling ill or experiencing any kind of disease fresh air is even more important. Some of the many health benefits of fresh air:

- Helps improve our heart rate, blood pressure, and metabolic rate
- Helps the immune system fight off disease more effectively
- Soothes nerves. Fresh air promotes relaxation and a feeling of being refreshed
- Stimulates appetite and will help our food to digest more effectively.
- Helps us sleep more soundly at night
- Helps to clear our mind, improves our concentration, and helps us to think more clearly
- Alters our brain levels of serotonin which helps to improve mood and promote a sense of happiness and well-being
- Helps the airways of our lungs to dilate more fully and improves the cleansing action of our lungs
- Helps our body get rid of accumulated impurities
- Strengthens our immune system by supplying the oxygen it needs.

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. Even children who are mildly ill but active should go outside if the weather is not severe. Everyone feels refreshed when fresh air is part of the daily routine.

Taking children outdoors daily, even in winter, is a healthy part of our program and is safe when clothing is appropriate.

Active outdoor play at all times of the year is also an important part of obesity prevention and helps to establish life-long patterns of healthy physical exercise.

With gum boots and rain jackets over their normal clothes children are warm and protected and able to enjoy uninhibited outdoor play. There are a range of websites where you can purchase great winter outdoor clothing for children. Here are some websites, both Australian and overseas recommended by Centre parents:

- [https://www.jako-o.com/](https://www.jako-o.com/)
- [http://www.ernstings-family.de/kat/jungenmode-minis-regenkleidung-winterkleidung.html](http://www.ernstings-family.de/kat/jungenmode-minis-regenkleidung-winterkleidung.html)

"Sunshine is delicious, rain is refreshing, wind braces us up, and snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather."

- John Ruskin
**AUCS Board 2016**
The Adelaide University Childcare Services Inc (AUCS) Board continues its work on the 2016-17 budget. AUCS is currently working through a new Enterprise Agreement with the staff teams of WCCC and ACCC and hopes to finalise these negotiations and complete the budget within the next few weeks. While there will be a fee increase in July, AUCS services will continue to be below the Adelaide average of $100 per day. The AUCS Board is also looking for a new Director for ACCC following Vivian’s resignation due to an interstate move to support her family.

Board meetings during winter are held at Nth Tce. The Board will next meet for 2016 will be Monday June 27th.

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**The value of a positive perspective**
Scientific findings and empirical evidence continue to prove that you can use positive language to help you stay motivated and succeed. Our thought and words have a great influence on how we feel about ourselves and others. Children respond to words that give positive encouragement and these will empower them to do well. Negative words often result in them feeling unhappy, despondent, unworthy and even unable to cope with what is expected of them. Words colour our lives. The effect of our words ripple far beyond us to affect everything and everybody. When our words are negative they create a negative atmosphere for all. When our words are positive we show others how to act with kindness and thoughtfulness and those around us respond accordingly. Positive words create positive emotions. If we say ‘we can, then we can’ Simply changing the way we ask will help change the way children respond.

Instead of saying ‘don’t forget’ we can say ‘please remember’ and ‘don’t run’ can be rephrased as ‘please walk’.

Our words do matter. They are powerful. Words indicate our thoughts and a word is a thought revealed. As a single individual we maybe powerless to change the world but we can change ourselves. We can make a choice to pass on negativity or positivity in our speech.

As part of our exploration of positive psychology and positive education the WCCC team shared their favourite words of inspiration or motivation. We have displayed these on the office windows on the left hand side of the entrance hallway.

We welcome you adding your inspirations or words of wisdom or if you email them to childcare.waite@adelaide.edu.au we will post them for you.

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**New Babes**
Congratulations to Ridma and Mirihauga on the birth of Sayuni on 28/4/16
A sister for Neili (R2)
And to Anna and Rad on the birth of Ida 8/5/16
A sister for Lucian (R1)

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**Coming Events**
Celebrating World Environment Day Go Wild for Wild Life. Monday June 6th WCCC will be celebrating World Environment day by supporting WWF’s wildonesies.
If you or your child have an animal onesie wear it on Monday 6th June. Room 3 children will take their wild animal parade across the Campus to the Waite Community garden. Please encourage people at your work to join us as we will be fundraising with all funds going to the WWF campaign to protect the green sea turtle.

Yoga classes for Room 3 on Fridays commencing Friday 17th June for 6 weeks.

Children’s Book Week August 20th –26th we will host a Little Big Book Swap all week.
Managing winter colds:

Bringing sniffles and sneezes and perhaps a sore throat and annoying cough, the common cold catches all of us from time to time. With children getting as many as eight colds per year or more, this contagious viral infection of the upper respiratory tract is the most common infectious disease and the No. 1 reason children visit the doctor. Most colds are caused by rhinoviruses that are in invisible droplets in the air we breathe or on things we touch. More than 100 different rhinoviruses can infiltrate the protective lining of the nose and throat, triggering an immune system reaction that can cause a throat sore and headache, and make it hard to breathe through the nose.

Air that's dry — indoors or out — can lower resistance to infection by the viruses that cause colds. So can being a smoker or being around someone who's smoking. Despite what your parents or grandparents may have you believe, not wearing a jacket or sweater when it's chilly, sitting or sleeping in a draft, and going outside while your hair's wet do not cause colds. The first symptoms of a cold are often a tickle in the throat, a runny or stuffy nose, and sneezing. Children with colds may also have a sore throat, cough, headache, mild fever, fatigue, muscle aches, and loss of appetite. Nasal discharge may change from watery to thick yellow or green.

Colds are most contagious during the first 2 to 4 days after symptoms appear, and may be contagious for up to 3 weeks. Your can catch a cold from person-to-person contact or by breathing in virus particles spread through the air by sneezing or coughing. Touching the mouth or nose after touching skin or another surface contaminated with a rhinovirus can also spread a cold. Virus particles can travel up to 12 feet through the air when someone with a cold coughs or sneezes.

In winter time cold viruses are everywhere there are people.

To help prevent children catching a cold:

- Ensure everyone washes their hands thoroughly and frequently, especially after blowing their noses
- Teach them to cover their noses and mouths when coughing or sneezing (have them sneeze or cough into a shirtsleeve at their elbow not their hands — this helps prevent the spread of germs)
- Do not use the same towels or eating utensils as someone who has a cold.

They also

- shouldn't drink from the same glass, can, or bottle as anyone else — you never know who might be about to come down with a cold and is already spreading the virus.
- Do not pick up other people's used tissues

Children do not need to stay home with a common cold unless they are feeling miserable and need constant comfort. However children with colds needs plenty of rest and sleep. Parents should also be alert to symptoms that may mean the child has more than a cold, such as high fever, hoarseness, wheezing or difficulty breathing and seek medical advice. As always, good nutrition with lots of fresh fruit and vegetables and plenty of clear fluids (water) will also help.

You may need to be cautious of the cold if you have a lung problem. While most of us coughing when we've picked up one of the many winter viruses that go arounds, could breathing the crisp winter air be causing your cough? Cooler air doesn’t cause illness however, cold air may exacerbate an existing cough. If you have a cold or other respiratory infection — such as pneumonia or bronchitis — or suffer from asthma then being outside in the cold can make you cough. This is why most coughs seem to get worse when the temperature falls after dark.

Living in the extreme cold

In Australia our cold and wet weather rarely becomes extreme. In contrast in Scandinavia and many northern European countries the weather is often extremely cold. However if children did not go outside in winter they would never see daylight.

Daytime temperatures in winter in Stockholm regularly drop to -5C (23F) but it's still common to see children left outside by their parents for a sleep in the pram. Nowadays most day-care centres in Sweden put children outside to rest. It's common to see rows of prams lined up in the snow at nap-time, with youngsters fast asleep inside.  
World Environment Day 2016

World Environment Day is Sunday June 5th with the theme Go Wild for Wild Life.
The theme encourages us to celebrate all those species under threat and take action to help safeguard them for future generations. We can take both a local and a global approach to this.
The earth’s wildlife is under threat largely due to human impact. In Africa and Asia a booming illegal trade in wildlife products is eroding the biodiversity and pushing whole species toward extinction. This trade endangers iconic elephants, rhinos, tigers, gorillas and sea turtles as well as lesser-known species include helmeted hornbills, pangolins and wild orchids.

In Australia our land management practices have seen the loss of 126 species of plants and animals in just 200 years. In addition 182 species are classified as endangered, and 201 more are threatened. Many more are locally extinct or endangered, with many only surviving precariously on offshore islands or in captivity. Australia’s fragile ecosystems are highly impacted by change. Australia is home to nearly one million animal species, including 80 percent of the world’s mammals and 90 percent of its reptiles. It’s also the country with the highest number of endangered animal species in the world.

In South Australia, endangered species include the Mt Lofty Ranges Southern Emu-Wren and the Tamar Wallaby.

WWF is shining the spotlight on a vulnerable Australian native species - the green turtle. Green turtles have inhabited our planet for more than 120 million years – longer than any human has. However human activity over the last 200 hundred years has caused a catastrophic decline in many populations across Asia Pacific. If you’ve ever dived or snorkelled on the Great Barrier Reef and been lucky enough to spot a turtle, it was most likely a green turtle.

On Monday June 6th we will be celebrating World Environment day by supporting WWF’s wildonsies.

If you or your child have an animal onesie wear it on Monday 6th June. We will also have some face painting so all children can ‘pretend’ to be their favourite wild animal.

Room 3 children will take their wild animal parade across the Campus to the community garden.

We will be fundraising to help save our wildlife. The funds we raise in 2016 will help WWF-Australia continue its crucial conservation work on our key species. This includes conducting world-first research into how chemical pollution is affecting the health of green turtles on the Great Barrier Reef.

You can learn more at: www.wed2016.com

Green Fund success

The University’s Office for Sustainability initiated a Green Project Fund in 2012 to help staff and students test innovative sustainability solutions and improve environmental performance on campus.

WCCC installed its current solar panel system and retrofitted energy saving light globes thanks to a grant in 2013. The response to the WCCC 2016 application was:

“The panel were impressed with the detail in the application and have agreed to award the Childrens Centre with $5,000 (partial funding) towards the sustainability initiatives detailed in the application. The panel recognised the Centres long standing commitment to sustainable education and operations.”

The funds will be used to install an Odyssey energy efficient cooling system. Designed and manufactured in Australia, Odyssey uses award-winning wind and motor power hybrid technology that’s built to handle the Australian climate. The system can be set to a designated indoor temperature, say 24 degrees, and will automatically adjust the inside temperature by bringing warm air in in winter and cool air in summer when it is available.