



MARCH
2024

THE LINK COMMUNITY HUB

AROUND THE COUNTRY

CLEAN UP AUSTRALIA DAY	03 MAR
RAMADAN	11 MAR - 09 APR
ST PATRICK'S DAY	17 MAR
HARMONY WEEK	18-24 MAR
NATIONAL RIDE TO SCHOOL DAY	22 MAR
EARTH HOUR	23 MAR





CLEAN UP AUSTRALIA DAY – SUNDAY 3 MARCH

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill. Those facts are horrific, you can

help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily! [Learn more here](#)

EARTH HOUR – SATURDAY 23 MARCH

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic gesture of solidarity to show they care about our planet’s future. [Find out more here.](#)

EASY CHICKEN TRAY BAKE



SERVE 4 | PREP 10 min | COOK 1hr

INGREDIENTS

- 8 skinless chicken thighs
- 1 cauliflower, broken into florets
- 1/2 butternut pumpkin, cut into 2cm cubes
- 1 cup frozen peas
- 3 tbs honey, melted
- 2 tbs extra virgin olive oil
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp salt-reduced soy sauce
- 1 clove garlic, minced
- 1/4 cup water

METHOD:

Preheat oven to 200°C and line a baking tray with baking paper. To prepare the marinade, combine honey, oil, mustard, soy sauce, garlic and water. Place chicken thighs in a mixing bowl and pour over half of the marinade. Cover and refrigerate. In a separate bowl, add cauliflower, pumpkin and the other half of the marinade. Toss to coat. Pour vegetables onto baking tray and bake for 45 minutes, or until almost cooked through.

Remove tray from oven. Spread chicken thighs evenly over the vegetables, then pour over frozen peas. Return to the oven for 20-25 minutes, or until chicken is cooked through. Serve immediately.

Enjoy!

Recipe from Kidspot -[Recipe Here](#)

Podcast Reviews



The Lazy Genius Podcast | Kendra Adachi

Part systems expert, part permission giver, Kendra Adachi, The Lazy Genius, is here to help you be a genius about the things that matter and lazy about the things that don't.

Kendra Adachi is a *New York Times* bestselling author, nationally ranked podcaster, wife, and mother (no awards for those last two). Her lifelong attempts at perfection have thankfully been tempered by age and therapy, and now she empowers people to get their stuff done without turning into a tired robot.

The Imperfects | Hugh Van Cuylenburg, Ryan Shelton & Josh Van Cuylenburg

We're all imperfect. On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.

Whether it's in The Vulnerability House, The Academy of Imperfection, or with psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.



FOCUS: It's NOT Funny! What to do if your child laughs at discipline

We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.

That grin. That giggle. OH! It feels like mocking. *Let's consider some things before lighting the fuse.* Humour usually brings people together. Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

Laughter is a physical response to an emotional trigger. Have you ever said, "If I don't laugh, I'm going to cry?" Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mom and dad must not ignite the wick. Stay in control.

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalized it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."



In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

- Set Expectations.
- Get to the Root of the Behaviour.
- Set your **Child** Up for Good Behaviour.
- Treat Your **Child** As You'd Want to Be Treated.
- **Take** Advantage of Your **Child's** Verbal Skills.
- Establish Absolute Ground Rules.
- Compromise When You Can.
- Discuss Options.

Each of these eight tips are elaborated in full [here](#)



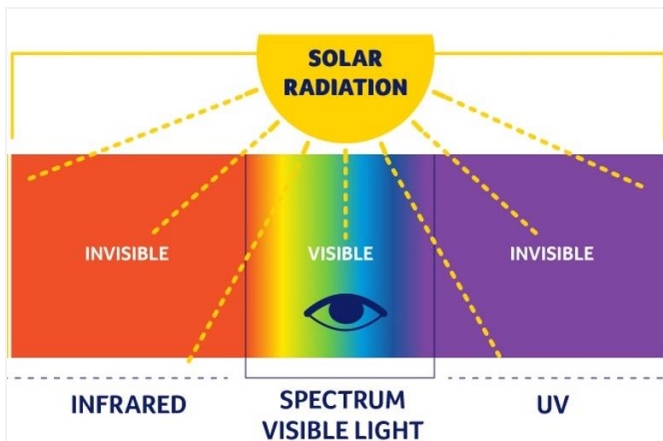
Read the article via the QR code.

Source: Wildenberg, Lori. (2020). **It's NOT Funny! What to do if your child laughs at discipline.** Retrieved from herviewfromhome.com

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HEALTH & SAFETY: UV Radiation



Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers. The sun emits UV radiation but it isn't connected to sunshine or heat like many think. This means we can't see or feel it, so it can be difficult to understand.

Our sun emits different kinds of energy:

- infrared radiation that we can feel (heat or temperature)
- visible light that we can see (sunlight)
- UV radiation (that can't be seen or felt).

When it comes to sun protection, we need to think UV, not heat!

Types of UV radiation

There are three types of UV radiation:

- UVA: transmits freely through the earth's atmosphere.
- UVB: about 15% of UVB transmits through to the earth's atmosphere. The rest is absorbed by ozone.
- UVC: is absorbed by ozone and does not reach the earth's surface.
- UVA and UVB both contribute to skin cancer, sunburn, skin ageing and eye damage.

Exposure to UV radiation is the main factor that causes skin cells to become cancer cells. Almost all skin cancers

(approximately 99% of non-melanoma skin cancers and 95% of melanoma) are caused by over exposure to UV radiation.

The simplest way to reduce your risk of skin cancer is to use sun protection when the UV index is 3 or above. When the UV is 3 or above, it is strong enough to damage your skin and in NSW, this is most days of the year.

UV Index

The UV Index is an internationally standardised, open ended, numerical scale developed by the World Health Organization. The UV index measures the amount of UV radiation reaching the earth's surface. It begins at zero and has no upper limit, the rating usually finishes at 11+, which is extreme.

The UV index and the sun protection times

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

How does UV add up?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.



Read the article via the QR code.

Source: Cancer Council. (2024). What is UV radiation? Retrieved from cancercouncil.com.au



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