

WE DO NOT INHERIT THE EARTH FROM OUR ANCESTORS;
WE BORROW IT FROM OUR CHILDREN – CHIEF SEATTLE



NOVEMBER
2021



THE LINK COMMUNITY HUB

AROUND THE COUNTRY

Melbourne Cup Day	2
Outdoor Classroom Day	4
Orangutan Caring Week	7-13
National Recycling Week	8-14
Remembrance Day	11
World Kindness Day	13
Australian Food Safety Week	13-20
Universal Children's Day	20





REMEMBRANCE DAY – NOVEMBER 11

The eleventh hour of the eleventh day of the eleventh month gained a special significance in post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.

Every year at 11am on November 11 communities gather to pay their respects to those fallen. It is important that we continue to talk about and celebrate the brave men and women who fought then and now. **Visit your council website for information on your local commemorative ceremonies.**

NATIONAL RECYCLING WEEK – NOVEMBER 8-14

National Recycling Week provides an important opportunity for councils, workplaces, schools and individuals to improve their recycling knowledge, build better recycling habits and build trust in recycling. **Find out how you can help here.**

FAMILY FAVE – CRUMBED CHICKEN



PREP 10 min | COOK 10 min SERVES 4

INGREDIENTS

500g chicken breast, thinly sliced into schnitzels,
1 cup quinoa flakes (available in the health food aisle)
1/2 cup tapioca flour (or corn flour works too)
2 eggs
Zest of 1 lemon
1 tbsp garlic powder
Salt

1/2 red cabbage
2 radish
1 pear, thinly sliced
1/4 cup walnuts
Aioli

METHOD: Slice the chicken. Add the eggs to a bowl and whisk. On a large plate, mix the quinoa flakes with the tapioca flour, garlic powder, zest and some salt. Dip the chicken into the egg and then into the dry mixture. Heat some olive oil or ghee in a frypan and cook the chicken until browned. For the slaw, thinly slice the cabbage, pear and radish. Add to a bowl and top with a drizzle of good quality aioli and sprinkle with the walnuts. Serve the crumbed chicken with the salad.

Love this recipe and want more? Go to [Jo Kate Nutrition](#) Jo's course *The Nourished Family* provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.



Realistic & accessible parenting advice!

MAGGIE DENT

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators. She has a particular interest in the early years, adolescence and resilience, and is an undisputed 'boy champion'.

Maggie is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She is a passionate, positive voice for children of all ages. Her blog includes articles, videos, podcasts and top tips! A one stop shop for parenting advice. www.maggiedent.com

JANET LANSBURY

Janet Lansbury is a parenting advisor, writer and teacher. She has served on the board of directors of Resources for Infant Educators (RIE) for over a decade, written childcare articles and been a frequent presenter at early childhood conferences. A former actress/model (Janet Julian), Janet found her true calling when she gave birth to her first child and sought guidance from renowned infant expert Magda Gerber. Inspired and mentored by Gerber in the early 1990s, Janet became a RIE Parent/Infant Guidance Class instructor and has since had the privilege of providing support and guidance to thousands of parents and caregivers. Janet's blog has a worldwide following, it is easily categorised for each stage of childhood. You are bound to find the advice you are looking for.

www.janetlansbury.com



FOCUS: DON'T 'JUST GOOGLE IT'

One day, as I was going out, I couldn't find my car key. I nearly googled — "where is my car key?" Since when did I become comfortable using "google" as a verb? Since when did I become a part of *Google Generation* which I define as people who excessively rely on the search engine to solve any real-life issues.

I'd like to examine the impact of over-reliance on internet search engines. I'm not a neuroscientist or a psychologist, but I'm looking at the issue as a forgetful adult who relies on Google a lot and also as a concerned parent of a 10 years old whose favourite phrase is "Just google it"

The impact on the brain - Let's start with the benefits of using technology to gain knowledge because there is no doubt, we're able to obtain information more easily and swiftly than the pre-Google era of 1998. A neuroscientist professor Steven Pinker argued in *The New York Times* (June 10, 2010, *Mind Over Mass Media*) that; *Far from making us stupid, these technologies are the only things that will keep us smart.* While Professor Pinker acknowledges that the constant feeding of information can be distracting or addictive, he is casting a positive outlook on how technologies can assist human brainpower. However, he was focusing on scientific discoveries as a way to measure brainpower and smartness. Needless to say, brain development cannot solely be measured by the amount of knowledge we can store in our brains. We need to look at how we can transform this additional knowledge. A technology writer Nicholas Carr in *The Atlantic* (July/August 2008 Issue, *Is Google Making Us Stupid?*) argues that; *as we come to rely on computers to mediate our understanding of the world, it is our own intelligence that flattens into artificial intelligence.* Carr also warned of *capacity for concentration and contemplation* being chipped away by the internet. I think both arguments, albeit over 10 years old, are still very relevant today. I can definitely relate to the side effects of the internet — distraction, and addiction.

The danger of the internet search One Christmas evening, my family was playing Trivial Pursuit. One question came out "What is the longest river in the world?" Relieved to have gotten an easy question, my wife answered, "Nile" "No", my son disputed. "Just Google it!" So I took my phone out to settle the dispute and Googled it. "Nile, it is", I said. "No. It depends on how you define the source of the Amazon.", my son insisted. So, I typed "Which is longer Nile or Amazon".

He was right, some scientists claim that Amazon is actually longer than Nile. The dispute arises from the fact that it's extremely difficult to pinpoint the exact source of the river in the snow-capped mountain. We found many interesting research papers on this topic.

While traditionally Nile is considered the longest, there is no clear answer. Unless you're a geologist, you probably do not have enough knowledge to fully understand the way rivers are measured, or even the exact definition of river.

This event highlighted a few issues with internet search.

1. The answer depends on how you formulate the question.
2. There is not always a clear answer.
3. You need to read full articles to fully understand the subject.

Learning is fun - My son is an avid reader. He read somewhere about this subject and knew the answer, whereas I and my wife learned this "fact" without learning the context. We were efficient like a machine in terms of storing and withdrawing necessary information. But we think everything in binary. We simply use our brain to store knowledge and that's it. We stopped thinking.

Our brains should be better than that. I was glad that my son challenged Google. On that night, we actually learned something, not through Google, but through discussion, and by actually being curious about the rivers, and imagining how the scientists' 14-day expedition went, and so on. It was also much more fun than just getting the straight answer and moving on.

We always seek for instant gratification. We expect our demands to be satisfied without any delay. Yet, we must understand that learning takes time and efforts. Arafeh and Lenhart in *The Digital Disconnect* (2002; Pew Research Center) found that some students think internet *as a way to complete their schoolwork as quickly and painlessly as possible, with minimal effort and minimal engagement.* That's us, trying to take a short cut to get the answer. By doing so, we missed so many interesting things which could have led to more questions and findings. We missed all these opportunities. But I was relieved that my son was not becoming a robot like us. He knew how to use the internet to his advantage— get the information backed by his own knowledge.

Final thoughts We cannot imagine our lives without the internet. I remember my school days when I had to use encyclopedia for research. I check the index, find the right volume and page, and read the whole article. I couldn't use "Ctrl + F" to skip to the exact section I needed to read. But this effort taught me many things along the way to the answer.

The technologies are keeping us "smart", if it means we get correct answer quickly. But learning how to get to the answer is more important for brain development. Only the creativity in the process can lead to achieving unthinkable. Otherwise, we will just become a machine.

SCHOOL ANXIETY

School anxiety is awful for children and heart wrenching for parents. It's so common, but it doesn't always look the same. Sometimes it will dress itself up as illness (headaches, tummy aches), sometimes as a tantrum or fierce defiance, and sometimes it looks exactly as you would expect. School anxiety never just swipes at one person. It's affects kids, parents, siblings and the teachers who also invest in the children in their care. One of the worst things about anxiety is the way it tends to show up without notice or a good reason.

Read through these links and have these websites bookmarked for next time school anxiety shows up:
Hey Sigmund | Beyond Blue, Healthy Families | Very well family | Covid Anxiety

HEALTHY
KIDS

HEALTH & SAFETY: Water safety supervision

Kids' water safety is paramount all year round, but especially during the summer when families will be spending a lot more recreation time in swimming pools and various bodies of water. Susie Allison at Busy Toddler has shared an amazing (an incredibly easy) water safety tip that airline pilots use for cockpit safety, and guess what? This safety measure adapts surprisingly well for kids in any environment but is especially handy around water.

Allison's husband is a former airline pilot, and the couple started this system "almost the day our first came home from the hospital." Shared in a Reel on her Instagram page, Allison writes, "My husband and I have been using a cockpit safety measure for our whole span of parenting AND IT WORKS WONDERS. It keeps the kids safe, makes sure supervision is specified, and helps us never just assume the other adult is watching out."

"When airline pilots need to make a change of controls in the cockpit, the pilot currently flying says: 'Your airplane.' This signals a change of controls is coming. The other pilot must respond back with 'My airplane,' acknowledging that they are now flying the aircraft.

Allison continues, "When one of us needs to make a change in supervision or go do something different or help someone else, we announce it and make a verbal change: 'Your Kate & Matt.' And we wait for the other to respond 'My Kate & Matt.' This is the verbal and acknowledged shift of supervision duties for those two kids from one parent to the other. THIS SYSTEM WORKS."

And when it comes to assumptions, well, those don't come in to play. Allison writes, "We never assume the other is watching. We never assume they noticed we walked away. We never assume the kids are being supervised."

By stating clearly "Your" and the names of your children, then waiting for confirmation, you will know that your partner has taken over keeping an eye on the kids, which is especially important around water.

"Your kids." - "My kids."

Water Safety

Drowning continues to be one of the biggest killers of Australian children. Every year a number of children are killed and hundreds more are rescued from near drowning situations. The most common factor in childhood drowning is lack of supervision.



Using a method like the one described in the opposite column ensures an adult is actively observing children at all times. Active supervision should not be limited to pools and water ways either. Whenever a child is in water, including a bathtub they should be supervised by a competent adult.

AUSTRALIA'S NATIONAL DROWNING REPORT BY THE ROYAL LIFE SAVING SOCIETY OF AUSTRALIA SHOWS THAT IN 2020/2021

25 children aged 0-4 drowned in Australia

An increase of 108% on 2019/2020 and a 9% increase on the 10 year average. 24% of these deaths occurred while bathing.

14 children aged 5-14 drowned in Australia

An increase of 56% on 2019/2020 and a 27% increase on the 10 year average.

Before summer really kicks in familiarise yourself with these four key actions to ensure the safest Summer possible.

Supervise - Actively supervise children around water. Eyes on. Hands on. Focus all of your attention on your children all of the time, when they are in, on or around the water. **Restrict** - Restrict children's access to water. Place a barrier between your child and water. If you can't create a child safe play area with no water in it. **Teach** - Teach children water safety skills. Make sure your child grows up water aware, water familiar and water confident. **Respond** - Learn how to respond in case of an emergency. Many children are alive today because their parents knew how to perform CPR and respond quickly.

Source: Royal Life Saving Australia (2021) Royal Life Saving National Drowning Report 2021 Retrieved from royallifesaving.com.au

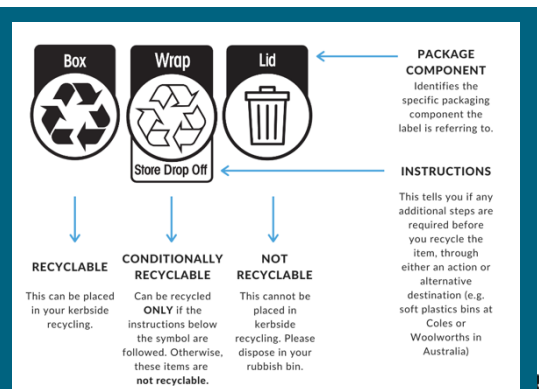


CHECK IT BEFORE YOU CHUCK IT

Recycling can be confusing, getting to know the Australasian Recycling Labels (ARL) will help make recycling much easier. The ARL ensures packaging is disposed of correctly and can be recovered for future use in new products.

Curby begun on the NSW Central Coast, but is now being introduced to 1 Million Australian homes. Curby makes recycling soft plastics easy. Register your interest here

Source: recyclingnearyou.com.au/arl/





Nelson A. Rockefeller said, “Wherever we look upon this earth, the opportunities take shape within the problems”. Every day we are presented with opportunity. But opportunity doesn’t always present itself as a great moment, all wrapped up with a bow. Sometimes these opportunities are disguised as challenges or even problems. Sometimes they look like hard work, or even feel scary. Occasionally, when times get tough, it’s tempting to choose the easy option.

How do we summon the courage to lead ourselves, with clear direction, into uncharted waters, where both great achievements and substantial failures may await?

For most of us, it’s not too difficult to embrace the welcome or planned opportunities as they arise. But what about those life changes that are thrust upon us, rather than designed or chosen? How do we find the opportunities in the turmoil? It takes real courage to find opportunities within an unwelcome, chaotic situation.

For you, it could be a job redundancy. For your child it could be being put in a class without any existing friends. If these types of situations are thrust on us against our will, it’s normal for it to feel completely wrong, especially at first. If the changes are not what you think you want, your first response might be resistance. You might not even think to look for opportunities. Training yourself, or your child, to find the opportunities in the challenge is a life skill that will provide enormous life-long benefit.

Understanding what happens in our brain when faced with an unexpected challenge will help us manage our response. When encouraged or forced by others to move in a direction we are naturally resisting, it can feel very uncomfortable. The current reality, the situation you have been used to, is deconstructing before your very eyes. At this point, it can be difficult to see that any new beginning might be better than the reality you have known. But it’s important to understand that the sooner we embrace the deconstruction, and take charge of it, the sooner we can begin to create a new reality that works for us.

Rather than leaving it up to others, we need to have the courage to construct the new environment that we want.

To do this, there are a number of facts that we need to understand.

Firstly, we need to recognise that our fear of the unknown is normal. Resistance is usually borne from fear; of the unknown, of failure, of change. Once we understand and accept that fear is part of the process, this can help us overcome the discomfort that comes with an unknown future. Overcoming hesitation borne of fear requires significant mental strength. Understanding why we are afraid and exactly what we are afraid of, will help us begin to imagine the potential future we desire.

Secondly, we need to actively shape our unknown future into something that we desire. It’s a clean slate... a new start. And the more we work towards our desired future, the less we have to fear. We can start to look for the opportunities to create the future we want, that will work for our needs at that time. It helps to understand that sometimes plans won’t come to fruition. Sometimes we will succeed in the opportunities we seek. Sometimes we won’t. And that’s ok. There will always be something to be gained, learned or understood from your best attempt. You just have to be open to seeing it.

Unfortunately, the majority of the opportunities open to us pass us by, often unrecognised. We literally don’t notice them staring us in the face. The earlier we learn these skills, the less likely we are to miss opportunities as adults. Embracing the right opportunity at the right time can be life changing. And the right time is not necessarily referring to those times in your life when things are going smoothly. Sometimes the right time is simply that moment when you are able to see the opportunity right before you.

Wayne Gretzky said "You miss 100% of the shots you never take". The choices we make literally shape our lives. So, next time you are faced with a situation which, at first glance, appears to be out of your control, how will you choose to respond and how will you teach your child to respond? Your decision can literally affect the rest of your life.

