

Newsletter



moovosity



WHAT'S BEEN HAPPENING...

In line with the current lockdown, the decision has been made to put the Moov Games on hold until further notice. An updated communication will be provided when we are able to safely recommence. We appreciate your understanding during this time and cannot wait to get back into training like a champion with you!

In the meantime, we recognize the importance of staying healthy and remaining physically active, therefore we have teamed up with Moovosity to bring to you some of their best home-based games and activities.

Simply click on the link below and enter the password, **moovosity**, to gain access.

<https://vimeo.com/showcase/7416252>

Our challenge to you is to participate in 1 hour of physical activity per day! We would love to see any pictures or videos of how you are staying active. Send them through to chantelle.magarry@junioradventuresgroup.com.au to be featured in our special edition "Junior Olympians"- Superstars Newsletter. We will be sending a weekly update on how our big OSHClub family around Victoria are taking part in Moovosity

Newsletter



COMING UP

Tokyo Olympics
begin
23 – July

National Science
Week
14 – August



PHOTO GALLERY



RECIPE

Easy banana muffins

Ingredients

- 3 eggs
- 150g self-raising flour
- 150g butter (or margarine)
- 150g soft brown sugar
- 2 bananas (ripe)

Method

1. Preheat oven 200°C/Gas mark 6 and line a bun tin with muffin cases
2. Put all the ingredients into the food processor or hand whisk - start with butter and sugar first, then add the rest gradually until all the ingredients are in and smooth and feel light and airy
3. Put a generous portion of mixture into each muffin case
4. Pop into oven for between 12-20 mins depending on your oven
5. Allow to cool before serving

Preparation Time 15 minutes

Cooking Time 20 minutes

Total Time 35 minutes

And enjoy this simple, tasty
yummy banana muffins!!



Newsletter



FEATURE ACTIVITY

Better TOGETHER

"More hands make work lighter"

"Two heads are better than one"

"The more the merrier"

Incorporating group activities is essential for teaching cooperation and teamwork skills to children.

There are many benefits to run group activities, for both children and educators. Positive group experiences not only contribute to children's learning but also, Developmental Growth, Cooperation, Encourage Interaction, Observation, Interest and Support between kids



Newsletter



WELLBEING

Thank you to the wonderful Coordinator Laura, and her team at St James OSHClub for sharing this amazing resource.

This week we are sharing an amazing webinar by psychologist Heidi Rogers on managing anxieties and supporting children throughout the challenging times associated with lockdowns. Heidi covers a range of topics, providing support to families by providing a roadmap to survive and thrive through lockdowns.

<https://www.heidirogers.training/lockdown-replay?cid=df7905eb-661b-44c6-84d7-85d2340a2325&eoid=2147648736>

About Heidi Rogers

Heidi is a psychotherapist and counsellor with 18 years experience in mental health counselling and trauma therapy.

Heidi has worked in both the US and Australia and has extensive experience delivering therapeutic services to children and families.

She works in private practice in Melbourne and tours with her tailored talks specializing in children's issues, and their solutions.

Follow Heidi on Instagram [@heidirogers_](https://www.instagram.com/heidirogers_)

This one-hour webinar will cover a range of topics including:

Here's What You'll Learn ...



Meeting Your Family's Needs

Discover what your family needs most right now, and how you can help them through.



Meeting YOUR Needs

Find out what you can be doing to **support your own mental health** during COVID lockdown.



Homeschooling

The do's and don'ts of effective homeschooling (they're probably not what you think!).



Word-For-Word Scripts

Tried and tested scripts to soothe anxiety and meet your child's emotional needs.



Focus On Play

Why play is so important right now, and ideas for incorporating more of it into your day.



Managing Overwhelm

How to handle the moments where it 'all feels too much'.

