

LIGHTHOUSE *kids* ACADEMY



**Volume 3
Term 3**

MAGAZINE

BELONG • BELIEVE • ACHIEVE

**SCREEN TIME ON
CHILD DEVELOPMENT**

**SWIMMING
SAFETY**

FUN SUMMER RECIPES





content

whats
hot
inside

4

From the desk
of the Lighthouse keeper

6

Swimming safety

10

Fun Summer recipes

18

Screen time

20

Sensory Play

28

Camping
with kids

FROM THE DESK OF THE LIGHTHOUSE KEEPER

Dear Lighthouse Kids Academy Parents

As we reach the end of Term 3 for the calendar year of 2024, I would like to start this letter by referring to our school slogan – “BELONG • BELIEVE • ACHIEVE”. Looking back on this year so far, it is so extraordinary to see how far our toddlers and preschoolers have come. How smoothly they now engage with their daily routines, setting-up and packing-up for themselves. Our circle times and collaborative interactions continue to offer wonderful opportunities for reflective thinking and ‘wonderings’, continuously supporting the children to think and explore how their actions affect others. I can in all honesty testify that your precious little ones have all established a true sense of belonging here at Lighthouse Kids Academy. Their progress with independence and their owning of personal confidence is evident of how much they believe in themselves as individuals and their abilities to achieve far beyond what they ever imagined. A roaring applause to each and every one of you!

Term 3 was certainly packed with fun and excitement! The children (and staff) pushed through some super cold and windy days, making the best of their daily activities and learning experiences. Thank you for your commitment and amazing creativity during our dress-up days and for your book contributions on book character dress-up day. We appreciate your support in helping us create a love of reading in each and every child.

We also had our very first community event alongside Rizpah Ministry with our Girls Pamper Day on the 9th of August 2024. This most certainly was a day to remember – our blessings, our privileges, our families, our support systems. The words ‘thank you’ are simply not adequate to extend how grateful and thankful we are for all your support and contributions towards this very special day. As ladies who work in the early childhood sector, with a deep running passion for children, this event touched us all profoundly, with emotions that got the best of us at moments during that day. We certainly look forward to working with Rizpah Ministry again in the near future and we hope that we can once again rely on your support.

Hold onto your hats for Term 4. Our centre is celebrating its 2nd birthday on 11th October 2024 and we have our Christmas celebrations in the last week of the term. We are just thrilled to be having our very first school concert and graduation ceremony for our Gr. R's towards the end of the term. We are beyond excited and we simply cannot wait. Your children have been practicing very hard on their concert items and they are going to amaze you. More information about the concert and graduation (which will run in the same event) will be communicated early in Term 4.

It is then also important to recognise the hard work of all of every staff member here at Lighthouse Kids Academy. From the gates to the school grounds, the classrooms to the playgrounds, whether it is teaching or upkeep, cooking or maintaining. I extend my deepest thanks to every employee for their every effort in contributing towards your children's growth towards “belong, believe, achieve.”

I would like to take this opportunity to thank you parents, for the hard work you continue to put in at home and the part you play in ensuring that our children continue with routine and learning as much as possible. We are looking forward to the last exciting term of playing and learning and as we move forward, I would like to assure you that the well-being, safety, and socio-emotional progress of your children remain our top priority. We value working with you in support of your children. Please contact us at any time throughout the year to discuss any concerns or serenity or simply to ‘touch base’.

With best wishes,
Nandie Jordaan
Lighthouse Keeper

Nandie Jordaan
Lighthouse Keeper



ADMISSIONS 2025

OPEN

GRADE

1

Swimming Safety:

SUMMER FUN WITH PEACE OF MIND

With summer upon us, it's the perfect time to enjoy fun days by the pool, but it's essential to prioritise swimming safety, especially for our little ones. At Lighthouse Kids Academy, we want to help parents ensure their children have a safe and enjoyable time in the water. Here are some simple tips to keep in mind this summer.

1. Constant Supervision is Key

No matter how shallow the water may be, never leave children unattended near pools or water sources. Always stay within arm's reach, especially for toddlers and young children who are still learning to swim.

2. Swimming lessons for Confidence and Safety

Enrolling your child in swimming lessons early can help them build confidence in the water while learning crucial water safety skills. Knowing how to float, tread water, and swim short distances will help them stay safer in different water environments.

3. Teach Basic Water Rules

Children should learn some basic rules for being near water, such as no running around the pool, no pushing others, and always listening to the lifeguard or adult in charge. Teaching these rules early sets good habits for the future.

4. Use Proper Safety Gear

For young children or those who aren't confident swimmers yet, use appropriate floatation devices like life jackets or water wings. However, never rely solely on these – they are not substitutes for close supervision.

5. Secure Your Home Pool

If you have a pool at home, make sure it is fenced off and that children cannot access it unsupervised. Pool gates and alarms are a good way to ensure little ones can't wander near the water on their own.

6. Stay Sun Safe

Don't forget about sun protection during those long days at the pool. Use waterproof sunscreen, and reapply it regularly, especially after swimming. Sun hats and UV-protection swimwear are also a good idea to prevent sunburn.

7. Hydration is Essential

Spending a day in the sun and water can be dehydrating, so ensure your child takes regular breaks to drink water. Keep an eye on signs of fatigue, which can make swimming less safe.

8. Make Water Play Fun and Safe

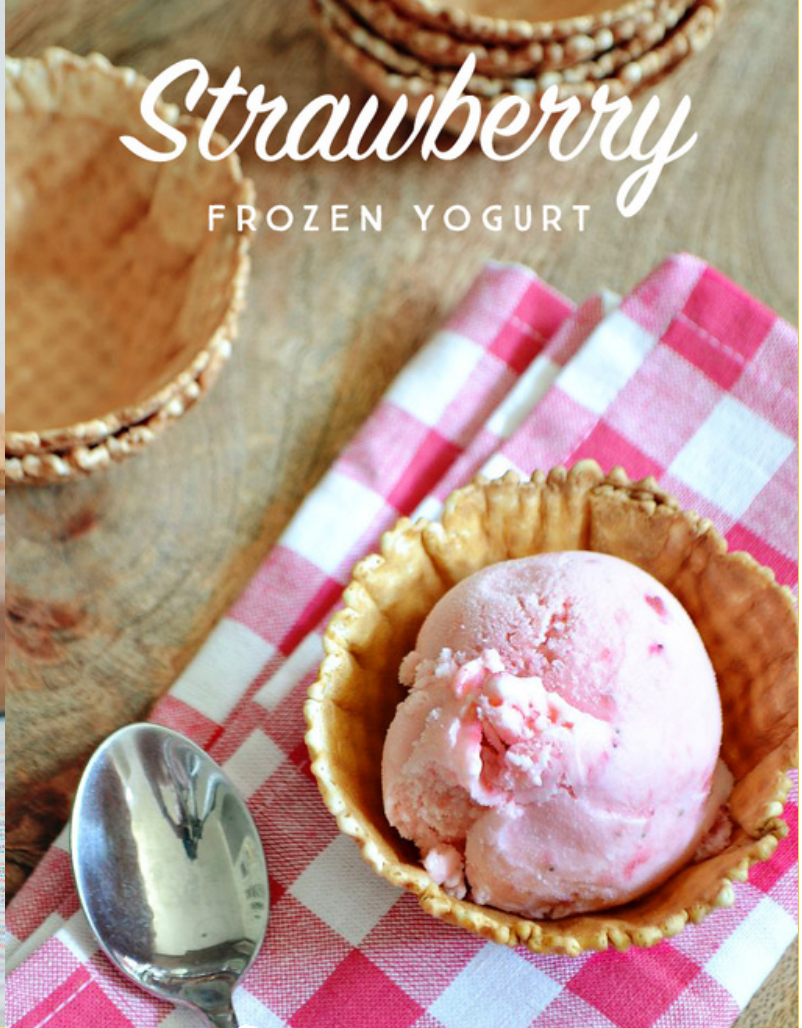
Swimming is a brilliant way for children to improve their coordination and motor skills, but it's important to balance fun with safety. Playing games like "Simon Says" in the pool can encourage listening skills and following safe instructions while still being enjoyable.



Whole Wheat Cinnamon
Chocolate Chip Bread



Strawberry
FROZEN YOGURT



Easy Recipe's

PIZZA
with homemade sauce



FRUITY
Owl Pancakes



Whole Wheat Cinnamon Chocolate Chip Bread

Whole Wheat Cinnamon Chocolate Chip Bread is a whole grain treat that your kids will love, they won't even know that it's good for them.

Author: Bree Hester

Serves: 8 to 10 slices

Ingredients

6 Tablespoons butter, room temperature

$\frac{2}{3}$ cup sugar

3 eggs

1 teaspoon vanilla

2 cups white whole wheat flour

2 teaspoons cinnamon

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

1 cup buttermilk

$\frac{1}{2}$ cup mini chocolate chips

whole sanding sugar (optional)

Instructions

Preheat oven to 350°. Spray a 9x5 loaf pan with cooking spray.

Cream together butter and sugar until light and fluffy. Add eggs and vanilla.

In a medium bowl whisk together flour, cinnamon, baking soda, baking powder, and salt.

Add $\frac{1}{3}$ of the flour mixture and stir until combined.

Add $\frac{1}{2}$ of the buttermilk. Repeat with remaining ingredients. Add chocolate chips (save a few for the top) and mix until everything just comes together, being careful to not over-mix.

Spread the batter evenly into the prepared pan.

Sprinkle top with sanding sugar and remaining chocolate chips.

Bake for 45 - 50 minutes or until a toothpick comes



Owl Pancake Food Art

A fresh, fun breakfast idea with the cutest owl pancakes and lots of fresh fruit!!

Ingredients

Pancake batter

Bananas

Kiwi

Blueberries

Strawberries

Orange slices

Nutella

Bacon

Whipped Peanut Butter Cream Cheese

4 oz cream cheese

$\frac{1}{4}$ cup peanut butter

$\frac{1}{4}$ cup powdered sugar

1 tsp vanilla

Instructions

Bake the bacon in the oven at 400 for 10-15 minutes (cook it until you like it, I like mine crispy).

Prep pancake batter and let sit for a minute while you slice fruit and heat up the skillet.

Make your cute owl pancakes, cook on one side for 1-2 minutes and then flip.

Add all of the Whipped Peanut Butter Cream Cheese ingredients to a food processor and mix well.

Once the pancakes are done top, add a strip of bacon for a branch and top with Nutella, Whipped Peanut Butter Cream Cheese and fruit.



Strawberry Frozen Yogurt

Ingredients

3 cups plain yogurt (full fat)
1 cup sugar
1 tsp. vanilla extract
1½ cups mashed strawberries

Instructions

In a medium bowl, whisk together yogurt, sugar, and vanilla extract until well combined.

Stir in strawberries.

Cover bowl and place in refrigerator to chill for 2 - 3 hours.

Add chilled yogurt mixture to your ice cream maker and process according to your machine's directions. The frozen yogurt is ready when it's the texture of soft serve ice cream.

Transfer the frozen yogurt to container with a lid and freeze until solid.

Pizza with homemade sauce

Ingredients

300g strong white bread flour, plus extra for dusting

1 tsp instant yeast

1 tbsp olive oil

For the tomato sauce

1 tbsp olive oil, plus a drizzle

2 garlic cloves, crushed

200ml passata

For the topping

8 mozzarella pearls, halved

small bunch fresh basil

Method

STEP 1

Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water (make sure it's not too hot) along with the oil. Stir together with a wooden spoon until you have a soft, fairly wet dough.

STEP 2

Tip the dough out onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has puffed up and doubled in size. You can also leave the rough, unkneaded dough in the bowl, cover with a tea towel and leave in the fridge overnight and the dough will continue to prove on its own.

STEP 3

Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the passata and simmer everything until the sauce thickens a little. Leave to cool.

STEP 4

Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm across (teardrop shapes fit baking sheets more easily than rounds).

STEP 5

Heat oven to 240C/220C fan/ gas 9 with a large baking sheet inside. Lift one of the bases onto another floured baking sheet. Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8-10 mins until crisp.

Fruit Kebabs



Apple Nachos



Banana & Peanutbutter Bites



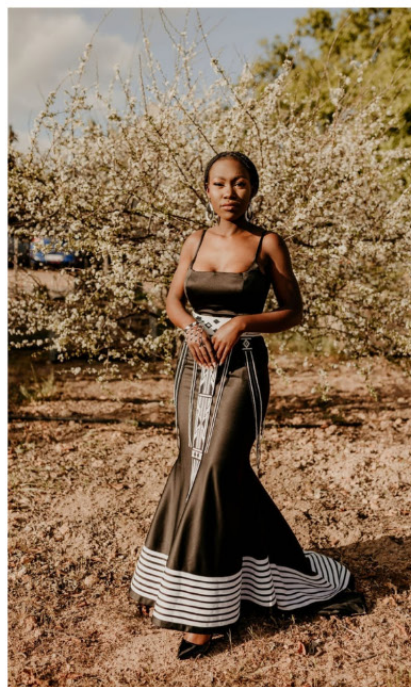
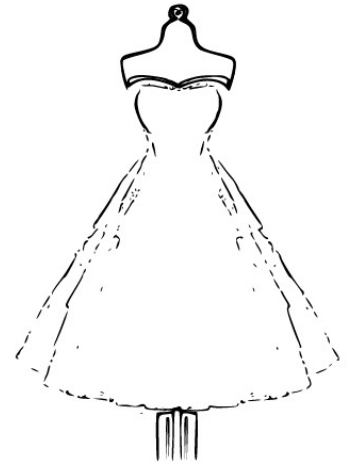
watermelon Pops



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INVEST IN A CUSTOM CLOSET

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TEMAS CLOSET

is a clothing brand that specializes in bringing client ideas to life. I founded Themas Closet in 2017 and have been a professional couture designer ever since.

TEMAS CLOSET

is owned by Mmathema Moratho. I hold a Diploma in Fashion design which I achieved in 2017 from the Central University of Technology, Free state.

I offer timeless one of a kind pieces, custom made by myself from start to finish. My job entails fabric sourcing, pattern Making, cutting, ironing and sewing







Dear
Fairy tale
creatures





Just **FUN** at school

Too much time on screens? Screen time effects and guidelines for children and young people

What is the evidence on the effects of excessive screen time?

For children younger than five years, there is strong evidence that screen time has negative effects on:

- * weight
- * motor and cognitive development
- * social and psychological wellbeing.

Screen time in this age group may be associated with the following problems in later childhood:

- * emotional problems in girls
- * family functioning for both boys and girls.

For children and young people aged 5–17 years, screen time may have negative effects on:

- * weight and diet (especially from TV viewing)
- * behavioural problems, anxiety, hyperactivity, attention, self-esteem and psychosocial health.

For this age group, some research links screen time with depressive symptoms. However, other research suggests there is limited evidence linking screen time to mental health problems.

The type of screen time, and how it is used, affects outcomes for children and young people. For instance, watching TV may result in less physical activity and children being more disengaged or less attentive, and may negatively affect family functioning. However, internet use and electronic gaming may support skills such as stress management.

Studies do not always agree about the effects of excessive screen time, likely because of differences in their methods. However, research suggests that excessive screen time in children, especially young children, is likely to lead to unhealthy outcomes in the short and longer term. In addition to the time spent on screens, it is also important to consider the type of screen time and how it is used.



Here are simple steps to reduce screen time:

- * Eliminate background TV.

If the TV is turned on — even if it's just in the background — it's likely to draw your child's attention. If you're not actively watching a show, turn it off.

- * Keep TVs, smartphones and computers out of the bedroom.

Children who have electronics in their bedrooms watch more than children who don't have these in their bedrooms

- * Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.

- * Don't eat in front of a screen.

Allowing your child to eat or snack in front of electronic devices increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.

When your child has screen time, make it as engaging as possible:

- * Plan what your child views.
- * Watch with your child.
- * Set time and content rules around screen use.
- * Encourage children to self-regulate screen time. Personal recognition of the consequences of excessive screen time, giving them a sense of autonomy over their choices and involving them in decision making are important for this strategy to be effective.

EXPLORING SENSORY ADVENTURES

Sensory play is an important aspect of a child's development, it allows them to explore and engage with the world around them.

Sensory play is about hands on activities that help stimulate a child's senses to help them develop essential skills that contribute to their growth.

BENEFITS OF SENSORY PLAY

Brain development - Strengthens connections to improve learning.

Language skills - Encourages communication and helps expand their vocabulary.

Fine and gross motor skills - Improves control.

Cognitive growth - Supports understanding and reasoning.

Social interactions - Encourages team work and sharing.

Calming effect - Helps to sooth anxious and restless children.

WHY DID I INCORPORATE SENSORY PLAY INTO MY CLASSROOM?

Sensory play has helped my students develop in many ways, from sharing to learning new words and learning to manipulate materials to create something new has blown their minds away and kept them motivated to learn more.

It is not only a fun and engaging experience for my students but for me as a teacher as well, it helps me make new discoveries in my teaching environment and allows me to have the utmost fun with my students and those are the memories that will stay in our hearts forever.

My favorite benefit of sensory play, is that it helps families bond, and it has been one of the best play experiences in my home.



Teacher

KESHNIE





**SWEET TREATS,
HAPPY SMILES
AND LITTLE HANDS
LEARNING THE ART OF
ENTREPRENEURSHIP**



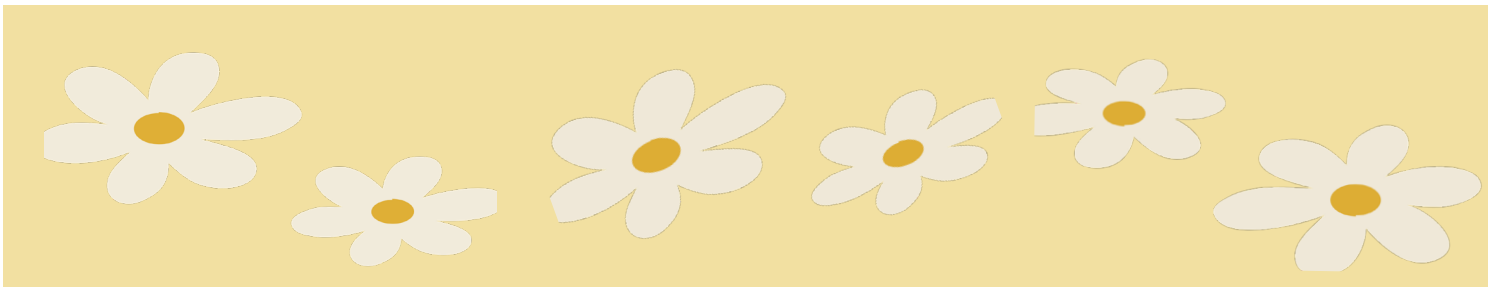
Mini Olympics





HELLO
SPRING

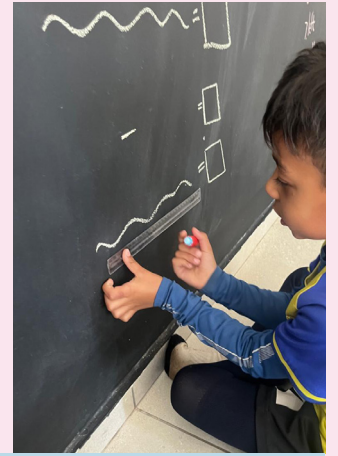
The background is a light gray with a subtle diagonal crease. In the top left corner, there are two large, stylized flowers: one with green petals and a white center, and another with orange petals and a brown center. On the right side, there is a vertical arrangement of flowers, including a yellow daffodil, a pink tulip, and a yellow lily. At the bottom, there is a cluster of pink tulips, yellow lilies, and pink lilies. A small yellow and black striped bee with pink wings is flying towards the right, leaving a trail of small black dots. Several small, colorful butterflies (pink, purple, and blue) are scattered across the lower left and bottom center.



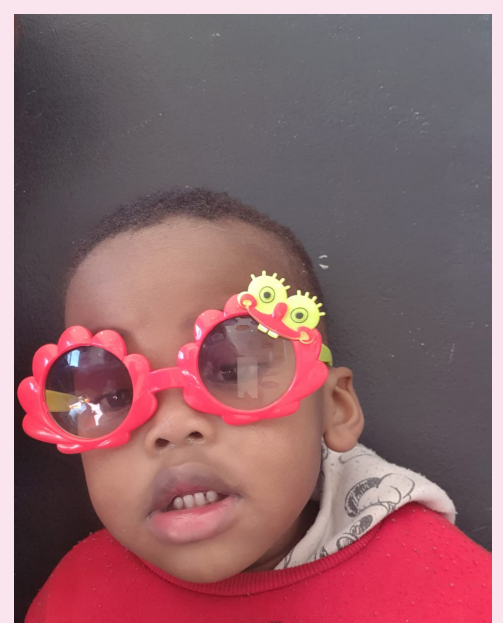


Have Fun!





GRADE R's learning to measure



BEST
FRIEND



Camping with KIDS

It's never too early to start camping with your kids. A family overnight outside is a great way to initiate the younger set to the joys of being in nature. From babies to teens, kids of all ages will find so many things to captivate them on a camping trip: a star-speckled sky, the distant call of an owl, a tiny bug working in the dirt. Camping can open their eyes and awaken their senses to their natural environment.

Here are some tips for getting started—and for making the experience a memorable one.

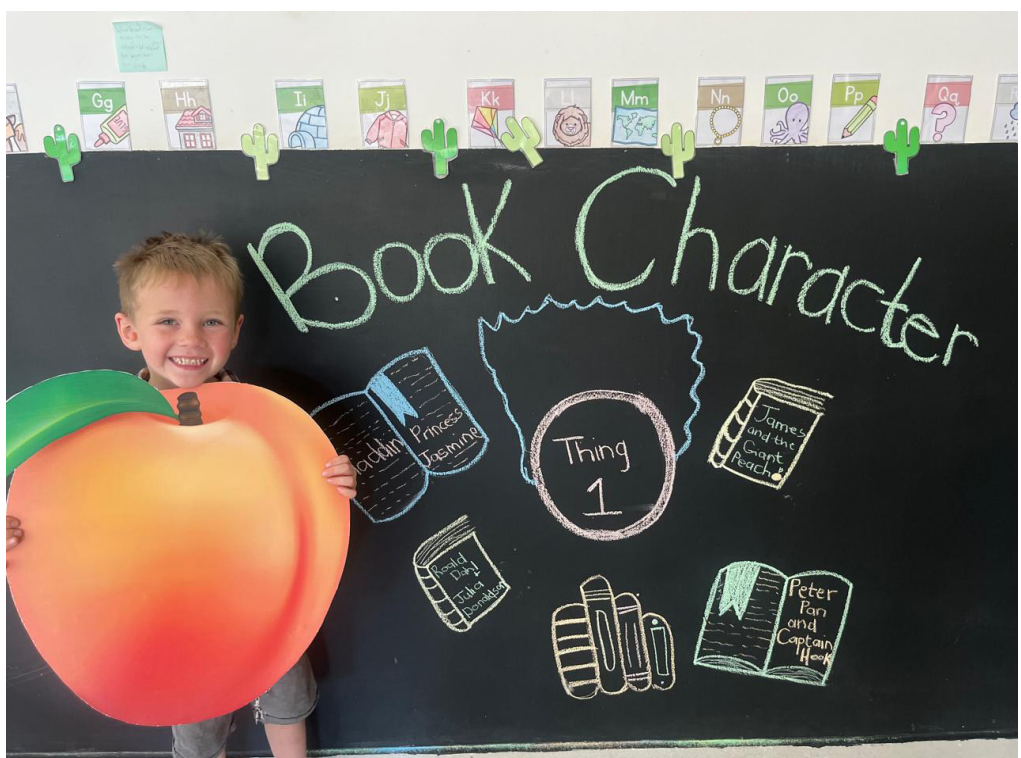
7 easy tips for camping with kids



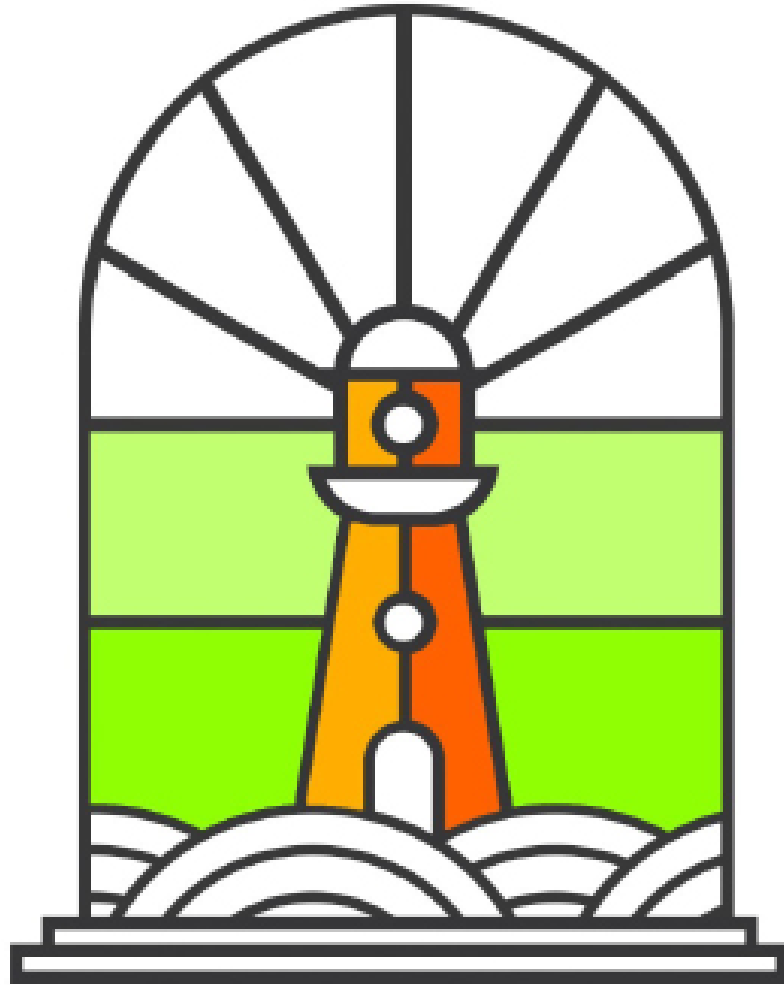
- 1 Practice Camping at Home
- 2 Let kids help pack
- 3 Pack Food Kids Like
- 4 Embrace dirt
- 5 Research activities
- 6 Involve the kids
- 7 Find the Right Campsite



You're not going to create the perfect experience the first or even second time out. Take notes at the end of each trip to remind yourself what you should bring next time, what you can leave behind or how you might do things differently.







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