

HOW WONDERFUL IS IT THAT NOBODY NEEDS TO WAIT A SINGLE MOMENT BEFORE STARTING TO IMPROVE THE WORLD – ANNE FRANK

SPAGHETTI ALLA GENOVESE – A QUICK WINTER DINNER SOLUTION

IS IT A COLD? OR IS IT THE FLU? –TIPS FOR TELLING THE DIFFERENCE

# Little Assets Melbourne City



## 1 On this month

AT SERVICE NAME

NAIDOC Week -----2<sup>nd</sup> to 9<sup>th</sup>

AROUND THE COUNTRY

NAIDOC Week -----2-9<sup>th</sup>

World Population Day -----11<sup>th</sup>

Asalha Puja Day -----15<sup>th</sup>

National Pyjama Day -----22<sup>nd</sup>

Schools Tree Day -----28<sup>th</sup>

National Tree Day -----30<sup>th</sup>

International Friendship Day -----30<sup>th</sup>

## Celebrating the Excellence!!!

Dear Parents,

Welcome to the July Edition of our newsletter. By now you all must have already found out that Little Assets has been rated “Exceeding” in the National Quality Standards by the Department of Education & Training. The achievement is big and it only motivates us to do better in the days to come.

Our new set of fees take into effect from Monday 3<sup>rd</sup> of July and the new CCB rates will also be applied directly to your accounts from the same week. Any reconciliation to be for the financial year 16/17 needs to be brought up to Centrelink directly.

Thank you for all your support and understanding.







INTERNATIONAL FRIENDSHIP DAY – 30<sup>TH</sup>

Refugee Week is Australia’s peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. Go to [refugeeweek.org.au](http://refugeeweek.org.au) for more information.

NAIDOC WEEK – 2<sup>ND</sup> - 9<sup>TH</sup>

NAIDOC week is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

The theme for 2017 is - ‘Our Languages Matter’. to celebrate the essential role that Indigenous languages play in both cultural identity, linking people to their land and water, and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song.’ Go to [www.naidoc.org.au](http://www.naidoc.org.au) for more information.



SPAGHETTI ALLA GENOVESE

PREP 5 min | COOK 30 min | SERVES 4

INGREDIENTS

- 500 grams potatoes, peeled and cut into large chunks
- 500 grams spaghetti
- 200 grams green beans, trimmed and halved
- 1 cup basil pesto
- To serve pecorino, grated

METHOD

Place potato chunks into a large saucepan, fill with cold water and a good pinch of salt and bring to the boil. Cook for 20 minutes. Add spaghetti and cook according to packet instructions. With 4 minutes of cooking time of the spaghetti remaining add the green beans. When the spaghetti is al dente, reserve a cup of cooking liquid then drain.

Return the drained spaghetti/potato/beans to the saucepan or a large mixing bowl. Add the pesto and reserved cooking liquid and toss to combine. Serve with a generous grating of pecorino.

Enjoy. [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

**SAFETY** – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox

App reviews

Two great educational apps for toddlers and young children.



Peek-a-boo Zoo

Duck Duck Moose

Recommended for children 2 years and older.

Children learn to recognize emotions and behaviors with this cute app by looking at different groups of cartoon animal characters and distinguishing which ones are exhibiting a specific trait or behavior ("Who is crying?" "Who is surprised?" "Who is angry?").

It is simple to use, making it a nice tool for toddlers and preschoolers to use in terms of learning social cues.

Peek-a-boo Zoo is a wonderful app for preschoolers and even toddlers. Its cute, colorful animal characters are appealing, and its simple point-and-touch controls can be mastered by anyone of any age.



Avokiddo ABC Ride

Avokiddo | \$4.49

Alphabet & spelling game aimed at children 3 years and over.

Beck and Bo ride a bike along a path, discovering adventures and finding letters as they go. The instructions for discovering each letter are delivered through alliteration.

Parents can customize kids' experience in the "for parents" section, choosing uppercase or lowercase letters, letter name or phonics sound, including word spelling or not, presenting letters in random order or alphabet order, and turning off narration and background music.

The adventure includes 26 different activities, one for each letter of the alphabet for children to solve, and each is delightfully fun and some challenging.



## FOCUS ARTICLE: How to teach our children the art of happiness

When I think about what I want for my children as they grow up, I think of the kind of people I'd like them to become: Adults who are kind, thoughtful and grateful, who laugh often and find passion in life. I hope they surround themselves with whatever brings them joy, that they find a career they love and that they forge meaningful relationships with people who cherish them as much as I do. Above all, I want them to be happy.

As parents, it is our job to guide our children in so many areas. We toilet train them, we teach them self-care and manners, we teach them how to read, what to do in an emergency, how to cross the street safely. We might teach them how to play a musical instrument or a sport we loved growing up. But can we teach them how to be happy?

Mike Ferry, a long-time middle school teacher, father of four and author of *Teaching Happiness and Innovation*, maintains that we can. Contrary to what many believe, success does not always bring happiness; but research has shown that the reverse is true — happier people are more likely to be successful at school, work, and in their personal lives. Ferry defines happiness as “an optimistic, communal, and disciplined perspective on life.”

The happier we are, the more successful we become. And thanks to the plasticity of our brains, Ferry explains that happiness and innovation can be taught, nurtured and practiced. He goes on to say what Shawn Achor of *The Happiness Advantage* has expressed: that when we are in a positive mindset, “our brains become more engaged, creative, motivated, energetic, resilient and productive at work.”

It turns out we can teach our children how to be happy by encouraging certain habits.

The first is gratitude. Teaching children to be grateful in a world of overabundance can seem like a daunting task. It is easy to get sucked into the consumer mentality of society; children are constantly inundated with the idea that more is better and that they need the next new gadget or toy and then on to the next. But the importance of saying “no” to children in order to instill a grateful attitude cannot be overstated. Help them focus on being grateful for what they already have rather than on what they want next.

Another way to teach this is to get into the habit of observing a “moment of gratitude” every day. This may be upon waking up, or as the family gathers around the dinner table. Take a moment to reflect, then go around the table taking turns sharing one thing for which you are grateful. For older children, encourage them to keep a gratitude journal. Practicing gratitude daily can rewire our brains



to recognize appreciation rather than to dwell on disappointments. In turn, we will become happier.

Kindness is another skill we can teach our children to help them find greater happiness. Ferry highlights research that has shown a link between the “feel-good” brain chemical dopamine and kindness. Acting with kindness increases the flow of dopamine within the do-gooder’s brain, making him feel happy.

We can encourage kindness in children first and foremost by modelling it within our homes. Be kind, especially during disagreements, and praise even small acts of kindness. Teach tolerance, highlight opportunities to give back to your community and volunteer as a family if possible. Happy homes can also inspire creative minds. Our brains, and those of our children, are most receptive to new information when we are relatively stress-free, happy and engaged, according to Ferry. That means happiness is crucial for learning and critical thinking. We can inspire creativity by embracing humor, curiosity and open-mindedness at home.

Encouraging creative ideas from children can come in the form of including them in family decisions (such as planning holidays or designing bedrooms). You can also play games that involve open-ended questions to inspire them to think critically. Allowing children plenty of time for unstructured play helps, too. Ferry’s book contains a wonderfully detailed list of suggestions and examples.

We should also celebrate the unconventional people in our lives by talking about how some of the most unconventional people in the world have had great impact (think Mahatma Gandhi, Albert Einstein, Nelson Mandela and Thomas Edison).

Happiness is not something that falls out of the sky and into our children’s laps. It is a wonderfully complex state of mind that can be strengthened with practice. And I’m willing to bet that we all want our children to experience happiness and joy in life.

Article source: How to teach our children the art of happiness  
By: Lauren King | May 08, 2015

[https://www.washingtonpost.com/news/parenting/wp/2015/05/08/how-to-teach-our-children-the-art-of-happiness/?utm\\_term=.7e876a8c6701](https://www.washingtonpost.com/news/parenting/wp/2015/05/08/how-to-teach-our-children-the-art-of-happiness/?utm_term=.7e876a8c6701)





# HEALTH & SAFETY: Is it a cold? Or is it the flu?

Your child has a sore throat, cough, and high fever — could it be the flu that's been going around? Or just a common cold! Although the flu (or influenza) usually causes symptoms that make someone feel worse than symptoms associated with a common cold, it's not always easy to tell the difference between the two.

## Symptoms Guide

The answers to these questions can help determine whether a child is fighting the flu or combating a cold:

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### Flu vs Colds: A guide to symptoms

Questions	Flu	Cold
Was the onset of illness...	Sudden	Slow
Does your child have a...	High fever	No (or mild) fever?
Is your child's head ...	Achy?	Headache free?
Is your child's appetite ...	Decreased	Normal
Are your child's muscles...	Achy?	Fine?
Does your child have...	Chills?	No chills?

☑

If most of your answers fell into the first category, chances are that your child has the flu. If your answers were usually in the second category, it's most likely a cold.

But don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses), so if you suspect the flu, call the doctor. Even doctors often need a test to tell them for sure if a person has the flu or not since the symptoms can be so similar!



Some bacterial diseases, like strep throat or pneumonia, also can look like the flu or a cold. It's important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever, has a bad headache, has a sore throat, or seems confused.

While even healthy kids can have complications of the flu, kids with certain medical conditions are at more of a risk. If you think your child might have the flu, contact your doctor.

**Treatment** - Some kids with chronic medical conditions may become sicker with the flu and need to be hospitalized, and flu in an infant also can be dangerous. For severely ill kids or those with other special circumstances, doctors may prescribe an antiviral medicine that can ease flu symptoms, but only if it's given within 48 hours of the onset of the flu.

Most of the time, you can care for your child by offering plenty of fluids, rest, and extra comfort.

Source: <http://kidshealth.org/en/parents/flu-vs-cold.html>

## ROOM MAP Materials: Old magazines, marker, scissors, glue, card

Choose a room in your home to create. Search through old magazines to find items you may have in that room. Now ask your child to create that room chosen by gluing the pictures they found down (the correct layout isn't important however, if your child wish to ensure the fridge or sink is in the right place scaffold them when necessary). Together sound out the names of the objects and label the pictures with a marker.

Fun with  
LITERACY



## HOW TO PLANT A TREE

Encourage your children to care for our planet by taking part in National Tree Day on Sunday 27th July.

You need: Gloves, spade, seedling pot, a place in the sun in your yard/garden.

1. Dig a hole that is deeper than the seedling pot.
2. Remove the plant gently from its container, be careful not to tear the leaves or roots. (If it's hard to remove, try inverting the pot keeping your fingers securely around the base of the plant and gently squeezing the sides or tapping the bottom of the pot).
3. Place the plant gently in the hole and fill around the plant with soil without leaving any air gaps.
4. Make sure the root system is not above the soil surface try to have the plant sitting in a slight depression or well so



that it will attract and retain water.

5. Make sure the plant is standing straight. Press the soil down firmly to remove air pockets and add plenty of mulch around the base to reduce water loss and weed invasion.
6. If using plastic sleeve tree guards use 3 stakes – place 2 either side of the plant, place the sleeve over these and use the third stake to make sure you have a nice tight triangle.
7. **Water the seedlings** - Remember Trees need love! Return to the site in the weeks and months after you've planted your seedling to carry out any necessary maintenance.





# AN INSTRUMENT FOR EVERYONE

Estonia will celebrate its centenary in 2018 and one of the ambitious birthday initiatives, "gifts" to the people is sure to strike a chord.



The joint gift "An Instrument for Every Child" is fuelled by the dream that every child in Estonia should have an opportunity to learn a musical instrument.

It is difficult to overestimate the importance of playing an instrument; it has a significant role in children's emotional education, in shaping their aesthetic taste and developing creativity.

The mapping of the instrument collections of musical education institutions revealed a great need for new instruments. Many of the instruments that are actively used in educational institutions have been damaged by wear and tear, and the study of some instrument types has been neglected due to the unavailability of instruments.

The project is all about supporting music education in the most comprehensive way – shiny new instruments are only one piece of the puzzle.

"One important aim of the project is to popularise the playing of an instrument and acknowledge it has a positive effect on a child in a much broader sense than simply giving them a technical knowledge of one instrument," Tamme explains. "Playing an instrument develops a child's social skills and their ability to work towards a goal". Spreading that message is also important, so as many children as possible will be able to come in touch with music."

**What are your thoughts on musical education in Australia?**

<http://estonianworld.com/culture/instrument-every-child-estonia-strikes-right-chord-ambitious-music-initiative/>

## OUR ASSESSMENT & RATING SUMMARY

### Assessment and rating summary

Quality Area 1 is rated	Exceeding National Quality Standard
Quality Area 2 is rated	Exceeding National Quality Standard
Quality Area 3 is rated	Exceeding National Quality Standard
Quality Area 4 is rated	Exceeding National Quality Standard
Quality Area 5 is rated	Exceeding National Quality Standard
Quality Area 6 is rated	Exceeding National Quality Standard
Quality Area 7 is rated	Meeting National Quality Standard
Overall rating	Exceeding National Quality Standard

The service is rated at Exceeding National Quality Standard with particular strengths in relationships with children, families and the wider community.

The service provided an environment where children were respected, valued and seen as capable and competent learners. Educators' passions for respectful, warm interactions with each child was consistently evident in their practice.

Children demonstrated a strong sense of confidence and belonging within the service and were supported to engage in learning independently and in collaboration with both peers and educators. The service had established and maintained links with the wider community. The service demonstrated respect for families and their opinions when gathering information relating to the service, its operations and when seeking their expertise in relation to their child's learning and development.

The service is acknowledged for its positive participation in the assessment and rating process and commitment to quality improvement.

## 5 minute moves Sock Ball

Short simple activities to get some active minutes in the day.

Find an open space in your home, roll up a few pairs of socks and place them in the middle of the open area. Create two goals at either end using pillows. Now on hands and knees challenge your child to a game. The object; score as many points as you can by rolling sock balls into each others goals.

**Feedback**  
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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