



# Little Assets South Morang

Hosted By:

**Little Assets, South Morang!**

*Join the Christmas fun!*

*Little Assets would like to invite our families, friends, and the community to our Christmas in July Celebration on the 24<sup>th</sup> of July, 10am-1pm at 55 Gordons Road, South Morang.*

- Face Painting.
- Animal Farm.
- Arts & Crafts.
- Sausage Sizzle.
- Outdoor Experiences.
- Mini Market
- Prizes & Much more!!



*Special Promotion on the day for families!*

## FLAVOUR OF THE MONTH:



## FOR MORE INFORMATION

[HTTPS://WWW.BBC.CO.UK/FOOD/RECIPES/BAIL EYS\\_BREAKFAST\\_24338](https://www.bbc.co.uk/food/recipes/bail_eyes_breakfast_24338)



## Omelet

### Ingredients

- 3 free-range [eggs](#)
- 1 tbsp [milk](#)
- 1 tsp [butter](#)
- 1 [tomato](#), finely chopped
- 2 tbsp grated [cheddar](#)
- 1 tbsp finely chopped fresh [parsley](#) or 1 tsp dried [parsley](#)
- 2 thin slices good-quality [ham](#)
- salt and [pepper](#)



### Method:

1. Take your eggs and crack them into a bowl – don't put them directly into the pan as you need to mix them first! Add a pinch of salt and pepper to the eggs and stir in the milk.
2. Beat the eggs with a fork, first use the fork to break the yolks of the eggs (this makes beating the eggs easier). Then tip the bowl gently and using a fork in a circular motion beat the eggs until the yolks and whites are combined and the mixture has an even colour.
3. Bring your pan to a high heat and add the butter. Pour in your egg mixture and cook on a high heat for 2 minutes, making sure that the mixture is spread out evenly. Reduce the heat.
4. As the egg begins to set, use a spatula to push the set egg towards the omelette centre, tilting the pan so the runny egg fills the space. Add the tomatoes and most of the cheese and parsley. Arrange the ham on top.
5. Cook the omelette for another minute, then loosen the edges with a spatula. Slide the omelette from the pan onto a warmed plate, tilting the pan so that the omelette folds nicely on the plate.
6. Sprinkle with the remaining cheese and parsley, then serve.

## Recipe Tips for our Little Ones.

### Recipe Tips

Remember to always wash your hands before cooking. To crack an egg, hold the egg in one hand and tap it gently on a work surface. You only need to dent the shell. Don't tap too hard, or you'll shatter the egg, break the yolk, and end up with shell pieces in your bowl. If a piece of eggshell falls into the egg mixture, use the eggshell to nudge it up the side of the bowl and out.



## Spotlight on South Morang



Hello everyone. We are of course in lockdown again and I hope that you are doing ok. More than that I hope that you are managing your individual circumstances - with support. If you are experiencing any amount of hardship whether financial or emotional, please feel free to get in touch with either myself or Council. I hope a simplified list of contact details for community support will help.

### Emergency Food Relief:

\*Call Whittlesea Community Connections on 9401 6666 for food relief

\*Sikh Community Connections is providing FREE cooked vegetarian meals to those in the City of Whittlesea in need during the 7 day lockdown. Food will be delivered after 5pm.

FREE essential Indian groceries are also available for international students and temporary residents facing extreme hardship, with contactless pickup and delivery available. For both services text 0476 850 607. More information visit: [sikhcc.org.au/emergency-food-relief](http://sikhcc.org.au/emergency-food-relief)

\*Call Encompass Care Vic on 0422461847 for food relief

## A Sneak Peek at Aprils Events:

### Monday 5<sup>th</sup> -10<sup>th</sup> July- NAIDOC WEEK

We will be celebrating NAIDOC week at Little Assets from 4th to 11th of July using the 2021 NAIDOC theme "Heal Country".

The 2021 National NAIDOC Poster, 'Care for Country' was designed by Gubbi Gubbi artist Maggie-Jean Douglas.

Using the 2021 NAIDOC Week theme, [Heal Country!](https://www.naidoc.org.au/2021-theme), as inspiration; 'Care for Country' is a bright and vibrant artwork which explores how Country has cared for and healed First Nations people spiritually, physically, emotionally, socially and culturally.



## Podcast Alert!!



Interviews with experts in early childhood education, communication, mindfulness. The hosts offer the tools necessary to create harmonious relationships not only within ourselves but with our families, children and the communities in which we live.

# Taste-safe Chocolate Slime...

<https://thesoccermomblog.com/edible-chocolate-slime/>



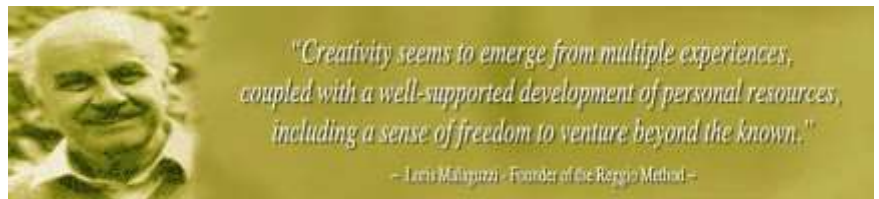
Not only is this recipe edible, but it's naturally sweetly scented as well. Bring children into the kitchen to help mix up this batch using cornstarch, cocoa powder, and coconut milk. It's a completely safe and friendly recipe that kids will love to help concoct. Throw in chocolate chips or sprinkles for a tasty update to your slime time.

## How to Make Edible Chocolate Slime

Add heaping 1/2 cup of cornstarch and 1 tablespoon cocoa powder to a medium mixing bowl. Whisk together until well combined and you have a light brown powder.

Heat 1/3 cup coconut milk in microwave until warm (*not* steaming or boiling). This should take about 20 seconds. Make sure to use a microwave-safe bowl and handle with care.

Pour warm coconut milk into mixing bowl with cornstarch and cocoa powder. Milk together with a spoon until a smooth slime begins to form. You'll be able to easily scoop the putty out of the bowl by hand when you're done mixing.



## A few slime-making notes:

- Always supervise kids when playing with slime or play dough, especially toddlers.
- If dough seems to dry out, heat in microwave for about 10 seconds. This softens the coconut cream in the recipe and brings back the slime texture.
- While this recipe is made with taste-safe ingredients, you probably don't want to eat a whole batch!

## For families...



When families are out and about, there are many ways to help keep young children safe in and around traffic. Families can share the [Kids and Traffic Key Road Safety Messages](#) with children to help them learn about how to keep safe without making them responsible for their own safety.

The Kids and Traffic Key Road Safety Messages for adults highlight the responsibilities of adults who care for young children as [passengers](#), [pedestrians](#) or at [play](#). You can also [talk with them](#) (PDF 162kb) about all the things you are doing to keep safe when you're together in the traffic environment. You don't even have to be out and about with young children to help them learn about road safety – use everyday opportunities such as reading, music, drawing and play to share your safe travel practices with them.

As you [travel around together](#), children's behaviour may be challenging – they may not want to hold your hand or be buckled up safely. So it's helpful to understand why their behaviour can be unpredictable and [how this puts them at risk](#) (PDF 167kb) around traffic...and why adults must be responsible for the safety of the young children in their care.

Sadly, young children can also be at risk in the caring and familiar environment of their own home, especially in [home driveways](#). When vehicles are – or could be – around, expect the unexpected with young children. **Hold their hands or hold them close to keep them safe!**

Before travelling on extended trips with young children, check out the suggestions made by the Kids and Traffic team to [keep children busy](#) (PDF 939kb) while also reducing [driver distractions](#) (PDF 213kb) and to [keep them happy](#) (PDF 188kb).

Check out the words to three [Kids & Traffic Road Safety Songs](#) or [listen to them](#) with your children. Watch the Kids and Traffic video, ['This is the way I ride my bike'](#).

<http://www.kidsandtraffic.mq.edu.au/for-families/>

We hope you enjoyed our June Newsletter.  
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