



# Little Assets South Morang

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## October 2021.

Dear Families,

### *Welcome to our October Edition!*

We have so many wonderful experiences planned for the month of October! One experience that we are all very excited to celebrate is Grandparents Day. To make this day special for our loved ones, our educators and children will be busy working on a special gift to send home to their grandparents, some of our classrooms are organizing a special card to be sent out to their grandparents by post. Please speak to your child's teachers about grandparents' day so that you know what they have planned.

Families, please ensure that all your children's belongings are clearly labelled to avoid them being misplaced or sent home with another family. If you are unable to label them, kindly let your classroom teachers know and we can do it for you.

### *Highlight of month:*

Monday 25- Friday 29 October Children's Week:

The theme for Children's Week 2020-21 is Children have the right to choose their friends and safely connect with others, drawn from Article 15 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils, not-for-profit organisations, schools and early childhood services organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements.

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- Look before you lock.



## FLAVOUR OF THE MONTH:



### Rainbow Fruit Sticks....

Fruit sticks are an easy and healthy snack to make for your little one! You can use any fruits that you like. **Check out the recipe:**

#### Ingredients

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries

#### Method

##### STEP 1

Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves



## Children Learn by Example, Lets show them the way...

### Children learn by example

Most babies eat fruit and vegetables as one of their first solid foods. After the first year, you may notice your child is more fussy with food as they become more independent eaters. Often this fussiness with food includes fruit and vegetables.

Parents may worry if their child starts to eat less fruit and vegetables from time to time, but usually it causes no harm. It is not possible to force children to eat more fruit and vegetables. The best way is for parents to enjoy fruit and vegetables as a daily part of your whole family's diet. It may take time, but this is how children learn best. So keep trying.

### The benefits of fruit and vegetables

There are many reasons for everyone to enjoy eating a wide variety of vegetables and fruit. Vegetables and fruit provide important vitamins such as vitamin C and folic acid. They also have other plant substances that are thought important to help reduce the risk of some cancers and heart disease.

For more information visit:

<https://www.betterhealth.vic.gov.au/health/healthyliving/childrens-diet-fruit-and-vegetables>



# Spotlight on South Morang



## General News and Programs

### Northwest Communities for Climate Action Online School Summit

School groups from Grade 5 to year 12 are invited to participate via zoom in the North West communities for climate action online schools summit. Learn about what other schools are doing to reduce greenhouse emissions and take action for the climate. Meet local councillors and council staff, share your environmental concerns and make suggestions/recommendations to Council.

Get inspired to take action in your school and local community.

**Date:** 20 October

**Time:** 9.30am – 1pm

**Location:** Zoom link will be emailed to registered teachers

For further information and to register visit [North West Communities for Climate Action online schools summit](#), Hosted online, 20th of October | Humanitix

## Get Active Kids Voucher Program

The Victorian State Government *Get Active Kids Voucher Program* helps young Victorians facing barriers to participating in sport and recreation.

Vouchers to help pay for sporting equipment, uniforms and memberships are on offer for young Victorians to lap up more activity this summer as restrictions continue to ease.

To be eligible, kids need to be aged 0 to 18, a Victorian resident, named on a valid Commonwealth Health Care Card or Pensioner Concession Card and named on a valid Medicare Card at the time of application.

The program also provides a special consideration stream to support temporary or provisional visa holders, undocumented migrants and international students aged up to 18 years at the time of application.

Eligible expenditure dates (for membership, uniform and equipment costs) in round three are from 1 January 2021 – 30 November 2021.

**Applications close at 5pm on Tuesday 30 November 2021.** To apply or for more information visit [getactive.vic.gov.au/vouchers](http://getactive.vic.gov.au/vouchers).

## A Sneak Peek at Aprils Events:

### Monday 4 – Friday 8 October Space Week:

World Space Week 2021 celebrates "Women in Space"! Join thousands of participants in over 90 countries celebrating accomplishments and contributions of women to the space sector and sciences.



### Monday 25- Friday 29 October Halloween:

Halloween is a holiday celebrated each year on October 31, and Halloween 2021 will occur on Sunday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts.

### Monday 25 October National Art Day:

National Art Day falls on the birthday of artist Pablo Picasso. To commemorate the day, try your hand at any artistic expression you enjoy, whether it be painting, dance, photography, music, or otherwise. There's no wrong way to create art



## New Mumma Podcast

Here to share women's stories of pregnancy, birth and motherhood. It's not going to be all sunshine and rainbows; we're talking about the ups and downs of motherhood through raw, vulnerable, no BS conversations because in reality, you can't have a rainbow without a little rain!

See [acast.com/privacy](http://acast.com/privacy) for privacy and opt-out information.





# Childrens Week...

Monday 25- Friday 29 October

Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. It will run from Saturday 23 October to Sunday 31 October 2021, with thousands of Victorian children taking part in the festivities.

The theme for Children's Week 2020-21 is **Children have the right to choose their friends and safely connect with others**, drawn from Article 15 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils, not-for-profit organisations, schools and early childhood services organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements.

All Children's Week events are free to families with children aged from birth to 12 years. This is a great opportunity for Victorian families to enjoy fun, engaging and educational experiences.

Click here to listen to the children's week song 2021:

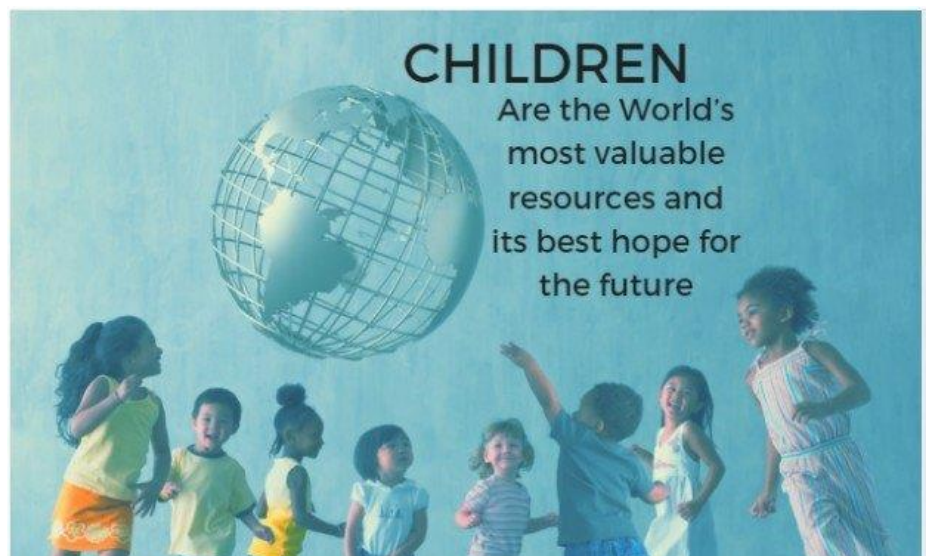
<https://www.childrensweek.org.au/songs/>

For more information you can visit:

<https://www.childrensweek.org.au/>



In 1989, world leaders made a historic commitment to the world's children by adopting the United Nations [Convention on the Rights of the Child](#) – an international agreement on childhood. It's become the most widely ratified human rights treaty in history and has helped transform children's lives around the world. But still not every child gets to enjoy a full childhood. Still, too many childhoods are cut short. It is up to our generation to demand that leaders from government, business and communities fulfil their commitments and take action for child rights now, once and for all. They must commit to making sure every child, has every right.



For more information visit:

<https://www.kidsafeact.com.au/noteven4aminute.html>

## Preventing child deaths in hot cars

It's especially important during the hot weather to not leave children unattended in cars. **Not even for a minute.** The temperature inside a car rises rapidly and can be up to 30°C hotter than the outside temperature this can mean that even on a coolish day the car can be over 50°C. Children can not regulate their body temperature as efficiently as adults and will overheat very quickly resulting in serious injury or worse.

## Not even for a minute

### Risks

**Change in routine** is a common reason that children have died in hot cars

**There's no such thing as a short trip**, a minute shop can turn into 10 or more

**Shaded parks** do not mean that the car won't get hot

**Kids getting to the car keys inside the house** and letting themselves into a hot car

**Leaving the car on** might keep it cool but adds a high level of risk of the car being stolen with the child in it.

### Tips

Add safety measures - **Being a parent or carer can be exhausting, with this exhaustion can come forgetfulness even with the most important things. It can be helpful to put something that's always with you in the back with the kids, like your mobile or wallet, this can help jog your tired brain to check the car seats.**

Make it a routine - **Add checking the car seats into your routine every time you get in and out of the car, even before bub's born, so it becomes a life saving habit.**



We hope you enjoyed our October Newsletter.

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