



Little Assets South Morang

IN THIS ISSUE

AUGUST 2021.

Dear Families,

Welcome to our August Edition!

Wow!!! We are in August now. It seems crazy how quickly time is flying. From August onwards we are actually getting really busy with lots of activities including parent-teacher interviews, special day celebrations and also some fabulous and exciting incursions.

Parent- teacher interviews will be held from the 16th of August-20th of August. Below are the times and dates for each of your classrooms:

16th August- Nursery Room 10:30am-2:30pm

17th August- Senior Nursery 10:30am-2:30pm

18th August- Toddler 10:30am-2:30pm

19th August- pre-Kinder 10:30am-2:30pm

20th August-Kinder 10:30am-2:30pm

If you are interested in booking a time with your classroom teacher, kindly email management to arrange a time. Once your time has been confirmed we will email you the details of the interview.

Highlight of month:

Our ART ATELIER! Little Assets has repurposed a space within our centre!

Previously, this area was used for storage and resources; but now has been transformed into an inviting and engaging additional learning environment for our children.

Atelier is a welcoming and inspiring space offering a wide variety of natural and man-made materials for artistic expression!

The art atelier is a small space offering learning to 4-5 children which will encourage children to learn within smaller groups and to have additional meaningful learning interactions, to have access to calm and cozy space, focusing on one point of learning and extend on personal development. Classrooms will be taking turns throughout the day to take children across to visit this space.

- Flavour of The Month
- Tips & Tricks for healthy eating
- Spotlight on South Morang
- Community involvement
- A Sneak Peak of August Events
- Jeans For Genes Day
- Podcast Alert!!
- When do babies start teething?



FLAVOUR OF THE MONTH:



Baked Sweet Potato Chips

Check out this delicious and super easy snack to make!

- 2 organic (~150 g each) sweet potatoes
- 2 Tbsp olive oil
- 01/4 tsp sea salt (*optional*)

FOR MORE INFORMATION

[HTTPS://MINIMALISTBAKER.COM/BAKED-SWEET-POTATO-CHIPS/](https://minimalistbaker.com/baked-sweet-potato-chips/)



A healthy outside starts from the inside...

FOR MORE INFORMATION

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335>



Nutrient Dense Foods:

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. So what's the best formula to fuel your child's growth and development? Check out these nutrition basics for girls and boys at various ages, based on the latest Dietary Guidelines for Americans.

Consider these nutrient-dense foods:

- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.
- **Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium.
- **Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.
- **Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Spotlight on South Morang



RMIT Skills and Jobs Centre Workshops

The RMIT Skills and Jobs Centre can help with a range of free online workshops and Info Sessions (about how to get up to date job skills) to ensure you become job market ready and laser career focused!

29 July, 3 & 5 August: Info session on JobTrainer & Free TAFE Sign up

here: <https://www.eventbrite.com.au/e/learn-about-free-tafe-jobtrainer-and-related-careers-in-demand-tickets-161082956459>

Little Assets will commence playgroup on the 6th of August. Sessions will be capped to 10 people per session. If you are interested in being apart of our play group, send us an email at southmorang@littleassets.com.au



A Sneak Peek at August Events:

Friday 6 August Jeans for Genes Day

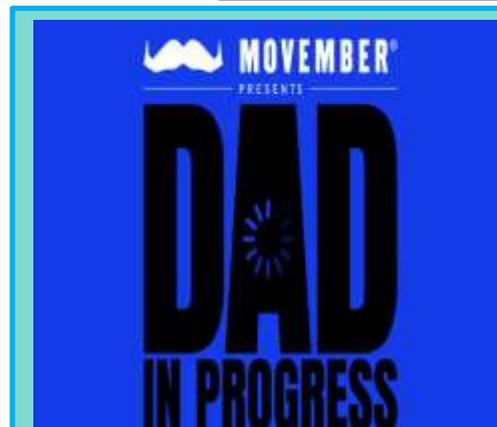
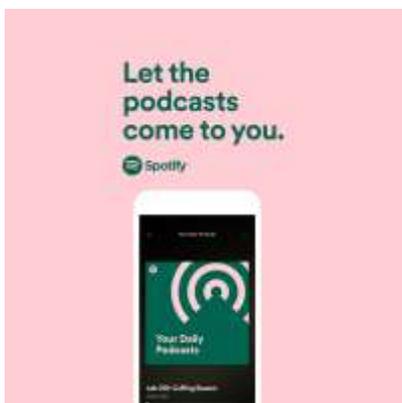
Jeans for Genes Day is a nationwide fundraising initiative held in Australia each year. ... The day encourages children and teachers to join in with fundraising by wearing jeans and casual wear to school. Jeans for Genes Day started in Australia in 1994 by the Children's Medical Research Institute.

Monday 23 August- 27 August Book Week

Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions, and tell stories relating to a theme to highlight the importance of reading. You will often see parades with students dressed as their favorite book character



Podcast Alert!!



Presented by Movember, the Dad In Progress podcast is a five-part mini-series, where everyday suburban dad Raph Dixon is joined by Aussie dads from all walks of life including his mates, experts and famous fathers such as Osher Gunsberg, comedian Aaron Gocs, soccer star Archie Thompson, sportswriter Sam Perry and one of the world's most famous stay-at-home dads, Clarke Gayford - husband of New Zealand PM Jacinda Ardern. It's a joint collaboration between Movember's health promotion team, and the crew behind *The Betoota Advocate* so expect some laughs

Jeans for Genes Day!

6th August 2021

No child's life should be cut short, and we will do all within our power to change "incurable" to "curable".

You Can Count on Proven Experience

We were created by the community for one purpose—to do the difficult research needed to save children's lives. Our research at Children's Medical Research Institute has helped eliminate Rubella, introduced care for premature infants, and developed microsurgery techniques for organ transplants that save lives every day. 1 in 20 kids face a birth defect or genetic disease, and 30% of children's hospital admissions are due to genetic disorders, so we know there is still much work to be done. Not all research is the same. We conduct fundamental (meaning fundamentally important) medical and biological research. We ask the difficult questions. What causes cancer? How do we stop it? Can we prevent birth defects? How do we cure genetic diseases? Our task is to make the future better by finding treatments and even cures, but we can't do that without your support.

You're Making a Difference

We've been custodians of community dollars for 60 years, wisely investing and making that support go as far as it can towards finding treatments and cures for serious conditions affecting Australian kids—but we rely on your continued support.

1. You keep our ProCan® project going, processing tens of thousands of cancer samples to create a database of information that will revolutionize cancer diagnosis and treatment planning.
2. You ensure the painstaking research to understand and prevent birth defects continues.
3. You supercharge our gene therapy programs, so they can bring more cures to Australian children faster.

Our researchers are respected and successfully obtain many government grants, but these cover less than half of the costs of cutting-edge research. What's worse, this government funding is not guaranteed and can disappear at any time. Investment returns also vary from year to year and cannot be relied on. Even in the best financial years, the money provided by competitive government grants and CMRI investments is not enough to fund research costs.

Fundraising is the best solution to safeguard our critical research programs. With your donation, we can make sure promising research reaches its full potential—helping kids. You help keep day to day experiments running, recruit the best researchers from around the world to tackle complex genetic diseases, purchase essential high-tech equipment, and fund research student scholarships that foster bright young minds and fresh ideas to help find answers.

ONE WEEK TO
Jeans for Genes® DAY



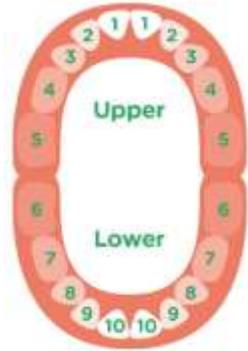
When Do Babies Start Teething?



Teething commonly starts between four and 10 months of age. Teething can be uncomfortable or painful for some babies, although some may suffer little or no discomfort. Though this can be a worrying time for parents, knowing the most common baby teething symptoms will help you identify when your baby is teething and how to help manage it.

What causes teething?

Teeth begin forming in the gums before your baby is born. Teething is the process in which the first set of teeth, called primary teeth or milk teeth, 'erupt' and break through the gums



Tips for Caring for Baby's Teeth

- Be sure to look out for your baby's gums even before teeth begin to break through. You can do this by wiping them gently with a damp cloth twice a day.
- Continue cleaning teeth with a damp cloth twice a day as soon as teeth start to appear.
- Progress to a small, soft bristle toothbrush for babies, brushing only with water, when your baby is ready. Make sure you clean their teeth and gums with soft, circular movements.
- You can introduce a low fluoride children's toothpaste when your baby is 18 months old.
- Sugar causes tooth decay, so avoid sugary drinks and do not let them fall asleep with a bottle.

Your baby will be ready for their first visit to the dentist at around 12 months, or when their first teeth come through – whichever happens first.

When Does Teething Start and End?

It's important to remember that teething does not start at the same time for all babies – they all develop differently. The development of your baby's primary teeth begins while they are still inside the womb. At birth, your baby will already have a full set of 20 primary teeth (10 in the upper and 10 in the lower jaw) hiding within their gums. Primary teeth are also known as baby teeth, milk teeth or deciduous teeth.

The teething process typically starts with the bottom middle teeth, followed by the top two middle ones, and then those along the sides and back. Many babies can start teething at just six months of age, with all 20 baby teeth fully developing by the time they are two or three years old. But if your baby's teeth do come through at different times, there's no need to worry.

Can Teething Cause Fever?

There is no clear evidence to suggest that teething causes fever or diarrhoea. If your baby is experiencing these symptoms, it is more likely that they are suffering from a different illness. If your baby does have any worrisome symptoms or a temperature over 38°C, you should always contact your doctor.

We hope you enjoyed our April Newsletter.
Follow us on Instagram & Facebook.



littleassets_southmorang



Little Assets South Morang

Little Assets
55 Gordons Road, South Morang 3752
9001 7400
southmorang@littleassets.com.au

