



# Little Assets South Morang

IN THIS ISSUE

## June 2021.

Dear Families,

*Welcome to our June Edition!*

How fast has this year gone! We are already in June, and we are looking forward to a month of learning, community, and project work.

We have many special events that we will be participating in this month, you will be able to view these on the calendar of events posted to Educa or have a sneak peak in our June addition.

If you would like to add a special event or a cultural day, kindly contact management as we would love to participate and to learn!

June is Breast Cancer Awareness Month. Here at Little Assets we are going to participate by coming dressed every Friday this month in Pink!

Renee, one of our educators has registered herself to the National Breast Cancer Foundation & will be dying her hair Pink on the 10th of June to create awareness for this cause. On this day we will also be getting the children involved in lots of Pink play, whether it be pink play dough or icing biscuits with pink, we are all going to show our support.

We would love it if you could get behind us in making a small donation to Renee's fundraising page! Every dollar counts!

<https://fundraise.nbcf.org.au/fundraisers/reneehuf/go-pink>

### Highlight of month:

International Mud Day- 29<sup>th</sup> June 2021.

International Mud Day began in 2009 at a World Forum event, when Gillian McAuliffe from Australia and Bishnu Bhatta from Nepal got together to talk about ways to encourage feelings of community and appreciation for the world around us.

We will be exploring community and showing our appreciation for the world we live in.

- Flavour of The Month
- Smoothies and their health benefits.
- Spotlight on South Morang
- Community involvement
- A Sneak Peak of June Events
- Playdough
- Did you know??
- Play dough recipe
- Podcast Alert!!
- Why you should sleep your baby on their back.

A child's play is not simply a reproduction of what he has experienced, but a creative reworking of the impressions he has acquired.

Vygotsky

## FLAVOUR OF THE MONTH:



### FOR MORE INFORMATION



<https://www.delish.com/cooking/recipe-ideas/a24892347/how-to-make-a-smoothie/>

## Smoothies...

### Pick your fruit.

We chose strawberries, blackberries, raspberries, and bananas to be our base, but any combo of fruit is great. Make a tropical smoothie of pineapple, mango, and banana or add blueberry and peach to switch it up a bit for a summer twist. Aim for about 3 cups of fruit.

### Fresh or frozen fruit?

For smoothies, frozen fruit is best. It blends up thicker than fresh fruit and gives you a really cold smoothie to enjoy after blending. If you don't have frozen fruit, freeze your fresh fruit for 30 minutes before blending or add about 1 cup of ice and blend until smooth!

**Add a thickener.** We use unsweetened Greek yogurt in our smoothie, but peanut butter, almond butter, or vanilla yogurt are all great options. Traditionally about 1/2 cup is ideal. If you prefer thinner smoothies, you can either lessen the amount of thickener or skip it all together.

### Choose a liquid.

Almond milk is great for the added nutty flavor, but coconut milk pairs well with a tropical smoothie and gives a richer, creamier flavor. Whole milk or fruit juice also work well. 1 1/4 cup of liquid makes the perfect consistency for our preference. If you skipped the thickener, use less liquid as well.

### Throw some add-ins in.

Add some spinach or kale for additional nutrition or flax seeds for omega-3s. Flavors like fresh mint, vanilla extract, cinnamon, or honey will take any smoothie to the next level.

## Why Smoothies?

- Green smoothies that contain a lot of green leafy vegetables add essential vitamins and minerals to breakfast and aid in digestion. The fiber supplied by these drinks multiplies the benefits of having a delicious breakfast, especially during the summer.
- Green tea is a popular source of antioxidants. You can add matcha green tea powder to make your smoothies rich in antioxidants, and these will help prevent a lot of diseases. Grapes, berries, and sweet potatoes are natural sources of antioxidants.
- Immunity refers to the ability of your body to fight against pathogens and diseases. This natural potential becomes degenerated due to several reasons. Interestingly, having smoothies made of ingredients that include nutrients like beta-carotene helps boost your immune system.

## 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 21st June- Yoga Day.

The aim of this day is to educate people about the physical, mental and spiritual benefits that can be derived by practising yoga. Modi had proposed June 21 to celebrate Yoga globally as it is the longest day of the year due to the Summer Solstice in the Northern Hemisphere

#### Thursday 10<sup>th</sup> June- Herb & Spices Day

Celebrating flavor each year on June 10th, National Herbs and Spices Day recognizes the diversity and quality offered by using both fresh and dried herbs and spices in your cooking.



### Podcast Alert!!



It started off with Andrew Daddo and Holly Wainwright talking all things messy in parenting life. Now its separated into two different podcasts- Big Kids (with Andrew Daddo and Holly Wainwright), and Little Kids (with Leigh Campbell & Tigga Natoli). It's truly is an entertaining podcast particularly as Andrew gives an honest perspective of Fatherhood which we don't often hear. All the hosts are completely honest with their parenting and share all the messy times which makes it so relatable.

# Playdough...

<https://empoweredparents.co/7-benefits-of-playdough-in-early-childhood/>

There are so many benefits of playdough for toddlers and preschoolers that they should be playing with it regularly.

What is it that makes this wonderful substance a favourite for young kids and what are they learning while moulding it?

Playdough can be found in every preschool classroom and usually in the home too. It can be bought or it can be made easily out of just 3 or 4 basic ingredients.

Children love playdough. It is soft, squishy and they can make anything out of it. Perhaps what makes it so appealing is that it is relaxing and therapeutic.

When a child moulds with playdough, the experience is always positive. There is no right or wrong way to do it so they always feel success with their creations.



*Did you know there are 7 wonders of Playdough?*

## 1. Fine Motor Development:

Moulding playdough is excellent for developing a child's fine motor skills.

## 2. Vocabulary:

One of the ways playdough helps children's development is that while they work on their creations, they form new ideas and concepts.

## 3. Creativity

When a child works with playdough, they basically have a blank canvas waiting to be moulded into something unique.

## 4. Literacy and Numeracy

Following a basic recipe for playdough is a great opportunity to teach your child some early maths skills by learning about measurement.

## 5. Concentration:

One of the best skills that playdough develops is attention span.

## 6. Science Concepts

Playdough promotes cognitive development in many ways, such as learning early science concepts.

## 7. Therapeutic Value

As mentioned above, playdough is an activity with which children always have a positive experience. The very nature of the substance makes it calming to play with.



## Playdough....

No need to ever buy store-bought play doh after you try our homemade playdough recipe! This easy playdough recipe takes 5 minutes to prep and 5 minutes to make. And the playdough will last for months! It's super soft, stretchy and non-toxic for kids. With just a few ingredients your kids will love playing with this playdough.

## Ingredients:

- 1 cup of flour- ½ tsp cream of tartar- ½ cup salt- 1 tbsp vegetable oil- 1 cup of water- food colouring.

## Method:

1. In a large bowl combine all dry ingredients and mix well.
2. Mix food colouring with water and oil, stir well.
3. Mix wet and dry ingredients together. Use your hands to knead the dough.



# Why should you sleep your baby on their back?

Here at Red Nose, one of our key safe sleeping recommendations has been to sleep your baby on its back from birth. It's a recommendation that has largely contributed to an 85 per cent reduction in SIDS deaths since the 1990s.



Research has found that sleeping your baby on their back greatly reduces the risk of sudden and unexpected death in infancy (SUDI), which includes SIDS. This is because healthy babies placed on their back to sleep are less likely to choke on vomit than tummy sleeping infants.

In fact, Red Nose's Chief Midwife Jane Wiggill explains, sleeping your baby on their back will actually provide them with airway protection.

"When a baby is sleeping on the back, the upper respiratory airways are positioned above the oesophagus, which is the tube that carries food from the mouth to the stomach," she says.

"Babies protect their airways by swallowing. Regurgitated milk from the oesophagus lies at the lowest level and can be easily swallowed."

"It is actually difficult for the fluid to work against gravity and be pushed up and into the respiratory tract. Hence, the risk of choking is reduced when baby is sleeping on the back."

Jane says it is a misconception that a baby can choke on vomit while sleeping on their back.

"When a baby sleeps on the tummy, the oesophagus sits above the baby's upper airways. If a baby regurgitates or vomits milk or fluid, these substances will pool at the opening of the airways and are more likely to be inhaled into the baby's airway and lungs," she says.

"Babies also sleep more deeply on their tummy and swallow less frequently."

We hope you enjoyed our June Newsletter.  
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