



# Little Assets South Morang

IN THIS ISSUE

## September 2022.

Dear Families,

### *Welcome to our September Edition!*

We are all very excited for the month of September, we will be celebrating many special events this month. On the 2<sup>nd</sup> of September we will be celebrating Father's Day. Little Assets will be hosting a special celebration for our dads and special people, event details will be given closer to the date.

September is also a time to recognize our wonderful educators. On the 7<sup>th</sup> of September we celebrate Early Childhood Educators Day. Early childhood Educators Day recognizes and celebrates the work of Australian Educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

#### Family input:

Families we would love your input and contribution to our sustainability program. Our sustainability officers Julia and Kathryn will be setting up a sustainability information station for all our families and educators. We would love for you to give us your feedback, advice and offer any guidance. Sustainability is a big part of our learning, and we are working together to create a bigger and better program.

- Flavour of The Month
- Easy butter chicken
- Spotlight on South Morang
- Community involvement
- Book of the Month!
- Podcast Alert!!
- Top 10 green tips for children
- Introducing sustainability to children link.

We proudly invite you to help us celebrate our wonderful educators!



**Early Childhood Educators' Day**  
Wed 7 Sept 2022



[www.EarlyChildhoodEducatorsDay.org.au](http://www.EarlyChildhoodEducatorsDay.org.au)

#LoveMyECE

#EarlyChildhoodEducatorsDay

## FLAVOUR OF THE MONTH: EASY BUTTER CHICKEN

### Ingredients

- 500g skinless boneless chicken thighs

### For the marinade

- 1 lemon, juiced
- 2 tsp ground cumin
- 2 tsp paprika
- 1-2 tsp hot chilli powder
- 200g natural yogurt

### For the curry

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 1 green chilli, deseeded and finely chopped (optional)
- thumb-sized piece ginger, grated
- 1 tsp garam masala
- 2 tsp ground fenugreek
- 3 tbsp tomato purée
- 300ml chicken stock
- 50g flaked almonds, toasted

### To serve (optional)

- cooked basmati rice
- naan bread
- mango chutney or lime pickle
- fresh coriander
- lime wedges

### Method

#### • STEP 1

In a medium bowl, mix all the marinade ingredients with some seasoning. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hr or overnight.

#### • STEP 2

In a large, heavy saucepan, heat the oil. Add the onion, garlic, green chilli, ginger and some seasoning. Fry on a medium heat for 10 mins or until soft.

#### • STEP 3

Add the spices with the tomato purée, cook for a further 2 mins until fragrant, then add the stock and marinated chicken. Cook for 15 mins, then add any remaining marinade left in the bowl. Simmer for 5 mins, then sprinkle with the toasted almonds. Serve with rice, naan bread, chutney, coriander and lime wedges, if you like.



# Spotlight on South Morang



## Description:

This session will provide professionals working at schools with practical tips to promote healthier food options and drinks at their schools and through their canteens.

**Date:** Monday, 12 September 2022

**Time:** 10:00AM – 11:00AM

**Location:** Online

**Contact:** Family Services Education Officer

**Phone:** [9404 8865](tel:94048865)

**Cost:** Free

**Registration:** [Book online](#)



## Book of the Week!



FANTASTIC FESTIVITIES, CRAZY CELEBRATIONS and HOLY HOLIDAYS can be found in the Big Book of Festivals. From tomato-throwing parties to graveside picnics, fire-walking ceremonies, crying baby competitions and the biggest bathing festival on Earth – this book introduces you to some of the world's most incredible cultural and religious celebrations. Some festivals are outrageously fun and joyful, others are more serious. All of them bring people together to mark big events in life. So join us in this riotous explosion of colour as we feast, sing, cry and celebrate the diversity of festivals and traditions this wonderful world of ours has to offer.



### NOT BY ACCIDENT...

A documentary series by Sophie Harper, a lesbian woman who chose to become a mother while single. Rather than being candid and unscripted, this podcast follows a more edited, narrative style with musical accompaniments, beautiful artwork, and a developed cast of characters from Sophie's life. Her journey is emotional, powerful, and so very important.

<https://naturallysavvy.com/nest/top-10-green-tips-for-children/>

## TOP 10 GREEN TIPS FOR CHILDREN!

Teaching children to [care for the environment](#) is an important parental responsibility that is crucial for their future. But sometimes helping the planet can feel overwhelming for small shoulders. Remember to encourage young children to take one step at a time when going green. The little things they can do really make a big difference. Many solutions to our environmental problems are very simple. There are many ways to care for the environment – from [reusing common household items](#) to putting paper and plastic in the recycle box. Encourage children to do one small thing, and then add another and another. Before you know it, those little steps add up to a lot more green. Also consider your children’s ages and how much responsibility they can handle. Above all, make it a [fun family affair](#). Children learn best when they are happy and can model our behavior.

Here are 10 ways to encourage children to go green:

**The power switch:** One simple way we can conserve the earth’s resources is by not using more electricity than we need. Teach children to turn off lights when they leave a room and turn off the TV if they are not watching it.

**Pull the plug:** Even when electronics and appliances are turned off, they still consume energy if plugged in the electrical outlet. Conserve energy by teaching older children to unplug their game systems, computers, chargers, or audio equipment. Little ones can participate too by becoming the family “plug police” and inform grownups of any unused household equipment that is plugged into an electrical outlet. **Tighten up:** Encourage children to check [water](#) taps in the house to make sure they are tightened and inform a grownup if any faucets leak. A drop-per-second leak wastes about 2,400 gallons of water a year. **Turn off the tap:** Water should not be running while children [brush their teeth](#). Teach children to turn off the tap and reduce shower time to conserve energy. **Collect rainwater:** Water can be recycled too! Children often enjoy collecting rainwater. The next time it rains, place a pail or container outside and put a heavy rock or brick inside to prevent it from tipping over. When the rain is done, they will have a fresh supply of water to feed household [plants](#).



**Use community resources:** Libraries carry more than books. Selection of CDs, audio tapes and DVDs are also available. Some communities have toy lending libraries. Learn about community resources and encourage children to find items that are new to them instead of purchasing new things.

**Pass it on:** Clothes, toys and other household items that are no longer used can be donated to organizations instead of thrown into the trash. Pick through items with your children and find a local organization that will benefit from your donation. Children feel good knowing they are helping their community.

**Litter free lunch challenge:** Packaging our [children's lunches](#) can create a lot of waste. Most disposable items can be replaced by reusable ones. Involve your children in finding creative ways to pack a healthy lunch that leaves no trash behind. Try inexpensive stainless steel cutlery [instead of plastic](#), cloth napkins rather than paper, or thermoses, reusable glass, and plastic containers instead of disposable plastic or paper.

**Reuse or recycle:** Teaching children to place recyclable items in the recycle bin is an important way to help the environment. Finding creative ways to reuse household items is another. Make it a fun challenge for the entire family. Be creative and you'll be surprised how easily an empty [cereal](#) box can be transformed into a letter holder, or how quickly an empty shoebox can turn into a storage container for photos and artwork. The possibilities are endless! You'll be reducing waste and having a fun time with the children's new ideas.

**Bike or Walk:** Going somewhere doesn't always mean having to use a car. Encourage your children to walk or ride their bikes for short trips. For younger children, grab your running shoes and walk or bike with them. In addition to reducing pollution, the entire family will [benefit from some exercise](#).

Fostering a [love for planet Earth](#), and teaching children the behavior needed to preserve its beauty, can be achieved when simple solutions are implemented. Fortunately, children are often eager and enthusiastic to lend a helping hand. With guidance, children will grow up to become stewards of the environment so their world will be a cleaner and safer place to live in.





<https://www.theempowerededucatoronline.com/2014/05/introducing-sustainability-to.html/>

We hope you enjoyed our September 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