

February 2025

NEWSLETTER

LITTLE

MONTHLY NEWSLETTER

2025 CHINESE NEW YEAR

YEAR OF THE SNAKE

You're off to
GREAT
PLACES!
Today is your day!
Your
MOUNTAIN
is waiting
So... get on your
WAY!

Dear families,

A special welcome to all of those who have joined our Little Assets families over the past few weeks. We are thrilled to have you with us and look forward to getting to know you and your children better. At Little Assets, we are dedicated to creating a nurturing, supportive environment where every child can thrive and grow.

All children have made great progress in settling into their new rooms alongside their peers and educators. Here's to a wonderful year of learning and making friendships!

If you have any questions or need assistance as you settle in, please don't hesitate to reach out to our team. We are here to support you every step of the way.

Thank you for entrusting us with your child's care and education. We are excited to be part of their journey!

Warm regards,

Little Assets

FUN FACT



KIDS NEED WATER

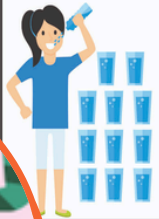
5 GLASSES
TO KEEP 5-8YR OLDS
HYDRATED



7 GLASSES
TO KEEP 9-12YR OLDS
HYDRATED



2 LITRES
(8-10 GLASSES)
TO KEEP 13+YR OLDS
HYDRATED



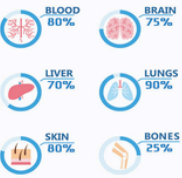
Our Body is more than

70% WATER

Water is a vital nutrient transporting oxygen to cells and waste away. It maintains blood volume in your body and is used by all organs.



Our
Bodies
need
water
for



You can **SURVIVE WEEKS WITHOUT FOOD** BUT ONLY **DAYS WITHOUT WATER**.

Children are at **GREATER RISK** of
DEHYDRATION
Their bodies don't cool down efficiently and they don't always recognise they're thirsty.

SIGNS

THIRSTY
HEADACHES
TIRED/LETHARGIC
LACK OF FOCUS
DRY SKIN
SUNKEN EYES
PALENESS
DARK COLOURED URINE
SUNKEN FONTANELLE
(SOFT SPOT ON BABIES HEAD)



TIPS

TAKE a water bottle when you leave the house
DRINK WATER
- before & after sport
- During meals
BUY a new drink bottle or fun curly straw
ADD slices of lemon/orange
HAVE a bottle of water in fridge



AVOID

SUGARY DRINKS
SOFT DRINKS
JUICE

FOODS

Can provide 20% of a bodies water needs the rest must come from liquids.

NATURAL SOURCES OF WATER



your **BODY TEMPERATURE** is regulated by how much water is in your body.

water for life!



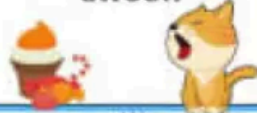
Fun Facts

TOPIC: ANIMALS

A blue whale's heart can weigh upto 2000 pounds!



Cats can't taste anything that is sweet.



Did you know a grizzly bear can run as fast as a horse?



Owls can't move their eyeballs!



A pet hamster can run up to 8 miles a night on a wheel.



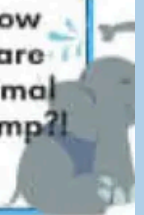
Did you know Sharks don't have bones?! Instead their skeletons are made of cartilage.



It's physically impossible for pigs to look up into the sky



Did you know Elephants are the only animal that can't jump?!



A crocodile cannot stick its tongue out!



A prawn's heart is located at the bottom of its head!



Kangaroos can't walk backwards.



The colossal squid has the largest eyes in the world.





“There is an inner voice that pushes children on, but this force is greatly multiplied when they are convinced that facts and ideas are resources, just as their friends and the adults in their lives are precious resources. It is especially at this point that children expect – as they have from the beginning of their life adventure – the help and truthfulness of grownups”.

Loris Malaguzzi (from the catalogue of the exhibit ‘The Hundred Languages of Children’)

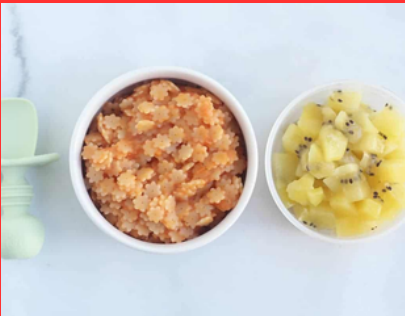
Health and Hygiene

check out this website for great tips for health and hygiene for babies:
<https://raisingchildren.net.au/newborns/health-daily-care/hygiene-keeping->



Healthy Lifestyle

Check out this website for ultimate guide for healthy wraps:
<https://www.yummytoddlerfood.com/easy-baby-meals/>



Podcast for you!

Dr. Aliza Pressman is a developmental psychologist, parent educator, assistant clinical professor, and co-founder of both Mount Sinai Parenting Center and SeedlingsGroup. With her recurring show that goes live every Friday, she strives to provide lots of insight and encouragement without an additional side of parental shame or guilt.





Our valuables should never be left in the car

#SURVIVETHEHEAT



EASY ZUCCHINI SLICE..

Yummy and packed full of vegetables for those picky eaters.

[https://www.taste.com.au/recipes/zucchini-slice/eb7eed59-5f53-4f6f-bfb5-9b7e3f81a702?](https://www.taste.com.au/recipes/zucchini-slice/eb7eed59-5f53-4f6f-bfb5-9b7e3f81a702?utm_source=Taste&utm_medium=Google&utm_campaign=DSA&gad_source=1&gbraid=0AA)

[utm_source=Taste&utm_medium=Google&utm_campaign=DSA&gad_source=1&gbraid=0AA](https://www.taste.com.au/recipes/zucchini-slice/eb7eed59-5f53-4f6f-bfb5-9b7e3f81a702?utm_source=Taste&utm_medium=Google&utm_campaign=DSA&gad_source=1&gbraid=0AA)
[AAAD9oUO4JVppCKhSdgYFrTD1CdPHOV](https://www.taste.com.au/recipes/zucchini-slice/eb7eed59-5f53-4f6f-bfb5-9b7e3f81a702?utm_source=Taste&utm_medium=Google&utm_campaign=DSA&gad_source=1&gbraid=0AA)

Ingredients

- 5 Coles Australian Free Range Eggs
- 150g (1 cup) Coles White Self Raising Flour, sifted
- 375g zucchini, grated
- 1 large onion, finely chopped
- 200g rindless bacon, chopped
- 1 cup grated cheddar cheese
- 60ml (1/4 cup) vegetable oil

Instructions:

Step 1

Preheat oven to 170C

Step 2

Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.

Step 3

Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through



POTATOES WERE THE
FIRST FOOD PLANTED
IN SPACE.

PISTACHIOS
AREN'T NUTS—
THEY ARE
ACTUALLY
FRUITS



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



KEEPING KIDS SAFE FROM THE SUMMER HEAT



NINE EASY TIPS



Apply sunscreen early & often

Look for sunscreen that is "broad spectrum", protecting from UVA and UVB rays. Opt for at least SPF 15, and be sure to apply 30 minutes before going outside and then every two hours when in the sun.



Keep new babies out of the sun

Babies under 6 months get hot quickly AND can't wear sunscreen, so keep them inside or in the shade. Dress them in lightweight pants and long-sleeves if possible for even more protection.



Protect their head & face with a hat

Hats can keep the scalp from getting burned, and protect the face and ears. While baseball caps are popular, they don't protect ears and necks as well as wide-brimmed hats (which are also adorable).



Protect those pretty little eyes, too

Kid eyes haven't matured to filter UV rays effectively, so the average kid takes in 3x times the UV exposure of adults! Sunglasses (the kind with UV protection, not the toy kinds) can help protect those lookers and be awfully cute at the same time.



Loose, light clothing is best

Make sure to dress the little ones in cool, comfortable clothing. Light-colored cotton is the best option, and will allow sweat to evaporate. Another great option is UV clothing, which can have up to a 50 SPF!



Limit sun exposure at peak times

On those super hot days, try to avoid outside playtime during the hottest times of the day (usually 11am - 3pm). Come inside in the AC, or find a nice shaded spot to take it easy in.



Never leave kiddos in the car!

Over the last 20 years, more than 600 kids have died as a result of being left in hot cars. Even just a few minutes can be deadly, as temps rise quickly and kids are more susceptible to heatstroke. Never leave kids in the car even for a moment, and make it routine to check the backseat before walking away!



Hydrate, hydrate, hydrate


Keep those kiddos hydrated! Avoid caffeinated drinks like soda and tea, or sugary juices and sports drinks, which can actually have a diuretic affect. Water is the best for hydrating, but coconut water and even milk are good options too.



Watch for signs of heat illness

Learn the signs of heat exhaustion and heat stroke (which is super dangerous!). Be on the lookout for weakness, fainting, lack of sweat, cramping, nausea, headaches and sudden high temps...and if the symptoms are severe get emergency help ASAP.





**“
Your mind is a
tool that creates
your life through
learning.”**

Thank you....

Dear Little Assets Families,

Thank you for all reading 2025 newsletter.
We appreciate your time and engagement as we kick off the new year together!
We wish each and every one of you the very best for 2025.
May this year be filled with joy, success and new opportunities.

Warm regards,
The Little Assets Team



**Every child should have
the opportunity to receive
a quality education.**

Bill Frist