

March 2025

NEWSLETTER

LITTLE ASSETS

MONTHLY NEWSLETTER



Children watch us closely; watching the dynamics between adults (teachers, parents, families, colleagues, cooks, cleaners and more). Therefore, the relationships we engage in, act as a metaphor for how children consider participation.

(Personal notes from REAIE Reggio Emilia Intensive Study Tour, 2019)

Dear Families,

Welcome to March! As we embrace another exciting month, we want to take a moment to remind everyone of the importance of labelling your child's belongings. With so many children bringing similar items, labelling ensures that jackets, water bottles, hats, and lunchboxes make their way back home safely. A simple name label can help us keep everything organised and prevent misplaced or lost items.

March is also a month full of wonderful celebrations and learning experiences! We will be participating in:

- Clean Up Australia Day – Teaching children the importance of caring for our environment.
- St. Patrick's Day – A fun-filled day of green-themed activities and cultural learning.
- Earth Hour – Encouraging awareness of sustainability and how small actions can make a big difference.

And so much more! Stay tuned for updates and reminders throughout the month as we engage in these exciting events.

Thank you for your continued support in making our centre a welcoming and organised space for all. We look forward to another great month together!

Warm regards,
The Little Assets Team



Its impossible
for most people
to lick their
elbow

Africa is the only
continent that
spans all four
hemispheres.



Chess has more
possible iterations
than atoms in the
universe



Brown eyes are the most
common eye color

Biggest
gummy bear
weighed 26
pounds

365+



Opposite
sides of the
dice total
seven.

FUN FACTS



Empire State
Building is
struck by
lightning 25
times each year

31,557,600

A year contains
31,557,600 seconds



Hummingbirds
can fly
backwards



25 ys are spent
sleeping in
ones life



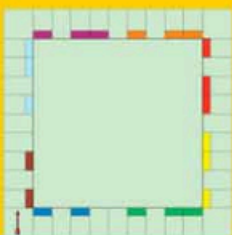
The world's
largest pizza,
measured over
13k sq ft.

A sneeze
travels at
about 100
miles per
hour

The human
brain cannot
feel pain



Monopoly has
been played by
over 480
million people



4 is the only
number with
the same
number of
letters in its
name

4

FOUR



Lightning
bolts 5x
hotter than
the sun



Abraham
Lincoln was
the tallest US
President

Apples
float in
water



MADEWITHHAPPY.COM

Welcome to our Little Assets Family!

A warm welcome to all our new families joining us at Little Assets! We are so excited to have you as part of our community and look forward to creating a nurturing, engaging, and safe environment for your child's learning and development.

As we settle into the new year, we'd like to remind all families of our sick policies, which are in place to ensure the health and wellbeing of all children, families, and staff. Our illness and exclusion policies can be found in the foyer for your reference.

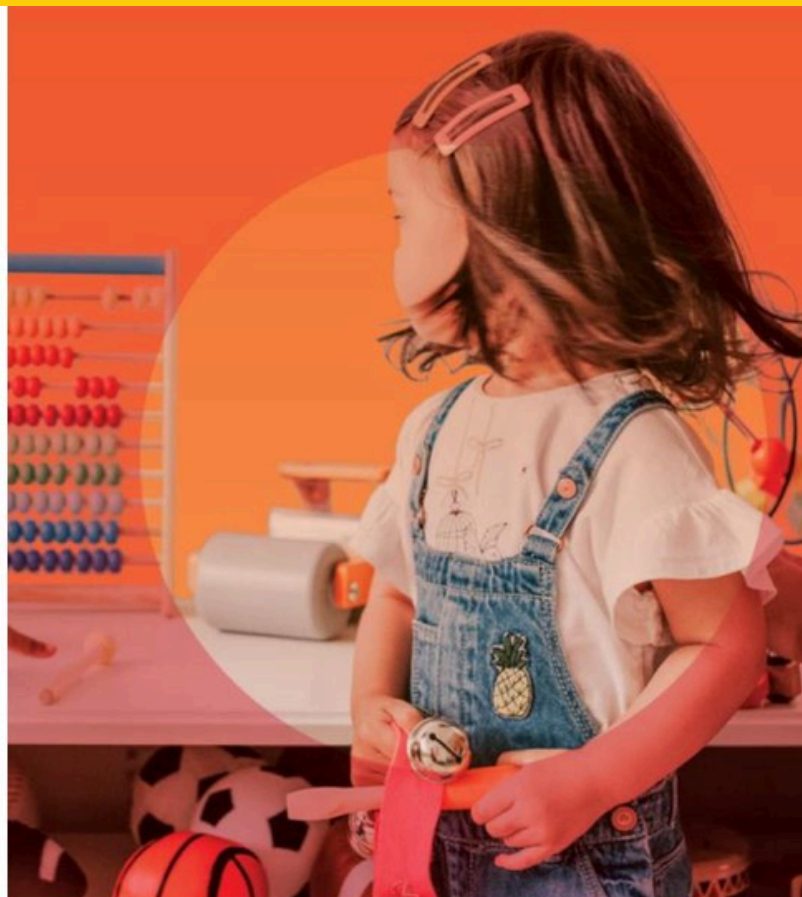
At Little Assets, we are guided by the Staying Healthy in Childcare 6th Edition, which provides evidence-based guidelines on managing illness and infection control in early childhood settings. For more information on illness symptoms, exclusion periods, and best practices, please refer to the link below:



<https://www.nhmrc.gov.au/sites/default/files/documents/reports/clinical%20guidelines/ch5-5-staying-healthy.pdf>

Thank you for your cooperation in keeping our centre a safe and healthy place for everyone. If you have any questions, please don't hesitate to speak with our team.

Warm regards,
The Little Assets Team





"Before we ever put a pencil in a child's hands, those hands should dig, climb, press, pull, squish, twist, and pinch in a wide array of environments and with a variety of materials."

Amanda morgan

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.healthline.com/health/childrens-health/homemade-baby-food-recipes>



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.



Where to get support

Beyond Blue Support Service
1300 22 4636
beyondblue.org.au/getsupport

Lifeline
13 11 14
lifeline.org.au

Suicide Call Back Service
1300 659 467
suicidecallbackservice.org.au

Emergency and crisis situations

If the person you are talking to is in crisis, call emergency services (triple zero — **000**), contact your GP or local mental health crisis service, or go to your local hospital emergency department. Don't leave the person alone, unless you are concerned for your safety.

For more tips and advice on having a conversation visit:

beyondblue.org.au/conversations

Also, remember that it's important to look after yourself and seek support if you need it. See the 'Where to get support' section of this card.

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Check-in steps

- 1 Ask
- 2 Listen
- 3 Support

Flip over to read how

How to check in with someone



Sausage Rolls .

- *Prep Time:* 15 mins
- *Cook Time:* 25 mins
- *Yield:* 8 1x
- *Category:* Main Meal
- *Cuisine:* European

Ingredients

- 1 tsp oil
- 1 medium courgette, grated
- 1 large carrot, grated
- 1 clove garlic, crushed or finely chopped
- 450g sausage meat
- 1 sheet ready rolled puff pastry (approx 320g)
- 1 egg, beaten
- optional: ½ tablespoon poppy seeds or sesame seeds to decorate

Instructions:

1. Preheat the oven the 180c / 350f and line a baking tray with greaseproof paper.
2. Heat the oil in a frying pan and add in the grated courgette, grated carrot and the garlic. Cook on a low heat until the vegetables have softened for about 4 minutes. Don't let them brown, you just want them soft. Once the vegetables are cooked, add them to a large bowl along with the sausage meat and mix well.
3. While the mixture is cooling take your sheet of puffed pastry and cut it in half lengthways so that you have two rectangle shaped pieces. Divide the sausage meat mixture into two and spread each piece down the middle of the pastry sheets, leaving a gap of about 1cm either side.
4. Roll the pastry over the sausage meat mixture so that the two edges meet. Press down with a fork to seal it.
5. Cut the sausage rolls into whatever size you like. I made 8 large-ish size rolls from mine but you could make 16 small ones too. Place the sausage rolls onto the baking sheet and brush with a little beaten egg. Sprinkle some poppy or sesame seeds on top.
6. Cook in the oven for 30-35 minutes until golden brown and cooked through.
- 7.
8. Serve immediately with a side salad or some mixed vegetables.

<https://www.myfussy eater.com/hidden-veggie-sausage-rolls/>



Let's brush!



Little Croc says,
grab a grown-up
– it's toothbrushing
time!

To brush the **OUTSIDES...**

Make a **BIG** smile
like a monkey

Brush in circles



To brush the
INSIDES... open
wide and **ROAR**
like a lion

Brush in circles

Keep roaring like a lion
to brush the **BACK** teeth...



brush **BACK-and-FORTH**
on the top and the bottom

To finish,
spit out the
toothpaste
bubbles

You did a great job
brushing your teeth



PEEL HERE

This mirror sticker is
removable and reusable

Join our fun
animal friends to help
children brush.

It doesn't matter where you start. You might
start at a different spot each time to make
sure all teeth are brushed over time.

Toothbrushing for kids

Brush **twice a day** • in the morning
(after breakfast) and last thing at night

Use a **soft small toothbrush**

If under 18 months	NO toothpaste
18 months to 6 years	Use a pea-sized amount of low-fluoride toothpaste
Over 6 years	Use a pea-sized amount of standard (adult) fluoride toothpaste

Kids under 7 years need a grown-up to
help them brush. Take turns brushing with
your child.

Make brushing fun!

Scan the code to play fun toothbrushing
songs on your phone.

A quick check: have we brushed
all sides of all teeth?

top +
bottom?

outside +
inside?

front +
back?

Spit out the toothpaste bubbles –
don't rinse.

The leftover fluoride helps build strong
healthy teeth.



dental health
services victoria
oral health for better health

Feb 2020

HEALTHY

Eating



EAT A LITTLE



CANDY



FAST FOOD



COLD DRINKS

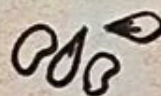
EAT A MEDIUM AMOUNT



BUTTER & CHEESE



FISH & MEAT



NUTS



EAT A LOT

FRUITS



VEGETABLES



WHOLE GRAINS



PULSES



WATER



"Children learn as they play.
More importantly, in play,
children learn how to learn."

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

60
EARTH
HOUR



TAKE **60 MINUTES** A DAY TO MAKE A REAL DIFFERENCE