

April 2025

NEWSLETTER

LITTLE ASSETS

MONTHLY NEWSLETTER



Dear Families,

We're so excited to welcome you all into April, a month full of discovery, fun, and meaningful moments here at Little Assets!

This time of year brings a special sense of renewal, and we're thrilled to be creating magical experiences for the children throughout the month. From seasonal crafts and outdoor adventures to themed activities and storytelling, April will be filled with joy, imagination, and learning.

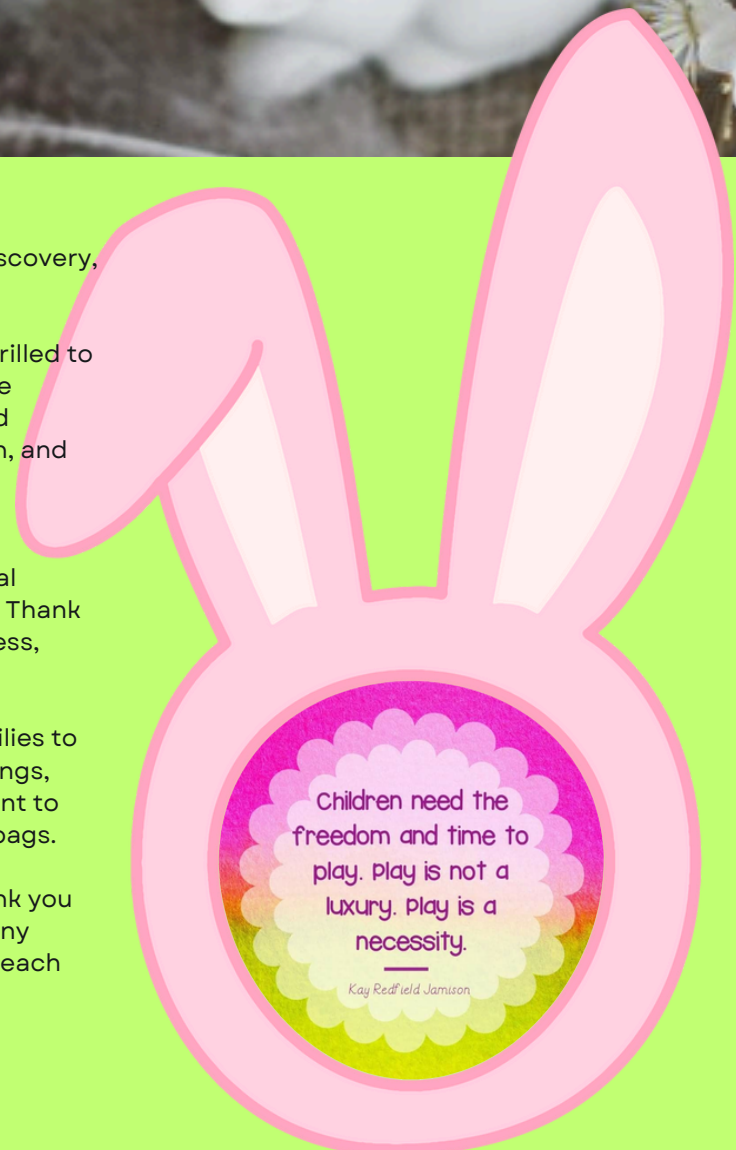
One of the highlights of the month is, of course, Easter! We'll be celebrating with festive fun, thoughtful activities, and our Annual Easter Raffle in support of the Royal Children's Hospital Charity. Thank you for helping us teach our little ones the importance of kindness, community, and giving back.

As the autumn weather begins to shift, we kindly remind all families to pack appropriate clothing for your child each day. Cooler mornings, sudden showers, and changing temperatures mean it's important to have layers, jackets, and labelled spare clothes packed in their bags.

We're looking forward to another incredible month, and we thank you for being part of our Little Assets family. As always, if you have any questions or updates to share with us, please don't hesitate to reach out.

Wishing you all a joyful and safe April!

Warm regards,
The Little Assets Team



Dear Families,

April is shaping up to be a meaningful and eventful month in our community. We have several important dates to acknowledge, including awareness days and public holidays. Please take a moment to review the upcoming events and their significance.

2nd of April – Autism Awareness Day

Autism Awareness Day is a time to promote understanding, acceptance, and inclusion for people with autism. At Little Assets, we'll be sharing age-appropriate stories and activities to help children understand neurodiversity and celebrate the unique strengths of every individual.

7th of April – World Health Day

World Health Day, celebrated annually by the World Health Organization, highlights global health issues. This year, we'll focus on healthy habits with the children – like handwashing, nutritious eating, and staying active – through fun and educational activities that promote wellbeing.

18th of April – Good Friday (Public Holiday – Centre Closed)

Good Friday is a significant day for many in the Christian community, marking the crucifixion of Jesus Christ. Little Assets will be closed on this day. We hope families enjoy this time for reflection and togetherness.

21st of April – Easter Monday (Public Holiday – Centre Closed)

Easter Monday continues the Easter celebration and provides an opportunity to relax with loved ones. Please note, Little Assets will remain closed on this day as part of the extended Easter weekend.

25th of April – ANZAC Day (Public Holiday)


ANZAC Day is a national day of remembrance for all Australians and New Zealanders who served and died in wars, conflicts, and peacekeeping operations. We'll be talking with the children about the meaning of ANZAC Day in a gentle, respectful way to honor the bravery and sacrifice of our servicemen and women. The centre will be closed for the public holiday.

Victorian Child Safe Standards



Good For Bodie s

Children who spend more time outside...

- ★ are more physically active.
- ★ have ↓er BMIs.
- ★ are less likely to develop myopia. 
- ★ have improved motor abilities.



Sixty minutes of daily unstructured free play is essential to children's physical health.

(American Academy of Pediatrics, 2008)

Good For Families

WHAT HAPPENS WHEN FAMILIES "UNPLUG"?



"...because the natural world is filled with sights, sounds, and smells that

ignite a young child's curiosity and invite active exploration, being outdoors also can make it easy for a parent to follow the child's lead, to respond to the child's cues and expressed interest, to share the child's delight in new discoveries & experiences - the very ingredients shown to lead to a secure attachment."

- Dr. Martha Erickson




"In the end we will conserve only what we love; we will love only what we understand; and we will understand only what we have been taught."

- Baba Dioum, Senegalese conservationist

Good For Minds

NATURE ACTIVITIES...



Boost cognitive functioning! 

"More recess time & greener playgrounds might also enable children to learn more effectively, and improve a child's ability to concentrate in the classroom!"
- Dr. Martha Erickson



Reduces stress!



One study found that the presence of nearby nature bolsters a child's resilience against stress and adversity.



Soothe ADHD!

In a study, green outdoor activities reduced ADHD symptoms significantly more than activities in other settings - even when the activities were the same!



Good For Schools

78%

children who spend regular time in unstructured outdoor play are better able to concentrate and perform better in the classroom!

students who spend regular time outdoors tend to be more creative and better able to problem solve in the classroom!

75%

A 2005 study of middle schools that linked the environment with the syllabus saw...



22% ↓ in absenteeism



56% ↓ in discipline referrals

Good For The Planet



Children who make connections with nature become adults who value the environment.



CHILD SAFE STANDARDS

"Our Service is committed to safety and wellbeing of all children and young people. We understand our responsibilities and statutory duty of care to comply with both the Victorian Child Safe Standards and the Reportable Conduct Scheme to build our capacity as an organisation to prevent and respond to allegations of child abuse."

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.



kidshelpline
Anytime Any Reason

1800 55 1800 | kidshelpline.com.au



Easy no-bake bunny biscuits

- Prep **30minutes**
- Makes **30 biscuits**

Ingredients (5)

- 250g packet milk arrowroot biscuits
- 150g CADBURY Baking Milk Chocolate, melted (see note)
- 150g CADBURY Baking White Chocolate, melted (see note)
- 1/3 cup bright strands sprinkles
- 1/2 x 300g packet Cadbury Clinkers, halved

Instructions:

Step 1

Line 2 baking trays with baking paper. Place biscuits on prepared trays. Spread biscuits with either melted milk or white chocolate. Scatter with sprinkles.

Step 2

- Dip ends of Clinkers halves into matching melted chocolate. Stick 2 Clinkers onto each biscuit to form ears. Refrigerate for 15 minutes or until chocolate is set. Serve.





Autumn Nature Scavenger Hunt



☐ An Orange Leaf



☐ A Brown Leaf



☐ A Red leaf



☐ An evergreen Tree



☐ A Bird



☐ An Insect



☐ An Acorn



☐ Spiders Web



☐ A Feather



☐ Fungi or mushrooms



☐ Wild Berries



☐ Wildflowers



☐ A Stick



☐ Grass

Nature is a tool to get children
to experience not just the
wider world, but themselves.

-Stephen Moss



Thank you....

Dear Little Assets Families,

Thank you for all reading 2025 newsletter.
We appreciate your time and engagement.

Warm regards,
The Little Assets Team



APRIL 25th
ANZAC DAY

Lest We Forget

