



Monthly Newsletter

Here's what has happened in the last month and what's to come!

Dear Families,
Welcome to the June Newsletter!
We are already halfway through the year. Thank you for your ongoing support. It's been wonderful to see your children grow and learn with us.

Winter Wellness

As the weather gets colder, we're focusing on keeping everyone healthy and warm. Please send your child with labelled jumpers, jackets, and beanies. We're also encouraging hand washing and keeping everything clean during the day.

National Reconciliation Week (May 27 – June 3)

Our children have been taking part in meaningful activities to honour Reconciliation Week. They've been enjoying stories, creating beautiful artwork, and having discussions about First Nations culture and the importance of respect and connection.

Staff Shout-out

A big thank you to our amazing educators for creating fun and caring learning spaces every day. We appreciate all that you do!

Regards,
Selina Lucky
Centre Director



Dear Families,

A big thank you to everyone who joined us in celebrating Mother's Day – it was a heartfelt time to honor the incredible women and special person in our lives. Our children did a great job in making this day special with their beautiful crafts. Also, we want to extend our gratitude to all who participated in Australia's Biggest Morning Tea. Your support helps make a real difference.

As we welcome June, we look forward to Reconciliation Week – a time for reflection, respect, and learning. We are excited to add all the learnings from each room to our Reconciliation Wall, sharing stories, acknowledging history, and showing our commitment to walking together with Aboriginal and Torres Strait Islander people. We look forward to art, music and movement, walking and utilizing our outdoor space, and many more. Let's continue to listen, learn, and grow together in the spirit of reconciliation.

Regards,
Dikshya Manandhar
Educational Leader



Days to Remember

June 1-30
Pride Month

June 23-29
Insect week

June 6-10
Eid-Al-Ada

May 27-June 3
National
Reconciliation Week

June 3
Mabo Day



UNDERSTANDING THE MEANING BEHIND THE WORDS

THE OTHER REALLY IMPORTANT PARTS OF THIS YEAR'S THEME OF COURSE, ARE THE WORDS THEMSELVES, 'BRIDGING NOW TO NEXT'.

THESE WORDS RELATE BACK TO A VERY SPECIAL EVENT THAT TOOK PLACE 25 YEARS AGO; CORROBOREE 2000.

CORROBOREE 2000 BROUGHT TOGETHER ABORIGINAL AND TORRES STRAIT ISLANDER AND NON-INDIGENOUS LEADERS IN A HISTORIC CALL FOR RECONCILIATION AT THE SYDNEY OPERA HOUSE ON 27 MAY 2000. IT WAS A DEFINING MOMENT IN HISTORY AND SHOWED THAT PUBLIC SENTIMENT WAS MOVING TOWARDS SUPPORT FOR MORE CONCRETE STEPS IN THE RECONCILIATION PROCESS.

WHAT ALSO TOOK PLACE WAS THE SYDNEY HARBOUR BRIDGE WALK FOR RECONCILIATION. FOR THIS WALK, 250,000 PEOPLE WALKED ACROSS THE SYDNEY HARBOUR BRIDGE, SHOWING THEIR SUPPORT FOR RECONCILIATION.

SIMILAR EVENTS SOON FOLLOWED IN OTHER AUSTRALIAN CITIES AND TOWNS; COLLECTIVELY THESE BRIDGE WALKS FORMED THE BIGGEST DEMONSTRATION OF PUBLIC SUPPORT FOR A CAUSE THAT HAS EVER TAKEN PLACE IN AUSTRALIA.

Cold Weather Play In Early Childhood

Cold-weather play is incredibly beneficial for early childhood development! It helps children build resilience, strengthen their immune systems, and develop essential motor skills. Here's why outdoor play in winter is important.

Physical Development: Running, jumping, and climbing in cold weather help improve balance, coordination, and muscle strength.

Cognitive Growth: Exploring icy textures, observing seasonal changes, and problem-solving in winter conditions enhance critical thinking skills.

Sensory Exploration: Snow, frost, and chilly air provide unique tactile experiences that stimulate neural development.

Emotional Benefits: Playing outdoors in winter fosters independence, confidence, and risk assessment skills.

Health Advantages: Fresh air and exposure to natural light support immune function and overall well-being.

Boosts Immunity: Fresh air and movement help strengthen the immune system.

Encourages Resilience: Playing in different weather conditions builds adaptability.

What Are Some Tips For Dressing Kids For Winter Play?

Dressing kids properly for winter play ensures they stay warm, comfortable, and safe while enjoying the outdoors. Here are some essential tips:

Layering is Key

Base Layer: Choose moisture-wicking fabrics like wool or synthetic materials to keep sweat away from the skin.

Middle Layer: Use insulating materials like fleece or down to retain body heat.

Outer Layer: Opt for waterproof and windproof jackets and pants to protect against snow and rain.

Protect Extremities

Hands: Waterproof gloves or mittens keep fingers warm and dry.

Feet: Wool socks and insulated, waterproof boots prevent cold toes.

Head & Ears: A snug-fitting hat and earmuffs or a balaclava help retain heat.

Avoid Cotton

Cotton absorbs moisture and stays wet, making kids colder. Stick to wool or synthetic fabrics for warmth.

Check for Overheating

Kids can get too warm while playing. Dress them in layers that can be removed if needed.

Q: Do Kids Get Sick Playing In The Cold?

No, playing in the cold does not make kids sick! The common myth that cold weather causes illness is not supported by science. Viruses—not cold temperatures—cause colds and flu.

In fact, playing outside in winter can help prevent illness! Fresh air reduces exposure to indoor germs, and outdoor activity strengthens the immune system. The real reason colds are more common in winter is that people spend more time indoors, in close contact with others, where viruses spread more easily.



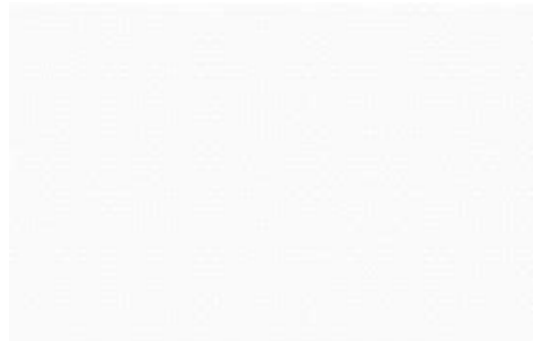
From the Kitchen

Lemongrass and Ginger Chicken Noodles:

This noodle was liked by most of the children in our Centre. So, here is our recipe for you all to try and enjoy with your children.

Ingredients

- 2 Tbsp lemongrass paste
- 2 Tbsp Ginger Paste
- 2 Tbsp Garlic Paste
- 2 Onions
- 1 Capsicum
- 2 Zucchini
- Punnet of Mushrooms
- 1 Carton of Chicken Stock
- 1 Cup Water
- Pinch of Ginger Powder
- Pinch of Allspice
- Pinch of Coriander Powder
- Pinch of Black Pepper Powder
- Pho Style Flat Noodle



Method

Sear Chicken in separate pot as chicken is cooking fry up sliced onion, add zucchini and red capsicum, and sliced mushrooms. Add lemongrass, ginger, and garlic paste and fry until fragrant add carton of salt reduced stock, and cup of water. Mix through allspice, coriander, and ginger, and black pepper powder and add cooked chicken, simmer for 20 minutes, mix through a cornstarch slurry by mixing cornstarch and water until loose and watery, let it thicken sauce. Cook Pho Noodles to instructions drain and mix through sauce.

**BIG THANK YOU TO JOSH AND
DORIS!**

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THANK YOU FOR READING!