

August Newsletter

Welcome to our August Newsletter

Acknowledgement to country

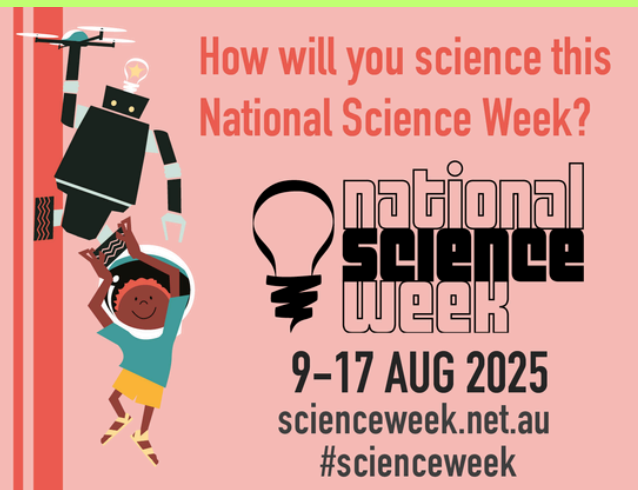
Little Assets Forest Hill respectfully acknowledges the traditional owners of the land on which the centre is based on, the Wurundjeri people of the Kulin Nation, and pays our respects to their Elders past, present and emerging.



National Science Week

This celebration of science is an opportunity to acknowledge the contributions of Australian scientists to the world of knowledge. It also aims to encourage a wider interest in science pursuits, and to encourage young people to be fascinated by the world.

During the week, our children will be involved in inquire-based learning, science experiments, and Q&A sessions.



Important dates

4th August

National Aboriginal & Torres Strait Islander Children's Day

7th August - 13th August

Dental Health Week

9th - 17th August

National Science Week

16th August - 23rd August

Book Week

25th - 29th August

Photo Week

Book Week

The 2025 theme is Book an Adventure!
DRESS UP AS YOUR FAVOURITE CHARACTER!!

The feature artist for the year, Jess McGeachin, has brilliantly captured this adventurous spirit in his artwork, which features a whimsical map filled with imaginary characters. Jess' illustration invites young readers to embark on fantastical journeys, inspiring them to travel through the worlds that books open up.

During Book Week we will encourage our children to imagine, explore, and create their own adventures.



Sharing Glimpses of our Reggio Workshop along with Welcome to Country & Smoking Ceremony by one and only Mandy Nicholson

In July 4 LA services gathered at Little Assets Melbourne City, WTC for our yearly Reggio Emilia Training and workshop together.



Sharing Glimpses of our first supermarket excursion

Last month our 3YO group went on their first Supermarket excursion, children caught the trams to reach Vermont South Shopping Centre. With full excitement and enthusiasm we explored different fruits and vegetables and also purchased our own to bring back for afternoon tea.



Photo Week

Our photo week will begin from 25th August, please ensure you register your child before the event, you must provide consent by registering. Price list please see the next page.



PHOTO WEEK
Don't Miss Out!

The week of the
25th AUG

NO OBLIGATION
to Purchase!

ONLY Registered
Children will be
included in the event

Register your CHILD NOW!

You must provide consent
by registering.
QR code will expire on Thursday
prior to the event!



Photo Week - Price List

SINGLE PRODUCTS

SINGLE PORTRAIT PRINTS

5x7in Print	\$19
6X8in Print	\$23
8x12in Multi Photo Print	\$27

CLASS PRINTS*

5x7in Print	\$24
8x12in Print	\$27

*Class prints are not available to purchase in digital format

DIGITAL DOWNLOADS

Single File	\$30
All Files	\$139

Upgrade ANY package at checkout to include all digitals for ONLY \$69 per child

OTHER

Magnet	\$16
Keyring	\$16

PACKAGES

STARTER

2x 5x7in Portrait Prints

PRINTS
\$37

BASIC

1x 8x12in Portrait Print
1x 8x12in Class Print

PRINTS
\$55

ALBUM

5x 5x7in Portrait Prints
1x Photo Album 5x7in
12 image album package also available

PRINTS
\$85

DELUXE

ALL FILES Download
5x 8x12in Portrait Prints
1x 8x12in Class Print

MIXED
\$198

SIBLING

10x 5x7in Portrait Prints (5x per child)
2x Photo Albums
2x 5x7in Class Prints

PRINTS
\$188



Our Dance Incursion



Last month, our children participated in their very first Dance Incursion - and what a success it was! The Indoor Garden was filled with energy, laughter, and plenty of groovy moves as the children explored rhythm, coordination, and self-expression through dance.

It was a wonderful opportunity for them to build confidence, get active, and most importantly, have fun together. We look forward to more exciting incursions like this in the future!



Upcoming Excursion

Post Office Excursion - 3YO

We are excited to announce our upcoming excursion to the local post office on Friday, 22nd August! As part of this experience, the children will be writing heartfelt letters to their family members and posting them to their home addresses. This activity will support their literacy development and give them a real-world understanding of how mail works.

More details, including permission forms and logistics, will be shared closer to the date. Stay tuned!



Age care excursion - 4YO

We are pleased to share that our children will be visiting Victoria Grange Aged Care on Monday, 4th August. This special intergenerational experience will allow the children to engage in meaningful activities with the elderly residents, including sharing their favourite songs and reading their favourite books.

It's a beautiful opportunity to build empathy, connection, and community spirit. We can't wait to see the smiles this visit brings to both the children and the residents!



Library excursion - 4YO



Our monthly library excursion will take place on Tuesday, 19th August. The children will be travelling by tram to the library, where they'll enjoy a special story time session with Helen. These regular visits help foster a love for books, support early literacy development, and offer children a chance to explore the wider community in a safe and engaging way. We're looking forward to another wonderful outing!

Healthy Zucchini Muffins

Ingredients:

- $\frac{1}{3}$ cup melted coconut oil or extra-virgin olive oil*
- $\frac{1}{2}$ cup honey or maple syrup
- 2 eggs
- $\frac{2}{3}$ cup buttermilk (or $\frac{2}{3}$ cup milk of choice mixed with 2 teaspoons vinegar, allow to rest for 5 minutes before using)
- 2 teaspoons vanilla extract
- $1 \frac{3}{4}$ cups white whole wheat flour or regular whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- $1 \frac{1}{2}$ cups grated zucchini (you'll need 1 small-to-medium zucchini, about 7 ounces—working in handfuls, gently squeeze out excess moisture from the grated zucchini over the sink)

Instructions

1. Preheat oven to 400 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or cooking spray (my pan is non-stick and doesn't require any grease).
2. Toast the nuts (if using): Once the oven has finished preheating, pour the chopped nuts onto a small, rimmed baking sheet. Bake until the nuts are fragrant and toasted, about 4 to 5 minutes, stirring halfway.
3. In a medium mixing bowl, combine the coconut oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well. Add the buttermilk and vanilla. Whisk to combine, and set the bowl aside. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 30 seconds in the microwave.)
4. In a large mixing bowl, combine the flour, cinnamon, baking powder, baking soda, salt and nutmeg. Using a big spoon, stir to combine.
5. Pour the liquid mixture into the dry and stir just until combined (a few lumps are ok!). Add the zucchini (be sure to squeeze excess moisture out of the zucchini first) and toasted nuts, if using. Gently fold the zucchini and nuts into the batter, being careful not to over-stir.
6. Divide the batter evenly between the 12 muffin cups. Bake muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.





DRINK WELL

Deadly teeth need good drinks

Tap water is the best drink for everyone – it keeps your teeth and body healthy.



Tap water contains fluoride which helps keep teeth strong and protects teeth against tooth decay.



Plain milk is also a healthy drink.

Drinking sugary drinks regularly can cause tooth decay.



Most popular drinks contain lots of sugar.

Dental Health Services Victoria | February 2025



EAT WELL

Deadly teeth need good foods

Foods good for your teeth are also good for your body.



Choose fresh foods rather than processed foods. Sugar is added to many packaged foods – some you may not expect.



Snack on fruit and veggies.

Enjoy dairy foods like cheese and yoghurt – these are good for your teeth and bones.



Eating lots of sugary foods can lead to tooth decay.



CLEAN WELL

Deadly teeth need brushing twice a day

Use a small, soft toothbrush.

If under 18 months – NO toothpaste.



Children 18 months to 6 years – use a pea-sized amount of low fluoride toothpaste.

Brush in small circles – brush the outside, then brush the inside of the teeth.



To brush the back teeth, brush back and forth – the top teeth and bottom teeth.

After brushing spit out the toothpaste, don't rinse with water. The bit of leftover toothpaste keeps protecting teeth.



Brush in the morning and at night before bed.

Children should have a dental check up by the age of 1. Public dental care is free for most children under 12 years of age.



Wala the Platypus

Wala is the Yorta Yorta word for **water**.

Wala is a cheeky platypus. Wala likes to spend time in the water. Wala is an excellent swimmer and likes to race the fish to see who is quicker.

Fun Fact: The platypus is not like other animals. It is a very special Australian animal with a flat bill, furry body and webbed feet.

Dirran the Kangaroo

Dirran is the Yorta Yorta word for **teeth**.

Dirran is a curious kangaroo. Dirran loves to read books and explore new ideas. Dirran can bounce high by using its strong legs and long tail.

Fun fact: Did you know that a kangaroo's teeth wear down and fall out. They have another set of teeth that slowly moves forward to take their place.



Dhuna the Koala

Dhuna (pronounced thuna) is the Yorta Yorta word for **eat**.

Dhuna loves to sing and dance. Dhuna loves to hide in the eucalyptus trees and feast on the leaves. When Dhuna is not eating, Dhuna spend their time sleeping in the branches.

Fun Fact: Koalas are fussy eaters and have 2-3 favourite kinds of eucalyptus leaves.

Artist: Madison Connors (nee' Saunders), a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two booris (babies), Marley and Yindi.

Written with the help of my 4 year old son

DHSV would like to acknowledge the traditional custodians of country throughout Australia and recognise their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to Elders both past and present.



DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY

