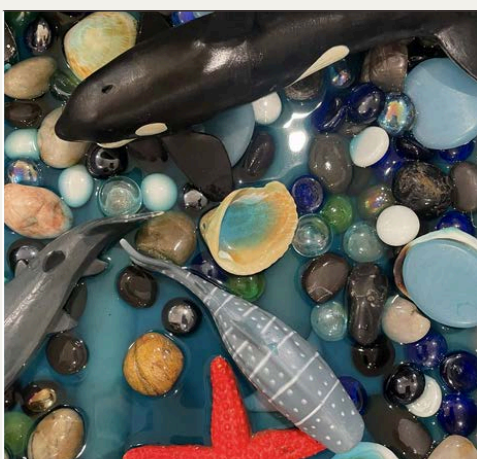


# LITTLE ASSETS

A top-down view of two young children lying on a white surface, surrounded by numerous colorful geometric blocks (cubes, triangles, cylinders) in red, yellow, green, blue, and purple. The child on the left, with curly blonde hair, wears a blue and white striped shirt and holds a red and a yellow block over their eyes. The child on the right, with long brown hair and a red bow, wears a red long-sleeved shirt and holds a blue and a green block over their eyes. Both children are smiling and appear to be playing a game of hide-and-seek with the blocks.



# MAGIC moments



**Learning about sealife.**



**Open-ended construct and learn through loose parts**



**Creating monsters through sensory learning.**



**Connecting books with sensory.**





# upcoming

## E V E N T S

**4–10 Feb (Wed–Tue): Healthy Lunchbox Week**  
Promoting nutritious food choices and healthy eating habits.

**6 Feb (Fri): Waitangi Day (NZ)**  
Acknowledging New Zealand's national day and its cultural significance.

**7 Feb (Sat): World Read Aloud Day**  
Celebrating the joy of reading and storytelling together.

**9–15 Feb (Mon–Sun): Healthy Lunchbox Week (continued)**  
Continuing to encourage balanced and healthy lunchbox choices.

**11 Feb (Wed): International Day of Women**  
Recognising the achievements of women in science and learning..

**14 Feb (Sat): Valentine's Day**  
Celebrating kindness, friendship, and caring for others.

**17 Feb (Tue): Random Acts of Kindness Day / Lunar New Year**  
Spreading kindness and welcoming the Lunar New Year celebrations.

**21 Feb (Sat): International Mother Language Day**  
Celebrating language, culture, and diversity.

**22 Feb (Sun): World Thinking Day**  
Encouraging reflection, empathy, and global awareness.

**26 Feb (Thu): Tell a Fairy Tale Day**  
Inspiring imagination through classic and creative storytelling.





# Exciting Programs at Little Assets!



**Sports4Kinders:** Fortnightly on Wednesdays



**Hey Dee Ho Music Classes:** Fortnightly on Thursdays



**Yoga & Wellness** with Suzi: Fortnightly on Fridays



**Little Rangers:** Weekly Nature Adventures in Cooler Months



**Sustainable Living:** Every Week



**Little Chefs Cooking Classes:** Linked to Our Learning Curriculum



**Auslan Learning:** All classrooms participate throughout the week

**Coming in 2026!**



**Henny Penny Hatching:** Life Cycle of a Chicken in April



**Little Wombats:** Aboriginal Culture Learning Visits

**Fun, Learning & Adventure Await at Little Assets!**







## (the best) TACO BOWLS



### Ingredients:

1 package of 100% grass-fed ground beef

### Taco Seasoning:

1 tsp garlic powder  
1 tsp onion powder  
1 teaspoon cumin  
1 tsp paprika  
1 tsp oregano  
Salt and pepper to taste

### For the bowl:

1/4 cup raw cheddar cheese (*shred yourself, not pre shredded*)  
\*Fresh Pico (*see fresh pico recipe*)  
1/2 avocado or \*fresh guacamole (*see guacamole recipe*)  
1/4 sweet potato pieces  
2 cups shredded romaine lettuce  
1/4 cup cottage cheese  
Lime  
Hot sauce of your choice



### Instructions:

- > Preheat oven to 400
- > Peel and cut your sweet potato into quarters (bite size pieces)
- > Place potatoes on a baking sheet and bake for 15 minutes until golden brown and soft
- > Heat a large skillet over medium-high heat and add in the ground beef. Cook until it is all browned, about 10 minutes.
- > Add all of the seasonings. Stir everything together, adding more salt and seasoning as needed. Once everything is evenly combined, remove the beef from the heat and let it cool.
- > Meanwhile, shred your lettuce and cheese
- > When everything is ready, assemble your bowl
- > I start with a little lettuce, then add 1 cup of beef, 1 cup of sweet potatoes, 1/4 cup cheese, 1/2 cup of cottage cheese, 1/4 cup pico, 1/2 an avocado and top with squeeze of lime, hot sauce

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## (GLUTEN FREE) MEATBALLS & SAUCE



### Ingredients:

1 pound of grass-fed ground beef  
1 cup of Nut Crumbs or GF Panko  
alternative bread crumbs  
2 eggs  
1 cup of grated parmesan cheese  
save a little for garnish  
1/4 cup of chopped fresh parsley

3 tbsp Italian seasoning  
1 cup chopped fresh basil leaves - save a little for garnish  
2 tablespoons of tomato paste  
2 cloves of garlic, minced  
1 small onion, finely chopped  
Salt and red chili flakes to taste  
1 jar of organic marinara sauce

### Instructions:

- > Preheat your oven to 375°F.
- > In a large bowl, finely chopped onion, minced garlic, grated parmesan cheese, chopped fresh parsley, chopped fresh basil, dried oregano, tomato paste, and salt and chili flakes. Mix well.
- > Add the ground bison and eggs to the bowl and use your hands to mix everything together until well combined.
- > Gradually stir in the gluten-free breadcrumbs and mix until fully incorporated.
- > Roll mixture into approximately 1.5-inch balls. Make sure they are all a similar size to ensure even cooking.
- > Line a baking sheet with parchment paper and place the meatballs on the paper, make sure to leave enough room between each meatball.
- > Bake the meatballs for 20-25 minutes, until they are cooked through and lightly browned on the outside.
- > In a large pan, heat the marinara sauce over medium-high heat. Once the meatballs are cooked, add them to the sauce.
- > Serve meatballs with lots of sauce and top with fresh parmesan cheese and fresh basil.

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## Apples

verywell

✓ Cholesterol-Free ✓ Fat-Free

✓ Good Source of Fiber

✓ Sodium-Free

A good source of vitamins, apples provide 14% of your daily recommended vitamin C intake

One medium apple (200g)

4.8g  
FIBER

104  
CALORIES

0.5g  
PROTEIN

0.3g  
FAT

27.6g  
CARBS



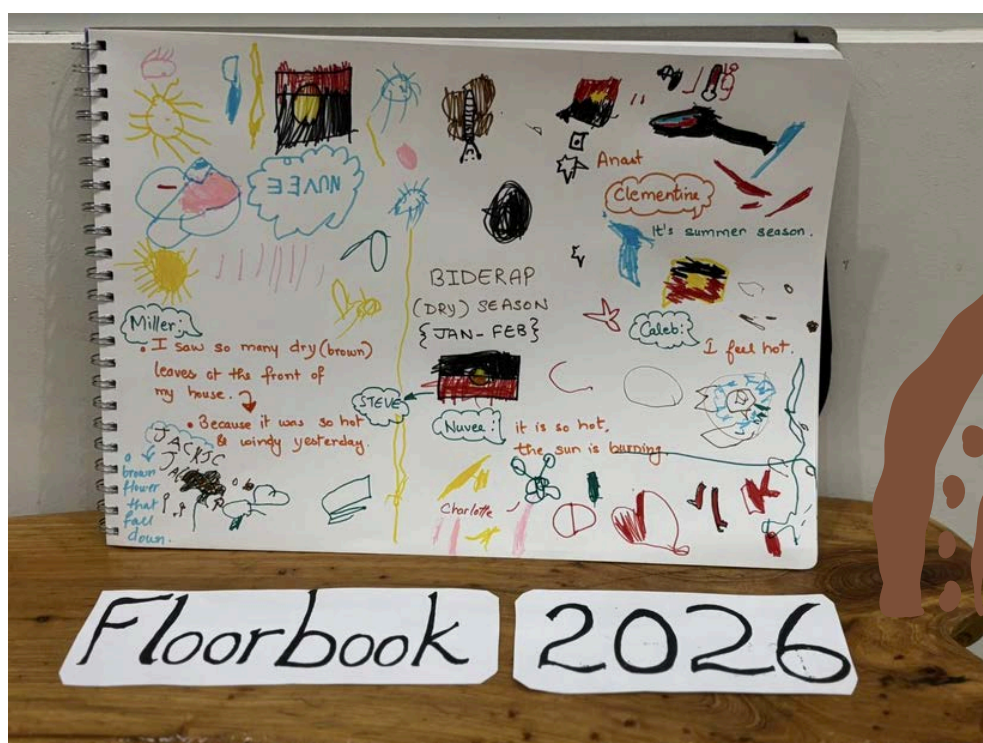
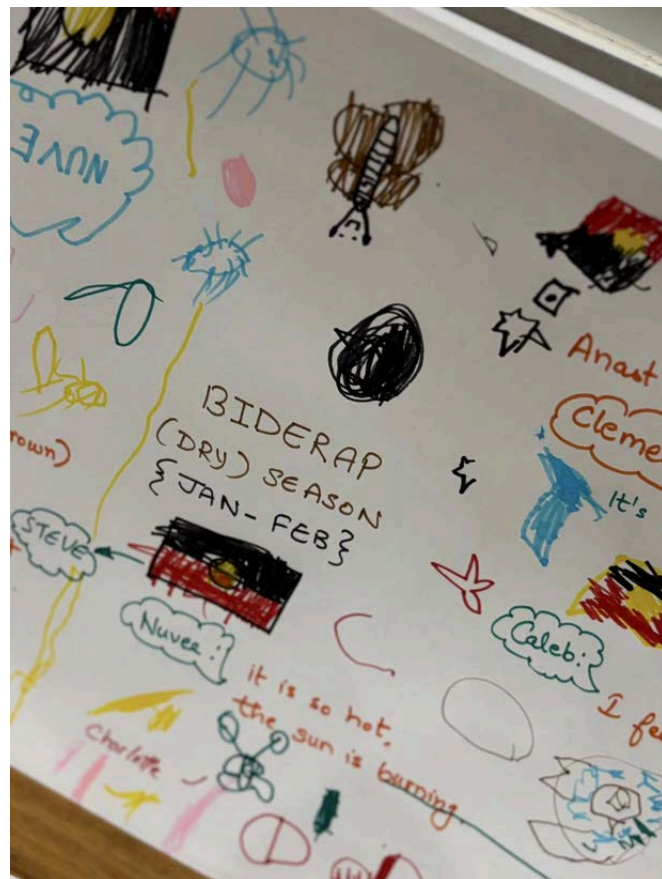


A floor book is a collaborative learning journal that captures children's ideas, questions, thinking, and experiences in a visual and meaningful way. It is created with the children, not just about them, and includes their drawings, photos, conversations, and educator reflections.

At Little Assets, we use floor books to give children a strong voice in their learning. They help us follow children's interests, extend their thinking, and plan experiences that are meaningful and engaging. Floor

books also support communication, critical thinking, and collaboration, while making learning visible for both children and families.

By using floor books, we celebrate each child's ideas, honour their curiosity, and build learning journeys that reflect who they are and what matters to them.





# Little Artists







# Australian Guide to Healthy Eating

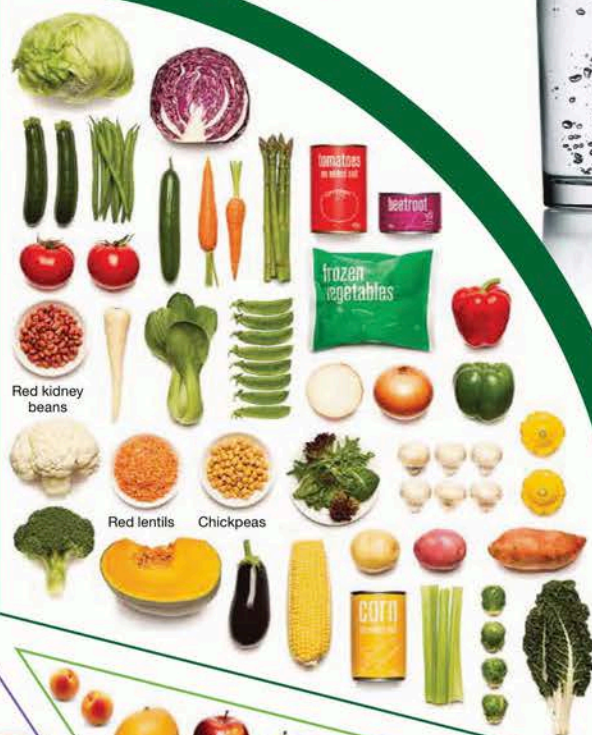
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

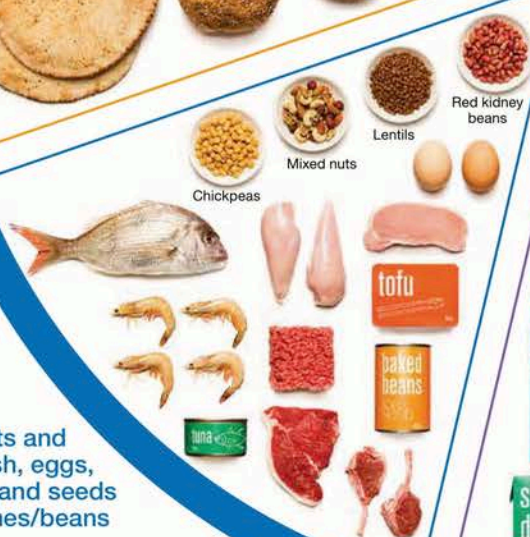
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



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



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



Fruit



Use small amounts



Only sometimes and in small amounts





**"Play gives children a chance  
to practice what they are  
learning." – Mr. Rogers**

grade



*Thank you....*

Dear Little Assets Families,

Thank you for all reading 2026 newsletter.  
We appreciate your time and engagement.

Warm regards,  
The Little Assets Team

