

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 and present.

Important dates

2nd April ----- World Autism Understanding Day

3rd April ----- Good Friday (CENTRE CLOSED)

06th April ----- Easter Monday (CENTRE CLOSED)

10th April ----- Orthodox Good Friday

13-15th April ----- Songkran (Thai New Year)

22nd April ----- Earth Day

25th April ----- ANZAC Day

11th-22nd April Natural Play Week



Have You Viewed Our New Menu?

We are excited to share our new menu with families. As part of our ongoing commitment to creating meaningful and inclusive learning opportunities, we have planned to introduce some authentic Indigenous spices and flavours into our meals.

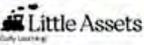
Some of the native ingredients featured in our menu include:

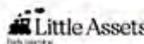
- Lemon Myrtle
- Strawberry Gum Flakes
- Salt Rub with Pepperberry
- Anise Myrtle
- Desert Lime

Through these additions, children will have the opportunity to experience new flavours while also building awareness and appreciation of Australia's rich Indigenous culture and native ingredients.

We look forward to sharing this exciting food journey with our children and families.



WEEK 1						
Weekly goals	MONDAY Express individual tastes	TUESDAY Use language and gestures to choose foods	WEDNESDAY Self – serve and eat independently	THURSDAY Try new foods	FRIDAY Sense of smell	
BREAKFAST SERVED BEFORE 8:00AM	A mixture of Cereals (weelbix, rice bubbles, corn flakes) & Toast with Spreads (vegemite, cream cheese or jam & butter or nutflex)					
MORNING TEA Served with Milk or Water	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	
LUNCH Served with water <small>All children with alternative requirements will be given all meals as close to what is on the menu as possible</small>	Beef and Vegetable Casserole with rice Slow-cooked beef with carrots, peas, and seasonal vegetables in a rich savoury sauce, served with rice.	Chicken Korma with Cumin Spiced Rice Tender chicken and vegetables in a mild, creamy korma sauce, served with cumin-spiced rice.	Seasonal Vegetable Chow Mein Stir-fried noodles with seasonal vegetables in a light savoury sauce.	Chicken and Corn Soup with Noodles A light and nourishing soup with chicken, sweet corn, and noodles.	Pasta al Tonno Tuna, pasta, peas, corn, and vegetables tossed in a light tomato sauce.	
AFTERNOON TEA Served with water or milk	Banana Muffins & Veggie Sticks	Raisin Bread with Seasonal Fruits	Indigenous Aniseed Myrtle Biscuits	Savoury Platter	Corn and Zucchini Fritter	
LATE SNACK	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	
	DAIRY	PASTAS, RICE, BREADS	FRUIT	FISH, RED OR WHITE MEAT	VEGETABLES	FATS OILS

WEEK 2						
Weekly goals	MONDAY Express individual tastes	TUESDAY Use language and gestures to choose foods	WEDNESDAY Self – serve and eat independently	THURSDAY Try new foods	FRIDAY Sense of smell	
BREAKFAST SERVED BEFORE 8:00AM	A mixture of Cereals (weelbix, rice bubbles, corn flakes) & Toast with Spreads (vegemite, cream cheese or jam & butter or nutflex)					
MORNING TEA Served with Milk or Water	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	
LUNCH Served with water <small>All children with alternative requirements will be given all meals as close to what is on the menu as possible</small>	Lemon Myrtle Chicken with Lemon Myrtle Infused Rice Tender chicken with seasonal vegetables served on indigenous lemon myrtle infused rice.	Roasted Vegetable soup with Garlic Bread Roasted seasonal vegetable soup served with warm garlic bread.	Sweet and Sour Chicken with Noodles Chicken and vegetables tossed through noodles in a mild sweet and sour sauce.	Chicken Biryani Chef Special chicken biryani with mild spices and mixed vegetables.	Vegetable Pasta in Alfredo Sauce Pasta with seasonal vegetables in a creamy Alfredo sauce.	
AFTERNOON TEA Served with water or milk	Raspberry and Coconut Cupcake	Apple and Cinnamon Scroll	Mixed Vegetable Paratha	Pita Bread, Cheese, and Veggie Sticks served with Housemade Tzatziki Dip	Mixed Berry Muffins with Veggie Sticks	
LATE SNACK	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	
	DAIRY	PASTAS, RICE, BREADS	FRUIT	FISH, RED OR WHITE MEAT	VEGETABLES	FATS OILS

WEEK 3						
Weekly goals		MONDAY Express individual tastes	TUESDAY Use language and gestures to choose foods	WEDNESDAY Self – serve and eat Independently	THURSDAY Try new foods	FRIDAY Sense of smell
BREAKFAST SERVED BEFORE 8:00AM		A mixture of Cereals (weelbix, rice bubbles, corn flakes) & Toast with Spreads (vegemite, cream cheese or jam & butter or nuttlex)				
MORNING TEA Served with Milk or Water		Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter
LUNCH Served with water <small>All children with alternative requirements will be given all meals as close to what is on the menu as possible</small>		Creamy Tomato Chicken Risotto Creamy tomato risotto with tender chicken and mixed vegetables.	Teriyaki Noodles with Seasonal Vegetables Noodles tossed with seasonal vegetables in a mild teriyaki sauce.	Tuna Pasta Bake Baked pasta with tuna, vegetables, and a creamy sauce.	Chicken and Cauliflower Mornay Pasta Pasta with chicken and cauliflower in a creamy mornay sauce.	Curry Fish with Rice Mild curried fish served with steamed rice.
AFTERNOON TEA Served with water or milk		Apple and Cardamon Muffins	Pizza Scrolls	Yoghurt with Mixed Berries	Indigenous Dessert Lime (Citrus Glauca) Cake	Avo and Cucumber Sushi Rolls
LATE SNACK		Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)
		DAIRY	PASTAS, RICE, BREADS	FRUIT	FISH, EGG OR WHITE MEAT	VEGETABLES

WEEK 4						
Weekly goals		MONDAY Express individual tastes	TUESDAY Use language and gestures to choose foods	WEDNESDAY Self – serve and eat Independently	THURSDAY Try new foods	FRIDAY Sense of smell
BREAKFAST SERVED BEFORE 8:00AM		A mixture of Cereals (Weelbix, rice bubbles, corn flakes) & Toast with Spreads (vegemite, cream cheese or jam & butter or nuttlex)				
MORNING TEA Served with Milk or Water		Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter
LUNCH Served with water <small>All children with alternative requirements will be given all meals as close to what is on the menu as possible</small>		Minestrone Soup Hearty minestrone soup with pasta and seasonal vegetables.	Thai Chicken Coconut Curry with Rice Mild Thai chicken coconut curry with vegetables served with rice.	Pasta Bolognese Pasta bolognese with beef mince and vegetables in a rich tomato sauce.	Hearty Chicken and Vegetable Stew with Indigenous Salt Rub Spice Hearty Chicken soup cooked with winter root vegetables in Salt Rub spice	Taco Bowl with Brown Rice A taco bowl with brown rice, seasoned beef, beans, and fresh vegetables.
AFTERNOON TEA Served with water or milk		Rosemary and Olive Buns	Damper Served with Butter and Cheese	Coconut Cinnamon Rice Pudding	Mixed Fruit Pancakes	Cheese and Spinach Paratha
LATE SNACK		Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)	Assorted Sandwiches/Fruits (Vegemite, unsweetened jam, cheese spread, butter)
		DAIRY	PASTAS, RICE, BREADS	FRUIT	FISH, EGG OR WHITE MEAT	VEGETABLES

Little Assets Easter Egg Hunt

Week beginning 30/3

We are very excited to invite all of our children to join us for a fun-filled week of Easter Egg Hunt experiences across both of our outdoor yards.

Throughout the week, children will have the opportunity to explore the environment, search for hidden Easter eggs, and take part in a joyful and engaging seasonal experience with their peers. This special event will encourage children to use their hand-eye coordination, problem-solving skills, and observation skills as they carefully look for eggs hidden in different spaces around the yard.

The Easter Egg Hunt will also support children in working together, sharing ideas, and building positive social connections as they enjoy the excitement of the experience as a group. It will be a lovely opportunity for children to take part in active outdoor play, develop teamwork, and celebrate Easter in a fun, inclusive, and playful way.

We look forward to seeing the children's excitement, curiosity, and big smiles as they participate in this special Easter celebration with their friends.



Design Your Own Easter Basket

Before the Easter Egg Hunt begins, children will be invited to create their very own Easter egg baskets. This will be a wonderful opportunity for them to be as creative as they like, using their imagination and artistic ideas to design a basket that is special and unique to them. We would also love to invite families to be part of the fun. If your child has a special Easter basket at home that they would like to use for the hunt, please feel free to bring it along.



Songkran (Thai New Year)

13th-15th April

Songkran is the Thai New Year and Water Festival. Thai communities celebrate this festival with food, crafts and entertainment. Songkran begins on 13 April yearly and is recognised as a national holiday.



Water Fun Day

(If weather allows)

To celebrate Songkran, Little Assets is excited to hold a special Water Festival Day for the children. Throughout the day, children will enjoy a variety of fun indoor and outdoor water play experiences with their peers as part of this joyful cultural celebration.

This will be a wonderful opportunity for children to cool down, explore water-based activities, and engage in playful learning while celebrating together in a fun and meaningful way.

To help your child fully enjoy the day, please dress them in swimwear or clothes suitable for water play, and pack a couple of spare changes of clothes and shoes. We look forward to a day full of laughter, excitement, and lots of fun for everyone.

Minibeast Incursion

In March, our children enjoyed a very exciting incursion all about the fascinating world of invertebrates. They learned about the important role minibeasts play in nature and why they are such a valuable part of biodiversity.



Minibeasts Visit
24/03/26

Throughout the experience, children explored lifecycles, discovered how minibeasts and beautiful little creatures can tell us about the health of the environment, and discussed what we can do to create habitats for them in our own gardens. It was a wonderful opportunity for children to build their knowledge of the natural world while developing curiosity, care, and respect for all living things.

Yellow Room Excursion

Blackburn Lake Sanctuary

On 2nd April, our Yellow Room children will be heading off on a very exciting nature excursion to Blackburn Lake Sanctuary, travelling together on a charter bus.

This special experience has been organised in collaboration with Whitehorse City Council and will provide children with the opportunity to participate in a guided nature walk, where they will explore the natural environment and learn more about plants and how they attract insects.

This excursion will support children in building a deeper connection with nature, extending their knowledge of the environment, and encouraging curiosity about the living world around them. We look forward to a meaningful and engaging day of outdoor learning and discovery.

What is Blackburn Lake Sanctuary?

Blackburn Lake Sanctuary is a bushland reserve in Blackburn. There are lots of trees, some creeks and a lake. There are also walking paths, a Visitor Centre, a playground, toilets and drinking taps. Blackburn Lake Sanctuary is home to lots of different types of animals.



City of Whitehorse - Free events

Easter Crafting at Schwerkolt



 Location

Schwerkolt Cottage and Museum Complex



Dates

Easter weekend - 4th, 5th, and 6th of April 1-4pm.

 Location

Box Hill Gardens, Box Hill



Dates

Thursday 2 April 2026
Screening at 7.30pm

Moonlight Movies - Zootopia 2



Box Hill Twilight Markets



 Location

Box Hill Mall, Box Hill



Dates

Saturday 11 April
5pm - 9pm

Hot Cross Bun – Cooking Class with Chef Gary (1st April)

Ingredients Dough

- 2 $\frac{1}{4}$ teaspoons active dry yeast
- 1 teaspoon granulated sugar
- $\frac{1}{2}$ cup (125ml) lukewarm water
- $\frac{3}{4}$ cup (189ml) room temperature/lukewarm unsweetened dairy-free milk
- $\frac{1}{3}$ cup (83ml) oil
- $\frac{3}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ cup (50g) granulated sugar
- 1 tablespoon orange zest
- 1 tablespoon lemon zest
- 3 $\frac{1}{2}$ - 4 cups (438g - 500g) all-purpose flour
- $\frac{1}{2}$ cup (65g) raisins
- $\frac{1}{4}$ cup (35g) dried currants

Vegan "Egg" Wash

- 2 tablespoons unsweetened dairy-free milk
- 1 tablespoon pure maple syrup

Icing for Crossing

- $\frac{1}{2}$ cup (60g) powdered sugar
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 $\frac{1}{2}$ teaspoons unsweetened dairy-free milk

Instructions:

- In your stand mixer bowl, add the yeast, 1 teaspoon of sugar, and lukewarm water. Let stand for a few minutes.
- When the yeast has foamed up, add the room temperature/lukewarm milk, oil, salt, ground cinnamon, ground nutmeg, sugar, orange zest, lemon zest, and 1 cup of flour. Mix with a spoon to combine.
- Put stand mixer bowl in place, add 2 more cups of flour and using the dough hook, set the mixer to knead. If the dough is sticky, add flour $\frac{1}{2}$ cup at a time.
- Let mixer knead dough for about 4 minutes and until it is no longer sticky. In the last minute of mixing, add the raisins and currants to incorporate them.
- Lightly oil the inside of a medium-sized bowl.
- Remove dough from mixer bowl and place into the oiled bowl. Cover the bowl with a towel and let it sit in a warm spot until it has doubled in size, about 1 hour.
- Line a 9" x 13" pan with parchment paper. Allow an overhang on each side so they can be easily removed from the pan when done.
- After the hour has passed, punch the dough down and knead for a few seconds to get rid of any air pockets.
- Separate the dough into 12 equal sized pieces.
- Roll each piece into a ball and place each one into the parchment lined pan. It's OK if they are close together.
- Cover with a towel and place in a warm spot. Let rise for 30 minutes. Preheat oven to 375°F (190°C.)

