

March 2026

NEWSLETTER

LITTLE ASSETS

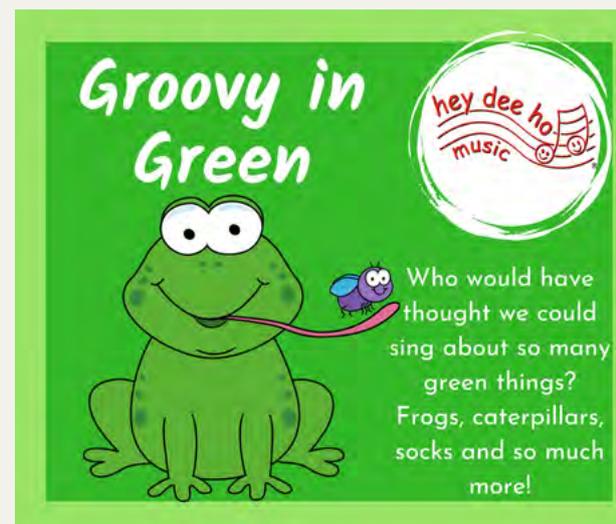
MONTHLY NEWSLETTER



Dear Families,

Welcome to our March newsletter! We would like to extend a very warm welcome to all of our new families who have recently joined our Little Assets community. It has been a busy few weeks at the service, and we are excited to share that all of the painting works both inside and outside the centre have now been completed. The fresh new look has brightened the environment and the service is looking amazing. We would also like to remind families that our much-loved Henny Penny Hatching Program will be commencing soon and will run from 7 April 2026 to 17 April 2026. The children will enjoy this special experience, and we look forward to sharing it with them this year.

**Warm regards,
Little Assets.**



MAGIC moments



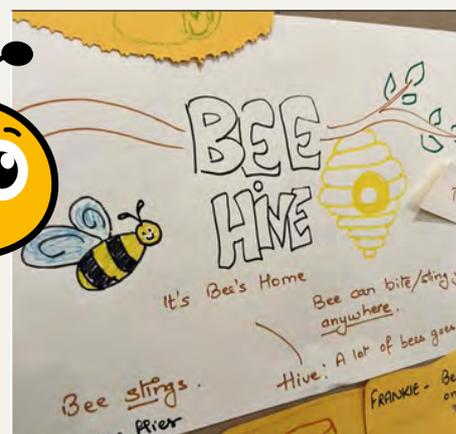
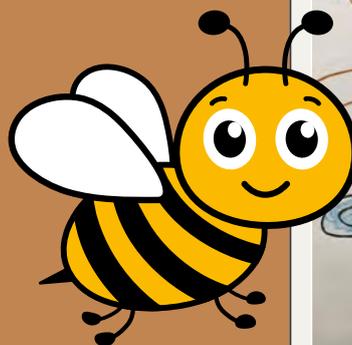
Discovering reflection and light



Celebrating Chinese New Year



Pancake Day!



The start of our Bee hive Learning Journey

upcoming EVENTS

**1 Mar: Hearing Awareness Week,
World Compliment Day**

2 Mar: Clean Up Australia Day

2–10 Mar: National Sea Week

**4 Mar: Pancake Day / Shrove
Tuesday**

**11 Mar: Canberra Day, World
Kidney Day, World Plumbing Day**

14 Mar: Holi

17 Mar: St Patrick's Day

18 Mar: Global Recycling Day

18–24 Mar: Harmony Week

**19 Mar: International Read to Me
Day**

**20 Mar: International Day of
Happiness**

28 Mar: Earth Hour



★ 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!





Grandma's Apple Pie

INGREDIENTS

- 
- 8 small Granny Smith apples, or as needed
 - ½ cup unsalted butter
 - 3 tablespoons all-purpose flour
 - ½ cup white sugar
 - ½ cup packed brown sugar
 - ¼ cup water
 - 1 (9 inch) double-crust pie pastry, thawed



DIRECTIONS

Peel and core apples, then thinly slice. Set aside.

Preheat the oven to 425 degrees F (220 degrees C).

Melt butter in a saucepan over medium heat. Add flour and stir to form a paste; cook until fragrant, about 1 to 2 minutes. Add both sugars and water; bring to a boil. Reduce the heat to low and simmer for 3 to 5 minutes. Remove from the heat.

Press one pastry into the bottom and sides of a 9-inch pie pan. Roll out the remaining pastry so it will overhang the pie by about 1/2 inch. Cut pastry into eight 1-inch strips.

Place sliced apples into the bottom crust, forming a slight mound. Lay four pastry strips vertically and evenly spaced over apples, using longer ones in the center and shorter ones at the edges.

Make a lattice crust: Fold the first and third strips back so they're almost falling off the pie. Lay one of the unused strips perpendicularly over the second and fourth strips, then unfold the first and third strips back into their original position.

Fold the second and fourth vertical strips back. Lay one of the three unused strips perpendicularly over top. Unfold the second and fourth strips back into their original position. Repeat Steps 6 and 7 to weave in the last two strips of pastry. Fold and trim excess dough at the edges as necessary, and pinch to secure.

Slowly and gently pour sugar-butter mixture over lattice crust, making sure it seeps over sliced apples. Brush some onto lattice, but make sure it doesn't run off the sides

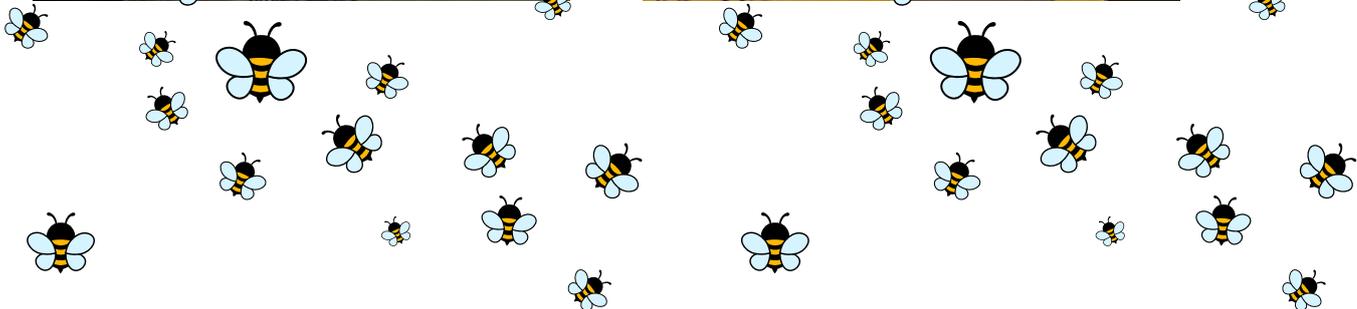
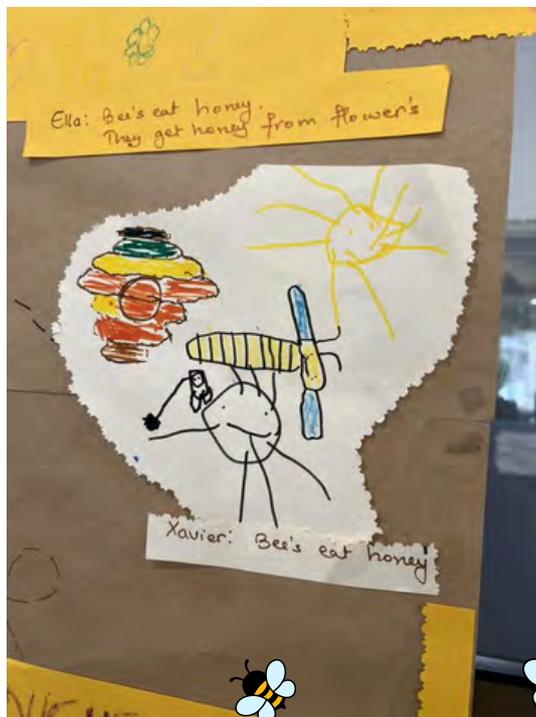
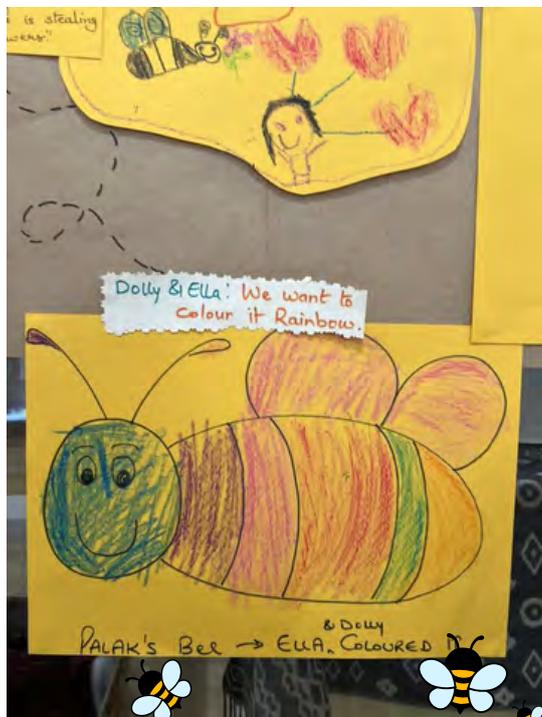
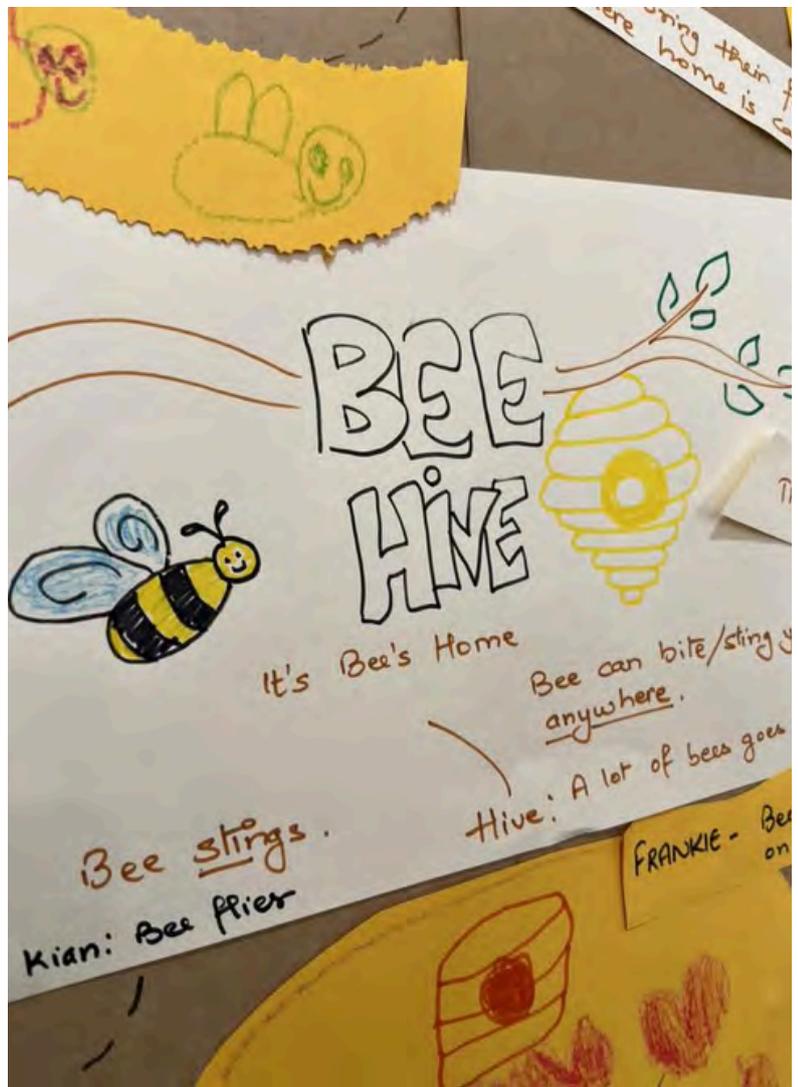
Bake in the preheated oven for 15 minutes. Reduce the temperature to 350 degrees F (175 degrees C) and continue baking until apples are soft, 35 to 45 minutes.



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Our Kindergarten children have recently begun an exciting learning journey about bees. Through discussions, books, creative experiences, and hands-on activities, the children are exploring the important role bees play in our environment. They have been learning about how bees help pollinate flowers and plants, how honey is made, and why bees are essential for our ecosystem. The children have shown great curiosity, asking thoughtful questions and sharing their ideas about how we can help protect bees in our community. We look forward to continuing this learning journey as the children deepen their understanding of these incredible little pollinators. 🐝🌻





Bee Facts



BEES HAVE 170 DIFFERENT ODOUR RECEPTORS TO HELP THEM DISTINGUISH FLOWERS FROM EACH OTHER.



A QUEEN HONEY BEE CAN LAY UNTO 2500 EGGS A DAY.



BEES CAN SEE ALL COLORS EXCEPT THE COLOR RED



BEES LIVE IN COLONIES OF SIZE RANGING FROM 20,000 TO 80,000 BEES!



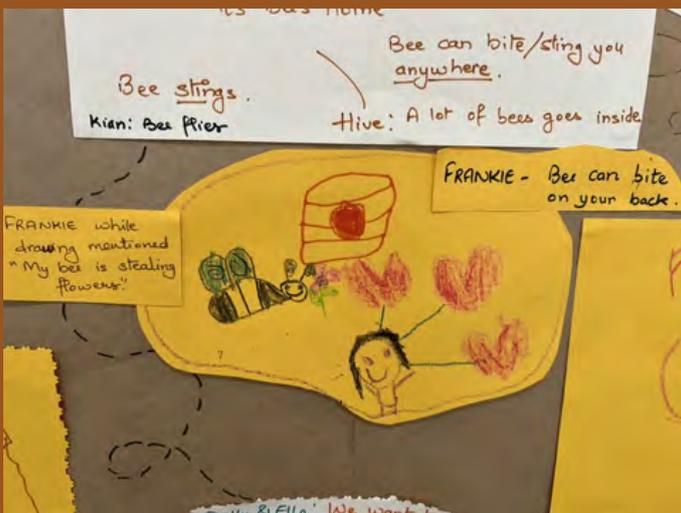
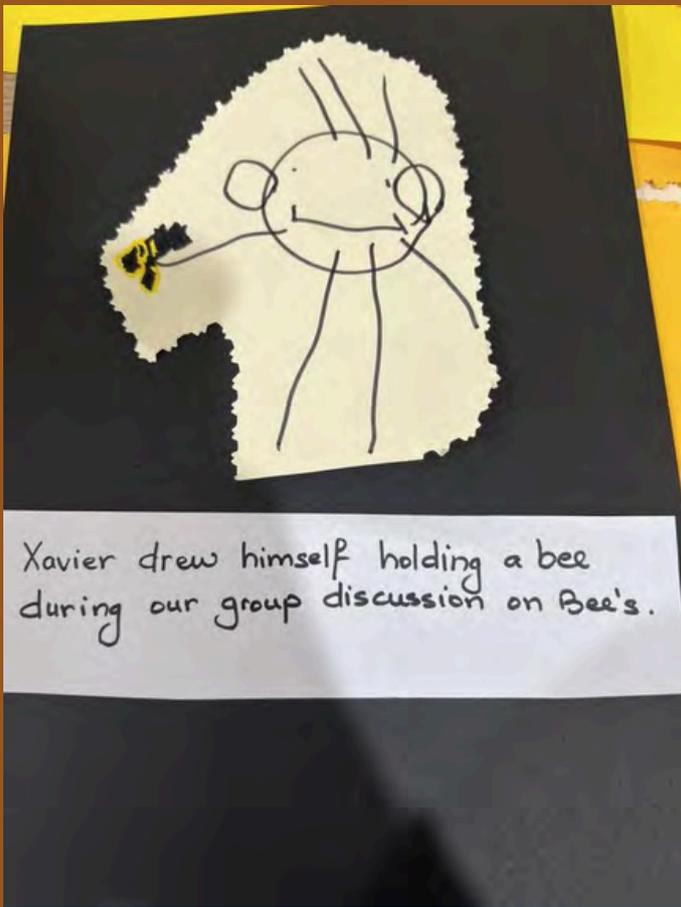
MALE BEES ARE CALLED DRONES. THEIR ONLY PURPOSE IS TO MATE WITH THE QUEEN BEE.



THERE ARE MORE THAN 20,000 SPECIES OF BEES, INCLUDING HONEYBEES AND BUMBLEBEES.

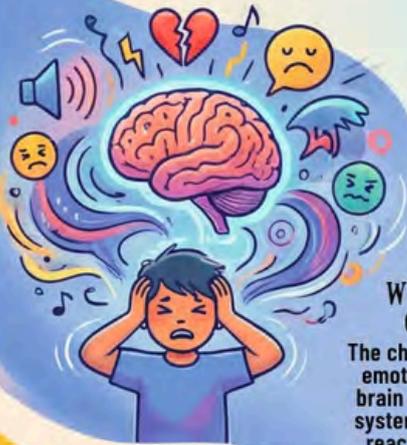


Little Artists



WHAT A CHILD'S BEHAVIOUR IS REALLY TELLING YOU

Children behave in certain ways because something inside them needs attention. Their behaviour is a signal, not a choice.



WHEN A CHILD IS OVERWHELMED

The child is taking in more noise, emotion, or activity than their brain can manage. Their stress system switches on. Their body reacts before they can think. This can look like shouting, crying, running away, or refusing.



WHEN A CHILD IS HUNGRY OR THIRSTY

The child has low energy. Their brain cannot stay steady. Small problems feel big. They may become tearful, angry, or restless.



WHEN A CHILD IS IN PAIN OR FEELS UNWELL

The child cannot explain the pain or discomfort. Their behaviour becomes the way they show it. This may look like irritability, aggression, or refusing to take part.

WHEN A CHILD IS EXPERIENCING SENSORY OVERLOAD

The child's senses are taking in too much sound, light, touch, or movement. Their brain cannot filter it out. This leads to distress, covering ears, hiding, or having a meltdown.



WHEN A CHILD IS SEEKING SENSORY INPUT

The child needs movement, pressure, or touch to feel balanced. Their body feels unsettled. This can look like climbing, jumping, fidgeting, or rough play.



WHEN A CHILD IS TIRED

The child's brain is struggling to keep control. They cannot manage strong feelings. They react quickly and cannot think about consequences.



WHEN A CHILD DOES NOT UNDERSTAND WHAT YOU WANT

The child feels confused or unsure about the task. They fear getting it wrong. This can look like refusal, avoidance, or acting silly.



WHEN A CHILD DOES NOT FEEL SAFE

The child feels unsure, threatened, or unsupported. Their brain goes into protection mode. This can look like clinginess, anger, shutdown, or trying to escape the situation.



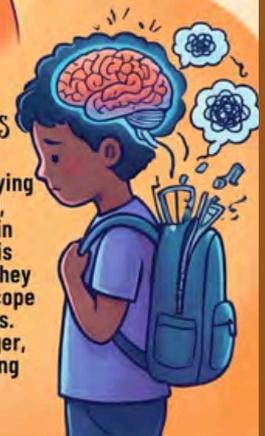
WHEN A CHILD NEEDS CONNECTION

The child feels disconnected from their caregiver. They need reassurance that the adult is present and safe. Their behaviour becomes louder or more intense to get that closeness.



WHEN A CHILD IS UNDER STRESS

The child may be worrying about home, school, friends, or changes in routine. Their brain is busy with the worry. They have less capacity to cope with normal demands. This may show as anger, withdrawal, or shutting



WHAT TO DO

-  Look at the need, not just the behaviour.
-  Help the child settle through calm presence and simple words.
-  Meet the need when you can.
-  Teach skills only when the child is calm.

Caring for your teeth while pregnant

There is no shame in having problems with your teeth during pregnancy

The hormones that help your pregnancy affect your gums and teeth.

- Your teeth might feel loose and your gums might bleed more often.
- Cravings for sweet and sour things can put your teeth at risk of decay.
- Morning sickness can erode your tooth enamel.

Severe gum disease has been linked to Boorai being born too early and too small

- Treating tooth decay in pregnancy reduces the decay causing bacteria you can pass onto your boorai.
- Your midwife or Aboriginal Health Worker can support you to make a dental appointment and can advise if you are eligible for free or low cost dental treatment.

Remember to clean well

- Even if your gums bleed, continue to brush your teeth and gums twice a day, after breakfast and before bed at night.
- Use a toothbrush with a soft small head with a pea-size amount of fluoride toothpaste.
- If you have morning sickness, rinse your mouth with tap water and rub toothpaste onto your teeth with your finger. Wait 30 minutes before brushing your teeth. Brushing teeth straight after vomiting rubs acid into the teeth and weakens the enamel.



Illustration by Charmy Griffiths on Behalf of Friends of Traditional Arts



dental health
services victoria
oral health for better health



VACCHO

“How much fuller and richer life would be if we saw the child in all his greatness, all his beauty, instead of focusing on all his little mistakes?”
Maria Montessori

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

