

NEWSLETTER

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.



Little Assets Biggest Morning Tea - 21st May (Thursday)



Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer.

We are also proud to be hosting Australia's Biggest Morning Tea. This special event gives our centre community the opportunity to come together, enjoy some delicious treats prepared by our staff, and raise funds for the Cancer Council. Families are warmly invited to bring a gold coin donation to help support this important cause.



Mother's Day Afternoon Tea 8th May



We warmly invite all mothers, grandmothers, and other special people in our children's lives to join us for a special Mother's Day Afternoon Tea. This will be a lovely opportunity to celebrate together and share a special afternoon with the children.

IMPORTANT DATES IN MAY

Little Assets Mother's Day Afternoon Tea ---- 8th May

Little Assets Biggest Morning Tea ----- 21st May

Parent Online Workshop ----- 25th May 6:30-8:30PM

More info please see Pg 5

National Sorry Day ----- 26th May

National Sorry Day acknowledges and raises awareness of the history and continued effect of the forced removal of Aboriginal and Torres Strait Islander people from their families, communities and culture

National Reconciliation Week ----- 27th May to 3rd June

National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

Have you seen our Herbs Garden?

Our Sustainability Officer, Emily, recently invited the children to take part in an interactive planting experience in our garden. Together, they helped make our fencing area more meaningful and engaging by planting a variety of herbs.

The children were involved every step of the way, from filling the pots with soil, transferring the herbs into their new bigger pots, and adding mulch on top to help keep them warm during the cooler weather.

We cannot wait to watch them grow and to use them in our centre experiences!



May – Waring (Wombat) Season



As we move through May, the weather is becoming cooler and more changeable. Please ensure your child brings extra layers and a jacket each day so they can stay warm and comfortable during outdoor play.

At our centre, we believe there is no inappropriate weather, only inappropriate clothing. Time outdoors in all seasons helps children build resilience, confidence, and a connection with the natural environment through real-life experiences

Our Excursion to Blackburn Lake Sancturay

In April, our Yellow Room children had the most exciting day on their Minibeasts Excursion to Blackburn Lake Sanctuary!

We travelled on the bus, explored the sanctuary, went on a minibeast hunt, and used magnifying glasses to take a closer look at the tiny creatures living around us.

Our favorite part of our excursion was that we collected a bucket of lake water and discovering what was living inside. The children spotted tiny water creatures, insect eggs, and other fascinating little animals, sparking so much curiosity and wonder. We also wanted to thank Jacqui from Whitehorse City Council environment and garden department for showing us about native animals and habitats, we shared our discoveries together, and finished the day with a fun playground adventure.

What a beautiful day of hands-on learning, exploration, and connection with nature.



For info go to whitehorse.vic.gov.au/gardens-for-wildlife



WonderWall Program



Have you noticed your child's classroom has started our exciting WonderWall program?

Through WonderWall, children are exploring their own interests, questions, and inquiries within the classroom. Our educators are working closely alongside them to document the learning journey and capture the wonderful process as it unfolds.

Ask your child what they are currently exploring?

MANDARIN PROGRAM

FORTNIGHTLY - WEDNESDAY

STARTING FROM 6TH MAY



WHO WILL BE RUNNING THE PROGRAM

Linda has been part of our service for the past 8 years and has spent her time supporting children across all age groups. Throughout her journey with us, Linda has built strong relationships with children, families, and educators. Linda speaks both Mandarin and Cantonese, and she loves sharing her language and culture with the children. She has a strong interest in extending her knowledge and supporting the introduction of multilingual learning experiences across all classrooms.

Linda enjoys spending meaningful time with children and supporting their learning, wellbeing, and sense of belonging each day.



WHAT WE'RE LEARNING

Linda will be planning the curriculum based on children's interests, abilities, and age groups to ensure the program is meaningful, engaging, and developmentally appropriate.

For younger children, the program will include simple songs, key words, familiar greetings, and easy characters or symbols for them to explore through play, music, and repetition.

For older children, the program will extend into simple speaking, storytelling, book reading, cultural discussions, and opportunities to recognise and respond to different languages in meaningful ways.

We will also be visiting the multicultural resource centre and speaking with a cultural consultant to further support the development of the program. This will help us ensure the experiences are respectful, inclusive, and meaningful for all children, while celebrating the diverse languages and cultures within our community.

BODY SAFETY INCURSION

26th May Tuesday
10:00 AM – 10:45 AM
Purple & Yellow Room

Body Safety

Australia

Body Safety Australia will be visiting our centre to deliver an incursion for our Yellow and Purple Rooms as part of our child safety program. Please see below the topics that will be discussed with the children on the day.

10 BODY SAFETY LEARNING OBJECTIVES

1. Identify and clearly communicate **emotions** in themselves and others
2. Learn the '**early warning signs**' in their bodies that tell them something doesn't feel safe
3. Understand that humans have different fear responses - **fight, flight and freeze**
4. **Assertively communicate** their right to bodily autonomy
5. Identify their **Safe Adults** using our felt finger puppets
6. Know that **their body belongs to them** and nobody has the right to touch it without their permission
7. Accurately **name their genitals** using words that health care professionals would use
8. Understand that sometimes adults make decisions about a child's body for **health, hygiene and safety** reasons
9. Understand the difference between a **surprise** and a **secret**
10. Identify that sometimes adults and older children's behaviour can be '**tricky**'

Emotions

Early warning signs

Fight, flight, freeze

Bodily autonomy

Assertive communication

This session helps children identify their own emotions and describe the physical feelings in their bodies that accompany certain emotions. Children also begin to identify others' emotions by listening to verbal cues, through facial expressions and body language.

Children read "*It's MY Body*" by Lory Freeman. They will learn that they have a right to choose who touches their body, when and why. They also learn how to communicate that to others by practicing assertive communication.

Child Sexual Abuse Prevention Parent Workshop 25th May 6:30-8:30PM

BODY SAFETY AUSTRALIA

**SUPER
STARS**
BODY SAFETY AUSTRALIA

It takes a village

Join us in
writing safer stories
for the children in your village

Body Safety Australia's Parent Carer Workshop

Child sexual abuse prevention program



Monday 25th May



6:30pm - 8:30pm
AEDT



Online workshop

[Join meeting here](#)

Meeting ID: 422 767 757 076 06
Passcode: 7JA9bs6A



Body Safety
Australia

www.bodysafetyaustralia.com.au



BODY SAFETY INCURSION

Fortnightly: Tuesday

My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.

If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) I always call my private parts by their correct names.
No one can touch my private parts.
No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



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Who will Running this program:

We're excited to have our Child Safe Officer, Rinku, leading this experience. As a valued member of our service, she brings strong experience and a genuine passion for children's safety and wellbeing. Rinku builds trusting relationships with children and supports them to feel safe, confident, and heard.

What the children will learn

This program will be provide all children, from infants to kinder, with age-appropriate opportunities to develop an understanding of personal safety, wellbeing, and belonging, while building their confidence to express their needs, recognise safe and unsafe situations, and seek support from trusted adults.

LITTLE ASSETS FOREST HILL COMMUNITY PANTRY

We are pleased to share that we have set up a Community Pantry at our service.

We created this pantry to support our families and community in a simple and respectful way. We understand that sometimes families may need a little extra help, and we want to create a space where people feel comfortable to take what they need, when they need it. It is also a lovely way for our community to support one another through small acts of kindness.

Families are welcome to access the pantry at any time. If you know someone in the wider community who may also benefit from this support, please feel free to let them know that they are welcome as well.



To help us keep this space safe, respectful and helpful for everyone, we kindly ask that:

- Please take only what you need
- If you are able to, you may replace with something when you can
- If you also like to donate something, all donated items must be unopened, within date, and in good condition
- Please place items neatly and help keep the pantry tidy

If you know someone in the community who would like to access the help, please feel free to let us know. We are happy to delivery the items to them.



Introducing New Food to Children

Healthy Eating Advisory Service

Children and their carers (including educators and parents) have different responsibilities around promoting and providing foods and drinks to children [2].

Carer responsibilities:

- What foods children are exposed to and offered
- When the children eat, and how often (e.g. offering meals every 2-3 hours)
- Where the children eat and the mealtime environment.

Child responsibilities:

- If they eat or try something new
- How much they choose to eat

If you provide a safe, nutritious, positive and supportive eating environment, children will decide what, and how much, they eat.

Here are a few ways to engage their senses:

- **Sight:**
What does it look like? How big is it? What shape and colour is it?
- **Smell:**
What does the food smell like? Is it sweet or fruity?
- **Touch:**
What does the food feel like? Is it smooth, rough, spiky, or fuzzy? Does it feel different in your hands than it does on your lips, or your tongue?
- **Taste:**
What does it taste like? Is it sweet or sour?
- **Sound:**
What sound does it make when you take a bite? Is it crunchy?



“Introducing new foods is not just about nutrition. It is also about building curiosity and positive food experiences that can shape lifelong habits”

