

Little Assets

Early Learning

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Success Story

Our Winter Menu



Our winter menu is now in full swing at Little Assets, with the children enjoying and trialling a variety of delicious winter-warming meals that have certainly been approved by our little ones! Some favourites so far include Tomato Medley Italian Risotto served with Parmigiano Reggiano Cheese, Vietnamese Chicken Pho, and French Lentil and White Potato Soup served with Garlic Bread, with many more nourishing recipes to come. Mealtimes have been filled with excitement as the children explore new flavours, ingredients, and cultural dishes while sharing warm and comforting meals together during the cooler season.



Community Updates

Welcome to May!

Welcome to our May newsletter! As the cooler months begin, we are looking forward to another fun and engaging month at Little Assets filled with learning, outdoor exploration, and messy play. We kindly ask families to please pack warm clothing each day, including a jacket, beanie, and gumboots, so children can comfortably enjoy all activities in every kind of weather. We would also like to extend a warm welcome to all of our new families joining the Little Assets community we are so happy to have you with us!

GWANGAL MORONN IS GENERALLY UNDERSTOOD AS A SEASONAL PERIOD LINKED TO LATE AUTUMN AND THE APPROACH OF WINTER, WHEN COLDER WEATHER SETS IN AND MANY ANIMALS BEGIN TO SEEK SHELTER. IN THIS TIME, THE LAND BECOMES WETTER AND COOLER, AND THERE IS A NOTICEABLE CHANGE IN PLANT LIFE AND ANIMAL BEHAVIOUR. IT IS PART OF A BROADER INDIGENOUS SEASONAL SYSTEM THAT FOLLOWS NATURAL INDICATORS RATHER THAN FIXED CALENDAR MONTHS.





Upcoming Events & Programs Calendar

Here's a look at all the exciting events and experiences coming up at our service.

We look forward to sharing opportunities for learning, connection, fun, and community involvement with our children and families.

MAY 08 Mothers Day

Join us for a beautiful Mother's Day Afternoon Tea on the 9th of May at Little Assets from 2:30pm-4:00pm. Enjoy a delightful afternoon tea and magical experiences designed to make all mums and special people feel truly loved and celebrated on this special day. We can't wait to share this wonderful afternoon with you!

MAY 11 National road safety week

National Road Safety Week - This week is a reminder of the importance of safety for all our road users because everyone has the right to get home safely.



Stay tuned for all the wonderful learning experiences, magical moments, and special memories ahead at Little Assets!

Fortnightly
Green, purple and yellow room children- starting 5th of May
Orange, blue and red room children- starting 12th of May

Goal
Gently support children in developing lifelong skills around respect, safety and communication

Concepts of conversation
1. Feelings and body signals
2. My Body and ownership
3. Trusted adults
4. Appropriate language

Shining a Light on Service Body safe sessions

At Little Assets, the safety and wellbeing of every child is at the heart of everything we do. We believe that helping children develop an understanding of body safety, personal boundaries, and respectful communication is an important part of supporting their confidence and overall development.

We are excited to introduce our new Body Safety Classes, organised by Kara. These fortnightly incursions will be offered across all age groups and will provide children with age-appropriate learning experiences in a safe, supportive, and engaging environment.

Our first incursion will begin on Tuesday, 12th May, and we look forward to working together with families to support children in building lifelong skills around safety, respect, and communication.

Family Corner

Every contribution, no matter the size, helps us continue our vital work. Here's a snapshot of how your kindness has made a difference this month:

HOW TO PROMOTE POSITIVE MENTAL HEALTH IN YOUR CHILD



BE A ROLE MODEL

How you handle your challenges and uncomfortable feelings influences how your child learns to respond to their own.



LIMIT SCREEN TIME

Don't let electronics get in the way of developing a deep connection with your kids. Limit screen time for your kids and for yourself.



STOP HELICOPTERING

Hovering too closely limits your child's development by not letting them learn how to handle disappointments or overcome struggles.



TALK TO YOUR CHILD ABOUT THEIR FEELINGS

Being able to share their feelings in a healthy, productive way is essential for kids' good mental health.



FOCUS ON THEIR PHYSICAL HEALTH

Diet and sleep can contribute to children's mood, attention span, anxiety levels and general behavior.



ACCENTUATE THE POSITIVE

Praise your child for their efforts, not only their successes, so they develop a positive sense of self even when they're struggling.



LET THEM KNOW MISTAKES ARE NORMAL

Let your kids see your own errors so they realize everyone makes mistakes sometimes and it doesn't define a person's worth.



Promoting positive mental health in young children starts with creating a safe, loving, and supportive environment where they feel heard and valued. Simple everyday moments such as sharing meals together, reading stories, spending time outdoors, and encouraging open conversations about feelings can help children build confidence and emotional wellbeing.

Mother's Day Afternoon Tea Party...

warmly invite you to join us for a special Mother's Afternoon Tea at the centre. It is a lovely opportunity for us to celebrate and acknowledge all the wonderful mothers, grandmothers, special people in our children's lives. Enjoy some refreshments, spend quality time with your child, be part of a relaxed and meaningful afternoon together. We would love to see you there and celebrate this special occasion with our Little Assets community.

Friday, 8th May, 2026

2:30pm-3:30pm



Chicken + Vegetable Lasagne

makes 4-6 serves prep: 30mins cook: 1hr



What you'll need

Chicken Mince

- 1 brown onion
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 500g chicken mince
- 400g Tomatoes, freshly diced or tinned
- 1 tbsp. tamari or coconut amino acids (or salt-reduced soy sauce)
- 1 tsp. salt
- ½ tsp. pepper

Roast Vegetables

- 2 capsicums, seeds and pith removed
- 1 large sweet potato
- 1 large eggplant
- 2 large zucchinis
- Coconut oil for drizzling

Cheese Sauce

- 2 tbsp. olive oil
- 2 tbsp. spelt flour
- 1 cup milk of choice
- 1 tsp. paprika
- 100g pecorino or Parmesan, grated

Extras

- 2 cups spinach or rocket
- 1 bunch of fresh basil

How to make it

Cook the chicken mince

In a pot on medium heat, sauté the onion in the coconut oil until softened. Add the garlic, tamari and chicken mince and stir well. Turn the heat down a little to medium-low, and regularly stir the chicken mince so it cooks through. Add the tomatoes, put the lid on and turn to low, leaving it to slowly simmer while you prep the veggies.

Roast the vegetables

Preheat the oven to 180C. Slice all of the veggies into thin strips, lengthways. Place flat onto lined baking trays and drizzle a little bit of coconut oil over. Roast in the 180C oven until softened and slightly browned. Cooking time depends on the vegetables, but sweet potato will take approximately 25mins, capsicum 20mins, and eggplant and zucchini will take 10mins.

Make the cheese sauce

While waiting for the vegetables to roast, make the cheese sauce. In a pot on medium-low heat add the oil and flour. With a whisk stir continuously, ensuring you don't miss the edges of the pot. Cook the flour for around five minutes, or until it becomes fragrant. Then pour the milk in, continuing to whisk. Add the paprika and half of the grated cheese. After a few minutes the milk should noticeably thicken. Take off the heat.

Make the lasagne

Line a large baking tray and start to layer the roasted vegetables. Try to prevent gaps in the vegetables, and in between layers add some basil leaves or spinach. Once you have layered all the vegetables (leave enough for one more layer), spread the tomato and chicken mince over the top. Cover with the rest of the basil, spinach and roast vegetables. The final layer is the cheese sauce. Cover the top completely with the sauce, and then sprinkle the rest of the grated cheese over the top. Cook in the oven for around 15 minutes, or until the cheese has browned. Enjoy!



Care for country...

Little Rangers Program

Little Rangers Program – Beginning in June
 We are excited to introduce our Little Rangers Program, commencing in June. This special program has been created to support children in developing a deeper connection to nature, sustainability, and Care for Country. Through hands-on experiences, outdoor exploration, gardening, caring for our environment, and learning about the importance of respecting the land, children will be encouraged to become confident little environmental stewards. The program will provide meaningful opportunities for children to build an understanding of how we can care for the world around us and appreciate the beauty of nature in our everyday lives. Our Little Rangers will engage in activities that promote teamwork, responsibility, curiosity, and respect for the environment while fostering a sense of belonging and connection to Country. We look forward to sharing this exciting journey with our children and families.



◆ Get Involved Today

How can you be apart of cultural diversity day?

We look forward to celebrating Cultural Diversity Week with our children and families. Families are warmly invited to get involved by sharing cultural clothing, music, stories, language, food, or special traditions with our learning community as we celebrate and embrace the diversity within our service.

Educators Pick...

Our educators love sharing Bindi with the children as it beautifully encourages connection to Country, respect for nature, and caring for the environment. The story inspires meaningful conversations about sustainability, identity, and the importance of listening to and learning from the land around us. Through its rich storytelling and stunning illustrations, the book supports children in developing empathy, curiosity, and a deeper appreciation for Aboriginal perspectives and the natural world.



Bindi



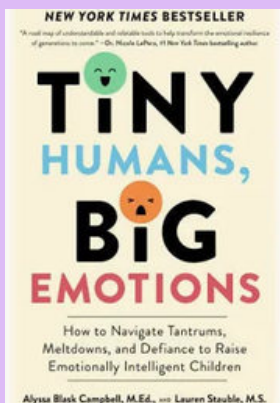
Kirli
Saunders

Illustrated by Dub Leffle



TINY HUMANS, BIG EMOTIONS

Tiny Humans, Big Emotions offers families practical and supportive strategies to better understand children's emotions and behaviours. The book helps parents and caregivers navigate tantrums, big feelings, and challenging moments with empathy and confidence while supporting children to build emotional regulation and resilience. Families can gain valuable insights into creating calm, connected relationships and fostering emotionally intelligent children through everyday interactions.



April Recap...

Nursery Rhyme Day





Words that rhyme!
Words that sound the same!
Learning is such fun!

April was filled with exciting learning experiences, hands-on discoveries, and memorable moments for our children across the service.

One of the highlights of the month was our ANZAC excursion, where children had the opportunity to learn about remembrance, respect, and community in a meaningful and age-appropriate way. The children showed great curiosity and engagement as they explored the significance of ANZAC Day.

We also loved participating in the Henny Penny Hatching Program, which gave children a wonderful hands-on experience learning about life cycles, growth, and caring for living things. Watching the chicks hatch was an exciting and unforgettable experience for everyone involved.

Our Dinosaur Incursion sparked so much curiosity and imagination throughout the service. Children enjoyed exploring dinosaur facts, fossils, movement activities, and interactive learning experiences that encouraged creativity and investigation.

Throughout April, the children also engaged in a variety of arts and crafts experiences, using different materials and techniques to express their creativity and ideas. From painting and sensory play to collaborative art projects, the children thoroughly enjoyed every opportunity to create and explore.

It has been wonderful to see the children actively participating in and enjoying every learning program offered throughout the month. We look forward to continuing these rich and engaging experiences as we move into another exciting month of learning together.

Outcome 1: Children have a strong sense of identity.
Outcome 4: Children are confident and involved learners



We explored cause and effect through a fun hands-on experience, creating paper boats and using straws to blow them across water: there was lots of excitement, curiosity, and experimentation.

We also embraced the beauty of autumn, using natural leaves to create a stunning seasonal tree. The children loved exploring different textures, colours, and shapes as they worked together on this collaborative artwork. A definite highlight this week is our incredible dinosaur sanctuary set up in the hallway! It's been a big hit with the children, sparking imagination, storytelling, and play. We invite all our families to take a moment to stop by and have a look

OUR MONTHLY RECAP



This month our kindergarten children had a very special visit to our local RSL to learn about the meaning of ANZAC Day.

The children listened with great interest as they learned about the bravery and sacrifice of the soldiers who have served our country. They showed wonderful respect and understanding as we talked about why this day is so important to so many Australians. To honour this, our children took part in a small remembrance, laying flowers as a sign of respect. It was a beautiful and meaningful experience, helping them begin to understand the values of remembrance, gratitude, and community.



WE HOPE YOU ENJOYED OUR MONTHLY RECAP.



Thank you to all of our wonderful families for your ongoing support, involvement, and contribution to our learning community. We truly value the strong partnerships we share with each family and appreciate being part of your child's learning journey.

We hope you enjoyed reading our May Newsletter and reflecting on the many exciting experiences and learning opportunities shared throughout the month. We look forward to another wonderful month ahead filled with learning, growth, and connection.