

Nothing is impossible; the word itself says 'I'm possible' -
AUDREY HEPBURN

Weston Creek
Children's Centre



SEPTEMBER
2025

From the Nominated Supervisor's Desk *What's going on....*

OCTOBER
2025

We acknowledge the traditional custodians of the ACT, the Ngunnawal people.

We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region

Dear Families,

We have a busy few weeks ahead as we approach the end of the year! Some of our staff will be on leave.

Staff Leave Schedule:

- **Queenie** will be on leave:
 - 3rd, 4th, and 5th November
- **Regan** will be on leave:
 - 4th and 5th November
 - 9th and 10th December
- **Sushma** will be overseas:
 - From 10th November to 8th December
- **Pushpa** will be away on an extended overseas trip:
 - From 17th November 2025 to 27th January 2026
- **Yolanda** will be overseas:
 - From 20th November to 9th December
- **Linda** will be on leave:
 - 2nd, 3rd, and 4th December

Farewell:

We would also like to inform you that **Laura** will be relocating to Darwin. Her last working day with us will be **Friday, 14th November**. We thank her for her valuable contributions and wish her all the very best in this exciting new chapter.

Our teachers and lead educators are currently hard at work preparing end-of-year reports.

We also have a number of exciting incursions planned, including *Lucy Sparkles*, *Music and Stories from Africa*, and *Jeral Puppets*.

In addition, we're in the process of planning our final Christmas Week celebrations with the children, and we'll share more details once everything is finalised.

Please make a note in your diaries: our family Christmas party will be held at the centre on **Thursday, 11th December 2025**, from **6:00 to 7:30 p.m.**

Thank you to everyone who has purchased a Pink Ribbon biscuit in support of Breast Cancer Awareness Month! We'll continue selling them throughout the rest of the month. Once all biscuits are sold, we'll share the total amount raised.

Kylie and Kelly

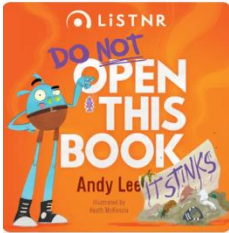
Podcast Reviews

Any time of the day family listens. Add these to your family podcast line up.



Charm Words | ABF Creative

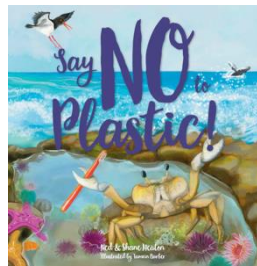
Charm Words is designed to empower children with confidence, calm and emotional strength. Each episode delivers mindful affirmations that help kids manage stress, build resilience and develop healthy self-care habits. Charm Words is the perfect way to start and end the day with positivity and purpose.



Do Not Open This Book | Listnr

Sit back and enjoy these fun stories by comedian, radio presenter, musician Andy Lee. Designed to delight children and adults alike, keep turning pages and find out what happens when you reach the end ... if you dare!!!

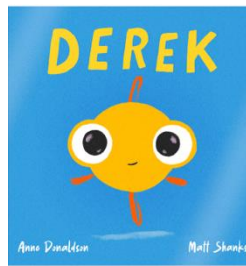
Book Reviews



SAY NO TO PLASTIC! NED & SHANE HEATON

An empowering tale of a wild bird and a caring boy who see a simple way to make the world a better place and set about to make it happen.

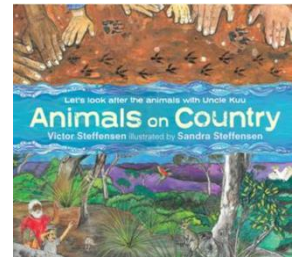
Join Heidi the Piedy, Roy the Boy and Fran his Nan as they travel from their favourite beach to New York City, to talk to the world's nations about plastic pollution. Sometimes the smallest voice can have the strongest message. Seashepherd.org.au



DEREK ANNE DONALDSON

Derek is a curious story about a curious fish who is determined to find answers to his questions.

Derek is a fish with many questions. Why is the universe round? Where do bubbles come from? Why does food rain down from above? Enjoy this adorable adventure about curiosity, courage and connection.



ANIMALS ON COUNTRY VICTOR STEDDENSEN

Join Uncle Kuu as he takes children out on Country to learn about the First Peoples' traditions of caring for animals, and in turn, caring for Country.

This engaging picture book from award-winning brother-and-sister team Victor and Sandra Steffensen inspires children and adults alike to look after animals through Indigenous cultural practices.

BAKED MEATBALLS W' SIMPLE TOMATO SAUCE

PREP 10 min | COOK 35 min | SERVES 4



INGREDIENTS

500 grams beef mince
1 cup fresh breadcrumbs
2 spring onions, thinly sliced
1 tablespoon dried basil
1 garlic clove, minced
zest of a lemon
1 egg

700 ml passata
400-gram tin diced tomatoes
1 tablespoon balsamic vinegar
1 tablespoon sugar
500 grams short pasta, fusilli, penne or rigatoni
grated parmesan cheese, to serve

METHOD:

Preheat oven to 180 degrees. Place the mince, breadcrumbs, spring onion, dried basil, garlic, lemon zest and egg in a large bowl and mix to combine. Take heaped tablespoon amounts of the mince and with wet clean hands shape into balls. Set aside.

Pour the passata, diced tomatoes, balsamic vinegar and sugar into a large oven proof casserole dish and mix to combine. Add meatballs, cover and bake for 15 minutes. Uncover and bake for a further 20 minutes or until the meatballs are cooked through. Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Drain and set aside. Add the pasta to the cooked meatballs and mix to combine. Serve with a little grated parmesan cheese.

Enjoy x



INGREDIENTS

Creamy Chia Pudding:

1/4 cup chia seeds
2 cups milk of your choice
1 cup frozen raspberries
1 cup frozen blueberries
1/2 cup pure maple syrup
2 heaped tbs almond butter

1 tbs vanilla bean paste
good pinch of sea salt

To serve:

2 cups muesli or granola
1 cup Greek yoghurt
1 cup fresh berries
edible flowers (optional)
2 tablespoons honey

METHOD

To make the creamy chia pudding:

1. Place the chia seeds into a blender and blitz until finely ground. Remove from the blender and measure 2 heaped tablespoons of ground chia. Set aside.
(Save remaining ground chia seeds for next time).
2. Place the 2 tablespoons of ground chia seeds, milk, raspberries, blueberries, maple syrup, almond butter, vanilla and sea salt into the jug of a blender.
3. Blitz for 2-3 minutes or until thoroughly combined and smooth.
4. Pour the mixture into a bowl and pop into the fridge for an hour or two.

To serve:

1. Place a layer of muesli into a serving glass, layer with chia pudding and yoghurt, top with fresh berries, muesli, edible flower and honey. Enjoy x

Source: Image & recipe [‘My lovely lunchbox’](#)

HEALTH AND SAFETY: Building healthy body awareness from the start

From the very beginning of life, children are learning how to see themselves and how to relate to food. Even in the preschool years, the way we talk about eating and bodies can shape a child's confidence, wellbeing, and relationship with food for many years to come. That's why it's so important to provide children with positive food experiences and body positive messages right from the start.

Why It Matters

Research shows that early attitudes about food and body image can influence children's long-term health and happiness. While eating disorders and negative self-image are often thought of as issues for teenagers, the seeds of these challenges can be planted much earlier. Preschoolers are already developing ideas about what foods are "good" or "bad," and they pick up on how adults talk about their own bodies. By creating supportive environments in early childhood, families and educators can help children grow up with healthier habits and stronger self-esteem.

Positive Food Experiences

Food should be seen as both nourishing and enjoyable. For young children, mealtimes are not just about nutrition they're also about social connection, learning, and discovery. Some ways to encourage positive food experiences include:

- Eating together: Children learn by watching adults. Sitting down together shows them that food is something to be enjoyed, not rushed.
- Exploring new foods: Introduce variety but avoid pressure. Encouraging curiosity, "Would you like to smell it?" or "What colour is it?", is more effective than insisting children eat everything.
- Avoiding labels: Try not to call foods "good" or "bad." Instead, talk about how different foods help our bodies, some give us energy, some help us grow, and some are just fun to enjoy.

Body-Positive Messaging

Children listen closely to the words adults use. Negative comments about weight or appearance, even when said casually, can shape the way children view themselves.



Positive messaging can help them develop a strong, healthy self-image. For example: Use words like *strong*, *healthy*, *fast*, *growing*, and *energetic* to describe bodies. Focus on what bodies *can do* running, climbing, hugging, not what they look like. Avoid comparing children's bodies with others. Every child grows at their own pace, and celebrating this diversity helps children feel valued.

The Role of Families and Educators

Children thrive when home and preschool environments work together. Families can model balanced eating at home, while educators can encourage healthy habits in group settings. Both play a part in shaping children's attitudes by demonstrating enjoyment of a variety of foods, speaking kindly about their own bodies in front of children. Encouraging active play and movement as joyful, not tied to appearance or weight.

Practical Tips for Families

- Offer a range of foods and let your child decide how much to eat.
- Use neutral language: instead of "junk food," say "sometimes food."
- Celebrate effort and abilities rather than looks ("You climbed so high today!").
- Share meals when possible, to build routine and connection.
- If your child resists new foods, keep offering them in different ways without pressure—it can take many tries for tastes to change.



Read the article via the QR code.

Source: Raisingchildren.net.au. (2025). **How to develop positive body image in your child: 2-8 years.** Retrieved from Raisingchildren.net.au

Counting Beads

You will need: A die, pipe cleaners, pony beads

This simple activity helps children practise basic counting, one-to-one correspondence, and develop fine motor skills. Give your child one pipe cleaner and place a small bowl of beads nearby. They roll a die, count the dots, and collect the matching number of beads. The child then threads those beads onto the pipe cleaner. Play continues with each roll of the die until the pipe cleaner holds 10 beads, then they can start a new one. **Parent Tip:** Try extending the game by making colour patterns, adding two dice together, or counting backwards as beads are removed.



FOCUS ARTICLE: Pre-school-itis, easing morning worries for a happier start

It's tough when your child wakes up upset or anxious about going to preschool. Many children go through this stage, and while it's challenging in the moment, it's also very normal. With patience, consistency, and a few simple strategies, mornings can become calmer and more positive.

Why Children Worry

Young children thrive on predictability. Changes to routine, tiredness, or feelings of separation can make preschool mornings harder. Sometimes children worry about missing you, or they may feel nervous about friends, teachers, or new activities.

Practical Ways to Help at Home

1. Prepare the Night Before

Lay out clothes and pack bags together so mornings feel less rushed. Talk about something to look forward to at preschool ("Tomorrow you'll get to water the plants" or "You can show your drawing to your teacher").

2. Build a Calm Morning Routine

Wake up with extra time so your child doesn't feel hurried. Use a simple visual checklist (get dressed, eat breakfast, brush teeth, pack bag) so your child knows what comes next.

3. Use Predictable Goodbyes

Create a short goodbye ritual—a hug, a kiss on the hand, or a special wave. Keep goodbyes positive and brief. Long, emotional farewells make it harder for children to settle.

4. Offer Comfort and Connection

Pack a small "comfort item" such as a family photo, a little toy, or a note in their bag. Remind them when you'll return in terms they understand ("I'll be back after story time" rather than "later").

5. Encourage Confidence

Praise small steps: "You were so brave walking to the classroom today." Focus on what your child can do ("You can show your teacher how you count beads" instead of "Don't worry, you'll be fine").

Partnering With Educators

Talk to your child's teacher about how mornings are going. Educators can greet your child at the door, hold their hand, or guide them quickly into a favourite activity. Often, children settle within minutes once they're engaged in play.

When to Seek Help

Separation anxiety is a normal stage for many preschoolers, but there are times when extra support may be needed. Consider reaching out to your child's teacher, a GP, or child health professional if:

- Your child's distress is **very intense** and doesn't ease after drop-off.
- Anxiety continues for **several weeks** without improvement.
- Your child shows **physical symptoms** (stomach aches, headaches, nausea) regularly before preschool.
- Worries about separation start affecting **sleep, eating, or play** at home.
- Your child avoids or refuses activities they normally enjoy.

Getting help early can make a big difference. Support from educators, health professionals, and family can ease your child's anxiety and build their confidence in gentle, positive ways.



More info via QR code

Triple P Articles (2025). No more tears: Parenting tips for easier drop-offs. Retrieved from triplep-parenting.net.au



SAVE MONEY, SAVE TIME, SAVE FOOD

Wasting food wastes money and also the energy, water and other resources used to produce it. Preventing food waste is one of the most important things we can do for the environment. In fact, more than a third of all household waste is food—but the good news is that families can reduce this by up to 60% with a few easy steps.

Start by **knowing your waste**—notice what's being thrown away. **Plan your meals** for the week and **shop with a list** to avoid buying extra. **Store food correctly** so it lasts longer, and don't forget to **love your leftovers** by turning them into new meals. Making small changes like these saves money, reduces waste, and helps children learn how to care for our planet.

Involving preschoolers in simple tasks—like helping write the shopping list or putting food away—can also make healthy eating fun and encourage them to try new foods.

Together, we can make a big difference, one meal at a time.

Source: *Love Food Hate Waste*



Plan your meals

STEP 2

Planning your meals will help you:

- save money when shopping
- avoid mealtime stress
- enjoy fun and healthy eating.

Smart start

- 1 Check what ingredients you have at home that need to be used up.
- 2 Start by planning three dinners a week.
- 3 Plan together and make it fun.
- 4 Use your leftovers to enjoy a 'free' meal.

Smart actions

- ✓ Use a meal planner to remind yourself to plan meals.
- ✓ Take turns to have a family favourite day.
- ✓ 'Cook once, eat twice' is a great solution for time-poor families.
- ✓ Incorporate leftovers into your meal plan to avoid food waste.

Well done! Your weekly meal plan will help you eat well and reduce mealtime stress. Now you are ready for Step 3: Shop with a list.



Brought to you by the NSW Environment Protection Authority.

lovefoodhatewaste.nsw.gov.au

HEALTH & SAFETY: Eat a rainbow

Spring is the perfect time to brighten up lunchboxes and family meals. “Eating a rainbow” simply means offering fruit and vegetables in many colours across the week. Each colour generally delivers different vitamins, minerals and plant nutrients that help growing bodies and brains.

Reds often bring antioxidants, oranges and yellows are rich in carotenoids, greens offer folate and fibre, and blues/purples can be packed with polyphenols. You don’t have to serve every colour every day; think variety over the week and keep it relaxed and fun.

Winning strategies for fussy eaters

- **Small, pressure-free tastes:** Offer coin-sized bites alongside familiar foods. Repeated, calm exposure works better than bargaining. (Ensure size and texture is appropriate for age)
- **Make it dipable:** Hummus, yoghurt, or tzatziki with veg sticks (capsicum, cucumber, carrot) adds flavour and fun.
- **Blend and sprinkle:** Grated carrot or zucchini in sandwiches and bolognese; finely chopped spinach in omelettes; corn in mini fritters.
- **Skewer colour combos:** Cherry tomato (red), cheese cube (yellow), cucumber (green). For little ones, use blunt-ended food picks.
- **Smoothie ice blocks:** Banana + spinach + pineapple blitzed and frozen make a cool after-play snack.
- **Keep it predictable:** Serve new foods with safe favourites. A simple “you don’t have to eat it” can reduce mealtime battles.

Smart lunchbox swaps

- **Swap crisps** → wholegrain crackers + cheese + capsicum sticks for crunch, protein and colour.
- **Swap fruit straps** → fresh fruit or no-added-sugar freeze-dried fruit as an occasional treat.
- **Swap biscuits** → 2-ingredient oat-banana bites (ripe banana mashed with oats; bake until set).
- **Add a rainbow roll-up:** wholemeal wrap with cream cheese, spinach, grated carrot and beetroot.

Make colour visible

Children love to count and sort. Use **bento sections** or silicone cups to group colours. Name the colours out loud “I can see red



strawberries and green cucumbers” to build language and curiosity without pressure.

Try this at home: Count the Colours

Create a simple weekly chart (Mon–Sun) with columns for **red, orange, yellow, green, blue/purple, white/brown**. Each time a child tastes a colour, they place a sticker or make a tick. Celebrate effort, not perfection, every taste counts. At the end of the week, ask: “Which colours did we try most? Which colour should we hunt for next?”

Time-saving tips for busy families

Wash and chop veg once, **store in clear containers** at eye-level. Keep **frozen veg and berries** on hand—they’re nutritious and quick. Build a **rainbow platter** once or twice a week and let everyone choose two colours to try. Involve children in shopping: give them a “**colour mission**” (e.g., “Find something purple!”).

Safety notes

Slice foods to an age-appropriate size (e.g., halve or quarter grapes, soften very crunchy items). Always supervise eating, especially for younger children. If your child has allergies or medical needs, follow your health professional’s advice.

Small steps add up: one extra colour this week is a win. The goal is a cheerful, low-pressure path to more variety, more often.



Find a huge range of healthy recipes and more information via the QR code.

Source: Nutrition Australia. (2025)
Retrieved nutritionaustralia.org/recipes/

LEARNING THEIR NAME

Name recognition fosters a sense of self and belonging for children. It serves as a gateway to understanding letters and forms the foundation for reading skills. Here are some fun activities you can try at home:

Name Puzzle: Print or write out your child’s name in a large legible font. Cut the page into individual puzzle pieces and have your child reassemble it.

Magnetic letters: Keep magnetic letters on the fridge for your children to frequently practise spelling their name.

Finger tracing: Write your child’s name on a piece of paper using PVC glue. Once that dries, your child can trace their name along the glue.

Letter hunt: Hide Post-it notes with the letters of their name around the room for your child to find and put in order.

Rice writing: Pour dry rice into a baking tray. Write your child’s name on a piece of paper and have them use that to practise writing their name in the rice. A quick jiggle and it’s ready to go again.



FOCUS: Risky Play at the Park

Some children hang back not because they don't want to try, but because they don't yet have a *plan*. Your words can lend them that plan. Think of yourself as a climbing coach: you don't remove the wall—you translate it into doable steps and narrate smart moves as they happen.

Coach skills, not fear (upgrade the script)

Swap vague warnings for clear, body-based cues that tell the brain exactly what to do.

- “Hands wide on the rail... big feet, slow steps.”
- “Test the next branch with your foot before you put weight on it.”
- “Bend your knees for a soft landing.”
- “Look for the next safe place for your hand—then move one thing at a time.”
- “Pause and breathe—count 1...2...then choose your next step.”

Use descriptive praise to wire confidence to strategy, not luck:

- “You kept three points of contact.”
- “You checked the rung before you climbed.”
- “You noticed it was busy and waited—smart judgment.”

Build challenge gradually (“challenge ladder”)

Keep the structure you like but add *micro-steps* so anxious brains can say “yes” sooner.

Balance: Try starting with a line on the ground then a low beam. **Take**

micro-steps: “toe taps only” → “one slow step” → “three steps” → “cross with one handheld” → “cross solo.”

Climbing: Try Stairs → low ladder → small rock wall → higher net with

a spotter. **Take micro-steps:** “hands only on first two rungs” → “add one foot” → “touch the third rung and come down” → “climb to where your tummy feels calm, then exit.”

Speed: Slow slide → moderate slide → faster slide with spacing rules.

Take micro-steps: “sit-and-wait count to 3” → “short slide from halfway” → “full slide” → “full slide + control stop at the bottom.”

Challenge by choice is key. Offer an **exit plan** before you start: “You get to stop anywhere and come back later. Your smart job is to notice when your body says, “enough for today.”

When to step in (crisp boundaries build trust)

You're not rescuing from challenge, you're removing hazards and crowd risk so the challenge stays clean.

Step in if you see:

- Hidden or structural hazards (broken bolts, sharp edges, entrapment spaces).
- Unsafe density (pushing, children standing at slide exits, ladder pileups).
- Repeated panic signals (frozen on a high point, rapid breathing that isn't settling with coaching).

Do a reset instead of a shutdown: change the queue, switch equipment, take a sip-and-breath break, or move to a quieter area then return to a lower rung on the challenge ladder.

Co-regulation tools for anxious moments

- **Body reset:** “Hands on belly, slow breath in, long breath out. Now choose one small step.”
- **Countdown to try:** “Two finger taps on the rung, then decide.”
- **Shared first pass:** “I'll mirror you from the ground call your moves like a coach.”

A simple confidence routine

- **Pick one challenge** (ladder, beam, slide).
- **Name the micro-step** you'll attempt.
- **Do it once**, then stop, even if it felt easy.
- **Review and record** a “win word” (e.g., “steady feet”).
- **Repeat next visit** with the next micro-step.

With precise cues, micro-steps, and a predictable Plan-Do-Review loop, hesitant children learn that nerves are data, not danger and that confidence is built the same way we climb: one smart hold at a time.



For more helpful language to support risky play follow the QR code or this link raisingchildren.net.au



WATER WARRIORS

Water is the most common substance found on earth and less than 1% is available as fresh water. Yet all plants and animals need water to survive. So let's not waste a drop. Try these activities at home to make sure you're doing everything you can at home to be water wise.

Do a fun home “splash check”: with a grown-up, add one drop of food colouring to the toilet tank, if the bowl changes colour without flushing, a sneaky leak is hiding.

Count the drips: Do you have a dripping tap? Count

how many drips there are in a minute. Leave a measuring jug under the tap for the day and see how full it is at bedtime. Don't forget to get this fixed! Imagine what a week's worth of drips looks like.

Other savvy water tricks: Save water with a 4-minute Shower Song, turn the tap off while brushing teeth, catch the cold “waiting water” in a jug for plants or pets, tip leftover drink water into a plant, run only full loads in the washer/dishwasher, grow tough native plants with cosy mulch, and sweep paths instead of hosing.

Tiny actions = big splash-saving!

YOU'RE INVITED TO
OUR WCCC

CHRISTMAS PARTY

WCCC WOULD LOVE TO INVITE YOU
TO OUR CHRISTMAS PICNIC, CONCERT
AND DANCE PARTY.

IT IS BYO FOOD, DRINK, AND PICNIC
RUGS

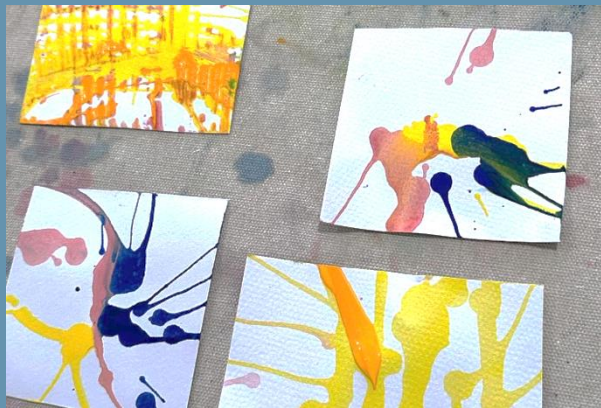
(NO ALCOHOL PLEASE).

DATE: THURSDAY 11TH DECEMBER
2025

TIME: 6.00-7.30PM

WHERE: AT THE CENTRE, IN THE
OUTDOOR PLAYGROUNDS





SPIN ART

You will need:

An old salad spinner
Poster paints
Water colour paper
Small tubs/spoons or squeeze bottles

Set up:

Water down the paint slightly so it's easier to spin and spread. Place each colour in its own tub or bottle. Cut the watercolour paper into squares small enough to fit inside your salad spinner.

Top tip: Choose colours that mix well together—for example, cool colours (blues, greens, purples) or warm colours (reds, oranges, yellows).

How to create:

1. Place a square of paper in the bottom of the spinner.
2. Let your child drop spoonfuls of paint or squeeze a few colours onto the paper.
3. Pop the lid on and let them spin
4. Open the spinner to reveal their amazing artwork.

Learning Benefits

- Encourages creativity and self-expression
- Develops hand-eye coordination and fine motor skills
- Teaches colour mixing and cause-and-effect
- Builds a sense of pride in creating something unique

Questions to Extend Learning

"What do you think will happen if we add more colours?"
"Which colours do you think will mix together?"
"What shapes or patterns can you see in your artwork?"
"How does the paint move when we spin it fast? What about when we spin it slowly?"
"If you could give your artwork a name, what would it be?"
"What colours would you like to try next time?"

Have fun!



Learn to throw and play frisbee

Short simple activities to get some active minutes in the day.

How to throw a frisbee:

- Grip: Thumb on top, fingers underneath.
- Throw: Point – Cross – Step – Flick.
- Catch: Try the *Alligator Snap* or *Crab Claws*!

Activity ideas:

- Start by practicing throws together, taking turns to throw and retrieve the frisbee.
- Choose spots around your backyard and practice aiming at them.
- For an extra challenge, set up buckets and play a **game of Frisbee Golf**.

Source: *Throw a frisbee*

Race you

Short simple activities to get some active minutes in the day.

Whether you're at the park, in the backyard, or in the lounge room, a race can happen anywhere and it's a fun way to get hearts pumping!

At the park, set up a simple obstacle path and race each other around it; if space is tight, take turns and time one another. In **the backyard**, try a straight running race, lap the perimeter, or play "catch up" by fast-walking behind your child. **Inside**, switch to crawling or crab-walk races for a safe, silly challenge.

There are so many options, and a quick "Race you!" is often all it takes to get your child moving.

