



JULY
2025

From the Nominated Supervisor's Desk

What's going on....

AUGUST
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,

The past couple of months have been full of exciting events! One of the highlights was our dental incursion and visit, where the children learned all about taking care of their teeth—and even received a free toothbrush! To top it off, we had a surprise visit from the Tooth Fairy.

Book Week was also a big hit. While we were disappointed that the weather forced us to cancel the outdoor parade, the children had a wonderful time parading through the hallway in front of their friends, finishing with a fun little dance party. The costumes this year were absolutely fantastic.

Starting Monday, September 1st, New regulations will be implemented across the ECEC Sector regarding the use of digital technology in early childhood centres. To help guide this transition, we're introducing a new policy titled "Safe Use of Digital Technologies and Online Environments." Please take some time to read through it.

Additionally, we'll be sending out a Cyber Safety Authorisation Form, which needs to be signed as soon as possible. Hard copies will be available at the office counter if you prefer one. If you have any questions or need further information, don't hesitate to reach out.

And just a quick reminder—our Father's Day Raffle is fast approaching! Be sure to grab your tickets soon for a chance to win some fantastic prizes.

Confirmation of 2026 enrolment offers will be sent out in the coming week. All rooms are very full and some families may have been offered their 2nd preferences.

We are also delighted to welcome Roshani and Sanjita to our team. Both completed their Graduate Diploma placements with us, and we are pleased to now have them join our centre as employed educators.

In addition, we welcome Lucy, who has joined us as an ASBA student. Lucy will be working with us on Wednesdays and Fridays while continuing her college studies.

You will see all three of them working across the centre in the coming weeks.

Next Wednesday, 3rd September, is Early Childhood Educators' Day. Please take a moment to thank our amazing educators for their dedication and the wonderful work they do every day.



BANANA CHOC CHIP MUFFINS

TOTAL TIME 35 min | MAKES 12



INGREDIENTS

3/4 cup (190 ml) **butter**
 2 1/2 cups (375 grams) **plain flour**
 1 1/4 cups (260 grams) **dark brown sugar**
 1 teaspoon **cinnamon, ground**
 1/2 teaspoon **baking powder**
 1 teaspoon **bicarb soda**
 pinch of **salt**
 2 **eggs**
 1 1/2 cups (375 ml) **greek (or natural) yoghurt**
 2 tablespoons **vanilla bean paste** (or extract)
 2 **bananas, mashed**

1 1/2 cups (260 grams) **dark chocolate chips**
 3 tablespoons **caster sugar (or demerara sugar)**
 1 tablespoon **cinnamon, ground**

METHOD:

- 1. Preheat** oven to 200 C and line a muffin tin with 12 papers. Set aside.
- 2. Place** the butter in a small saucepan over medium heat and cook until the butter is melted, foaming and turned brown and smells nutty. Set aside to cool slightly.
- 3. Place** the flour, sugar, cinnamon, baking powder, bicarb soda and salt into a bowl and whisk to combine creating a well in the centre. Set aside.
- 4. In** a separate bowl place the brown butter, eggs, yoghurt, vanilla and mashed bananas and whisk to combine.
- 5. Pour** the wet ingredients into the well of the dry and using a wooden spoon stir until just combined. Do not over mix.
- 6. Gently** fold through the chocolate chips.
- 7. Evenly** divide the mixture between the prepared muffin tins.
- 8. Place** the caster sugar and cinnamon into a small bowl and stir to combine.
- 9. Sprinkle** each muffin with a little cinnamon sugar.
- 10. Bake** muffins for 15-20 minutes or until golden and when a skewer inserted removes cleanly. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

BEST BLOGS

PLAY + LEARN TOGETHER

www.playandlearntogether.com.au

Children from birth engage in discovery as they wonder, investigate and explore the world around them. Play is the driving force for learning and as children engage in play they learn to make sense of their world.

On the Play + Learn together website you will find play experiences that have been developed particularly with the home environment in mind. Early childhood experts set you up for success with a wide range of activities that are informed by educational frameworks and research on physical, emotional and cognitive well-being for children. Activities are available for babies right up to pre-school children. Many activities can be slightly adapted to suit older children as well.

GOOD PLAY GUIDE

goodplayguide.com

Dr Gummer's Good Play Guide is an independent, expert organisation, dedicated to ensuring every child can develop the skills they need to thrive during a happy healthy childhood. The team's mission is to help make the world a more playful place.

In the "play ideas" tab you will find fun, engaging and educational activities to keep kids entertained for hours. There are play ideas for kids of all ages that will keep them learning, exploring and having a blast.

*Activities are broken up into 4 themes, **indoor games, outdoor games, learning games and arts & crafts**. Pick one and get started!*

ZUCCHINI PANCAKES



INGREDIENTS

1 cup wholemeal SR flour	1 egg
1/2 tsp baking powder	zest of 1 lemon
1 1/2 cups buttermilk	olive oil, to fry in
1 medium zucchini, grated	
1/2 cup basil leaves, finely chopped	

METHOD

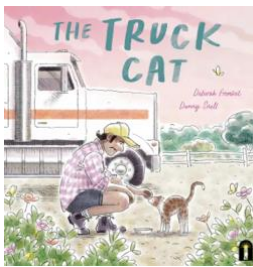
Place the flour and baking powder into a large bowl and whisk to combine creating a well in the centre. **Place** the egg and buttermilk into the well of the dry ingredients and whisk to create a smooth batter. **Gently fold through** the zucchini, lemon zest and basil.

Heat a nonstick frypan to low-medium heat and grease with a little olive oil. **Place** heaped tablespoons of the batter onto the pan and cook for 2-3 minutes or until bubbles begin to appear on the surface of each pancake, gently flip and cook for another 1-2 minutes or until golden.

Place the pancakes onto a plate lined with kitchen paper and continue cooking until no batter remains.

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

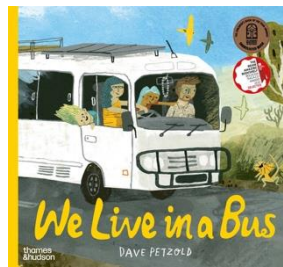
Book Reviews



THE TRUCK CAT | DEBORAH FRENKEL

The Truck Cat is a story about cats and humans, immigration and identity, and homes lost and found. The Truck Cat is the perfect book to inspire kindness and compassion in young children everywhere.

Yacoub drives his truck to make a living, learning the landscape of a new country along the way, and longing for connection. When Tinka and Yacoub are unexpectedly separated, they are determined to find their way back to each other – and, in doing so, might find more than they expected ...



WE LIVE IN A BUS DAVE PETZOLD

We live in a bus. She's called Gracie Joy Rufus Bean (we couldn't agree on a name). Gracie Joy Rufus Bean has six wheels and a door that opens when you push a button, tic-shhhh!

Join one family as they enjoy life on the road – camping under the stars, listening to nature, and making new friends along the way.



THESE LONG LOVED THINGS | JOSH PYKE

Where do they go, these long-loved things? These stories told, these songs we sing. Once a memory is made, it remains. Even when it is forgotten.

From the creators of Family Tree, comes this moving story of love, loss and the power of shared memories.

HEALTH & SAFETY: Sunscreen Isn't Just for Summer: Why Winter Sun Safety

As the temperatures drop and winter sets in, it's natural to think less about sun protection. However, in Australia, the sun's ultraviolet (UV) radiation remains a year-round concern, even on cool or cloudy days. For young children, whose skin is particularly sensitive, consistent sun safety practices are crucial throughout all seasons.

Understanding UV radiation in winter

UV radiation is not dependent on temperature. This means that even during winter, when the sun feels less intense, UV rays can still cause skin damage. In fact, UV levels can be deceptive; they often remain high enough to warrant sun protection. In many parts of Australia, including cities like Sydney and Brisbane, the UV Index frequently reaches levels of 3 or higher during winter months, which is sufficient to cause skin damage over time.

The impact on children's skin

Children's skin is more delicate and susceptible to UV damage. Research indicates that excessive UV exposure during childhood significantly increases the risk of developing skin cancers, including melanoma, later in life. Establishing sun-safe habits early on not only protects children now but also instills behaviours that can lead to healthier outcomes in adulthood.

Sun safety tips for winter

1. **Daily Sunscreen Use:** Apply a broad-spectrum sunscreen with at least SPF 50 to all exposed skin areas, even on overcast days.
2. **Protective Clothing:** Dress children in long-sleeved shirts, pants, and wide-brimmed hats to shield their skin from UV rays.
3. **Seek Shade:** Encourage play in shaded areas, especially during peak UV times between 10 a.m. and 4 p.m.
4. **Use Sunglasses:** Protect children's eyes with sunglasses that meet Australian standards for UV protection.
5. **Check UV Levels:** Utilize resources like the Bureau of Meteorology's UV Index forecasts or the SunSmart app to stay informed about daily UV levels in your area.

Setting a lifelong example

By prioritizing sun safety year-round, parents and caregivers set a powerful example for children. These practices not only

safeguard their immediate health but also lay the foundation for a lifetime of sun-smart behaviours.

Remember, the sun doesn't take a winter break, and neither should our commitment to protecting our children's skin.

Check your skin for early signs of skin cancer

Keeping an eye on your own skin is just as important as protecting your children's. Regular skin checks can help detect early signs of skin cancer, when treatment is most effective. Here's a simple guide you can follow at home:

The ABCDEs of Melanoma:

Look out for any spots, moles, or freckles that show:

A - Asymmetry: One half looks different from the other.

B - Border: Edges are irregular, ragged, notched or blurred.

C - Colour: Uneven colouring with shades of brown, black, red, white, or blue.

D - Diameter: Growing spots, typically larger than 6mm, but melanomas can be smaller.

E - Evolving: Any change in size, shape, colour, or new symptoms such as itching or bleeding.

Other Warning Signs:

New spots appearing on the skin. A sore that doesn't heal. Lumps or red, scaly patches. Changes in existing moles.

When to See a Doctor:

If you notice any of these changes, it's important to see your GP or a skin specialist. Many skin cancers can be treated successfully if found early.

Make Skin Checks a Habit: Check your entire body every 3 months including your back, scalp, soles of your feet, and under nails. Use a mirror or ask a partner to help check hard-to-see areas.

Remember: Sun safety today, skin checks tomorrow — both are key to lifelong skin health.



More information via the QR code.

Source: Cancer Council/ *Sun Safety*.(2025)
Retrieved www.cancer.org.au

Counting Songs

The rhythmic patterns and repetition in counting songs help children grasp the sequence of numbers. By singing along and moving to the beat, children absorb counting naturally. Singing while counting is perfect for auditory learners.

Songs like *Five Little Ducks*, *Ten in the Bed*, *Alice the camel*, *The ants go marching*, *Five little fish*, are great for practicing counting in a fun and musical way. There are so many songs available to support your child, simply google 'counting songs for preschoolers'.



FOCUS: 10 Emotion-Coaching Phrases to Use When Your Child is Upset

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.” – L.R. Knost

When our kids are upset and need us the most are the exact moments, we aren’t prepared for, the moments we ourselves are tired, stressed, sad, or triggered. It is also exactly at those moments when our children need us the most. To be able to lead them through the emotion, through the storm, to be their *emotion-coach*. *It’s our job to be accepting of the emotion, while at the same time teaching them how to handle those emotions. To coach our child through their feelings, from experiencing those feelings to expressing them. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child’s emotional intelligence, these are soul-building phrases*

1. It’s okay to be upset — it’s good to let it out. As your child’s emotion-coach, the first thing you want to teach them is that emotions are meant to be experienced, in fact, that their emotions need to be felt. *It seems like you are mad, it’s okay to be mad. It’s good to let that anger come out. Your face/body looks sad. It’s okay to feel sad. It is sad to say goodbye.*

2. I hear you — I’m here for you — I’ll stay with you. The best gift you can give to another human is to stay with them in their emotion. To hold that emotion with them. That is something we must give to our children as well. To simply be with them in that emotional space. To be there. *You are upset, let’s sit here for a moment. I’m with you, I’ll stay with you — it’s okay to feel _____. I won’t leave you.*

3. It’s okay to feel how you feel. It is not okay to _____. ” Sometimes it is necessary to use a very clear limit in how our child expresses their emotions. It isn’t the emotion itself that needs to change, but rather how they are expressing it. *You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit.* Let’s go over here together and you can be angry. This is a very clear statement, hitting is not okay. As your parent, I won’t allow you to hit. I will help you regulate your anger, being angry is okay, hitting is not okay. Taking a break when we are angry, walking away for a moment is actually a good way of regulating anger. You are teaching your child to give themselves a little space to breathe and time to gain perspective.

4. How you feel right now won’t last forever. It’s okay to feel how you are feeling. It will pass and you will feel better again soon. In-the-moment your child feels (and acts) as if their entire world is ending. Their emotions are big and overpowering and they feel that they will never feel better again — which only compounds how they feel. **Reminding them** that their emotions will pass will help them and potentially lessen the intensity of those emotions in the first place!

5. Let’s take a breath, take a break, sit down, pause for a minute... It is a hard thing to do to sit with an emotion. To just feel it — live in it. But if we allow ourselves to be in the moment with our emotions, then we can let them go easier. A key part of being your child’s emotion coach is simply teaching them that experiencing the emotion, *feeling the emotion*, helps us to let it go.

6. You are good and kind. Being dysregulated is not being bad. Being angry or frustrated is not being bad. Yet, sometimes when we are emotional, we don’t always make the best choices. Our kids may make mistakes or bad choices, but that is how they act, **not who they are**. This is such an important message when we emotion-coach our kids.

7. I’ll be over here when you need me. I am all for validating and acknowledging children’s emotions, but sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time. But not right now, later when things are calm again. **You can still acknowledge your child’s emotions while giving them a chance to regulate themselves.** *“I can see you are really upset about this. It’s okay to be upset. It doesn’t seem like what I am saying is helping. You remember what to do when you’re upset, and you remember how to calm down. I’ll be over here when you need me.”*

8. Let’s have a Do-over! Sometimes everyone needs a chance to reset. Sometimes kids know they have messed up and they want to save face, they want a chance to do it better.

9. What can we learn from this? What is the lesson in this? Teaching our children that there is a lesson when we struggle is so important. That there is a lesson in our pain, disappointment, anger. That problems that are hard to solve lead to opportunities.

10. You’ll Remember Next Time. When your child does something they shouldn’t do and you correct their behaviour say this. Or when you’ve worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say, “You’ll remember next time.” That one simple phrase communicates so much to children. It tells them that their failure today isn’t a permanent failure and that they can change.



Read the article via the QR code.

Soderlund, Dr Ashley (2021, 16 July). 10 Emotion-Coaching Phrases to Use When Your Child is Upset. Retrieved from nurtureandthriveblog.com



EMBRACE THE OUTDOORS

Take advantage of the winter season to engage with nature and enjoy outdoor activities whenever possible. Spending time outdoors not only benefits your physical and mental well-being but also fosters a connection with the environment. Consider activities like hiking, camping, or simply going for walks in nature to appreciate the beauty of the season.

Sunlight is an essential source of vitamin D, which plays a crucial role in maintaining overall health. Despite the cooler temperatures, try to spend time outdoors during daylight hours to soak up the sun’s rays. Exposing your skin to sunlight, even for short periods, can help boost your vitamin D levels, improve mood, and support healthy skin.

Find more info about Winter Sustainability [here](#)



HEALTH & SAFETY: Bum worms ...



What Every Parent Should Know (Yes, Even You, Bandit!)

Let's talk about something a little bit itchy and a whole lot wriggly worms. Not the kind Bluey might dig up in the backyard, but the kind that can make little bottoms super itchy—especially at night. These are threadworms (also known as pinworms), and they love to sneak into preschool-aged kids' tummies... and sometimes the whole families, too.

What are the signs?

If your child has threadworms, you might notice them:

- Scratching their bottom
- Feeling a bit cranky or not themselves
- Not sleeping well
- Eating less than usual

Girls might also complain about itchiness in the vaginal area. You might even spot the little worms at night with a torch.

How do they spread?

Threadworms are tiny white worms, about 1 cm long, that live in the lower intestine. At night, the female worms sneak out to lay their eggs around the bottom area. That's when the itching starts.

Kids scratch, eggs get on their fingers, and—yep—they can swallow the eggs again. Worms are great at hide-and-seek too—they can hang around on toys, bedding, door handles, and even float around in household dust. The eggs can survive for up to two weeks outside the body (almost as persistent as a Bluey dance party).

Treatment: no feather wand needed: Thankfully, worm treatments from the chemist (like Combantrin or Vermox) are safe and easy to use. Treat *everyone* in the house at the same time—even if they're not itchy. A shower on the night of treatment, and again in the morning, helps wash away eggs.

Worms are sneaky, so you might need to repeat the treatment after 2 weeks.

Keeping worms away:

Here's how to stop those pesky worms from coming back:

- Trim and clean fingernails
- Wash hands thoroughly after toilet time and before eating
- Try to stop thumb-sucking and nail-biting (we know, easier said than done!)
- Hot wash bed linen, towels, clothes, and soft toys
- Vacuum floors often
- Wipe down surfaces and door handles
- And sorry kids... that cracker that landed on the floor? Let's give it a pass

When to see your GP If your child's still itchy after treatment, or if you notice big worms, a sore tummy, vomiting, or they're feeling extra tired, it's time to visit your doctor.

Remember:

- Threadworms are common in young children (you're not alone!)
- They can be treated easily with the right medication.
- Good hygiene helps stop worms from spreading.
- And yes sometimes parenting really is full of surprises

Just one of the many adventures of life with little ones!



More information available via the QR code.

Source: The Royal Children's Hospital Melbourne. (2020) **Worms**. Retrieved from www.rch.org.au

CLASSIC EYE SPY

"I Spy" is a valuable game for developing children's literacy skills because it enhances various aspects of language and cognitive development, such as vocabulary, phonological awareness, observation, and social skills. By encouraging children to identify objects based on clues, it helps them develop their descriptive language, practice phonics, and learn to discriminate between visual details. Everyone has played eye spy before but here is a little refresher.

Choose a Spy: One player is designated as the Spy, and they choose an object they can see. **Provide Clues:** The Spy gives a clue, often starting with the phrase "I spy with my little eye something...", and may describe the object by its colour, shape, or the first letter of its name. **Guessing:** Other players take turns guessing the object based on the clues. **Turn Taking:** When a player correctly guesses the object, they become the new Spy.



FOCUS: When We Scroll, They Watch: How Parent Screen Time Shapes Childhood

We all do it—check our phones while waiting for dinner, scroll through emails on the couch, or sneak a quick glance at a message during story time. Technology has become part of everyday life, but new research reminds us that our children are watching—and learning—how we use it.

In 2025, Australians are spending an average of over 6 hours per day in front of screens. While this includes work and essential online tasks, much of it overlaps with family time. According to the Australian Bureau of Statistics, more than one in five children aged 5–14 are spending 20 hours or more per week on screen-based activities. And it's not just about kids on iPads, the average Aussie parent clocks around 5.8 hours of screen time daily, often during hours their children are present.

But here's the key: children, particularly those under 10, don't just watch screens—they watch us. Whether it's checking the weather or scrolling through social media, our digital habits teach children what is "normal" in everyday life.

What the Research Shows

In a recent Telethon Kids Institute study, researchers found that excessive parent screen time, referred to as "technoference"—can reduce the quality of adult-child interactions by as much as 1,100 words a day. For toddlers and preschoolers, that's a significant drop in language exposure, and over time, it can lead to slower vocabulary development, behavioural issues, and reduced attention spans.

Meanwhile, almost half (49%) of Australian children under 2 are already interacting with smartphones. As these early years are vital for brain development and emotional regulation, our digital choices at home have lasting effects.

Even older children aged 5 to 12 are heavily influenced by the example set by adults. If a child sees a parent reach for their phone in every quiet moment, they quickly internalise that boredom must be filled with a screen. This can reduce opportunities for creativity, problem-solving, and independent play.

Why It Matters: Children learn far more from what we do than what we say.

If we ask our children to put down their devices while we're glued to our phones, the message is mixed. But if we model balance, intentionality, and moments of screen-free connection, our children are more likely to do the same.

The good news is that even small shifts in our digital behaviour can make a big impact. You don't have to go tech-free just more tech-aware.

What You Can Do

Here are some simple ways to reduce technoference and create stronger connections at home:

- Create phone-free moments during the day, like mealtimes, school pickups, or bedtime routines. These pockets of connection become meaningful rituals for children.
- Use "Do Not Disturb" features or app timers to limit interruptions during quality time with your child.
- Narrate your own screen use. If you're checking the weather or replying to a message, say so. "I'm just checking the weather for tomorrow's picnic, then I'll be right with you." It helps children distinguish between purposeful and passive screen time.
- Designate a screen spot. Try to keep screens in one area of the house instead of having them everywhere—this reinforces the idea that not all moments need digital company.
- Engage with your child's screen time. If they're watching something, watch with them when you can, ask questions, and turn it into a conversation. Shared viewing can still be connecting.

A Lasting Message

Technology isn't going away—and that's not a bad thing. Screens can connect, educate, and entertain. But when they begin to replace conversation, reduce play, or interrupt presence, it's worth reassessing our habits.

By modelling balanced screen use, we give our children a roadmap to follow. We show them how to be present, how to manage boredom, and how to engage with the real world.

So next time you reach for your phone, ask yourself—*is this moment better spent being here?* Chances are, the answer will be yes—and your child will notice.



Read the article via the QR code.

Source: *Fuller, Perkins. (2024). How does screen time affect kids' health? Retrieved from edu.au*

Source: *Grace, Asia. (2025). Parents' obsessive technology use may have serious long-term effects on babies and toddlers: study. Retrieved from nypost.com*

THINK TWICE BEFORE SHOPPING

Before hitting "add to cart" or heading to the shops, take a moment to pause and think twice—do you really need something new? Sustainable living starts with mindful choices, and that includes resisting the urge to buy out of habit or convenience. Instead, consider borrowing, swapping,

repairing, or repurposing what you already have. Every item we choose not to purchase helps reduce waste, save resources, and lessen our environmental impact. Small changes in how we shop can lead to big shifts for a healthier planet. Choosing quality over quantity and supporting second-hand or local options when you do need something can also make a meaningful difference. Let's rethink our habits and embrace a more conscious way to consume.



BIG PAINTING

If you let the possibility of ***mess*** stop you from enjoying art with your child, you will miss **all the fun!**

You will need:

Washable paint
Roll of art paper
Brushes (or not)
Paint cups/ paper plates
Bucket of water and a towel

Set up:

1. Choose a space in your home that you don't mind getting a little messy. On a grass space or on your fence. Use water based washable paint and everything can be hosed away.
2. Roll out paper or attach paper to a fence.
3. Pour out paint into cups or plates and lay out brushes or maybe just use hands.
4. Set clear rules, for example: painting should only be done on the paper, once you are finished wash your hands in the bucket.

How to create:

No rules, let your kids create to their hearts content. You could challenge them- Ask how high can you reach to paint? Can you paint a huge circle? Can you paint with both hands at the same time?

Have fun!



SQUEEGEE ART

Squeegee art is a fun painting activity for all ages. Create unique works of art through this experimental process.

You will need:

Paints - (Small squeeze bottles you can get these at most cheap stores)
Squeegee
Paper

How to create

Lay down some newspaper or a paint matt under where you will be creating. Fill each small squeeze bottle with paint. Squeeze the bottle to make a few dots and dashes on the page. Then scrape the squeegee across the marks to reveal your creation.

You can even draw pictures or write names on plain paper first with a permanent marker before squeegeeing to create more unique artworks.

Tips:

Paint: You need 2 different colours minimum. You can go wild and let your child pick their colours or you can choose primary colours or cool/warm colours and see what colours you can create.

Squeezing paint from a bottle can be tricky. Sometimes slightly watering down paint can make squeezing easier.

Squeegee: You can pick up squeegees from a supermarkets or small plastic scrapers from bunnings that work well too.

Restraint is the trick. The more you scrape the more patterns but scrape too much and you may get a little mess.





FATHER'S DAY RAFFLE

1ST PRIZE - \$200 OH NO RESTAURANT
VOUCHER *

2ND PRIZE - \$150 PRONTO RESTAURANT
VOUCHER *

3RD PRIZE - \$100 PEDLER RESTAURANT
VOUCHER *

4TH PRIZE - \$100 BUNNINGS VOUCHER

5TH PRIZE - \$50 LOTTERY PACK

6TH PRIZE - \$30 VOUCHER FROM COFFEE
GURU COOLEMAN COURT *

*PLEASE SUPPORT THESE BUSINESSES AS THEY HAVE DONATED THE
PRIZES

TICKETS ARE \$5 EACH & CAN BE ADDED TO YOUR
ACCOUNT.

EMAIL KYLIE TO ARRANGE ASAP.
PRIZES WILL BE DRAWN ON THURSDAY 4TH
SEPTEMBER 2025



Jo Wicks Activate

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

Activate is an exciting, high-energy animation for kids – starring Joe Wicks and his brilliant Activators – designed to get children moving and having fun. Each episode is 5 minutes long and available via youtube.com.

Watch here: www.youtube.com/watch?v=ClA9ltX7mvs



Balance Beam

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

Draw a line on the ground with chalk and you've got an instant balance beam. Then, have your child walk along the beam, jump along the beam, walk heel-to-toe from one side to the other, walk backwards, and (for kids who are older) do cartwheels or hop. You can also make this more difficult by drawing a squiggly line on the ground to do the same movements.

Source: weareteachers.com

Feedback 
is always welcome

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