

"Wherever you go, no matter what the weather, always bring your own sunshine" by Anthony J. D'Angelo



SEPTEMBER
2026

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

OCTOBER
2026

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. **New In-Service Experience – Mini Monsters!**

Dear Families,

We have lots of exciting news and events coming up at Weston Creek Children's Centre as we head towards the end of another wonderful year!

2027 Enrolments Are Complete – Yay!

We are excited to announce that enrolments for 2027 are now complete! Thank you to all our families for your continued support. We look forward to another fantastic year ahead of learning, growth and connection with our children and families.

Children's Week – 26 October to 1 November

Children's Week is fast approaching, and we are looking forward to celebrating the rights, voices and achievements of children. To celebrate, we will be hosting a **Book Fair at the Centre**, with further information to follow.

Throughout the week, each program will offer a range of fun and engaging experiences that recognise and celebrate children's interests, ideas, creativity and learning.

End-of-Year Developmental Summaries

Our educators have started working on the children's end-of-year developmental summaries. These summaries reflect each child's learning, development, achievements and progress throughout the year. We anticipate that summaries will be distributed to families in **mid to late November**.

Child Safe Training

Our educators are continuing their commitment to providing a safe and supportive environment for every child by completing **Child Safe Training Levels 3 and 4**. This training supports our ongoing commitment to child safety, protection and wellbeing across the Centre.

We are excited to trial a new in-service experience called **Mini Monsters**, which specialises in sports, gymnastics and music. We are always looking for new and engaging opportunities that encourage children to move their bodies, develop physical skills, build confidence and have fun. We look forward to seeing how the children respond to these exciting new experiences! The Mini Monsters program will be available to children in our **Banksia, Bluebells and Waratahs programs only**. Further information will be provided to the families in these programs.

Christmas Closure Dates

As Christmas approaches, please note our end-of-year closure dates:

- **Closing:** 6:00 pm on Friday, 18 December 2026
- **Reopening:** 7:45 am on Tuesday, 12 January 2027

Please note that **fees will not be charged during the Christmas closure period**.

Christmas Celebrations

Christmas is just around the corner, and we have an exciting Christmas week planned for the children, filled with festive experiences and celebrations.

We will also be hosting a **Family Christmas Carnival!** This will be a wonderful opportunity for our children, families and educators to come together and celebrate the festive season. More information about the carnival will be shared soon, so keep an eye out for further details.

We have lots to look forward to over the coming weeks and are excited to finish the year with plenty of learning and fun

Kelly and Kylie



NO-BAKE BROWNIES

TOTAL TIME: 1hr 15 min | SERVES 16



NO BAKE BROWNIES

1 cup rolled traditional oats
 1 cup desiccated coconut
 1 cup pecans*
 1 cup cacao powder
 pinch of sea salt
 10 medjool dates, pit removed
 1/4 cup pure maple syrup
 1 teaspoon vanilla bean paste (or extract)

FROSTING

100 g dark chocolate
 1/4 cup milk
 1 tbs coconut oil
 1 tsp vanilla bean paste (or extract)
 pinch of sea salt
 to decorate: dried rose petals (optional)

METHOD: Line a 20cm x 20cm square tray with baking paper. Place the oats, coconut, pecans, cacao powder and sea salt into the large bowl of a food processor. Blitz for 2-3 minutes or until very finely chopped. Add the dates, maple syrup and vanilla and blitz again for 2-3 minutes, or until lusciously combined and smooth. Place mixture into prepared tray and spread evenly. Pop in the fridge for an hour or to 'set'.

TO MAKE THE FROSTING: Place the dark chocolate, milk, coconut oil, vanilla and salt into a small saucepan and place over low heat, whisking continuously until melted. Pour the mixture into a bowl and pop into the fridge. Every 5 minutes or so remove the bowl from the fridge and give it a good whisk (this whisking creates a gloriously smooth and luscious frosting). Once cool, spread the frosting over the brownies. Cut into 12 or 16 bars and serve.

*For a **NUT FREE VERSION**: replace pecans with an extra 1/2 cup oats and 1/2 cup coconut). Enjoy x

Find this recipe and more at [My Lovely Lunch Box](#)

Podcast Reviews

Parenting is tricky, these listens may just help you along the way!



Emerging Minds Families | Emerging Minds

Each fortnight, Emerging Minds chat with parents, family members and practitioners from all over Australia. They generously share with us their experiences and the knowledge, strength and the skills they've developed while navigating the ups and downs of parenting, raising a family and the tricky things that life can sometimes throw at us. We discuss a range of topics close to families hearts and always with a mind to supporting children's mental health and wellbeing.



Beyond the Bump | Sophie Pearce and Jayde Couldwell

This is a place for real conversations and honest questions, no matter how hard, about the parts of motherhood that often go unspoken. The mental load that changes shape rather than easing. The identity shifts. The stage where life doesn't suddenly feel simpler. Wherever you are in it, the aim is the same: to leave you feeling lighter, more understood and a little less alone after every listen.



Words Grow Minds | Amelia Mulcahy and Kate Ellis

Connection, connection, connection. If there's one thing that parent educator Genevieve Muir wants us to take from her, it's that it all comes back to connecting with our child. With her trademark good humour and keeping it real, Gen talks to Kate and Amelia about surviving and thriving in today's parenting world of information overload. Gen shares practical tips for cutting through the noise, the advice you can ignore, setting loving boundaries... and why watching more cat videos might just help!



CHICKEN MEATBALLS WITH PESTO

COOK 30 min | SERVES 8



INGREDIENTS

1 kg chicken mince	2 garlic cloves
1 cup fresh breadcrumbs, soaked in a 1/4 cup milk	1/2 cup pistachios
2 eggs	1/2 cup parmesan, grated
1 cup parmesan cheese, grated	zest and juice of 1 lemon
1 tablespoon garlic, minced	3/4 cup extra virgin olive oil
sea salt and pepper, to season	500 g spaghetti, cooked according to packet instructions reserving 1 cup of cooking water

Basil Pistachio Pesto:

2 cups fresh basil leaves
1 cup baby spinach leaves

Method:

To make the Chicken Meatballs: Place the mince, breadcrumbs, eggs, parmesan, garlic, salt and pepper into a large bowl and mix thoroughly to combine. Take 2 heaped tablespoons of mince and roll into rounds. Heat a little olive oil in a fry pan over medium-high heat. Add meatballs and cook 6-8 minutes, stirring occasionally or until the meatballs are golden and cooked through. Set aside.

To make the Basil Pistachio Pesto: Place the basil, baby spinach, garlic, pistachios, parmesan, lemon juice and zest into the bowl of a food processor. Blitz for 1-2 minutes or until finely chopped. With the motor running, slowly add the olive oil and continue blitzing until thoroughly combined (scraping down the sides of the bowl as necessary).

To Serve: Pour the pesto over the cooked spaghetti with a splash of the reserved pasta water and toss to combine. Top spaghetti with cooked meatballs, fresh basil leaves and a grating of parmesan cheese. Enjoy x

Book reviews

Sweet stories surrounded by inspiring illustrations for pre-schoolers.



Giant Parsnip Soup | Daniela Sosa

On a lovely sunny day, a group of friends discovers something very unusual . . . It's big. It's got leaves. It's in their way. What is it? A giant parsnip! In this adorable story a group of children use their imagination to turn a giant parsnip into a delicious dinner for them all to share. Each page has something to count and spot as the book introduces the numbers one to ten.



A Long Tail | Rebecca Atkinson

One curious child and one long, colourful tail invite you on a playful journey, using your finger to trace the tactile trail through every twist and turn. Children will delight in exploring die-cut doors and windows, weaving up and down until they reach a spectacular gatefold reveal. Designed to engage children of all reading abilities, A Long Tail combines lyrical text with vibrant illustrations and clever interactive features.



The Little Bird That Fell | Bradley Trevor Greive

A tender and uplifting picture book for children that retells the story of Penguin Bloom from the perspective of the rescued magpie chick herself. The true and inspiring story of Sam Bloom and Penguin has won many hearts all around the world. Now, in this moving and delightful picture book, we hear the story from the rescued magpie chick herself.



FOCUS ARTICLE: The stories that tell children who they are

Children are constantly gathering little pieces of information about who they are and where they belong. They hear it in the stories we tell about when they were babies. They see it in the foods we cook, the words our families use, the people whose photos sit around the house and the celebrations we make important. They notice which songs we sing, where grandparents grew up, the places we visit and the traditions we repeat year after year.

These everyday experiences are helping children build their sense of identity and belonging. This feels particularly important to think about during **Children's Week, held from 24 October to 1 November this year**. Children's Week is an annual celebration of children, their rights and their achievements. The 2026 theme is: **"Children have the right to use their own language, celebrate their culture and practise their religion."**

Based on Article 30 of the United Nations Convention on the Rights of the Child, the theme is a reminder that a child's language, family history, culture, beliefs and community are important parts of who they are. For children, a sense of identity develops gradually. It grows through relationships, experiences and the messages they receive about themselves and their family.

When children hear positive stories about where they come from, see their family and culture valued and have opportunities to participate in traditions that are meaningful to them, they learn that these parts of themselves matter. And those traditions don't need to be elaborate.

They might be Sunday breakfast at Grandma's house, making the same birthday cake every year, using a family nickname, speaking another language with relatives, going camping in the same place each summer or cooking a recipe that has been passed down through generations. Even the seemingly insignificant things can become part of a child's understanding of *"this is what our family does"* or *"this is where I belong."*

At home, supporting this doesn't have to mean organising a special activity for Children's Week. Often, it happens through very ordinary moments. Tell your child stories about your own childhood. What games did you play? What did your grandparents cook? What did you do after school? What family rules did you think were completely unfair at the time?

Cook something your family has made for years and talk

about where it came from. Teach children words or expressions used by grandparents or other family members. Look through old photographs together and tell the stories behind them. Talk about why your family celebrates particular occasions, follows certain traditions or has created traditions of its own.

Children are often fascinated to discover that their parents and grandparents were once children too. It's also worth remembering that family stories don't only need to be about the past. Children are helping create their family's story right now.

Ask which traditions they love and what they would like to keep doing. Let them choose a meal for a celebration or invent a new birthday ritual. Ask them about the places where they feel most at home. Be curious about the things that matter to them and listen when they talk about who they are, what they like and where they feel they belong.

There's also value in talking about the fact that other families may do things differently. They might speak different languages, eat different foods, celebrate different occasions, practise different religions or have different family structures. When children grow up knowing that their own identity is valued, while also seeing curiosity and respect shown towards the identities of others, we help lay the foundations for inclusion and belonging.

Families are not static, and neither is identity. Children can belong to many cultures, communities and groups at once. New traditions can sit alongside old ones, and a child's understanding of themselves will continue to grow and change as they do.

This Children's Week, share a family story your child hasn't heard before and ask, **"What do you think is special about our family?"** Their answer may become part of the story they carry about who they are and where they belong.



Find more information about children's week via the QR code.

Letter Hunt

Choose one letter and go on a quick hunt around the house to find things that begin with that sound.

For example, if you choose B, you might find a ball, book, banana or bag. Say the word slowly together and emphasise the beginning sound: "B-b-ball." You can collect the items in a basket, point to them as you find them, or simply keep a tally of how many you spot. Keep it playful and don't worry if your child needs help. The aim is to notice sounds in words and build early letter-sound awareness through everyday objects.



HEALTH AND SAFETY: Water safety starts before summer



As the weather warms up, water quickly becomes part of everyday family life again backyard pools, trips to the beach, sprinklers, water play, baths, paddling pools and longer afternoons outside.

Spring is a good time to refresh water safety habits before summer is in full swing. For young children, water doesn't need to be deep to be dangerous. Baths, portable pools, buckets, eskies, ponds and containers left outside after rain can all present a risk. Children can move quickly and quietly, which is why active supervision around water is so important.

Active supervision means being close enough to respond straight away. It's different from checking occasionally, watching from inside or assuming another adult is keeping an eye on things. This becomes especially important at barbecues, parties and family gatherings. When several adults are around, it can be surprisingly easy for everyone to think someone else is watching.

A simple handover such as "I'm watching the kids now" or "Can you take over while I go inside?" can help make supervision clear.

Spring is also a useful time to check the environment around your home. Make sure pool gates close and latch properly, move chairs, toys and other climbable items away from pool fencing, empty portable pools and buckets after use, and keep bathroom doors closed when they're not being used.

It can also help to think about less obvious water hazards. A garden pond, pet water container, rain-filled tub or uncovered spa can all attract a curious child.

Children can begin learning simple water safety messages too. Encourage them to wait for an adult before entering the water, ask permission before getting into a pool and understand that water play always happens with an adult nearby.

Swimming lessons and water confidence are valuable skills, but they do not replace close adult supervision.

Water safety is often about simple habits repeated every day. Taking a few minutes now to check your home and talk about who is supervising can help make warmer-weather water play safer for everyone.



Follow the QR code for more water safety tips to keep everyone safe this upcoming swim season.



From scraps to soil

Food scraps are one of those everyday things we don't always think much about. A banana peel goes in the bin, the end of a carrot gets tossed away and leftover fruit disappears after afternoon tea. But for children, those little scraps can become a surprisingly interesting way to explore sustainability at home.

Spring is a great time to start noticing what happens to food after we've finished with it. If you have a compost bin or worm farm, involve children in adding suitable scraps and checking what is happening inside. If you don't, you can still explore the idea together by collecting a few fruit and vegetable scraps in a clear container with some soil and dry leaves and watching how they change over time.

Children are naturally curious about things that rot, break down, change colour or disappear. A piece of apple that looks completely different a week later can spark conversations about where food comes from, what happens to our waste and how scraps can eventually become part of the soil again. It can also be a good opportunity to notice how much food your household throws away. Are there vegetables that are often left on plates? Fruit that goes soft before it is eaten? Could scraps be used differently, composted or offered to a worm farm instead?

Sustainability doesn't always need to start with a big project. Sometimes it begins with simply noticing what we throw away and wondering, together, whether it could have another use. [Learn more about composting here](#)



HEALTH AND SAFETY: Spring is here; is it hay fever or asthma?

Spring brings warmer days, more outdoor play and plenty of new growth. But for some children, it can also bring sneezing, coughing, itchy eyes and breathing difficulties. When these symptoms appear, it isn't always easy to tell whether your child is experiencing hay fever, asthma, or perhaps a little of both.

Is it hay fever? Hay fever, also known as allergic rhinitis, is an allergic reaction to triggers such as pollen, grasses, dust mites or animal dander. Common symptoms include a runny or blocked nose, frequent sneezing, itchy or watery eyes, and an itchy nose or throat.

Unlike a cold, hay fever is caused by an allergic reaction rather than an infection. Symptoms may come and go depending on what your child has been exposed to and can become more noticeable during pollen seasons.

Or could it be asthma? Asthma affects the airways in the lungs. Symptoms can include coughing, wheezing, shortness of breath and chest tightness. Night-time coughing or breathing symptoms that interfere with normal activity can also be signs that asthma isn't well controlled.

The tricky part is that hay fever and asthma can occur together. Pollen can trigger the itchy eyes and runny nose associated with hay fever, but it can also trigger asthma symptoms in some people. That's why it is important not to assume that a springtime cough is simply "allergies", particularly if your child is wheezing, having difficulty breathing, waking because of their symptoms or struggling more than usual during active play.

Look for patterns Pay attention to when your child's symptoms appear. Do they become worse after playing outside, around freshly cut grass, during windy weather or at a particular time of year? Keeping track of these patterns can provide helpful information to discuss with your child's doctor. For children with pollen allergies, reducing exposure can also help. Health direct recommends strategies such as avoiding outdoor activities during windy or stormy weather when possible, showering after coming home and avoiding mowing grass. A doctor or pharmacist can advise you about appropriate treatments for your child.



If your child has asthma, make sure their **Asthma Action Plan is current** and that your education and care service has an up-to-date copy. An Asthma Action Plan helps families and educators recognise when asthma is getting worse and provides clear instructions about what action to take.

Don't forget thunderstorm asthma. Spring is also a good time to be aware of **thunderstorm asthma**. Under certain conditions, thunderstorms and high grass-pollen levels can combine to trigger sudden asthma symptoms in susceptible people, including some people who experience hay fever.

Seek medical advice if your child develops recurring coughing, wheezing or breathlessness, or if you are concerned about their symptoms. If your child has **severe difficulty breathing, cannot speak comfortably, becomes rapidly worse or receives little or no relief from their reliever medication, call Triple Zero (000).**

Asthma Week runs from 1–7 September each year, making September a timely reminder to check in on your family's respiratory health. Knowing what to look for and recognising when hay fever and asthma may be connected can help children breathe easier and enjoy everything spring has to offer.



Find more information on this topic via the QR code.

Source: <https://asthma.org.au/kids/> (2026).
Attack Asthma. Retrieved from asthma.org.au

Which One Holds More?

Preschoolers love pouring, scooping and experimenting, making this a simple way to explore **measurement, volume, comparison and estimation** through play **You will need:** A large tub or container, water, sand or dry rice, a collection of different-sized cups, bowls, jugs and containers, a scoop or small jug.

What to do: Choose two containers and ask your child to predict which one they think will hold more. Fill one container, then pour its contents into the other. Was your prediction, right? Try different combinations and encourage your child to compare the containers using words such as **more, less, full, empty, half-full, bigger and smaller**. You can extend the activity by choosing one small cup as your measuring tool. Ask, *"How many cups do you think it will take to fill this jug?"* Count each scoop together as you fill it and then compare your prediction with the result.

Why it's great for learning: Experiences like this help children begin to understand measurement and quantity while developing mathematical language, problem-solving and early estimation skills.



Exciting News for Banksia, Bluebells and Waratahs Families!



We have some exciting new in-service experiences coming up for the children!

We would like to inform you all that we will no longer be running Lucy Sparkles as a regular in service experience at our centre. We will be trialling this program for the rest of the year and if successful we will continue with it for 2027.

As part of our commitment to providing engaging, meaningful and enjoyable learning experiences for all children, we felt it was time to introduce something different. We noticed that some children were becoming less engaged with the existing sessions, and we wanted to explore new opportunities that would encourage more movement, active participation and physical development.

We are excited to announce that we have enrolled in **Mini Monsters for the next nine weeks!** These sessions will introduce the children to a variety of fun and interactive activities, including **gymnastics, sport and music.**

We believe these experiences will provide wonderful opportunities for children to develop their gross motor skills, coordination, balance, confidence and teamwork, while also encouraging creativity, self-expression and a love of physical activity.

Our goal is to ensure that the children continue to enjoy new and exciting experiences that support their learning, development and overall wellbeing.

We look forward to seeing the children participate, explore new skills and, most importantly, have lots of fun during these sessions!

Weekly sessions - Tues/Thurs

Session time: 10:20am-11:40am

Gymnastics Sessions: Tuesday 27/10, Thursday 5/11, Tuesday 10/11

Sport Sessions: Thursday 19/11, Tuesday 24/11, Thursday 3/12

Music Session: Tuesday 8/12 (last session for the year)



Thank you for your ongoing support as we continue to find new and engaging ways to enrich your children's experiences at Weston Creek Children's Centre.

Kind regards,
Kelly and Kylie





Tape Resistant Spring Art

Create a bright piece of spring artwork using just paper, tape and paint.

Start with a sheet of thick paper or cardboard. Tear or cut strips of masking tape and stick them across the page in any pattern you like. Children might make straight lines, zigzags, shapes or simply place the tape wherever they choose.

Next, paint over the whole page. Use one colour or offer a few spring-inspired colours and let children mix, dab and brush them across the paper.

While the paint is still slightly damp, carefully peel away the tape to reveal the clean lines underneath. The best part is that there's no "right" way for the finished artwork to look. Every picture will be different depending on where the tape was placed and how the paint was applied.

You can also experiment with sponges, cotton buds or crumpled paper instead of paintbrushes to create different textures.

As you create, talk about the colours and patterns appearing on the page. Ask, "What do you think will be underneath the tape?" or "What does your picture remind you of?"

Dear families

The **Weston Creek Children's Centre AGM will be held on 19 November** – and we invite all to join us. This will include tabling of the annual financial reports and reports from the Centre Managers.

The annual AGM is administered by the **WCCC Board**, a small group of current and ex-parents. The Board provides strategic oversight, accountability and assurance, helping to ensure WCCC is a sustainable, high-quality service for the local community, and that we meet our legal obligations as a registered charity.

The Board is currently comprised of people from public service, business, law enforcement, legal and governance professions. If you would like to give back to the centre, and have an interest in organisational governance, please consider nominating for the board. No prior experience on boards is required, and we meet for one hour, every second month. We are also nice people!

If you would like to find out more, please feel free to reach out to me at chair@wcchildrenscentre.com.au. Financial documents for WCCC (trading under the name Projects on Parkinson) are available at acnc.org.au.

Khang Pham
Chair, WCCC Board
(WCCC trades under the name Projects on Parkinson).



Traffic Light Moves

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

Turn five minutes into a quick burst of movement with a simple game of Traffic Light Moves.

Choose one person to call out the colours while everyone else moves around the space.

Green means go, run, skip, hop or march.

Yellow means slow down, move in slow motion, tiptoe or take giant careful steps.

Red means freeze completely.

Once everyone knows the basics, add a few extra colours to make it more fun. **Blue** could mean touch the ground, **purple** could mean spin around once, and **orange** could mean do three star jumps.

Keep changing the calls quickly so children need to listen, react and move in different ways. For an extra challenge, let children take turns being the caller and inventing their own colour actions. It's a simple way to get bodies moving while also practising listening, coordination and quick thinking all in just five minutes.