

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



ON *this* MONTH

My Place Family Day Care

MPFDC 50th Anniversary -----31 August

AROUND THE COUNTRY

DATE

National Flag Day -----	3rd
Indigenous Literacy Day -----	3rd
Early Childhood Educators' Day-----	3rd
Father's Day -----	7th
Asthma Week -----	1-7th
National Superhero Week -----	2-8th
Child Protection Week -----	7-13th
International Literacy Day -----	8th
R U OK? Day -----	12th
Save the Koala Month -----	1-30th

ADMIN UPDATE:

This is a friendly reminder to please **check your charged hours and any recorded absences** on your timesheet before signing and approving it.

Once a timesheet is signed and approved, it confirms that you agree to pay for the chargeable hours and absences listed. Please ensure all details are correct before signing.

Educator Spotlight

Mary has been an incredible part of our service since 2002, and we are so lucky to have her as part of our team. What I truly love is seeing each child's achievements and sharing in those special moments of growth. Whether it's a child learning to write their name, the pride and happiness they feel in their accomplishment is beautiful to witness. The same joy shines through in so many other moments, like singing, counting, or building something new. I also treasure the close relationships I've built with families over the years. Many who have moved on still keep in touch, and it's such a gift to see their children grow up through Facebook updates or visits. Two of my past daycare children have even brought their own babies back to meet me – those are moments I'll never forget. To me, every child and family who walks through my door becomes part of my extended family.





EARLY CHILDHOOD EDUCATORS' DAY – SEPTEMBER 3

Early Childhood Educators' Day recognises & celebrates the work of Australia's educators in early learning services (long day care, family day care, kindergarten/preschools and occasional care) for their wonderful contribution to the wellbeing and healthy

development of the young children in their care. Say thank you to your child's amazing educators! **Find out more here**

R U OK? Day – SEPTEMBER 12

Life's ups and downs happen to all of us. People can experience things like relationship breakdowns, financial difficulties, health issues or periods of major change at work, home or in life. The people in your world won't always tell you if something's troubling them, so it's important that you make asking, 'are you OK?' a part of your everyday relationships with friends, family, teammates and colleagues. **Learn more here**

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

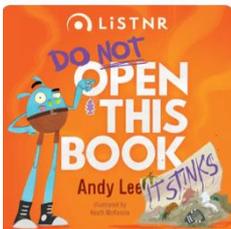
Podcast Reviews

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!!!



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: Homework in the Age of AI: Helping Children Build Research

Once upon a time, when children had homework questions, they would type them into Google and be given a list of websites to explore. These sites provided a starting point, a place to begin researching, comparing, and pulling information together. Today, children type the same question and often receive an almost-perfect AI-generated answer within seconds. While this can be helpful, it doesn't always teach them the deeper skills they'll need to become thoughtful, independent researchers.

Why Research Skills Still Matter

Research is about more than finding an answer. It's about asking the right questions, sorting through information, and learning how to judge what is reliable and what is not. These skills critical thinking, evaluating sources, and synthesizing information will help children not only with their studies but also in navigating the world as adults. AI tools may provide quick answers, but children still need to develop their own research "muscles" to grow confident and capable.

Building Strong Research Habits

Parents can help children by encouraging practices that go beyond simply accepting the first answer they see:

1. Teach the basics of research

- Encourage brainstorming, outlining, and note-taking.
- Show children how to look for reliable sources such as government (.gov), education (.edu), or reputable news sites.
- Help them see how different sources may have different perspectives.

2. Encourage curiosity and human interaction

Ask children to write down what they already know, then form clear, focused questions to guide their research

- Promote hands-on learning through simple experiments, interviews, or discussions with family members.
- Talk about how research connects to real life and problem-solving in the community.

3. Highlight ethics and responsibility

- Teach about plagiarism and the importance of giving credit.
- Remind children to share information responsibly and avoid spreading misinformation.
- Discuss how AI can be used as a tool—but not the only tool—for learning.

Practical Tips for Parents

- **Create research "tabs":** Open a few safe, relevant websites as a starting point for your child.
- **Go old-school:** Print out articles and encourage your child to highlight key ideas.
- **Question-building:** Have your child write down everything they know, then work together to create questions they want answered.
- **Encourage summaries:** Ask them to explain what they've learned in their own words, either in writing or through a quick chat.

In the end

AI is here to stay, and it can be a helpful tool for children's homework. But the heart of research—asking questions, thinking critically, and communicating clearly—remains human. By guiding children to build these skills now, families and educators can give them the confidence to learn independently, think deeply, and thrive in a world where technology continues to evolve.

Kiddle is a safe children's search engine

Give it a try next time your child needs to do some research. Search results are clear and easy to navigate.



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*

LOVE FOOD 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.

nsw Brought to you by the NSW Environment Protection Authority. lovefoodhatewaste.nsw.gov.au





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.

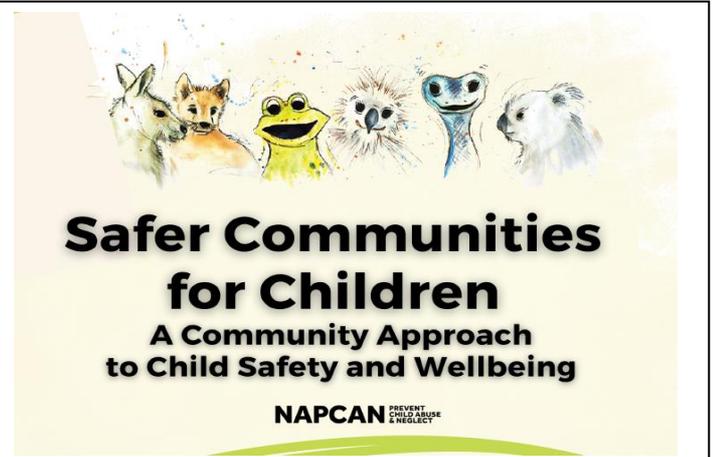
Learning Benefits

- 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!



Building Safer Communities for Children

This month, our My Place Coordination Team took part in NAPCAN's 3-hour *Protective Behaviours* workshop, proudly funded by the Queensland Government.

The program, *Safer Communities for Children – A Community Approach to Child Safety and Wellbeing*, is designed for educators and teachers working in Queensland's regulated early childhood services.

It focused on practical strategies to strengthen child safety, empower children with personal safety skills, and build a shared, community-wide approach to child protection and wellbeing as well as some valuable tools/resources and insights to support our educators and families in creating environments where children feel empowered, respected, and protected.

We look forward to sharing these key insights and resources from the training with you all and continue promoting safe, supportive environments for every child in our care. 😊 [Queensland Protective Behaviours Workshop - NAPCAN](#) - free training educators can access.

*Keep an eye out for the interactive books and storybook reading time videos coming soon!



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*