



APRIL  
2025

MAY  
2025

JUNE  
2025



## ON *this* MONTH

### Bright Beginnings Family Day Care

#### AROUND THE COUNTRY

##### April

World Autism Day -----	2
ANZAC Day -----	25
Pay It Forward Day -----	28

##### May

World Migratory Bird Day -----	10
National Families Week -----	12-18
World Bee Day -----	20
Simultaneous Story Time -----	21
Food Allergy Week -----	25-31
National Sorry Day -----	26

##### June

Mabo Day -----	3
World Environment Day -----	5
Global Wind Day -----	15
World Yoga Day -----	21

### Upcoming Events at Bright Beginnings

#### April

School Holidays commence -----	7
Animals of Oz Incursion -----	17
Good Friday -----	18
Easter Monday -----	21
Term 2 commences -----	22
ANZAC Day -----	25

#### May

Mother's Day -----	11
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#### June

King's Birthday -----	9
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### WORLD ENVIRONMENT DAY – JUNE 5

In 2025, the focus is on **plastic pollution**—and the importance of coming together to create long-term solutions. This year's campaign encourages everyone, from individuals and schools to industries and governments, to adopt **sustainable practices** that lead to real, lasting

change. Join the **#BeatPlasticPollution** movement—even the youngest voices can help shape a cleaner future.

**Did you know:** Globally, an estimated 11 million tonnes of plastic waste leak into aquatic ecosystems each year

**Find out more scary facts here**

### WORLD YOGA DAY – JUNE 21

This day aims to raise awareness worldwide of the many benefits of practising yoga. The theme of International Yoga Day 2025 is 'Humanity'. Try out 'Cosmic Yoga' as a family. It is lots of fun and a fantastic way to try out yoga with your family. **Find the link here**

## BEST BLOGS

### RECIPE TIN EATS

[recipetineats.com](https://www.recipetineats.com)

*Fast, creative, clever and fresh is the philosophy behind Recipe Tin Eats. Here you will find fast meals for busy weeknights, creative new ideas, as well as fresh takes on old favourites. Cooking is clever and budget friendly. Most importantly all meals are fresh, made from scratch.*

*The creator behind Recipe Tin Eats is Nagi, a Sydneysider with an unhealthy obsession with all things food and her dog Dozer an abnormally large and very cheeky golden retriever. "I want to show you how to make vibrant recipes made with **everyday ingredients**, spanning cuisines from around the world as well as classic comforts. Delicious recipes with the "wow" factor that are **simple to make, cost effective and can often be prepared ahead.**"*

### WANDER COOKS

[wandercooks.com](https://wandercooks.com)

*On this site you'll find a collection of flavour-packed recipes inspired by the authors Sarah and Laura's wandering adventures around the world. Strongly influenced by Asian and Australian flavours, get ready to explore your favourite dishes from Japan, Korea, Vietnam, Australia and beyond.*

*Each recipe is supported with **detailed step by step instructions, photos, tips and useful substitutes** so you can recreate every dish effortlessly in your own kitchen. You'll also find helpful recipe videos embedded on almost every post, or you can also check them out on YouTube.*

*The blogs navigation makes it easy to find the exact dish no matter your need to cook is. Enjoy finding new recipes maybe even try a new recipe every day for 6 months like the authors did!*

## CORN AND ZUCCHINI FRITTERS

TOTAL TIME 30 min | MAKES 25



### INGREDIENTS

- 1 1/2 cups (180 grams) spelt flour (or plain wholemeal flour)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon bicarb soda
- pinch of salt and pepper
- 2 eggs
- 1 cup (250 ml) milk
- 1/2 cup (60 grams) tasty cheese, grated
- 1/2 cup (75 grams) parmesan cheese, grated
- 1/2 cup chopped fresh herbs (we used dill, mint and basil)]
- 3 cups (375 grams) corn kernels
- 1 cup (150 grams) grated zucchini (approx. 2 zucchinis)

### METHOD:

1. Place the flour, baking powder, bicarb soda, salt and pepper into a large bowl and whisk to combine creating a well in the centre. Add the eggs and milk and whisk to create a smooth batter. Add the tasty cheese, parmesan, herbs, corn and zucchini and whisk to combine.
2. Heat a large fry pan over low-medium heat and add a drizzle of olive oil to grease. Ladle 1/4 cup measurements of the batter onto the fry pan. Cook for 2-3 minutes or until bubbles begin to appear on the surface of the fritter and the edges begin to set. Carefully flip the fritters and cook for another 2-3 minutes. Or until the fritters are golden and bounce back to touch.
3. Place the cooked fritters onto a plate lined with kitchen paper and continue frying until no batter remains.
4. Serve the fritters warm or cold. Freezer friendly.

*Recipe and image from [mylovelylittlelunchbox.com](https://mylovelylittlelunchbox.com).*

## HEALTH & SAFETY: Surviving cold and flu season

Do you know the best ways to help prevent the flu? This year, help safeguard your family against illnesses with some preseason training for common cold and flu season.

### Help maintain your immune system.

A healthy immune system is the best protection against common cold and flu season. Keep your family's natural defences strong with these simple tactics:

- **Avoid stress.** Studies show that stress hampers your ability to stay healthy, especially during common cold and flu season, so anything you can do to combat stress helps fight germs. Try taking a mini meditation break during the day—simply close your eyes and focus on breathing in and out for a few minutes.
- **Stick with a bedtime.** When you consistently log seven to eight hours of sound sleep a night, your body has the chance to repair cells and maintain your immune system.
- **Eat right and exercise.** Nutritious foods, such as a healthy variety of fruits and vegetables as part of a balanced diet, give your body the nutrients it needs. Also, physical activity may help. A common recommendation is to shoot for 30 minutes of moderate activity at least three times a week.
- **Get vaccinated.** Flu vaccination can be an effective means of preventing infection. The best time for vaccination is in early autumn, when the flu season starts and supplies of the vaccine are more readily available. Your doctor or healthcare provider can offer advice on vaccination for your family against currently active strains of flu.

### Fight germs.

When you keep germs away during common cold and flu season, you can lower your risk of getting sick. Try these simple habits to help avoid stuffy noses and sore throats:

- **Wash your hands.** And talk to your children about why it's important to wash theirs. A typical hand washing—before a meal, after going to the bathroom, or anytime you cough, sneeze, or blow your nose—should last 20 seconds. It's roughly the amount of time it takes to sing "Happy Birthday" twice in your head.
- **Bring backup.** alcohol-based hand sanitisers can help keep hands clean when soap and water are not available. Keep a small bottle of hand sanitiser in your purse—you will have a way to help keep your hands free of germs even when you're on the go.
- **Clean your desk.** It's a hot spot for germs at the office. Invest in some alcohol-based disinfectant wipes and clean your desk, keyboard, mouse, and phone frequently.

### Be prepared for flu and cold symptoms.

Despite your best efforts, it can be tough to make it through cold and flu season without anyone in the family getting sick. To soothe a cold, prioritise rest, stay hydrated by drinking plenty of fluids, and consider home remedies like warm liquids, saline nasal sprays, and a humidifier. Over-the-counter medications like pain relievers and decongestants can also help manage symptoms.

Keep sick children away from school, childcare and other activities. If your child has **flu symptoms** such as a fever, cough, noisy breathing, sore throat, runny nose, muscle aches, fatigue or nausea, vomiting or diarrhoea, keep them at home and avoid close contact with other people to prevent others from also becoming sick.



More information available via the QR code.

Source: Health NSW (2023) **Influenza information for families and young children.**  
Retrieved from [health.nsw.gov.au](https://health.nsw.gov.au)

## SHOP SMALL AND LOCAL

When you shop at small, locally owned businesses, you're not only making an eco-friendly decision, but one that's great for your local community. When you purchase at small locally owned businesses rather than nationally owned, more money is kept in your community because locally-owned businesses often purchase from other local businesses, service providers,

and farms. Purchasing local helps grow other businesses as well.

You may even be able to find a local farm near you that allows you to pick your own produce. It's a fun day out and helps children make connections between the food on their table and where it comes from.

## Easter Alphabet Hunt

**You will need:** Plastic easter eggs, alphabet magnets, permanent marker, tray, paper.

Write the letters on construction paper and tape it to the cookie sheet. Place the alphabet magnets into the Easter eggs. Hide the Easter eggs around the house and let your kids find them.

Once the eggs are all found (or as they are found) your child will need to crack them open and find the matching letter on the paper. Then do it all over again!

Source: [bustytoddler.com](https://www.bustytoddler.com)





# FOCUS: Keeping Your Kids' Creativity Alive

Kids often have so much exuberance. They can be happy and outgoing, and many of them take chances without worrying about how they look to others. They are often unencumbered by the self-consciousness that can be ever-present in the thoughts of adults when they try something new.

Adults have learned to be wary of what others think of them and care perhaps too much about being judged. But when children play, they appear to have the time of their lives. It can be truly life-affirming to watch children play freely and openly without worrying at all about anyone's judgment or approval.

## The Dangers of Negativity

Unfortunately, this can all change in an instant. When we look back at our lives, most of us can remember a time when someone said something that shut down our enthusiasm and suddenly made us realize we were being judged negatively. Perhaps it was a drawing we were excited about that we showed to an adult who made fun of us. Perhaps it was someone criticizing us for the way we talked or looked. Whatever it was, it most likely made us feel self-conscious. We learned we had to watch ourselves, and that it wasn't safe to just be ourselves. It took away the freedom we previously felt to live without feeling the pressure of others' judgments in our lives.

The reality is that negativity can easily stifle creativity. An example of this was the way the creators of classic Warner Brothers cartoons came up with their ideas. When they were making a Bugs Bunny cartoon or one featuring the Roadrunner, they had a very simple rule. The rule was that no idea that was being suggested would be criticized. Incorporating this rule into their story meetings gave the cartoonists the freedom to suggest whatever ideas they had for the cartoon without the worry of being criticized or judged. This led them to continually come up with more creative ideas (and some that were less creative) in an atmosphere of acceptance and respect. That freedom helped create the brilliant cartoons that we still watch today.

## Developing Confidence in Their Creativity

Creativity is fostered when children have the confidence to express themselves without the fear of being mocked or put down. Sometimes adults, in an effort to be instructional, will tear apart a child's idea and try to reshape it into something the adult feels is more worthwhile. This can harm the child's self-confidence and also make them feel it's unsafe to express themselves to the adult, for fear of being told what they're doing is wrong.

By showing children encouragement, we can support their uniqueness and creativity rather than stifle it. Recognising that a child is still learning and exploring how to do things is the key. Being their champion and letting them know it's okay to take chances can do wonders for keeping that spark of creativity and wonder alive in a child. Of course, none of us live in a vacuum. They will likely face negativity as they're growing up. However, helping to instil in them self-confidence, and the awareness that they are talented and their ideas matter, can help them weather the negativity and continue believing in themselves. For children to continue to be creative, they need encouragement, support, and people who believe in them.



## Building Their Self-Confidence and Self-Esteem

Our efforts to get excited with them when they show us something they're proud of can help them see the value of their work. Respecting what they're doing and not feeling we have to change it to our own sensibilities can help foster their continued creativity and excitement about their lives. Giving children the gift of positive energy can do wonders toward helping them develop self-confidence and self-esteem and preserving their sense of wonder in the world.

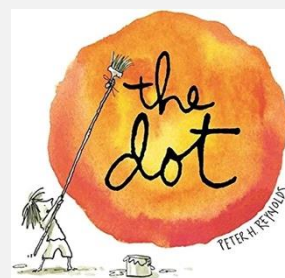


Read the article via the QR code.

Source: *Hagan, Ekua.* (2023). Keeping Your Kids' Creativity Alive. Retrieved from [psychologytoday.com/au](https://psychologytoday.com/au)

## A fable about the creative spirit in every child.

This small gem of a book tells the story of Vashti. . . . It's the beginning of a love affair with dots in many different colours, sizes and patterns — and a marvellous lesson about what art is. Readers can wonder about unsigned works that lie before us all. Peter H Reynolds says he wrote and illustrated *The Dot* and *Ish* as a way to help children and "grown-up children" be brave enough to "make their mark."



While the books are about art, they really are about process—about ideas, creative thinking, bravery, expression, original ideas, and sharing.

*The Dot* is about getting started — getting "un-stuck." It is also about creative teaching, about exploring an idea in many ways, and sharing our gifts with others.

*You can find the dot online, in shops and at your local library.*





## PUT ON A SHOW TOGETHER

*Children are natural performers! Using whatever props you have to hand (puppets, dolls, action figures, hairbrushes, boxes can all help), act out a play with your child. Let them dictate the plot as you go! The key is for your child to explore their own creative interests and express themselves.*

### **Not sure where to start?**

**Bring a book to life:** act out one of your child's favourite books. Let the children grab some props, musical instruments and whatever else they want out, and have some fun re-telling the story together.

**Choose a nursery rhyme:** you know them well. Use one of the classics and turn it into a show.

**Re-create your favourite episode of Bluey!** My children do this without prompting.

If your child isn't into 'acting' get out the music instruments, cardboard boxes and put on a rock show!

*Call in siblings, Grandparents, friends to watch the show!*

Drama and storytelling also give your child **opportunities to build and practise vocabulary and learn about the structure of stories**. And when your child acts out roles like a caring nurse, they see the world from someone else's point of view. This helps them build empathy.

The preschool years can be a very creative time! Give them the platform and safe space to perform. Have fun!

## BLOW 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:

Watercolour paper (Kmart has a great selection)  
Kids acrylic paint  
Cups  
Straws  
Droppers or teaspoons  
Large foil BBQ trays (contains the mess)

**Set up:**

1. Cut paper if needed so it fits inside your foil trays.
2. Squirt about a tablespoon of paint into a cup, one cup per colour. Water down the paint to a light milk consistency.

**How to create:**

Using droppers or teaspoons, add small amounts of paint to your page. About pea size (though children will do as they like and that is totally fine too). Use the straws to blow the paint around and make different patterns.

**Noteworthy:**

Explore mixing colours by using primary colours or avoid brown by just using warm or cool colours.

Have fun!



## Go Noodle

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

Go Noodle is an interactive website full of active videos for children. Dance and move along with the hosts on the screen. No need to sign up just press play. Give this one a try **indoor recess**

**Adults boost those endorphins and join in too!**