



Park Orchards
Community House
& Learning Centre

9876 4381

www.parkorchards.org.au

SEPTEMBER
2025

What's happening this Month in our Early Learning Centre:

Special Persons Week drop in morning	1st - 5th
Early Childhood Educators' Day	3rd
Asthma Week	1st - 7th
Storytime with Christine	9th & 23rd
R U OK? Day	12th
Incursion – Victoria Police Visit	15th
Save the Koala	22nd - 26th



Book Now for September School Holidays

Limited places available

Sessions 8am-1pm
 8am-5pm
 Tuesday-Thursday only

Call 9876-4381 or email
office@parkorchards.org.au to book
your place.



Mackenzie 4th
Makayla 4th
Thomas C 10th
Clancy 28th



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

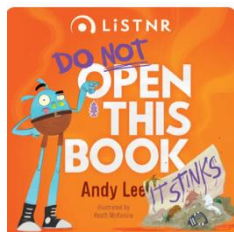
Podcast Reviews

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

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

Why Children Worry

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

Practical Ways to Help at Home

1. Prepare the Night Before

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

2. Build a Calm Morning Routine

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

3. Use Predictable Goodbyes

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

4. Offer Comfort and Connection

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

5. Encourage Confidence

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

Partnering With Educators

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

When to Seek Help

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

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

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



More info via QR code

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



SAVE MONEY, SAVE TIME, SAVE FOOD

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

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

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

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

Source: *Love Food Hate Waste*



Plan your meals

STEP 2

Planning your meals will help you:

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

Smart start

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

Smart actions

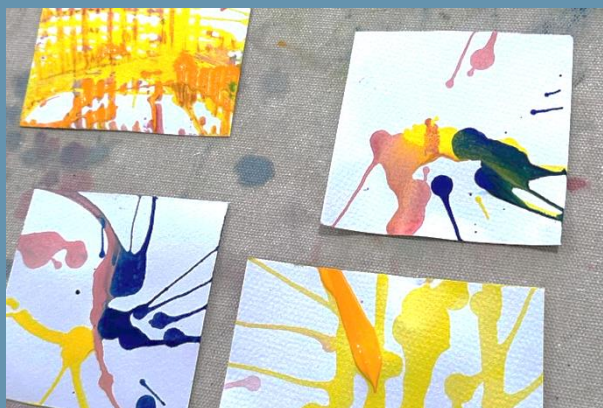
- ✓ Use a meal planner to remind yourself to plan meals.
- ✓ Take turns to have a family favourite day.
- ✓ 'Cook once, eat twice' is a great solution for time-poor families.
- ✓ Incorporate leftovers into your meal plan to avoid food waste.

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



Brought to you by the NSW Environment Protection Authority.

lovefoodhatewaste.nsw.gov.au



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!

ASTHMA WEEK – 1 – 7 SEPTEMBER

Asthma Week is Asthma Australia's annual awareness-raising activity held on 1 – 7 September each year, for the more than 2.8 million people with asthma in Australia.

The aim of Asthma Week is to 'put asthma on the kitchen table of all Australians' which means to get people talking about asthma with family and friends and to improve awareness of the impact this chronic health condition has on so many lives. Why is it important?

• Raising Awareness:

It highlights that asthma is a prevalent chronic disease, particularly in children.

• Promoting Action:

The week encourages individuals to have up-to-date asthma action plans, ensure correct medication use, and understand the signs and symptoms of asthma.

• Supporting Services:

Activities and fundraisers during Asthma Week help support organizations that provide free diagnosis, treatment, education, and support services to people with asthma.

<https://asthma.org.au/>



**ASTHMA
AUSTRALIA**

