Little Green Steps
Western Australia

Autumn 2019 Newsletter

The season of Djeran in the Noongar calendar.

Changes in weather, wind, temperatures and food availability dictate the seasons in the Noongar Calendar and the cooling autumn temperatures signify the beginning of the season of Djeran. In Noongar culture this was traditionally the time when people would perform courtship and marriage ceremonies as well as begin the preparations for the cooler temperatures to come such as sewing kangaroo cloaks (booka) for warmth and repairing Mia Mias. To learn more about the plant foods sourced in the season of Djeran click on Derbal Nara.

A Little Update

Kaya Bulup – Hello Everyone

Little Green Steps WA has had another busy quarter running sustainability and reducing waste workshops and professional development for early years services. It is also with sadness that we say goodbye to Kylie Hosking, our LGSWA Education Officer who has been supporting services in the Cities of Cockburn and Armadale since 2015. She moves on to new horizons at Murdoch University and we wish her all the best and thank her for all her wonderful contributions to the Little Green Steps WA program over the years.

We wish to acknowledge the traditional custodians of the land we work on. We acknowledge and respect their continuing culture and the contributions they make to the land and the life of Western Australia.

Some LGSWA Happenings

Healthy Choices, Healthy Environment workshops hosted in Cockburn and Armadale

Thanks very much to South Lake Childcare in Cockburn and to Mundarda Childcare in Armadale for hosting these workshops during March. It is always a great privilege to be on site at a childcare service because the experiences are made more visual and real for everyone involved.

Feedback from participants indicated that these workshops gave them new ways to think about how we all use air and energy and to focus more on active transport choices. This can be brought to the attention of the very young through great story books such as 'Ten Tiny Things' by Meg McKinlay.

Cultural and Social Diversity with a Noongar Focus – featuring Belinda Cox

The City of Canning hosted a Cultural and Social Diversity workshop with a Noongar focus which was once more very popular with educators in March 2019. As educators learnt to say the 'Acknowledgement of Country' in Noongar, we were also very lucky to have Belinda Cox share her own dreaming story in symbols. This environment provided educators with a safe space to ask all the questions they had about sharing Noongar cultural learning to children in embedded ways and to explore making connections with custodians of this knowledge in their own communities.

Thanks Belinda for this super experience.

Upcoming Workshops

Upcoming LGSWA Workshops to help you continue your sustainable journey in 2019

Sustainability in Early Years Settings Workshops

These workshops are supported by local governments, making them free for early childhood professionals in the relevant areas.

Armadale Workshop
Introduction to Sustainability Workshop
15th May 2019 at Churchman Brook Community Centre, 29 Waterwheel Rd North, Bedfordale from 5.30pm to 7.30pm. Contact Megan Mentz for more information.

Cockburn Workshop
Day to Day Sustainability in Early Years Settings (with a Biodiversity focus)
22nd May 2019 at The Wetlands Centre, 184 Hope Rd, Bibra Lake from 9.30am to 2.00pm. Contact Megan Mentz for more information or register online via survey monkey.

Canning Workshops
Day to Day Sustainability in Early Years Settings (with a Biodiversity focus)
Over two evenings – May 2nd & May 9th 2019 at CREEC, corner of Queens Park Rd and Kent St, Wilson from 5.00pm to 7.15pm. Register attendance here.

Reducing Waste Together Workshops

Supported by the Waste Wise Schools Program, these workshops are free for early childhood professionals and are tailored to your local area. These action-driven workshops help educators to embed reducing waste strategies with children as well as supporting behaviour changes into the future.

A new series of Reducing Waste workshops are being planned for the next financial year so if you are interested in hosting one free of charge for your region, then Contact Megan Mentz.

If you'd like LGSWA workshops to be available in your area consider approaching your local council about forming a partnership with us. Contact us if you have any questions.

Don't forget LGSWA's Reducing Waste Together kit. Free for members, $40 for non-members. Contact us to get your copy.

Sustainable Schools Meetings *Sustainable Schools WA*

Little Green Steps WA is part of the Sustainable Schools WA Alliance where we work with many organisations to support schools and early learning services to reduce their ecological footprint (EF) and increase their social handprint (SH). The EF and SH model provides a framework for educators to use in their planning to embed sustainable practices.

Regional Network Groups

These groups are for all early childhood professionals to meet, learn from one another and guest speakers, and share ideas about sustainability in educational settings, including accessing a range of support resources. Meeting dates in Term 2, 2019 for WA groups can be accessed from the Sustainable Schools website. Click here. **The South Metro Regional Network meeting** is on: Wednesday, Tues 21st May from 3.45pm -5.30pm at Hammond Park Primary School. Contact Joselyn Juraszek by email to attend.

If your service has participated in a Little Green Steps WA workshop and you would value a visit or just a catch up chat to discuss more 'little green steps' you can take, contact us at lgs@aaeewa.org.au

LGSWA Happenings

An LGS Case Study
Creative Re-Use at its best

KidzBiz on Monash began its life on the old Hollywood Primary school site in Nedlands, when owner, Jenni Gatto, received permission to set up an early years' service for children 12 months to Kindy age. She inherited two large storage sheds filled to the brim with wood, pipes, an old water tank, a sink and 'antique' educational resources that hadn't seen the light of day for several years. The staff made it their mission to find a use for each and every abandoned item. Even a neglected piano has been resurrected, taking pride of place in the 3-year olds room and it now receives so much exploration that the lettered keys need to be re-drawn weekly!

Marnie Foley, the Educational Leader, explains that the centre is passionate about play-based learning, whole-child development and transitional education for the 60 plus children in their care. The many experiential learning opportunities on offer to the children attending KidzBiz, create agency in them to make change in real life.

This is being achieved through the sustainable use of existing resources and through the connections developed within the local communities around the centre.

Many indoor and outdoor educational spaces have been created through shared ideas, re-used resources and contributions of the parents, children, educators and maintenance man at the centre. The Mud play kitchen is a work in progress –the sink has been installed into an old bench and Nick the handyman is working on a way to use gravity to feed water to it from an acquired water tank placed below the centre's roof eaves uphill. Extra water will re-supply the chooks at Cluckingham Palace housed under the same tree as the mud kitchen and worm farm. Meanwhile, the children's enthusiasm for this project is being stimulated on the day of my visit through a fun activity to make mud dough chocolates to fill recycled commercial chocolate trays.

With educator and parent support the children embrace and take action on environmental issues under a learning program called 'Real Life Super Heroes'. They have hand stamped and hand delivered letters to their local council representative on an issue close to their hearts: banning the Plastic Straw.

During the 'needles in strawberries' crisis, the educators, children and their families supported farmers by buying, eating and cooking plentiful strawberries, removing the stickers as they did so and then writing a letter to the Strawberry Board with all these stickers on it, to illustrate how they had taken part.

In the outdoor space, all parents sign a permission slip to allow children to attend excursions on any given day within 500 metres of the centre. Hence the children participate in lots of exploration and this flexibility allows opportunities to arise. With the cemetery, the community garden, Regis Aged Care, Nedlands Tennis Courts and an Aussie bush reserve within walking distance, every day often includes an outing with a real-life purpose.

Post the Reducing Waste workshop she attended at WMRC in October 2018, Marnie explained that she was excited by the endless opportunities to make a difference which the hands-on nature of the workshop had highlighted. The single most relevant information for Marnie was the definition of waste 'as a resource waiting for a use', which has been a guiding point for the Centre's purpose since its inception.

One of the most rewarding activities Marnie implemented post the workshop was to make Beeswax wraps for Christmas presents with both the parents and kids. This project highlighted the importance of making sustainable community connections as a group called the Nedlands Quilters both provided scraps of cotton material for this as well as taking part on the day to improve the process by providing a professional cutting table and tools.

It is Marnie's hope that Kidzbiz on Monash will continue to motivate the next generation of greener-than-green, waste-wise, sustainability super heroes!

LGSWA Happenings

Little Green Steps into the City of Gosnells

The LGSWA program was introduced to the City of Gosnells in 2019 with LGSWA Educator, Anne Pettit delivering two Day to Day Sustainability workshops to Gosnells early years at Mills Park in March and The Agonis Centre in April. The hands-on nature of demonstrating sustainable actions was well received by attendees and the support LGSWA received from Switch Your Thinking and Children's Services in the City of Gosnells bodes well for further workshops in the future. Should you be an early years educator operating in the City of Gosnells, let us know how we can support you by completing a survey to Gosnells Early Years which will be shared in May.

Resources and Ideas

Here is an idea to help embed an appreciation of our **bush settings and Noongar origins**.

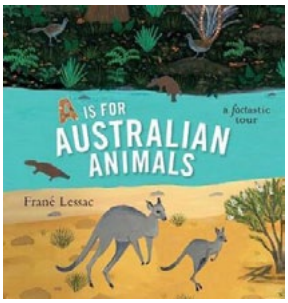
The Bush to Beach Trail through Whadjuk Noongar land is part of a 16.3km interconnected network of bush trails through the western suburbs. This particular trail is generally easy walking in small sections and shares knowledge of the Six Noongar Seasons along the way. You can also listen to dreaming stories shared by Neville Collard related to the Whadjuk trails network.

Plastic Pirates Ahoy!

Young Re-inventor of the Year competition is now accepting registrations for 2019.

Young people aged 18 years and under from across Western Australia are invited to get creative to cut waste. Entries are accepted from early years learning centres, primary schools, high schools, community groups and individuals. Collect plastic loot and re-invent it into something to be treasured for your chance to share in $3000 in sustainability prizes. Find out more

Book Reviews



A is for Australian Animals by Frané Lessac

'Australia is full of the most amazing animals on the planet! What animal has six thumbs? What animal produces square poo? What animal is made up of 95 per cent water and is highly venomous? Discover the answers to these questions and more in this fantastic tour of Australian animals.' This book that was notable in the 2018 Children's Book Council of Australia's Eve Powall Award for Information books, explores the wonders of Australian animals and the diversity we see in our fauna.

Feathers, Fur and Spines...and other weird outfits by Sharon Dalgleish and Steve Morenos

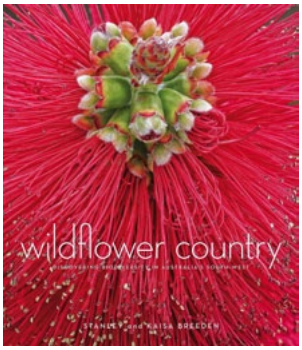
Can you guess the Australian animal? Using close-up images of a unique feature of the animal, children are given the opportunity to guess the name of the animal. The book also has information on the animal and why that feature helps the animal to thrive.

The Future of Life: Biodiversity in the New Millennium – Kanopy Steaming (online video resource).

Access a range of video titles with your library card and the Kanopy streaming service. This video produced in 2002 for use in classrooms looks at how modern life is threatening biodiversity. Created by Edward O. Wilson it looks at how protecting biodiversity and our environment is necessary for the future of our way of life and the world's economy.

South Australian Native Bees by Susanne Richards

Did you know there are over 1500 species of native bees in Australia? This book that looks specifically at the variations of the bees in SA looks at the lifecycle, habitat, and why the state, and the world, needs different bees to thrive.



Wildflower Country by Stanley and Kaisa Breeden

For a more pictorial display of biodiversity you can explore this adult non-fiction book that showcases the biodiversity of the Southwestern region of Australia. With stunning pictures and lots of information for the parent/guardian reader this is a great book to inspire a trip out to view biodiversity in WA. Or, just to marvel at some of the many different flowers that exist in the state around us.

Thanks to Jessica Donald, Young People's Services Coordinator City of Cockburn Libraries

Cooking with Kids

Image by Steve Buissinne from Pixabay

There are at least five varieties of Apples in season now and they are often one of the most popular fruits for children to eat. When cooking apples, the choices decrease as they should keep their flavour and not turn to mush. From our seasonal options list, your best apple for the following recipe would be Granny Smiths or Golden Delicious*.

Apple Sponge

Ingredients:

1 large tin of Bakers Apples 500 gm OR
Stew 5 Baking apples.
¼ tsp cinnamon (optional)
3 eggs
½ cup caster sugar (use natural)
¾ cup of S/R flour
¼ cup of water
1 Tbsp of hot low fat milk

Method:

Place stewed or tinned apple into a pie dish and spread over the base and then sprinkle with cinnamon. Whisk eggs with sugar until thick and creamy. Fold in flour, water and hot milk. Pour over the fruit. Bake in a 180 degrees C oven for about 20 minutes until brown on top. YUM

"Recipe from More Deadly Tucker cookbook (2013), North Metropolitan Health Service (NMHS), @ State of Western Australia, reproduced with permission"

These recipes include ingredients from the healthy pyramid food chart, with ingredients easy to source and prepare, and children will love them.

To purchase the 'More Deadly Tucker cookbook' contact deadlytucker@health.wa.gov.au

Read a book before you cook

This is an engaging and interactive story about an apple tree that transforms through the seasons and it requires children to be actively involved in this story to trigger the next actions to happen before they turn the page.

Use the Australian guide to fruits and vegetables to find out when these are in season in your area.

*https://www.bonappetit.com/test-kitchen/cooking-tips/article/the-3-best-apples-to-use-for-baking

What's On?

City of Gosnells Events

Park Play for early years continues three times a week in the City of Gosnells utilising its many nature play spaces for children, families and early years services.

Sat 1st June, 10am-11.30am - Creating a Wasteless Pantry workshop at Kenwick Library. Book online here. See Switch Your Thinking for more sustainability events

Thurs 2nd May – Natural Rope making with Wild Movement – a SYT highly subsidised event.

Get children and families involved in planting days with Armadale Gosnells Landcare Group. View their calendar for 2019.

Sun May 12th - Celebrate Migratory Bird Day by planting seedlings with the Friends of Mary Carroll Wetlands.

June is planting month with opportunities to support the biodiversity of City wetlands and parks with planting days every weekend.

City of Canning Sustainable Events

For ideas on sustainable living and initiatives through the City of Canning click here

Sustainable Saturday FREE events in Canning 2019: Contact CREEC for more information and to book a place.

4th May 2019 - Worm Farming with Kevin from the Worm Shed 10.30am-12.30pm

25th May 2019 - Waste not-Rethinking Waste, 10.00am-11.30am at CREEC

Sun 12th May – Mother's Day Picnic and experience Critters up Close from 9.30am-12pm. Book in through Nearer to Nature.

FREE Noongar language lessons at Bentley and Cannington Libraries every 3rd Saturday of the month at 10am – book here

Fri 3rd May at 7pm - Yoga through stories for 2 to 4 year olds and a parent at Bentley Library – book here.

City of Cockburn Sustainable Events

For all City of Cockburn Sustainable Living Events, click here

Sat 11th May, 9am -11.30am - Guided Indigenous Walk at Banksia Eucalypt Woodland, Aubin Grove

Sat 8th June, 9am-1pm - Rehabilitating Roe 8, Community planting day

Sat 8th June, 2.30pm-4pm - Make you own beeswax wraps at The Wetlands Centre, Cockburn

Thurs 13th June, 6.30pm-8 pm - Reducing Plastic in Everyday living at Bibra Lake Community Centre. Find out more here.

City of Armadale Sustainable Events

Click here for full list

Armadale Libraries Bilingual Story time
Share stories, rhymes and other cultures with kindy kids in German, Tamil, Mandarin or Czech every Friday in May 10am-11.15am Book here.

What am I throwing away?

Tues 28th May 2pm-3pm - Study a week's worth of waste and learn ways to reduce it. Book here.

Rethinking Waste

Tues 4th June 6pm-7pm - Waste comes at a cost to our community and environment. Book here. Both workshops run by Robyn Brown at Armadale Library

Bedfordale Connect Bush Markets – every 4th Saturday of the month from 8am – 1pm.

FREE natureplay activities for children and regular healthy living, sustainability talks and activities. To keep up to date on all environmental events and activities taking place in and around Perth visit Perth Green Events.

What's On?

Sustainable Dates to Remember

18th April -20th May – National Trust Heritage Festival

5th – 11th May – International Composting Awareness Week

10th – 18th May – World Parks Week

12th May – World Migratory Bird Day

22nd May – International Day of Biological Diversity – theme is 'Our Biodiversity, Our Food, Our Health'

23rd May – World Turtle Day

20th – 26th May – National Volunteering Week in Australia – Making a World of Difference

26th May – National Sorry Day

27th May – 3rd June – National Reconciliation Week

5th June – World Environment Day

8th June – World Oceans Day

15th June - Global Wind Day

17th June – World day to combat desertification and drought

Photo permission of MOMO Inc.

Have any questions, comments or requests for the next newsletter? Contact the Little Green Steps WA Program Manager: lgs@aaeewa.org.au

We're on Facebook... and we're sharing lots of great ideas, links and food for thought. Look for us here. We'd love you to send us pictures of anything sustainable you're doing too.

How to celebrate these Sustainable Dates locally

National Heritage Festival - see events in the City of Canning

Learn how to compost through attendance at the Shrinking waste & growing gardens presentation at the next South East Sustainable Schools meeting. Make compost in a bottle with your children and teach them how things decompose and make new living soil.

Get out into your urban parklands with your DIY nature tool box or attend a park play session run by the City of Gosnells. Download the Nature Play WA – playgrounds app to find new nature spaces to explore near you.

Come to our Day to Day Sustainability workshop with a Biodiversity focus on May 22nd in the City of Cockburn. Take action for biodiversity through Perth Zoo's 'Biodiversity is Us'

Protect and learn more about the Long-necked turtle in your local wetlands. Backyard buddies and the Australian Association for Environmental Education WA Chapter Turtle Watch program's can show you how.

Look at all the ways you can volunteer and give back in your community. Celebrate being a volunteer in the City of Armadale in 2019 and see the City of Canning volunteer opportunities

Share the importance of home, country and place with children in acknowledgement of the stolen generations of First Nation peoples on National Sorry Day. Read and draw on the diversity messages of Sally Morgan and Ezekiel Kwaymullina's picture book 'My Country'.

The theme for National Reconciliation Week is 'Grounded in Truth, Walk together in courage'. Learn, share and grow together and begin this with your own journey of understanding – Share our Pride

Experiment with the elements of wind for Global Wind Day. Make a pinwheel from recycled paper, a button and a stick and use scarves on sticks to demonstrate being the wind.

Teach children how sand dunes are made in the sandpit and teach them how to look after our soils.

Little Green Steps WA is proudly supported by:

City of Armadale · City of Canning · City of Cockburn · SERCUL South East Regional Centre for Urban Landcare · Waste Authority WA...too good to waste · WasteWise Schools Program