

# Little Green Steps

## Western Australia

### Autumn 2021 Newsletter



Kaya Bulup - Welcome to the [Noongar seasons](#) of Djeran & Makuru when the temperatures cool and the first rains open up the inland lakes for hunting and fishing by traditional owners. In Djeran, the season of adulthood, traditional owners would fix homes (mia mias) whilst in Makuru, the season of fertility, they would hunt Yonga (kangaroo) and repair their Yonga cloaks (booka) for winter. Djeran sees the flowering of many red flowers and the important Noongar medicine tree, the Marri, while Makuru sees the flowering of many purple species and the Kondil tree (She Oak). For more ecological knowledge in Noongar language see [Perth NRM](#).

### MAY is Cultural Diversity and Reconciliation Month

Little Green Steps WA educators are hosting three workshops to facilitate Early Years communities to become better informed and engaged with both multicultural and Noongar Histories and Cultural Understandings - see our workshops list for more information and READ on to engage with the multiple resources and community groups working towards Reconciliation in multiple ways.

### Have you seen our NEW LGS online shop?



The Little Green Steps WA website now supports you to access resources immediately. Shop [here](#). For our HIGHLY discounted Sustainability calendar.

### Get involved on World Environment Day on June 5th!

This year's theme is **Ecosystem Restoration** and we know that the healthier our ecosystems are, the healthier the planet - [read more here](#).

### LGSWA at Earth Day Expo on March 26<sup>th</sup> 2021

Emma had lots of fun with some junior primary children at this year's Earth Day Expo exploring where our lunch box food comes from. Little kids got to 'race around the world' filling their boxes with sustainably transported items (and some not quite so....). Winner gridders were the teams with lunchboxes that had the smallest carbon footprint. Even teachers were surprised by the distances some foods travel - become a member to replicate this activity with the littlies.



*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.*

# LGSWA Case Study

## LGSWA case study in Canning

### *Busy Bees in Cannington - The benefits of closed loop gardening with all ages*

Busy Bees Cannington is a Service that uses every opportunity to engage children with their early years garden & veggie patches and this includes the whole process of looking after the worms and the compost creatures that take their food scraps.

Ni Made Sedani is the green finger at this Service but she happily says it is a team effort and laughs that before she came to Perth, she had never even seen a carrot - let alone its plant. She happily seeks advice before she plants and has learnt from her gardening mistakes with the children exploring alongside. Most importantly her embedded seasonal gardening processes are in operation year round & viewable in visual portfolios demonstrating the children preparing, planting and harvesting broad beans, zucchini and potatoes to name a few.

As we walk around the toddler's area with Made, it is obvious the children are actively engaged. They live 'outside' whenever they can and parents are informed to dress children in 'messy' clothes because they will get wet and dirty.

The sensory experiences abound through plants and herbs ... curry, coriander, bay leaves, Korean herbs and climbing spinach grow in every rescued container and space possible and as Made shares, the toddlers strain to be picked up to see and smell their latest planting endeavour... Thai basil planted in recycled milk cartons hanging in the tree. When Made says 'lets check on our babies' the children run to look in the worm farm which makes everyone laugh. Meanwhile, the process of understanding how nature feeds itself is fully on display with home-made worm tubes to collect fruit and veggie scraps dug into every patch.

As Educators, we rightly question the degree of understanding children receive from our processes and as Made lifts the compost bin lids, children once more flock to look inside as they recite 'pompost'. Made then shares another funny tale of a toddler wanting to share morning tea fruit with the 'pompost' to avoid eating it himself.

It is clear that the more embedded her actions in the garden, the better children can demonstrate self-help skills, understanding of plant and animal life cycles and express agency and care for living things. They are actively involved in raking compost into the garden beds and will spontaneously pause to investigate any compost creatures they find ... showing me their latest rescue and release project - a grasshopper. As Made woes that she never has enough compost or fruit scraps, this legacy of empty compost bins seems an attribute to her willingness to engage children with their gardens and nature every day.

As we go inside the smell of delicious potato curry wafts from the kitchen and I spy Nayana clutching curry leaves picked fresh by the children and destined for the pot - makes me wish to stay for lunch.

This Service demonstrates a great community willingness to learn and share together with parents actively sharing their own garden and cooking tips and happily receiving the end products of the children's germinated seeds and sprouting plant projects. It is a credit to Jess Evans, Manager at Busy Bees that educators are encouraged to attend Little Green Steps WA - Education for Sustainability workshops as she supports new opportunities to grow child wellbeing through connection to our world.





# LGSWA Case Study

## LGSWA case study in Cockburn

### *Success Early Learning embrace the natural world in Cockburn*

Success Early Learning have been working hard to get their children into nature and engaged with the natural world. They have replaced plastic toys with natural materials and experiences and have transformed outside areas with logs to climb, tepees, a mud kitchen, loose parts play and stick play. Natural materials also fill their inside spaces connecting children to nature wherever they are.

One of the most exciting changes the centre has made is the implementation of nature walks. Educator, Martin, has worked hard to develop a relationship with their nearest school, Emmanuel Catholic College, to use their grounds to take the children on nature walks. Martin said at first the children were unsure how to use their time in the bush but very quickly began to explore and request for more. The same was true for the parents. Initially groups were small, with only a handful of parents giving permission but the walks have significantly increased in size and popularity over time. Of course much consideration went into the safety planning of these walks but the benefits to the children and educators have been immense and many educators from other services now seek Martin's guidance on how to implement walks in their own services.

Another change the centre has implemented is allowing the children to have more autonomy over their days. Three rooms, previously separated into age groups, have now been opened to children aged 2-5 to roam and engage where they choose. The outside play area has become a large combined space where the children have become autonomous over their play. Lunch is on offer for an hour timeframe, allowing children to choose to complete play before coming to lunch. Allowing these choices has been challenging for educators to adapt to but ultimately it has been extremely rewarding for both the children and educators. This is evident in the deep and engaging play that the children are having and the reduced arguments over enforced foods, sleep and educational timeslots from the children. Despite the challenge of making major changes such as these, Martin and Success Early Learning continue to strive to make the best possible environment available for their children.





# Upcoming Workshops

## Upcoming LGSWA Webinars and Workshops 2021

LGSWA workshops will incur a nominal fee (\$5-\$10) for educators from services within our participating councils. Otherwise a standard fee of \$20 will apply for educators out of area.

**WATCH OUR WEBSITE & FB PAGE** for continuously updated future workshops.

### Canning & Cockburn Workshops:

Thurs May 13<sup>th</sup> 2021- **'Cultural Conversations with a Noongar Focus'** from 5.00-7.30pm at Canning River Eco Education Centre, Wilson.  
Book your place [here](#).

Thurs May 20<sup>th</sup> 2021 - **'Cultural Conversations with a Noongar Focus'** from 5.30-8.00pm at Bibra Lake Community Centre, Bibra Lake.  
Book your place [here](#).

**Other Cultural engagement opportunities:** Wed May 26<sup>th</sup> 2021 - **'Djarlgarra Yarning - Canning River Stories'** for Teachers from 3.30-5.30pm at Canning River Eco Education Centre.  
Book online [here](#)

This is a valuable professional development session where you will hear from an experienced Aboriginal Educator about the importance of the Swan-Canning River to Noongar peoples. Valuable resources and curriculum links are provided. Early Years Teachers are welcome. \$20 Fee applies.

**Cultural Competency Training for Early Years - FUNDED by the City of Cockburn -WATCH OUR WEBSITE for the date**

**Passionate Environmental Educators Don't forget the AAEE Biennial Conference is hosted in WA this year -28<sup>th</sup>-30<sup>th</sup> September.**

The theme is Manjoorgadap: Changing tides with the Conference's aim to showcase innovative, practical and effective tools to help us "change the tides" of environmental and sustainability education. Stay tuned for registration details [here](#)

## Reducing Waste Together Workshops (in all regions)

These workshops supported by the Waste Authority are FREE for early childhood professionals and are tailored to your local area. They are action-driven to help educators embed reducing waste strategies with children as well as supporting behaviour changes into the future.

### WE ARE GOING TO THE KIMBERLEY REGION

Tues 22<sup>nd</sup> June 2021 - **'Reducing Waste in Early Years'** from 5.30-8.00pm at Indigo Montessori, Broome. Book your place [here](#).

Thurs 24<sup>th</sup> June 2021 - **'Reducing Waste in Early Years'** from 5.30-8.00pm at Woothoo-woothoong Dawang Children's Service, Kununurra. Book your place [here](#)

**Don't forget our 2020 UPDATED 'LGSWA Reducing Waste Together kit' is available for SALE \$40 for non-members. BUY IT HERE.**



## MORE WORKSHOPS TO LEARN

21st May 10-11:30am **Modern Cloth Nappy Workshop.** Join Kam Andrews "The Nappy Guru" to learn about using and maintaining cloth nappies. Rebates and subsidies apply. Register [here](#):

29 May 9:30-11:30am **Living Lightly & DIY Workshop** with Peg Davies. Ever wondered what we do with our waste? Where does it go? And how do we lessen all this stuff? Register [here](#).

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](mailto:lgs@aaeewa.org.au)

# Upcoming Workshops

## Sustainable Education Networks

We encourage Educators in WA to continue to network and learn from each other and guest speakers via the Sustainable Schools WA Meetings.

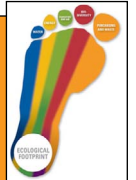
These groups focus on reducing the Ecological Footprint (EF) and increasing the Social Handprint (SH) and this model provides a framework for educators to use in their planning to embed sustainable practices. Check the [Sustainable Schools WA website here](#) to find a meeting in your area.

### Term 2 meeting for the South West regional network:

Tues 1<sup>st</sup> June 2021 from 3.45pm – 5.30pm at Canning River Eco Education Centre

The theme is all about waste so learn all about Recycle Right's new resources and hear from Michael Caruso - an engaging presenter whose performing character, Patti the Pig will guide early years to creatively reuse, reuse and recycle.

RSVP to Joselyn Juraszek via [email](#)



## Get involved on World Environment Day - June 5th



The theme of this year's World Environment Day is Ecosystem Restoration and we know that the healthier our ecosystems are, the healthier the planet - and its people. The UN Decade on Ecosystem Restoration aims to prevent, halt and reverse the degradation of ecosystems. Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts. In this decade, how would your early years site go about ecosystem restoration?

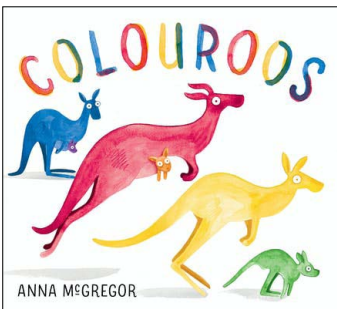
### Here are some ideas for your patch

- Plant a small buddleia shrub that supports butterflies.
- Create a [lizard garden](#) by adding logs to a small patch of groundcovers
- Propagate plants from lavender or rosemary tip pruning and share them.
- Use reclaimed material to make a vertical garden.
- Got a verge? Ask your local council to help develop a [nature verge garden](#)
- Plant a small eucalyptus species, red flowering gum, for colour and bees

Link [here](#) to learn more about how to get connected to this global initiative.

# Book Reviews

## Book Reviews with Multicultural Themes from the City of Cockburn



### Colouroos

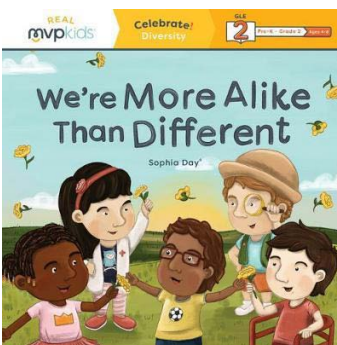
by Anna McGregor  
(9780734418821)

From the red centre come the red kangaroos, from the Blue Mountains come the blue kangaroos, and from the gold coast come the yellow kangaroos. All of them are searching out a waterhole and all of them think the other colours are odd – until there are some baby kangaroos. This book combines the idea of different colours with different groups/cultures and uses the important skill of colour mixing to talk about how we are all the same in lots of ways but also how generations share the characteristics of their ancestors and can also be something new.

### I'm Australian Too

by Mem Fox with illustrations by Ronojoy Ghosh  
(9781742995786)

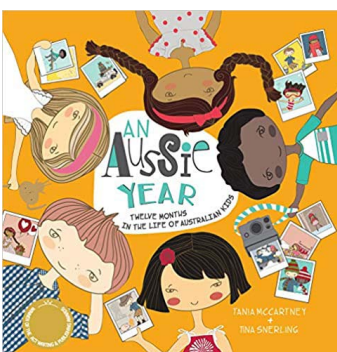
With all the hallmarks of a classic in the making, this book is a celebration of all the people who make up Australia from the Aboriginal and Torres Strait Islander people through to modern arrivals and refugees. Every child in Australia is likely to see themselves and their family somewhere on the pages of this book.



### We're More Alike Than Different

by Sophia Day and Megan Johnson and illustrated by Stephanie Strouse  
(9781643707617)

Including tips for questions and discussion topics this book looks at lots of difference and frames cultural diversity as part of the larger topic of difference and diversity; reminding us all that no matter the difference it's important to look at the person and celebrate differences and similarities alike.



### An Aussie Year: Twelve Months in The Life Of Australian Kids

by Tania McCartney & Tina Snerling  
(9781921966248)

This picture book celebrates the way five Australian children from different backgrounds, live as they navigate familiar moments in life.

*Thanks Jessica Donald*



# Cooking with Kids

## Curry Puffs

Mercy Care Early Learning Centres have been running their weekly Monday Mini Chef's Program for some time now and have partnered with LGSWA to share some of their amazing food creations. These child-led cooking experiences embed many sustainable actions of the social handprint and ecological footprint and demonstrate best practice learning for everyone's wellbeing. Families share diverse recipes to expand children's culinary tastes and children's senses are fully stimulated; through getting messy, learning fine motor skills and social skills such as turn taking and then finishing with the best experience of all, the sharing of food as a community.

Mercy Care Bassendean has shared their latest Monday Mini Chef creation in this issue. Bassendean Educator, Donna's family heritage is Sri Lankan and this is her Family's Curry Puff recipe. *Looks yummy!*

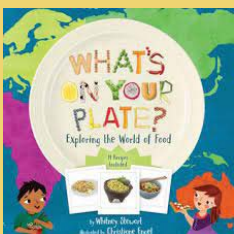
### Ingredients

- 1 packet short crust pastry
- 4 potatoes boiled and mashed
- 1 cup peas (fresh, frozen or tinned)
- 1 can tuna (approx. 425g)
- ½ an onion finely diced
- ½ teaspoon of minced garlic
- 1 egg
- Salt to taste



### Method

1. Leave the short crust pastry to thaw.
2. Add the mashed potato, tuna, onions, green peas, garlic to bowl and mix together.
3. Add the curry powder and salt, mix again.
4. Cut each pastry sheet into nine squares, by cutting into thirds horizontally and vertically
5. Kids turn now : Take one tablespoon of mixture and place it in the middle of the small pastry square
6. Take two opposite ends of the pastry square and fold them together, secure the pastry by folding all the sides to create the triangle shape.
7. Continue this process until all puffs have been made.
8. Beat the egg, then using a pastry brush apply egg wash to each of the curry puffs.
9. Bake in the oven at 180 for 20 to 25 minutes until pastry is golden brown



### Read a book before you cook

This large picture book takes kids (and adults) on a journey to 14 countries around the world to explore fun facts about food and simple recipes in a visual feast. It is not a story book so is meant to be delved into by little foodies whenever you cook.

Use this [seasonal food guide](#) to understand which fruit and veggies are in season now in South West WA

# What's On?

## Highlight on Resources



**Bibbulmun Bonar - Six Seasons Song & the Koorlong EY Music Program** By Madjitol Moorna Choir

[Listen to this Song](#) or better still ask the [Koorlong Music](#) programme to come out to your Early Years to run Noongar music and Noongar language sessions.



**Noongar Boodjar Language Centre**

Based in Cannington the centre works towards keeping Noongar language alive and provides website support

with Early childhood resources, books and posters as well as some free songs and games. Open from 8.30am - 4.30pm for drop in purchasing, you can view all resources [here](#)

*Keeping Noongar Language alive*



**Mayakeniny (Sound Dancing Project)**

This is a Noongar performance and language resources website created to better share placed-based performances on country. It hosts a special [Koorlangka \(Children's\) Karaoke](#) space of children's nursery

rhyme videos sung in Noongar by Nan Roma Yibiyang Winmar and comes with downloadable lyrics to practice beforehand.



**Patti the Pig - 'It's Not All Rubbish' Kid's Show**

Patti the Pig and Jenny and Terry the Possum take children aged 0 to 7 on an educational journey to look after the environment with an emphasis on recycling and waste reduction, through song, dance and interactive activities.

## Events and Opportunities to Learn more:



**City of Cockburn Sustainable Events**

Tuesdays 12:00-2:00pm **My Time - Aboriginal Support Group** at [Coolbellup Hub](#).

Free support group for Aboriginal parents and grandparents looking for a relaxed environment to connect & share.

Mon and Tues 9:30-11:30am **Froggy's Fun on the Green** at [Manning Park](#) Free, family-friendly mobile outdoor play session for Cockburn families or carers of children - 0 to 5

21st May 5:30-7:30pm **Family Dance with Numguts Bush Band**. Register [here](#).

22nd May 1:00-3:00pm **Mini Beast with Eco Action** - Interact up close with mini-beasts such as stick insects, beetles, caterpillars and more. Register [here](#).



**City of Canning Sustainable Events**

Sat 15<sup>th</sup> May 10.30-12.30pm - **Worm Farming for kids and adults at CREEC** with Kevin from the Worm shed. Register FREE place [here](#).

Sat 29<sup>th</sup> May 10.30-12.30pm - **Composting for Beginners**. Register FREE place [here](#).

19<sup>th</sup> May 5.30-6.30pm - **Solar battery storage solutions** - learn all about it .... at CREEC with Clean NRG. Register [here](#).

Sun 30<sup>th</sup> May - **Reconciliation Walk** 8.30am-12.00pm - Family Friendly 4km walk around the Djlargarra river. [Meet at CREEC](#).



# What's On?

The [17 Goals for Sustainable Development](#) were agreed upon by World leaders in 2015 to make this a better World for all by 2030. One way we can all contribute is by taking action and raising awareness on Sustainable dates.

## Sustainable Dates to Remember

### May – July 2021

- 9th May – [World Migratory Bird Day](#) – Read [‘Circle’ by Jeannie Barker](#) to follow the godwit’s journey AND learn all about [Shore Birds](#) through Bird Life WA.
- 22<sup>nd</sup> May – International Day of Biological Diversity – theme is ‘We are part of the Solution’ – see [Conference](#)
- 23<sup>rd</sup> May World Turtle Day - watch [the Nature club video](#) on our long necked turtles
- 17<sup>th</sup>-23<sup>rd</sup> May – [National Volunteering Week in Australia](#) – Recognise, Reconnect & Reimagine.
- 26<sup>th</sup> May – [National Sorry Day](#)
- 27<sup>th</sup> May – 3<sup>rd</sup> June - [National Reconciliation Week](#) – ‘More than a Word’
- 5<sup>th</sup> June - World Environment Day
- 8<sup>th</sup> June – World Oceans Day
- 15<sup>th</sup> June - [Global Wind Day](#)
- 17<sup>th</sup> June – [World day to combat desertification and drought](#)
- 1<sup>st</sup> July – Plastic FREE July begins
- 4<sup>th</sup> – 11<sup>th</sup> July -NAIDOC Week – [theme is Heal Country](#).
- 26<sup>th</sup> July – World Mangrove Day
- 30<sup>th</sup> July – School Trees Day



Photo permission Cockburn FDC

## Highlight on Multicultural Actions & Resources

### Ideas for Educators:

Our Sustainability audit sheets are a great resource to help you plan ideas in the multicultural engagement space – buy the whole set [here](#).

Read Children some Noongar Dreamtime stories to connect to country during NAIDOC week and be part of the theme ‘Heal Country’. The story of [‘Kooba and Djer djer’](#) is sure to become a favourite.

Host an [LGS Cultural & Social Diversity workshop](#)

Attend a Multicultural Futures – [See Me, See You](#) – Intercultural learning Session – a must for us all.

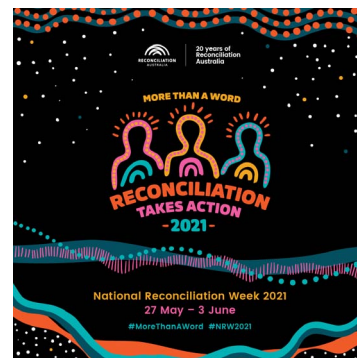
Connect with [‘Ngulluk Koolunga Ngulluk Koort’](#) to begin meeting the cultural needs for Aboriginal and Torres Strait Islander Children in early education and care.

Use the Child Australia resource [Making Cultural Connections](#) which is full of great ideas to help you connect with your children’s families.

### Ideas for Children:

Set up Minichief Mondays like [Mercy Care](#) have and cook up multicultural masterpieces to celebrate significant days

Download the LGSWA’s Resource of the Month – our [multicultural picture books list](#) for the Early Years.



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

Little Green Steps WA is proudly supported by:

