

Little Green Steps

Western Australia

Autumn Newsletter 2022



Kaya Bulup - Welcome to the [Noongar season](#) of Bunuru. The Banksia littoralis is in flower which attracts the endangered Carnaby's Black-Cockatoo (known as 'Weelark' or 'Ngoorlak' in Noongar). We can choose native plants for food, flowers, seeds and grubs as well as roosting sites for black-cockatoos, go to the [BirdLife initiative](#) to learn which plants suit your settings and put in bird baths to support them this autumn. Join the [Great Cocky Count](#) on April 3rd near you.

All About Sustainable Loose Parts Play



We have been busy researching and delivering a NEW LGSWA workshop with Early Years Educator, Elyce Langmead from Cockburn Childcare Services called **'Sustainable Loose Parts Play in Early Years'** and we delivered this as a hybrid (face to face and online) learning experience in February 2022.

Some tips from LGSWA for your Loose Parts Play Provocation Kit:

- You can use loose parts for literacy learning by mark making with multiple items, sticks in the dirt, string, noodles, carrot sticks, the list goes on...
- Loose parts can be used for sustainable STEM learning projects, such as gravity experimentation and water conservation.
- Treasure basket exploration of loose parts items for babies is wonderful heuristic and developmental play.
- Fine motor skills and loose parts learning go together with creative re-use items such as cog turning, nature weaving and balancing of objects.

Learn much more by attending our Sustainable Loose Parts Workshop on March 29th 2022 - ONLINE PLACES ONLY AVAILABLE NOW...Book in [here](#).

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.

Our 2022 Calendar is on Sale NOW

This is a brilliant resource for planning sustainable actions with children, full of pictorial ideas for celebrating days and community actions in care. Purchase it [here](#).

Reducing Nappy Waste in Early Years

LGS WA received a WasteSorted grant in Dec 2021 to trial cloth nappies in two childcare services in collaboration with the Nappy Guru in April 2022.

We have already delivered four Cloth in Childcare workshops to parents and educators with one more to go. This trial will deliver tested systems to support families wanting to use cloth nappies in childcare as well as washing service options to allow childcares to support a whole cloth nappy system themselves. Download our Parent & Educator resource for supporting cloth in care [here](#).

LGSWA Case Studies and News

Celebrating Beelihar Primary's Sustainable Successes in 2021

The children have been actively making a difference throughout the school in numerous ways:

They established a 4 bin recycling system for Redcycle soft plastics; 10c refundable containers; compostable recycling and Council guided recycling.

Chicken Champions and Waste-Wise Warriors took on the roles of caring for the chooks and organic waste and turning all left overs into rich compost. Garden Club members made use of the amazing compost to grow fresh vegetables for community use and installing the beautiful Bindi Bindi Garden sign and water feature for native pollinators.

Meanwhile the Power Rangers ensured that energy saving became a priority.

Some Cool Stats are featured below:

Sustainable actions in 2021	Amounts saved
Fruit & veg waste	750 kg composted
Soft plastic collection and redistribution	54,000 pieces to Redcycle
10c collection for Containers for Change	4,200 Containers
Reduced energy use from 2020 to 2021	From 156.00kWh to 85.59 kWh
Overall Carbon reduction since 2020	Reduced by 30 tonnes equivalent to 18 cars for a year

Well done Beelihar Primary!



Rubber Crumb Under-surfacing for Playgrounds

'Rubber crumb' is a construction material made of small rubber fragments, the size of a peppercorn, which are typically produced by shredding car tyres and are most often used for playground surfaces and as infill between artificial turfs.

The question has been reviewed in a number of arenas recently as to whether this is a sound practice from both a Kid Safe point of view and as a sustainably viable waste initiative. On both fronts rubber crumb is proving to be an environmental micro-pollution disaster as well as an unhealthy under-surfacing option for child wellbeing.

The recent Tangaroa Blue marine debris '[Rubber Crumb Impact Report](#)' estimates that around 1.2 million crumbs are released from playgrounds into the immediate environment and in this case the test site environments were within four metres of the Great Barrier Reef catchment. Other research suggested that the tyre chemicals may have toxic health effects on both marine and human life. Furthermore a recent playground under-surfacing study by Dr David Eager, Senior Lecturer in the Faculty of Engineering at the University of Technology Sydney, indicates that excessive bounce from poorly maintained under surfaces was the greatest cause of bone fractures in children from playground falls. Dr Eager is also an Honorary Councillor on the Board of Kidsafe NSW and the full article on his research can be requested via email [here](#).

Upcoming Workshops

Upcoming LGSWA Webinars and Workshops 2022

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

WE ARE DOING hybrid workshop/webinars to support our EY Educator audiences better so jump on board to book your place to attend either FACE TO FACE or ONLINE.

WATCH OUR WEBSITE and FB PAGE for continuous updates on future workshops.

Canning Workshops: Face to face and Online

'Introduction to Sustainability with a Noongar Focus' on 19th May 2022. Venue TBC

Cockburn Workshops: Face to face and Online

29th March 2022 - 'Sustainable Loose Parts Play' from 5.30pm-8.00pm at Bibra Lake. Book your place [here](#).

'Introduction to Sustainability with a Noongar Focus' on 31st May 2022. Venue TBC

LGSWA Reducing Waste Together Workshops

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.

UPCOMING REDUCING WASTE WORKSHOPS

30th March 2022 - 'Reducing Waste in Early Years Settings' in the Serpentine- Jarrahdale region. Book your place [here](#).

5th May 2022 - 'Reducing Waste in Early Years Settings' in Kalgoorlie region. Book your place [here](#).

WATCH THIS SPACE FOR MORE WORKSHOPS

In Vincent and Melville regions in August and Sept 2022 - if your service is in these regions and you would like to host then get in touch via email.

Don't forget our 2020 UPDATED 'LGSWA Reducing Waste Together Kit' is available for SALE \$40 for non-members. [BUY IT HERE.](#)

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 1 meeting for the South West regional network, contact Joselyn Juraszek to attend via [email](#).



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



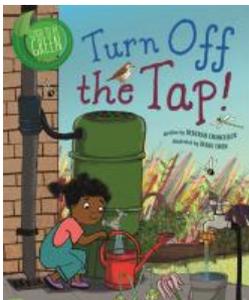
Book Reviews



Book Reviews with Biodiversity Themes from the City of Canning

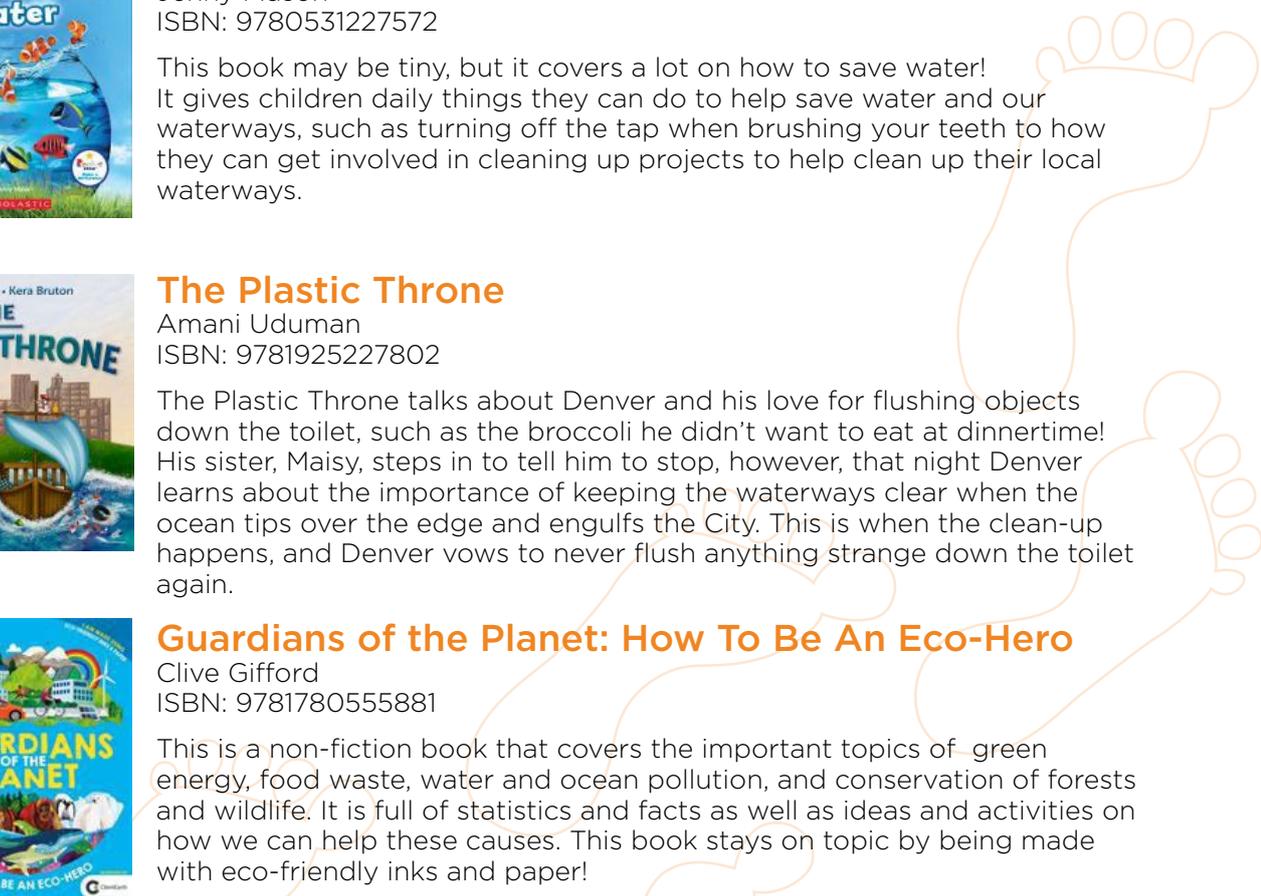
BIG thank you to Bec King, Learning Hub Officer at City of Canning Libraries for her review of these water awareness themed books.

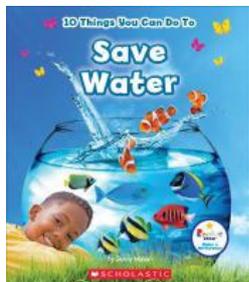
Canning Libraries run a range of educational Children's programs, such as Stories, Rhymes and Play 'n' Learn. More information about these can be found [here](#).



Turn Off the Tap!

Deborah Chancellor
ISBN: 9781526308832

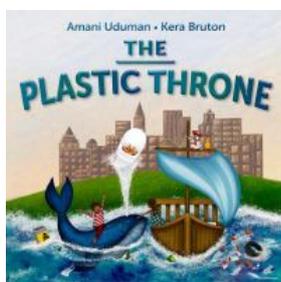
This book is part of the 'Good to be Green' series which helps children explore environmental issues to help the planet. This particular book speaks about Tia and her Mum. Tia's Mum helps her learn about the importance of water conservation, she shows her simple tasks she can do each day to help save water. To begin with Tia doesn't understand why her Mum always tells her to turn off the tap, but ends with her learning some of the global issues surrounding water and noting that 'Water is precious!'.




10 Things You Can Do To Save Water

Jenny Mason
ISBN: 9780531227572

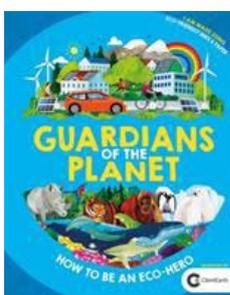
This book may be tiny, but it covers a lot on how to save water! It gives children daily things they can do to help save water and our waterways, such as turning off the tap when brushing your teeth to how they can get involved in cleaning up projects to help clean up their local waterways.



The Plastic Throne

Amani Uduman
ISBN: 9781925227802

The Plastic Throne talks about Denver and his love for flushing objects down the toilet, such as the broccoli he didn't want to eat at dinnertime! His sister, Maisy, steps in to tell him to stop, however, that night Denver learns about the importance of keeping the waterways clear when the ocean tips over the edge and engulfs the City. This is when the clean-up happens, and Denver vows to never flush anything strange down the toilet again.



Guardians of the Planet: How To Be An Eco-Hero

Clive Gifford
ISBN: 9781780555881

This is a non-fiction book that covers the important topics of green energy, food waste, water and ocean pollution, and conservation of forests and wildlife. It is full of statistics and facts as well as ideas and activities on how we can help these causes. This book stays on topic by being made with eco-friendly inks and paper!

Cooking with Kids

Apple Sponge

We all know an apple a day keeps the doctor away, so why not get the littlies to cook up something that will keep them strong and healthy and this is the season that Granny Smith apples taste their best.

Why not try something different, cook them up and create them into a delicious yummy sponge cake they can enjoy for afternoon tea.

Did you know? Apples provide vitamin C to help fight off those nasty colds and a mineral called boron, which is really good for your bones. They also provide lots of antioxidants which help the body fight off diseases. They help our kids immune systems feel healthy and strong in our current times.

Deadly Tucker By Food Bank has a great recipe for:

Ingredients

- Granny Smith apples
- ¼ teaspoon cinnamon (optional)
- 3 eggs
- ½ cup of castor sugar
- ¾ cup of self raising flour
- ¼ cup of water
- 1 tablespoon of hot low-fat milk

You will need:

- Big bowl
- Measuring cup
- Eggbeater and whisk
- Mixing spoon
- Pie dish

Method

- Wash your hands first and place those aprons on the kids before things get messy.
- First cut up and stew the Granny Smith apples and line them in a pie dish (let the curious kids watch).
- Kids sprinkle cinnamon over the top.
- In a big bowl, add the sugar and whisk the eggs until thick and creamy.
 - Energy moment: Why not engage the kids to have a go at whisking by hand and with an electric mixer to see who can thicken the mixture quickest.
- Next fold in the flour, water and hot milk.
- To finish, pour the mixture over the fruit in the pie dish.
- This is where you take over and place the apple sponge into the oven @ 180°C for 20 minutes.

Now is a good time to put on a nice hot pot of tea to enjoy with cake and also discuss with the kids what they enjoyed most and how they found the energy moment.

NOW for the FUN PART- when it is time to eat the cake serve with some local sourced ice cream or homemade custard.

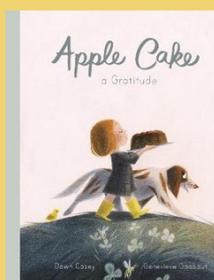
Two ways to get the littlies thinking sustainably after this cooking experience:

What can we do with the apple cores? Or with those old yucky apples?

- Make them into cool little bird feeders by cutting in half and scooping out core to place the seeds.
- Or feed those apples cores to your worms or compost bin.

Recipe from Deadly Tucker Cookbook (2012), North Metropolitan Health Service @ State of Western Australia, reproduced with permission.

Read a book before you cook



Apple Cake by Dawn Casey and Genevieve Godbout

is written in rhyme for littlies about being grateful to the earth for our ingredients to make delicious food.

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

What's On?

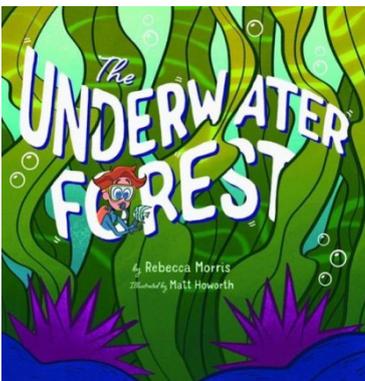
Highlight on Resources



Eco Action is a Fremantle-based environmental education business [offering incursions](#) to early years about min-beasts, native bees and nature drawing.

If you did not get organised to attend

a Clean up Australia Day event with the kids on March 6th then download these [free resources](#) and [Adopt your own Spot](#) to keep clean.



Teaching Biological Sciences to early years through marine picture books to share the diversity of features and survival of species has been recently reviewed in the Australian Journal of Environmental Education and three picture books have

been shared as worth exploring: 'Hello Ocean' by Pam Munoz Ryan is a story of a child exploring a sandy beach through the 5 senses; 'A House for Hermit Crab' by Eric Carle explores diverse features and ways of life & 'The Underwater Forest' by Rebecca Morris delves into the loss of kelp forests without giving children 'ecophobia'.

Loose Parts Play resources can best be demonstrated through YouTube clips: [Playing with Loose parts](#) & [Exploring what Loose parts are](#)

Events and Opportunities to Learn more:



City of Cockburn Sustainable Events

Did you know ... that City of Cockburn Early Years educators have a unique opportunity to join a brand-new Sustainability Network Group?

Sometimes sustainability can feel overwhelming and this group can support your sustainability journey through networking, discussing practices, sharing opportunities in the community and projects to work on as well as any topics educators need to explore. Contact Emma Malloch [here](#) to join the next meeting.

For Cockburn Sustainable events scroll [here](#)

Froggy's Fun on the Green continues in Term time from 9-11am on Mondays and Tuesdays.

31st March 6-8pm - Learn all about Modern Cloth Nappies.

22nd April 10am-12pm - Kids in the Kitchen cook up a storm with Cockburn's Waste team.

2nd April 9:30 -11:30am, Worm Farming Workshops.



City of Canning Sustainable Events

In celebration of Nature Play week beginning 6th April, come and join us for 'Early Years Park Play' at Canning River Eco Education Centre [on April 7th](#) through Libraries [Play & Learn](#) Program

[Hillview Intercultural Community events](#) - come to Bilingual story time with the kids every 2nd Friday OR take part in Beginner Noongar language lessons.

Wanju Welcome Queens Park - Open Street day on Fri 25th March - Early years street activities - come along and join in with GoodStart Early learning. Join email list [here](#)

What's On?

Highlight on Water Awareness and Water Wise Gardening

Become leak detectives – check taps for leaks with the kids, apply food colouring to the toilet cistern and wait 10 mins to see if it enters the toilet bowl – Educators [Seek A Leak](#) yourselves.

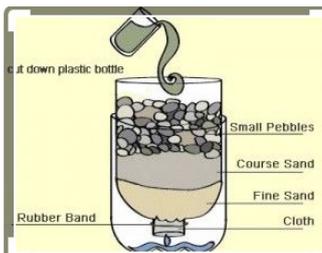
Looking for a Waterwise plant that birds and bees love? WA has the biggest range of Eremophila species and they are very water wise. The Eremophila is non-toxic so a good plant for gardens with small children. Check out our native plants for play spaces on [LGSWA website](#).

Also known as emu bush because emus would feed on the fleshy fruits of some species, this plant is also recognised as the native plum and berrigan.



The Eremophila nivea, with grey leaves and purple flowers is fun for children to observe: draw the trumpet shape of flowers and help children to imagine how a bee or insect might enter the flower to collect the pollen.

For curious kids to see what is inside a flower you can slice one in half lengthwise, separate into two parts and let them observe using a magnifying glass.



Show children how we can make water dirty with our choices – [egg carton STEM activity](#), then do an experiment to clean water up through a nature filtration experiment – see picture above.

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

March - May 2022

March is Water Challenge Month

3rd March [World Wildlife Day](#)

5th - 13th March [Sea Week](#) and [Parks Week](#)

6th March [Clean Up Australia Day](#)

8th March [International Women's Day](#)

14th-21st March [International Groundwater Awareness Week](#)

17th March [Close the Gap Day](#)

20th March [International Day of Happiness](#)

21st March [Harmony Day & World Forests Day](#)

22nd March [World Water Day](#)

27th March [Earth Hour](#)

3rd April [The Great Cocky Count](#)

2nd - 9th April [World Autism Awareness Week](#)

6th - 13th April [Nature Play Week](#)

22nd April [International Mother Earth Day](#)

1st - 8th May [International Compost Awareness Week](#)

2nd - 9th May [National Family Day Care Week](#)

14th May [World Migratory Bird Day](#)

15th - 22nd May [National Families Week](#)

16th - 23rd May [National Volunteer Week](#)

20th May [World Bee Day](#)

20th May [National Walk to School Day](#)

22nd May [International Day for Biological Diversity](#)

23rd May [World Turtle Day](#)

26th May [National Sorry Day](#)

27th May - 3rd June [National Reconciliation Week](#)

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.

Little Green Steps WA is proudly supported by:

