

Little Green Steps

Western Australia

Winter Newsletter 2022



Kaya Bulup - Welcome to the [Noongar season](#) of Makuru. The cold, wetter weather brings water reserves for the long hot, dryer seasons. Blue and purple flowers such as [Blueberry Lilly](#) (*Dianella revoluta*) and the Purple Flags (*Patersonia occidentalis*) emerge during these colder months. Makuru is also a time for animals to begin pairing up in preparation for breeding in the coming season. Wardong (ravens) can be seen flying together during this season, and upon the lakes and rivers of the South West you will notice the influx of Maarli (Black Swan) preparing to nest and breed. Become part of the [National Biodiversity Month – QuestaGame](#) during September, and record plants and animals in your garden and local areas on this app.

USING Cloth Nappies in Childcare is Feasible and Reduces SO Much Waste



Whether you are a Family Day Care or Centre Educator, Little Green Steps WA's latest cloth nappy trial in childcare has proven ways to support families to BYO cloth nappies; DIY systems to use cloth nappies in your own centre with a washing

service and easy ways to reduce associated waste with a system's approach.

Some tips to get started:

- Support your families to do it themselves - attend cloth nappy workshops run by Kam [the Nappy Guru](#).
- Share our [Cloth in Childcare infographic](#) to your families - it helps YOU support the process too.
- Reduce associated waste using an LGSWA system trialled in Family Day Care and Long Day Care ... no paper towel, no disposables wipes and no gloves needed ... and this is acceptable under 'Staying Healthy in Childcare' guidelines. See [case studies](#) for more info.
- Link into a nappy washing service - our trial has shown it works and [Associated Laundry Services](#) are happy to wash nappies for childcares now - so get in touch.
- Come to our Cloth in Childcare workshops to learn all about it - see the [LGSWA website](#) for dates.



Welcome Belinda Bloxsome to LGSWA

For early years educators in Cockburn, Belinda brings a wealth of science, sustainability and reducing waste educational experience to this role and is super excited to engage with your early years communities, so get in touch should you have any queries: b.bloxsome@aaeewa.org.au

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 Studies and News

Cloth Nappies in Family Day Care

In April and May this year, two FDC educators from Cockburn Family Day Care Service and Nature Alliance respectively, took part in a trial of using cloth nappies in their settings including washing themselves. Amy and Sue were keen to do their bit to protect the environment from nappy waste and both shared information on the trial with their families in care as the partnership approach is vital in cloth nappy success. Sue's children 'live outside' so it was a good time to trial cloth



before the wet weather set in and her systems included a strucket bucket outside and a mobile change table to minimise the change process during the day. Amy also has set up an easy-to-use change system on the floor of her bathroom, making the process all within arms- reach (especially discarding the solid waste straight in the toilet).

Yes.... washing nappies at the end of a busy work-day is time-consuming but both quickly worked out a system that allowed them to wash every 2nd day and

still maintain the hygiene standards required. The benefits of cloth were also felt by their parent communities with Melissa confiding that 'her son avoids nappy rash by using cloth nappies, even if only sporadically throughout the day' and they are so much easier to use now than in the past. Meanwhile, Susannah wondered why her nappies for home use were a bit smelly and she received some great washing advice from Kam, the Nappy Guru, on eco detergents and the need for both a pre-wash cycle and a hot wash of 65 degrees. Would they do it again? Sue says she will definitely continue using and washing cloth in her Family Day Care service but reminds all educators to be kind to themselves too, 'little steps when the weather is so rainy is perfectly fine, so focus on one thing at a time like cloth wipes for example'. Amy's parent community solely use cloth

nappies now, so although she will not be washing nappies herself for the children in care, she has an extra appreciation of the work involved and is happy to support cloth in her FDC. For more information on the systems Sue and Amy used - [see their case studies](#) on the LGS website.



COME ALONG ...The Cockburn Early Years Sustainability Network

meets bi-monthly to support your sustainability journey through networking, discussing practices, sharing opportunities in the community and projects to work on. The upcoming meeting will include a hands-on waste audit demonstration - a great way to see what is being wasted and how much waste is being produced from our daily activities. We can then look at ways to support positive waste reducing behaviours. Contact Belinda Blossome to join the next meeting. Friday 16th Sept at 9.30 am - Learn how to run a waste audit in your early years space at Sparrows Early Learning - Book your place via flyer link [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.

Melville Workshops:

13th September 2022 - **'Biodiversity Awareness and Actions in EY Settings'** - 5.30-8.00pm at Piney Lakes Environmental Education Centre. Book your place [here](#)

Cockburn Workshops: Face to face and Online

Our NEW **Compost & Worms workshop** is coming In Term 3 so WATCH our website for upcoming dates.

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

7th September 2022 - **'Reducing Waste in Early Years Settings'** in the Melville region. Book your place [here](#).

19th October 2022 - **'Reducing Waste in Early Years Settings'** in Wanneroo region. Book your place [here](#).

WATCH THIS SPACE FOR MORE WORKSHOPS

In **Albany and Bayswater** regions in 2023 - 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 2 meeting for the South-West regional network, at CREEC on 30th May 2022.

Learn about Two-Way Science - with Elaine Lewis from Coolbinia PS which is an Integrated learning approach that connects Aboriginal and Torres Strait Islander knowledges with Western science methodologies. Book your place [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



Book Reviews



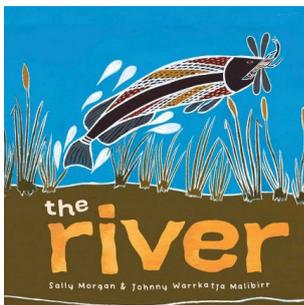
Book Reviews with Sustainable Themes from the City of Cockburn

Thanks Jessica Donaldson for your insight on this year's Children's Book Council of Australia's Notable Books of the Year



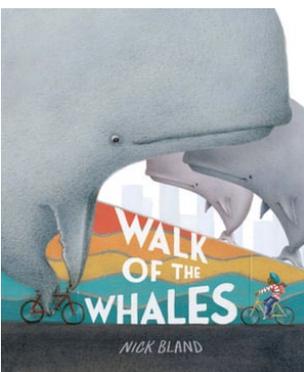
Saving Seal: The Plastic Predicament by Diane Jackson Hill, with illustrations by Craig Smith (9781921833540)

We have all heard about how important it is to reduce the amount of plastic in our lives, but why? This book will take you on a journey to save seal from the plastic predicament. Lizzie and Grandpa Dave are inspired to help clean up their local bay after they rescue seal; it also asks us to think about what we could change in our lives to help the environment.



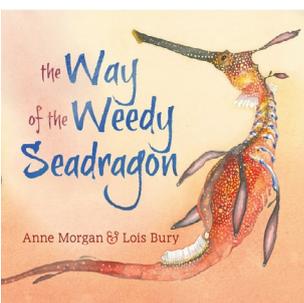
The River by Sally Morgan and Johnny Warrkatja Malibirr (9781922613028)

Filled with beautiful illustrations and great opportunities to practise your onomatopoeia words, this book takes us to the river to reinforce the importance of knowing about native fauna and how we fit into life at the river.



Walk of the Whales by Nick Bland (9781760509026)

The whales have left the ocean...they have walked up onto the land, and no one quite knows what to think or do...until, one small girl asks why have they done it? This delightful book is one of my new favourites and through humour and absurdity asks us to think about what we are doing to our oceans.



The Way of the Weedy Sea dragon by Anne Morgan and Lois Bury (9781486313952)

The weedy sea dragon is an amazing fish with a talent for camouflage, weird eating habits and a unique courtship dance. But its habitat and future are threatened. This enchanting story takes you under the sea to meet this mysterious sea creature and reveals its weird and wonderful ways.

Cooking with Kids

Jacket Potatoes with Salmon



After the wet weather, a great reward is to dig up potatoes you have been growing in your gardens. They can be grown in containers or in the ground and a great companion plant is Marigolds to help with nematodes as well as brighten up the garden and bring in bees and butterflies.

Potatoes in their jackets are a favourite of many families and so easy to prepare. You can use standard or sweet potatoes and the recipes are endless. Young children can easily chop, mix and fill the cooked potato shell which can be prepared ahead of time and cooled for preparation.

Did you know? The potato is a nutrient-dense food which means that for the amount of calories it contains, it provides a good nutritional return. According to [Potato Nutrition](#) Potatoes have more fibre than five bananas, more potassium than a banana, twice the Vitamin C of blueberries, more Vitamin C than an orange. Here is a super easy recipe.

Ingredients:

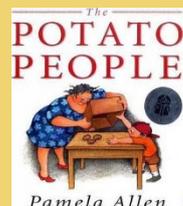
- 4 large potatoes about 1 kg total (or 8 small potatoes)
- 415gm Tin of pink salmon
- 1/2 cup unsweetened Greek yogurt (choose a thick and creamy brand)
- 1 tsp lemon zest about 1/4 of lemon
- Sea salt & cracked pepper to taste
- 1 tbsp chives chopped (or parsley)
- 100 gms grated cheese (or more if you like a crusty topping)

Instructions

- Preheat oven to 180C
- Wrap each potato with parchment paper and place them on the oven rack. Bake for 1 hour. Remove from the oven.
- Alternative Option - place in microwave and bake on high for 10 minutes. Ready when fork pierces easily.
- When the potatoes are cool enough to handle, cut them lengthwise to make two equal sized 'boats'.
- With a small spoon, scoop out the potato but be careful not to damage the potato skin. If you microwaved them and want crisp skins, you will need to bake the hollow 'boat' for 10 minutes.

- Place the cooked potato into a bowl and add the drained tinned salmon. can remove the darker flesh but leave the bones in as they add calcium.
- Add the yoghurt, parsley, lemon juice, salt and pepper to taste.
- Stuff each potato with potato and salmon mixture, top with grated cheese.
- Bake for 15 minutes or until its browned and potato shell is crisp.
- Serve with a light salad or your favourite cut vegetables but do leave them to cool for 5 minutes.

Read a book before you cook



While the Potatoes are baking read [The Potato People](#) by Pamela Allen with the children.

Every Friday, Jack spends the day with his Grandma & they romp & roly-poly on the ground, read stories and they eat cake. Then, one cold and rainy Friday, they make the potato people - gives us a few ideas?

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



Nature Play Bingo - Nature Play WA have a wonderful interactive game of Bingo that can be used to help children become observant when walking through Natural places. As they walk, they tick of nominated features such as something

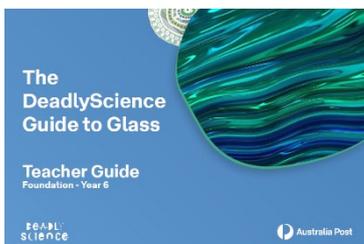
smooth, rough, etc. You can download this resource [here](#)



Biodiversity in our Oceans can be created using found materials. Many children are familiar

with finding shells, seaweed, driftwood on beaches. If they have explored rock pools, they may have seen crabs, sea urchins and watched how they move. Using a ball of coloured playdough, the children create an underwater world. Directions can be found on the Imagination Tree [website](#).

Watch this 5-minute video that shows a child exploring, naming and describing [starfish](#).



Developed in partnership with Australia Post, the curriculum linked **Deadly Science Guide to Glass** is a

hands-on, practical resource for teachers of Foundation to Year 6 students. In support of the 2022 National Science Week theme of Glass, the history and importance of glass evolution and use over time, from a First Nations perspective.

Events and Opportunities to Learn more:



City of Cockburn Sustainable Events

For all Cockburn Sustainable events in Sustainable September - click [here](#)

[Froggy's Fun on the Green](#) - 9.30am - 11.30am Mondays and Tuesdays During term.

[The Coogee Beach Play Trail](#) - Showcases some spectacular spots along the coast for you to enjoy with your family, taking scavenger hunt games to a whole new level.

[Worm Farming Workshop](#) at Bibra Lake Community Centre - Sat August 20 11am - 1pm.

[Noongar Language class](#) at Rehabilitating Roe 8 - Sat August 27 1pm - 3pm.

[Nature Storytime Trek](#) - Monday August 22, 1.30pm, Children's story telling, trek and craft at the Wetlands Centre, Cockburn.

[Modern Cloth Nappy workshop](#) - Thurs October 6 Oct
City of Cockburn Teddy Bears Picnic - Wed October 19, a free, family-friendly event at Manning Park for children and families.



City of Canning and Melville Sustainable Events

[City of Canning's Save the Snake-necked Turtle talks](#) - Thurs 25th Aug at CREEC.

Early years communities come down to Piney lakes and join their early years [Buds N Blooms nature Playgroup](#) and alternate story time sessions in Term 3.

Schools and Childcare in Melville interested in free native plants for your gardens [Contact](#) City of Melville by 31st Aug 2022 at the latest.

What's On?



Highlight on Biodiversity Awareness

Did you know that City of Cockburn volunteers will be tracking turtles again this coming nesting season in partnership with the [Save Our Snake-necked Turtle \(SOSNT\)](#) Project, with up to 5 other partner councils and catchments groups. Purchase the LGS Fun with Snake-necked turtle kit [here](#).

Turtles are on the Move NOW so learn what you can do to be [bodyguards](#) if you see one and download the [TurtleSAT](#) app so you can log your sighting on the database to help inform future management and conservation!

Now is the time to have a [Backyard Biodiversity Blitz](#) with your children in care – so many ways to get involved.

National Science Week – ‘Glass What is it Good For?’

The resources book has ideas for early years. Here is the link to the teaching [resource](#). An example is below.

Glass is a material found throughout the home because it is strong, waterproof, has a smooth surface, is not damaged by sunlight and can be formed into many different shapes. So ... Go on a “**Glass treasure hunt – around your early years space**”

Animals need protection from our waste and litter so for Keep Australia Beautiful week – why doesn't your service accept the challenge to ‘[Contain your waste for the week](#)’

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

August - October 2022

August is [Platypus month](#) (August 1-31)

[Landcare Week](#) (TBC)

[National Science Week](#) (August 13-21)

[Keep Australia Beautiful Week](#) (15-22)

[World Humanitarian Day](#) (August 19)

September is [National Biodiversity Month](#) (September 1-31)

[National Wattle Day](#) (September 1)

[National Threatened Species Day](#) (Sept 7)

[Early Childhood Educators Day](#) (Sept 7)

[The Indigenous Literacy Foundation](#) (Sept 7)

[National Bilby Day](#) (September 11)

[World Car-Free Day](#) (September 22 - TBC)

[World Rivers Day](#) (September 25)

October:

[Australian Wildlife Week](#) (October 3-9)

[World Habitat Day](#) (October 4)

[World Seabird Conference](#) (TBC)

[World Cotton Day](#) (October 7)

[World Migratory Bird Day](#) (May 14, October 8)

[International Day for Disaster Reduction](#) (October 13)

[World Egg Day](#) (October 14)

[International Day of Rural Women](#) (October 15)

[World Food Day](#) (October 16)

[International Day for the Eradication of Poverty](#) (October 17)

[National Bird Week](#) (October 17-23)

[Aussie Backyard Bird Count](#) (October 17-23)

[National Water Week](#) (3rd week in October)

[National Ride-2-Work Day](#) (TBC)

[Australian National Field Days](#) (ANFD) (October 20-22)

[United Nations Day](#) (October 24)

[World Day for Audiovisual Heritage](#) (October 27)

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:

