



ON *this*  
MONTH

AT SERVICE NAME

Service event/item ----- 0

AROUND THE COUNTRY

- Mabo Day ----- 3
- World Environment Day ----- 5
- Global Wind Day ----- 15
- World Yoga Day ----- 21





### WORLD ENVIRONMENT DAY – JUNE 5

In 2025, the focus is on **plastic pollution**—and the importance of coming together to create long-term solutions. This year's campaign encourages everyone, from individuals and schools to industries and governments, to adopt **sustainable practices** that lead to real, lasting

change. Join the **#BeatPlasticPollution** movement—even the youngest voices can help shape a cleaner future.

**Did you know:** Globally, an estimated 11 million tonnes of plastic waste leak into aquatic ecosystems each year

**Find out more scary facts here**

### WORLD YOGA DAY – JUNE 21

This day aims to raise awareness worldwide of the many benefits of practising yoga. The theme of International Yoga Day 2025 is 'Humanity'. Try out 'Cosmic Yoga' as a family. It is lots of fun and a fantastic way to try out yoga with your family. **Find the link here**

## CARROT CAKE BLISS BALLS



**TOTAL TIME** 30 min | **MAKES** About 30

### INGREDIENTS

2 carrots, grated [approx. 2 cups of grated carrot]  
 1 cup rolled oats  
 1 cup pecans (or nut free version: replace with 1 cup oats)  
 1 cup (100 grams) almond meal (or nut free version: replace almond meal with 1 cup coconut)  
 1/2 cup desiccated coconut PLUS 1 cup to decorate  
 6 medjool dates, pit removed  
 1/3 cup coconut oil, melted

1/4 cup maple syrup  
 1 teaspoon vanilla bean paste  
 1 teaspoon cinnamon, ground  
 1/2 teaspoon nutmeg, ground  
 1/4 teaspoon mixed spice, ground  
 1/4 teaspoon ginger, ground

1. **Place** the carrot, oats, pecans, almond meal, coconut, dates, coconut oil, maple syrup, vanilla, cinnamon, nutmeg, mixed spice and ginger into the large bowl of a food processor.
2. **Blitz** for 1-2 minutes (scraping down the sides of the bowl when necessary) or until smooth.
3. **Place** the remaining 1 cup of desiccated coconut onto a large plate.
4. **Take** heaped teaspoons of the mixture and with oiled hands roll into rounds.
5. **Roll** each ball in coconut to coat.
6. **Place** in the fridge for 3-4 hours to set. Enjoy x

*Store carrot cake bliss balls in an air tight container in the fridge for 3-4 days. Bliss balls are freezer friendly. Store in an air tight container for up to 3 months.*

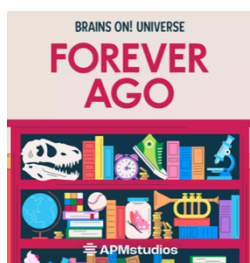
Image and recipe from [Mylovelylittlelunchbox.com](https://mylovelylittlelunchbox.com)

## Podcast Reviews



### Yoga Kids Adventure Tumble Media

*Yoga Kids Adventure is an engaging and creative yoga podcast for kids with a focus on imaginative play and mindfulness. The host and yoga guide, Kathryn Mercer embodies empathy and compassion leading children in yoga exercises and mindfulness practices as they go on imaginary adventures to places like the beach or outer space*



### Forever Ago APM Studios

*Forever Ago is a kid-friendly podcast that covers the history of everyday topics kids are exposed to or experience in their everyday lives (the evolution of playgrounds, a history of grass, the history of ice cream). Hosted by the engaging Joy Dolo, the show frequently includes child co-hosts, encouraging kids to engage in curiosity and express their interests and opinions.*



### Imagine This ABC

*Imagine This is a science podcast for the young and curious. Have you ever wondered how bees make honey? Or how fish breathe underwater? Or, very importantly, where your poo goes when you flush it down the toilet? Imagine This is a series of puzzling science questions from inquisitive young minds.*



# HEALTH AND SAFETY: Mid- year burnout

## Why You're So Tired—and What to Do About It

As June 30 approaches, many of us find ourselves wondering: *How is the year already halfway over?* It's cooling down, weekly routines are well and truly underway, and that list of ambitious New Year's resolutions is... somewhere, probably under a pile of drawings, lunchbox containers, or unfolded laundry.

The middle of the year can feel like a slog. We're far from the freshness of January and still a long way from the finish line of December. It's no surprise that many parents feel a little stuck, stretched, or simply exhausted right about now.

### So, what is mid-year burnout—and why does it hit so hard?

It's that feeling of running on empty after six months of go-go-go. Between school drop-offs, packed lunch-making, work commitments, and extracurricular juggle, the rhythm of daily life can start to feel more like a grind than a groove. Add in darker mornings and shorter days, and it's a recipe for sluggishness, self-doubt, and emotional fatigue.

Here are some gentle ways to ease the slump and rediscover a sense of calm and clarity as we move through the middle of the year:

#### 1. Pause and Reflect (Not Panic)

Instead of beating yourself up over resolutions that haven't been met, try reframing the moment. Mid-year is a great time to reflect—not on what hasn't happened, but on what *has*. Did your child start daycare or pre-school this year? Did you survive school holidays? Did you keep the household (mostly) running? That's worth acknowledging and celebrating.

#### 2. Adjust Your Expectations

Your energy isn't infinite. If you're feeling burnt out, it may be time to reassess what's realistic for this season of life. Could some goals wait? Could some things be simplified? Try replacing your long to-do list with a "today I will do just one helpful thing" mindset. That's often enough.

#### 3. Create Mini-Moments of Joy

Burnout often stems from giving, giving, giving—with no space to recharge. You don't need an entire day off (though if you can swing it, do!). Try carving out 10 minutes to drink your coffee in peace, take a walk, read a few pages of a book, or just sit in silence. These micro-breaks can be surprisingly powerful.



#### 4. Reconnect With Your 'Why'

When routines feel monotonous, remind yourself why you do what you do. Maybe it's the smile at pickup, the way your little one snuggles into you at bedtime, or the values you're quietly instilling through all your efforts. You're building a childhood—and that's no small task.

#### 5. Make Space for Support

Whether it's a chat with a friend, a quick vent in a parent group, or saying yes to help when it's offered, don't carry it all alone. Community matters—especially when the days feel heavy. You're not the only one feeling tired right now.

#### This season might feel like a slump—but it's also a checkpoint.

A chance to breathe, regroup, and gently shift course if needed. You're doing so much more than you realise. Let June be a moment to pause—not to judge yourself, but to honour your effort and keep moving forward with kindness.

#### Need a little more support?

If you're finding the load particularly heavy right now, you're not alone—and there's help available. You can speak with your GP, connect with a local parent support group, or reach out to a service like [PANDA \(Perinatal Anxiety & Depression Australia\)](#) for free, confidential support for parents feeling overwhelmed. They're there to listen, guide, and help you find your footing again.

PANDA is a well-respected Australian organization offering support for all parents and caregivers—not just new mums—and they understand the complex emotions that come with parenting.

## LETTER INVESTIGATION

**You will need** a set of letters (magnetic, foam or wood) and a picture book.

Here are a range of activities you can do to introduce your child to letters and give them an awareness of print. Take out the letters and let your child play with them. They may sort them, look at them, line them up or talk about them. **Help** your child notice that some of the letters have rounded parts, some have straight edges, and some have holes in them. **Ask** your child if they know any letter names. **Find** the ones they know. **Use** the letters to write your child's name. Some children may know how to do this on their own. Say each letter of your child's name as you point to it. Tell your child, "We are going to read a book that has all of these letters in it. Let's see if you and I can find the letters in our pile to match the ones on each page!" Language and literacy [readyatfive.org](http://readyatfive.org)





# FOCUS: Getting ready for 'Big School'

Starting school is a major milestone—not just for your child, but for you too! It's completely normal to wonder if your child will be *ready* for this big step, especially in the year leading up to it.

The good news is school readiness is less about academic skills and more about your child's ability to manage daily tasks, connect with others, and feel confident and curious in a group setting.

Here's what really matters in the lead-up to kindergarten—and some easy ways to support it at home.

## What do children need to know before starting school?

Children don't need to know how to read, write, or count to 100 before they start school. Instead, educators look for a range of **social, emotional, physical, and communication skills** that support a smooth transition into the classroom environment.

Here is what matters most:

**Independence:** Can your child open their lunchbox, go to the toilet, and pack away toys or books? Can they dress themselves? (Manage zippers, shoes, jumpers) Can they pack and unpack their bag and look after personal belongings?

**Social skills:** Are they learning to share, take turns, and follow simple instructions? Playing cooperatively with others and engaging in imaginative play.

**Emotional regulation:** Are they beginning to manage big feelings with support and express needs with words?

**Communication:** Can they understand and respond to questions and simple instructions? Are they curious and asking questions of their own? Are they listening during stories or group activities.

**Cognitive and Early learning skills:** Can they recognise their name? Are they interested in books and numbers? Can they identify some colours and shapes? And are they beginning to count small numbers of objects?

**Physical skills:** Can your child hold. Pencil, crayon or paintbrush? Are they learning to use scissors? Are they climbing, jumping and balancing. Do they use fine motor skills like threading, drawing or building?

## How Can I Help at Home?

You don't need to turn your home into a mini classroom. In fact, **learning through everyday life and play** is the best way to build school readiness. Here are some simple ways to help your child grow in confidence and capability:

**Talk Often and Listen Well:** Have regular conversations, ask open-ended questions ("What was your favourite part of today?") and encourage your child to share their thoughts. Language development is a big part of school success.

**Read Together Daily:** Storytime builds vocabulary, listening skills, imagination, and attention span. Let your child choose books, point to pictures, and talk about what's happening in the story.

**Practice Routines:** Help your child become familiar with the kinds of routines they'll encounter at school—getting dressed in the morning, sitting for a meal, packing up toys, or washing hands before eating.

**Encourage Playdates and Group Play:** Playing with peers teaches important social lessons: turn-taking, problem-solving, cooperation, and navigating friendships. Even a simple trip to the playground can help build these skills.

**Promote Confidence with "I Can Do It!" Tasks:** Let your child do small tasks by themselves, even if it takes longer. Practice zipping a jacket, packing snacks into a lunchbox, or putting shoes on the right feet.

**Talk About School Positively:** If your child is starting school next year, begin to talk about it in gentle, excited ways. "When you go to big school, you'll have your own lunchbox!" or "I wonder what games you'll play with your new friends." Keep it light and reassuring.

## Remember: Every Child Develops at Their Own Pace

It's okay if your child isn't ticking every box just yet. Kindergarten teachers know that children come in with a range of abilities and experiences. The most helpful thing you can do is support your child with love, patience, and confidence that they'll grow into their next big adventure.

*If you ever have concerns about your child's development, don't hesitate to speak with your preschool educator, GP, or child health nurse—they can guide and reassure you.*



## STAYING WARM WITHOUT BREAKING THE BUDGET OR THE PLANET

It's getting pricey to stay warm, making cold weather feel bleaker. Energy prices have skyrocketed. Luckily, keeping warm is something we can help with - even when that includes contributing to a reduced carbon footprint. Here are some of our tried and tested energy-saving warmth tips for you to consider.

Have you tried... Using microwave heat bags, covering up with blankets, keeping your feet warm? Make your house cosy, wear a neck warmer, humidify the air using an oil diffuser. When it is out sit under the sun and grab some rays.



Close curtains promptly at dark to keep the heat in. Take advantage of kitchen and bathroom heat. Warm up with hot beverages. If you can, make sure your home is insulated properly. **Find more info here**





## BLOW PAINTING

If you let the possibility of mess stop you from enjoying art with your child, you will miss all the fun!

You will need:

Watercolour paper (Kmart has a great selection)  
Kids acrylic paint  
Cups  
Straws  
Droppers or teaspoons  
Large foil BBQ trays (contains the mess)

### Set up:

1. Cut paper if needed so it fits inside your foil trays.
2. Squirt about a tablespoon of paint into a cup, one cup per colour. Water down the paint to a light milk consistency.

### How to create:

Using droppers or teaspoons, add small amounts of paint to your page. About pea size (though children will do as they like and that is totally fine too). Use the straws to blow the paint around and make different patterns.

### Noteworthy:

Explore mixing colours by using primary colours or avoid brown by just using warm or cool colours.

Have fun!



## SHAPE YOGA

Short simple activities to get some active minutes in the day.

Yoga involves a variety of poses that stretch and strengthen the body, improving flexibility and balance.

Making shapes is a great way to start for kids. You can make up your own poses for different shapes or use some of the examples [here](#)