

Just one small positive thought in the morning can change your whole day. - Dalai Lama



JULY
2025

ON *this*
MONTH

AT SERVICE NAME

Service event/item ----- 0

AROUND THE COUNTRY

- NAIDOC Week -----6-13
- Asalha Puja Day ----- 10
- Schools Tree Day -----25
- National Tree Day ----- 27
- International Friendship Day -----30





NAIDOC WEEK – JULY 6-13

NAIDOC Week celebrations are held across Australia in the first week of July each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The theme for 2025 is “The Next Generation: Strength, Vision & Legacy” and marks a powerful milestone

of 50 years honouring and elevating indigenous voices, culture and resilience. It is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the world’s oldest, continuous living cultures on earth. Find out how to support and get to know your local Aboriginal and or Torres Strait Community [here](#).

INTERNATIONAL FRIENDSHIP DAY – JULY 30

Friends are the family we choose. Celebrated all around the world, *International Friendship Day* reminds us of the importance of friends. Make a card, bake something, share some time together, call an old friend. There are so many ways friends can be celebrated. Let a friend know how much they mean to you today!



ZUCCHINI PANCAKES

FREEZABLE | MAKES Approx 16

INGREDIENTS

- | | |
|--------------------------------------|----------------------|
| 1 cup wholemeal SR flour | 1 egg |
| 1/2 tsp baking powder | zest of 1 lemon |
| 1 1/2 cups buttermilk | olive oil, to fry in |
| 1 medium zucchini, grated | |
| 1/2 cup basil leaves, finely chopped | |

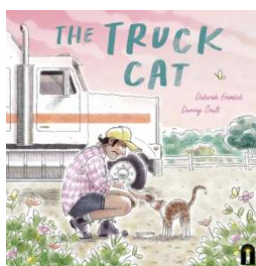
METHOD

Place the flour and baking powder into a large bowl and whisk to combine creating a well in the centre. **Place** the egg and buttermilk into the well of the dry ingredients and whisk to create a smooth batter. **Gently fold through** the zucchini, lemon zest and basil.

Heat a nonstick frypan to low-medium heat and grease with a little olive oil. **Place** heaped tablespoons of the batter onto the pan and cook for 2-3 minutes or until bubbles begin to appear on the surface of each pancake, gently flip and cook for another 1-2 minutes or until golden.

Place the pancakes onto a plate lined with kitchen paper and continue cooking until no batter remains.

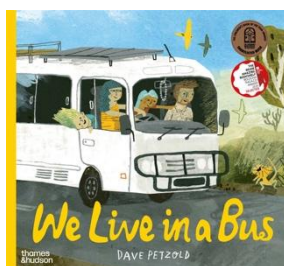
Source: Image & recipe *‘My lovely lunchbox’*



THE TRUCK CAT | DEBORAH FRENKEL

The Truck Cat is a story about cats and humans, immigration and identity, and homes lost and found. The Truck Cat is the perfect book to inspire kindness and compassion in young children everywhere.

Yacoub drives his truck to make a living, learning the landscape of a new country along the way, and longing for connection. When Tinka and Yacoub are unexpectedly separated, they are determined to find their way back to each other – and, in doing so, might find more than they expected ...



WE LIVE IN A BUS DAVE PETZOLD

We live in a bus. She’s called Gracie Joy Rufus Bean (we couldn’t agree on a name). Gracie Joy Rufus Bean has six wheels and a door that opens when you push a button, tic-shhh!

Join one family as they enjoy life on the road – camping under the stars, listening to nature, and making new friends along the way.



THESE LONG LOVED THINGS | JOSH PYKE

Where do they go, these long-loved things? These stories told, these songs we sing. Once a memory is made, it remains. Even when it is forgotten.

From the creators of Family Tree, comes this moving story of love, loss and the power of shared memories.



HEALTH & SAFETY: Sunscreen Isn't Just for Summer: Why Winter Sun Safety

As the temperatures drop and winter sets in, it's natural to think less about sun protection. However, in Australia, the sun's ultraviolet (UV) radiation remains a year-round concern, even on cool or cloudy days. For young children, whose skin is particularly sensitive, consistent sun safety practices are crucial throughout all seasons.

Understanding UV radiation in winter

UV radiation is not dependent on temperature. This means that even during winter, when the sun feels less intense, UV rays can still cause skin damage. In fact, UV levels can be deceptive; they often remain high enough to warrant sun protection. In many parts of Australia, including cities like Sydney and Brisbane, the UV Index frequently reaches levels of 3 or higher during winter months, which is sufficient to cause skin damage over time.

The impact on children's skin

Children's skin is more delicate and susceptible to UV damage. Research indicates that excessive UV exposure during childhood significantly increases the risk of developing skin cancers, including melanoma, later in life. Establishing sun-safe habits early on not only protects children now but also instills behaviours that can lead to healthier outcomes in adulthood.

Sun safety tips for winter

1. **Daily Sunscreen Use:** Apply a broad-spectrum sunscreen with at least SPF 50 to all exposed skin areas, even on overcast days.
2. **Protective Clothing:** Dress children in long-sleeved shirts, pants, and wide-brimmed hats to shield their skin from UV rays.
3. **Seek Shade:** Encourage play in shaded areas, especially during peak UV times between 10 a.m. and 4 p.m.
4. **Use Sunglasses:** Protect children's eyes with sunglasses that meet Australian standards for UV protection.
5. **Check UV Levels:** Utilize resources like the Bureau of Meteorology's UV Index forecasts or the SunSmart app to stay informed about daily UV levels in your area.

Setting a lifelong example

By prioritizing sun safety year-round, parents and caregivers set a powerful example for children. These practices not only

safeguard their immediate health but also lay the foundation for a lifetime of sun-smart behaviours.

Remember, the sun doesn't take a winter break, and neither should our commitment to protecting our children's skin.

Check your skin for early signs of skin cancer

Keeping an eye on your own skin is just as important as protecting your children's. Regular skin checks can help detect early signs of skin cancer, when treatment is most effective. Here's a simple guide you can follow at home:

The ABCDEs of Melanoma:

Look out for any spots, moles, or freckles that show:

A - Asymmetry: One half looks different from the other.

B - Border: Edges are irregular, ragged, notched or blurred.

C - Colour: Uneven colouring with shades of brown, black, red, white, or blue.

D - Diameter: Growing spots, typically larger than 6mm, but melanomas can be smaller.

E - Evolving: Any change in size, shape, colour, or new symptoms such as itching or bleeding.

Other Warning Signs:

New spots appearing on the skin. A sore that doesn't heal. Lumps or red, scaly patches. Changes in existing moles.

When to See a Doctor:

If you notice any of these changes, it's important to see your GP or a skin specialist. Many skin cancers can be treated successfully if found early.

Make Skin Checks a Habit: Check your entire body every 3 months including your back, scalp, soles of your feet, and under nails. Use a mirror or ask a partner to help check hard-to-see areas.

Remember: Sun safety today, skin checks tomorrow — both are key to lifelong skin health.



More information via the QR code.

Source: Cancer Council/ *Sun Safety*.(2025)
Retrieved www.cancer.org.au

Counting Songs

The rhythmic patterns and repetition in counting songs help children grasp the sequence of numbers. By singing along and moving to the beat, children absorb counting naturally. Singing while counting is perfect for auditory learners.

Songs like *Five Little Ducks*, *Ten in the Bed*, *Alice the camel*, *The ants go marching*, *Five little fish*, are great for practicing counting in a fun and musical way. There are so many songs available to support your child, simply google 'counting songs for preschoolers'.



FOCUS: 10 Emotion-Coaching Phrases to Use When Your Child is Upset

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.” – L.R. Knost

When our kids are upset and need us the most are the exact moments, we aren’t prepared for, the moments we ourselves are tired, stressed, sad, or triggered. It is also exactly at those moments when our children need us the most. To be able to lead them through the emotion, through the storm, to be their *emotion-coach*. *It’s our job to be accepting of the emotion, while at the same time teaching them how to handle those emotions. To coach our child through their feelings, from experiencing those feelings to expressing them. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child’s emotional intelligence, these are soul-building phrases*

1. It’s okay to be upset — it’s good to let it out. As your child’s emotion-coach, the first thing you want to teach them is that emotions are meant to be experienced, in fact, that their emotions need to be felt. *It seems like you are mad, it’s okay to be mad. It’s good to let that anger come out. Your face/body looks sad. It’s okay to feel sad. It is sad to say goodbye.*

2. I hear you — I’m here for you — I’ll stay with you. The best gift you can give to another human is to stay with them in their emotion. To hold that emotion with them. That is something we must give to our children as well. To simply be with them in that emotional space. To be there. *You are upset, let’s sit here for a moment. I’m with you, I’ll stay with you — it’s okay to feel _____. I won’t leave you.*

3. It’s okay to feel how you feel. It is not okay to _____. ” Sometimes it is necessary to use a very clear limit in how our child expresses their emotions. It isn’t the emotion itself that needs to change, but rather how they are expressing it. *You look like you are really, really angry. It is okay to be angry. It is not okay to hit. I will not let you hit.* Let’s go over here together and you can be angry. This is a very clear statement, hitting is not okay. As your parent, I won’t allow you to hit. I will help you regulate your anger, being angry is okay, hitting is not okay. Taking a break when we are angry, walking away for a moment is actually a good way of regulating anger. You are teaching your child to give themselves a little space to breathe and time to gain perspective.

4. How you feel right now won’t last forever. It’s okay to feel how you are feeling. It will pass and you will feel better again soon. In-the-moment your child feels (and acts) as if their entire world is ending. Their emotions are big and overpowering and they feel that they will never feel better again — which only compounds how they feel. **Reminding them** that their emotions will pass will help them and potentially lessen the intensity of those emotions in the first place!

5. Let’s take a breath, take a break, sit down, pause for a minute... It is a hard thing to do to sit with an emotion. To just feel it — live in it. But if we allow ourselves to be in the moment with our emotions, then we can let them go easier. A key part of being your child’s emotion coach is simply teaching them that experiencing the emotion, *feeling the emotion*, helps us to let it go.

6. You are good and kind. Being dysregulated is not being bad. Being angry or frustrated is not being bad. Yet, sometimes when we are emotional, we don’t always make the best choices. Our kids may make mistakes or bad choices, but that is how they act, **not who they are**. This is such an important message when we emotion-coach our kids.

7. I’ll be over here when you need me. I am all for validating and acknowledging children’s emotions, but sometimes kids escalate their emotions for attention. This is a big clue-in for parents that your child needs some one-on-one time. But not right now, later when things are calm again. **You can still acknowledge your child’s emotions while giving them a chance to regulate themselves.** *“I can see you are really upset about this. It’s okay to be upset. It doesn’t seem like what I am saying is helping. You remember what to do when you’re upset, and you remember how to calm down. I’ll be over here when you need me.”*

8. Let’s have a Do-over! Sometimes everyone needs a chance to reset. Sometimes kids know they have messed up and they want to save face, they want a chance to do it better.

9. What can we learn from this? What is the lesson in this? Teaching our children that there is a lesson when we struggle is so important. That there is a lesson in our pain, disappointment, anger. That problems that are hard to solve lead to opportunities.

10. You’ll Remember Next Time. When your child does something they shouldn’t do and you correct their behaviour say this. Or when you’ve worked through a tantrum and taught them better ways to express their emotion, before they go onto the next thing say, “You’ll remember next time.” That one simple phrase communicates so much to children. It tells them that their failure today isn’t a permanent failure and that they can change.



Read the article via the QR code.

Soderlund, Dr Ashley (2021, 16 July). 10 Emotion-Coaching Phrases to Use When Your Child is Upset. Retrieved from nurtureandthriveblog.com



EMBRACE THE OUTDOORS

Take advantage of the winter season to engage with nature and enjoy outdoor activities whenever possible. Spending time outdoors not only benefits your physical and mental well-being but also fosters a connection with the environment. Consider activities like hiking, camping, or simply going for walks in nature to appreciate the beauty of the season.

Sunlight is an essential source of vitamin D, which plays a crucial role in maintaining overall health. Despite the cooler temperatures, try to spend time outdoors during daylight hours to soak up the sun’s rays. Exposing your skin to sunlight, even for short periods, can help boost your vitamin D levels, improve mood, and support healthy skin.

Find more info about Winter Sustainability [here](#)





BIG 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:

Washable paint
Roll of art paper
Brushes (or not)
Paint cups/ paper plates
Bucket of water and a towel

Set up:

1. Choose a space in your home that you don't mind getting a little messy. On a grass space or on your fence. Use water based washable paint and everything can be hosed away.
2. Roll out paper or attach paper to a fence.
3. Pour out paint into cups or plates and lay out brushes or maybe just use hands.
4. Set clear rules, for example: painting should only be done on the paper, once you are finished wash your hands in the bucket.

How to create:

No rules, let your kids create to their hearts content. You could challenge them- Ask how high can you reach to paint? Can you paint a huge circle? Can you paint with both hands at the same time?

Have fun!



5 Minute MOVES

Balance Beam

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

Draw a line on the ground with chalk and you've got an instant balance beam. Then, have your child walk along the beam, jump along the beam, walk heel-to-toe from one side to the other, walk backwards, and (for kids who are older) do cartwheels or hop. You can also make this more difficult by drawing a squiggly line on the ground to do the same movements.

Source: weareteachers.com