

Little Green Steps

Western Australia

Summer 2019 Newsletter

The seasons of Birak and Bunuru in the [Noongar calendar](#).



The first and second summer months in the Noongar calendar are traditionally the time when people would make their way back to the coast, hunting along the way in the swamps and wetlands for freshwater crayfish, frogs and freshwater turtles before fishing along the coastline. During Birak patches of bushland would be lit by controlled fires to flush out lizards and snakes and during Bunuru, the nectar from the flower spike of the banksia would be soaked in hot water to create a sweet drink known as Mungitch. To learn more about the six seasons, listen to the audio recordings of Elder, Vivienne Hansen, who shared her knowledge with the public through [Perth NRM](#).

A Little Update

Kaya Bulup - Hello Everyone

Little Green Steps WA Educators, Megan and Kylie had a busy end to 2018, delivering specific sustainability themed workshops to Early Years (EY) educators across Perth with the inclusion of guest presenters to deliver worm wise gardening, water pollution, reducing waste and specific recycling messages.

In this way LGSWA has been able to support EY educators' understanding the State Government's focus to provide uniform recycling procedures across all councils and provide them with real options to begin embedding these sustainable behaviour changes in us all.

Some LGSWA Happenings



Dale Christian School were kind enough to host a Conserving and Protecting Water Workshop for Little Green Steps WA in Armadale in October 2018. A pre-primary room was used as the hosting space and students were so excited about their LGSWA visitors that they collected items

from around the school and set up a table of treasures with a banner of photos showcasing their nature art. We felt very welcomed. Thanks for making your room so beautiful for us, Pre-Primary 1!



The inaugural Noongar Yarnings and Cultural Activities Workshop

was hosted at The Wetlands Centre, Cockburn on November 22nd with cultural presenter Leonard Thorn sharing his substantial

environmental knowledge of plants whilst yarning about their importance and use in the way of life for many Noongar peoples both in the past and today.

Leonard demonstrated many fun and hands-on activities to help embed this knowledge into early childhood learning and he encouraged participants to re-enact tasks and skills to bring this knowledge to life. Thanks Leonard for sharing your knowledge with us.

Don't forget LGSWA's Reducing Waste Together kit. Free for members, \$40 for non-members. [Contact us](#) to get your copy.

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.

Upcoming Workshops

Upcoming LGSWA Workshops to help you continue your sustainable journey in 2019

Sustainability in Early Years Settings Workshops

These workshops are supported by local governments, making them free for early childhood professionals in the relevant areas.

Armadale Workshops

Healthy Choices, Healthy Environment: Sustainable energy, air and transport options in early childhood settings. 26th February 2019 at Mundarda Daycare, 101 Challis Rd, Seville Grove from 6.30 - 8.30 pm.

[Contact](#) Kylie Hosking to register attendance.

Introduction to Sustainability Workshop

7th May 2019 at Churchman Brook Community Centre, 29 Waterwheel Rd North, Bedfordale from 9.30am -11.30am.

[Contact](#) Kylie Hosking for more information.

Cockburn Workshops

Healthy Choices, Healthy Environment: Sustainable energy, air and transport options in early childhood settings. 26th March 2019 at South Lake Child Care Centre OSCHC, 62 Mason Court, South Lake from 6.30-8.30pm. Venue and Time TBC.

[Contact](#) Kylie Hosking to register attendance.

Day to Day Sustainability in early childhood settings (with a biodiversity focus)

22nd May 2019 at The Wetlands Centre, 184 Hope Rd, Bibra Lake from 9.30am-2pm

[Contact](#) Kylie Hosking to register attendance.

Canning Workshops

Noongar Activities in Early Years Settings

March 7th 2019 at CREEC, Wilson from 5.00pm -7.30pm.

[Contact](#) Megan Mentz to register attendance.

Day to Day Sustainability in Early Years Settings

Over two evenings – May 2nd & May 9th 2019 at CREEC, Wilson from 5.00pm – 7.15pm

[Contact](#) Megan Mentz to register attendance.

Gosnells Workshop

Day to Day Sustainability in Early Years Settings

March 12th 2019 at Mills Park, Brixton St, Beckenham from 2.00pm - 6.30pm.

[Contact](#) Megan Mentz to register attendance.

Reducing Waste Together Workshops

Supported by the Waste Wise Schools Program, these workshops are free for early childhood professionals and are tailored to your local area.

For early years educators from the Town of Bassendean, the Cities of Bayswater, Belmont, Kalamunda, Mundaring & Swan.

February 5th 2019, 4.30pm -7.30pm at Children's Services Centre, 2 Coulston Road, Ashfield.

Click [here](#) to view flyer and register to attend.

For early years educators from the Cities of Bunbury & Busselton & Shire of Augusta Margaret River

April 11th 2019 at Busselton Community Centre, CRC Room 1, 19 Cammilleri Street, Busselton from 2pm - 5pm.

[Contact](#) Megan Mentz to register attendance

If you'd like LGSWA workshops to be available in your area consider approaching your local council about forming a partnership with us. Contact us if you have any questions.



- 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

LGSWA Happenings

An LGS Case Study Children Grow in Goodstart's Garden



Goodstart Early Learning Centre in Cockburn Central have transformed an underused space into a welcoming area that gives children a chance to learn about growing food, saving water and composting food waste. Not only that, the garden is a conversation space where children can learn about and express their emotions.

The project was sparked by a book called '*I Grow in Grandad's Garden*' by Brian and Ellie Andrew. The story is about a girl and her grandfather visiting special places in a garden and encourages traits such as gratitude, forgiveness, courage and generosity. The Goodstart garden design was inspired by the book and includes a 'Think and Thank' chair and a 'Cross Over' bridge where children can move towards overcoming their fears.

The garden was built thanks to a Sustainability Grant from the City of Cockburn. Goodstart Centre Director, Wendy Cook, says that applying for the grant was a simple process and she's impressed by how much financial support is available for sustainability projects in the City.

Wendy and her staff also worked with other organisations to develop the garden. Participants in Communicare programs built the bridge and also created a garden highlight, the beautiful mosaics which decorate the fruit tree pots and 'Think and Thank' chair. Bunnings staff helped with selection and delivery of suitable materials.

The garden is part of the centre's sustainability plan where staff have planned actions that make

a difference to the environment as well as being interesting and enjoyable for the children. They've developed ideas for the plan through attending Little Green Steps WA workshops, supported by the City of Cockburn.

Water use in the garden is minimised by using rainwater collected from the roof of the centre



Images permission provided by Goodstart, Jandakot

and educators check how dry the soil is before watering. Other sustainable steps include adding food scraps to a worm farm which will provide castings to enrich the soil and avoiding the use of herbicides and pesticides.

The children at Goodstart Jandakot are enthusiastic garden users who love to visit and care for the plants. Wendy and the staff have made the garden a digital free environment that contributes to children's wellbeing. Educators look for non-digital ways to document what children have been doing, including children writing notes and making drawings about their time in the garden.

Although the garden has only been completed for a few months, some produce has already been used in the centre's menu and families have begun to take herbs home when they pick children up. It has all the ingredients to continue to be a place where children can discover, smell, taste, ponder and grow.

Resources & ideas



Images permission given to LGSWA

An idea to help 'Close the Gap'

Why not share this music clip entitled [Bininj Kunboork](#) with your children as an introduction to National Close the Gap day

The Black Rock Band filmed this clip on country in West Arnhem Land as part of a campaign to help close the gap in many aboriginal communities experiencing economic inequity and extreme poverty. This could develop into a campaign your early years community could support, see the [Children's Ground](#) website for more information.

A Festival of Ideas

At the Piara Waters Festival in November 2018, LGSWA explored ways to teach little children about our amazing Australian birdlife. Children got to be big birds and made their own nests and beaks. Opportunities were also provided to show children the lifecycle of the dijdi didji (Willie Wagtail) through hands-on nests, eggs, feathers and photos.

A Climate Council resource – for your Kids in Kindy

The Climate Council has created a [Science Week Pack](#) with some resources which can help address climate change from a child's viewpoint, after all, 'it's not good to use everything up'. The infographics will certainly help generate some ideas and the video for kids [greenhouse gases are a bit like a doona](#) is a great visual to share and act out.

Food Bank WA

[FoodBank WA](#) has created more resources to encourage children to develop the agency to be super food heroes – they have just launched their new picture book for three year olds to encourage healthier eating with a focus on bush foods called ['Let's Eat'](#), so watch the promotional clip and then sign up to access their new FREE downloadable [Let's Cook](#) recipe books.

Harmony Day

Harmony Day resources are available through [Twinkl Australia website](#). Membership Fees apply.

Resources & ideas



MAKING MUSICAL INSTRUMENTS from recycled materials WITH THE CITY OF CANNING LIBRARIES

This is a cheap and cheerful family activity. Not only is making these instruments great for children's fine motor skills and creativity, it also encourages them to sing, dance and perform. You could have your own Recycled Rap family band!

At the City of Canning Libraries we have made shakers, drums, washboards, Chinese drums, xylophones, tambourines and panpipes.

Almost anything can be made into an instrument, but some of the things collected at the library for this activity include:

- Bottle Caps/tops
- Water bottles
- Dry goods such as rice, lentils, beans
- Postage tubes
- Takeaway food containers
- Cardboard boxes/packaging
- Corks
- String/twine/rope
- Elastic bands
- Bread bag tags
- Plastic spoons
- Milo tins
- Paper plates

Equipment (use under supervision or with help)

- Scissors
- Low temperature hot glue gun
- Stanley knife (not safe for children to use)
- Pencil
- Glue
- Hole punches

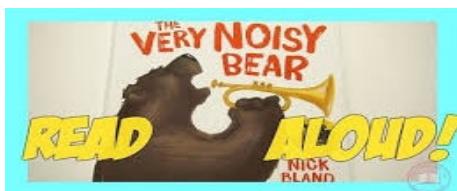
Potential decorations could include:

- Old wrapping paper
- Stickers
- Beads

But only if they are reuse items as remember the waste created and we do not want them to end up in landfill!



Images provided by City of Canning Libraries



Related Picture Books to read with your kids using your new instruments as props

- The Very Noisy Bear by Nick Bland
- Herman & Rosie by Gus Gordon
- Let's Play! by Gabriel Alborozo

Visit a City of Canning libraries 'It's all about play' session to see some of these instruments in use!

For more information about these sessions visit the City of Canning [website](#)

Did you know

that there are more sustainable options for glitter? Eco glitter is made of eucalyptus leaves and is biodegradable in both marine and water environments.

What's On?



Catchments, Corridors and Coasts

Jan 16th - 18th 2019

A three day program of environmental education activities which will provide educators with an awareness of environmental and sustainability issues in WA as well as providing a wealth of take-home resources and networks to begin the journey of addressing these issues. For more information and to register your attendance, click [here](#).



Cleaning with Chemistry - 31st January 2019, in Gosnells

Learn how to clean without using toxic chemicals. Register for this and many other events this summer. Click [here](#).



City of Cockburn Sustainable Events

For all City of Cockburn Sustainable Living Events, click [here](#)

Rediscovering the Ancient Art of Thrift

Sun 20th Jan, 2-4pm, Atwell

Learn how to make the most of your resources - money, time and possessions.

Find out more [here](#).

Cockburn Libraries School Holiday Program

21st Jan - Stories in Chinese, Success

22nd Jan - Australian Animals, Spearwood

23rd Jan - Spineless Wonders - learn about Australian insects, Coolbellup

29th Jan - Critters you Can Eat, Success

31st Jan - Reptiles - Success

Learn more [here](#)

City of Canning Sustainable Events

Sustainable Saturday events in 2019: [Contact CREEC](#) for more information and to book a place.

2nd Feb - Bush Fun Day family activities, through Noongar songs, sand art and learning from 10am - 1pm.

9th Feb - Solar cooking with the Sun.

23rd Feb - Black Cockatoo encounters with Birdlife WA.

9th March - Nature Photography workshop

16th March - Decluttering the sustainable way workshop with Lindsay Miles from 10am-11.30 am

For CREEC Summer holiday programs see a few below and book online through the City of Canning & [Nearer to Nature](#)

15th Jan - **Buzzy Buzzy Aussie Bee**, from 10.00 -11.30am for 5- 8 year olds. Discover the pollination techniques of our native bees and their importance to wildflowers.

22nd Jan - **Enchanted River Environment**, from 10.00 - 11.30am for 3 - 7 year olds.

Join Faerie Cara on a journey of discovery through our enchanted riverine environment.



City of Armadale Sustainable Events

Click [here](#) for full list

Armadale Libraries School Holiday Program

14th Jan, 2-3pm **Tales of Curious Creatures** Lively and hilarious stories for ages 6-12 Book [here](#).

18th Jan, 11-12pm. **Wildlife with Kanyana**.

Meet some Australian animals for ages 4-12.

Book [here](#).

Bedfordale Connect Bush Markets - every 4th Saturday of the month from 8am - 1pm.

FREE natureplay activities for children and regular healthy living, sustainability talks and activities. To keep up to date on all environmental events and activities taking place in and around Perth visit [Perth Green Events](#).

