

Little Green Steps

Western Australia

Winter 2018 Newsletter



The seasons of **Makuru** and **Djilba** in the **Noongar** calendar. These seasons mark the wettest time of the year where the rains replenish inland water sources. In Noongar culture this was traditionally the time when people moved inland to hunt yonga (kangaroo), quenda (bandicoot), weitj (emu) and marli (swan) which would have been easier to hunt due to moulting. Fire was carried in a smouldering candlestick banksia nut and diets were supplemented by gathering oblong turtle eggs, tubers of native potato and bloodroot. 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!

The last few months have seen Little Green Steps WA running workshops and meeting enthusiastic early childhood staff across Perth and beyond.

This has included Sustainability in Early Childhood workshops in Canning and Cockburn; an Energy, Air and Transport workshop in Cockburn; Sustainability planning sessions in Dalkeith and Karrinyup and Reducing Waste workshops in Albany and Gosnells.

In May we were also lucky to have three fantastic speakers share about their cultures with a group of teachers and educators from Armadale. They gave us great ideas about ways to celebrate cultures and answered all of our questions. Thanks Belinda, Rukshmani and Apple!



What plastic free solutions can you promote in your service?

At the end of Plastic Free July and with the plastic bag ban having begun in WA, now is a great time to keep reducing single use plastic. Below are some ideas. Let us know what other solutions you've come up with.

Make your bin plastic free

By composting your organic waste, there will not be the same need to line the bin in plastic as it will not be wet and dirty. Another alternative is to directly wrap rubbish in newspaper or follow the visual instructions from **Treading my own Path** to make a newspaper bin liner.

Boomerang Bags initiative

Staff and parents can make shopping bags from reused materials and then keep a collection of bags at your service. People can borrow them if they've forgotten their own shopping bags. Find out more **here**.

Learning Activities

Here are some resources full of ideas about talking with children about reducing plastic and other waste.

Ocean Guardians Being Turtle Friendly

Learning about Litter

Marine Debris Education Kit

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 2018

Sustainability in Early Years Settings Workshops



These workshops are supported by local governments, making them free for early childhood professionals in the relevant areas. Come along if you want to explore the meaning

of sustainability, learn new information and discover activities and resources to help you plan your next sustainable steps.

Armadale Workshop 2018:

Conserving and Protecting Water in Early Years Settings

This will be an evening workshop in term four. Date TBA.

[Contact](#) Kylie Hosking to express your interest.

Cockburn Workshop 2018:

16th Oct 2018 - Conserving and Protecting Water in Early Years Settings from 6.30pm - 8.45pm at City of Cockburn Child Care Services, Coolbellup.

Click [here](#) for more information. [Contact](#) Kylie Hosking to register attendance.

Canning Workshop 2018:

15th Nov 2018 - Sustainable Actions towards Energy, Air and Transport in Early Years Settings from 5.00pm - 7.30pm at Canning River Eco Education Centre, Wilson. Click [here](#) to view flyer and register to attend.

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

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. You'll learn about the problems waste causes, find out what happens to waste in your local area, share ideas for reducing waste, discover new learning experiences for young children and take away a copy of the Reducing Waste Together Kit.



2018 Reducing Waste Together workshops

For people from the Cities of Cockburn, Fremantle, Kwinana, Melville and the Town of East Fremantle

19th Sept 2018, 5.00pm-7.30pm

Regional Resource Recovery Centre, Canning Vale
Click [here](#) to view flyer and register to attend.

For people from the Cities of Joondalup, Perth, Stirling, Vincent, Wanneroo and the Towns of Cambridge and Victoria Park

9th Oct 2018, 5.00pm-7.30pm

Pearsall Hocking Community Centre, Pearsall
Click [here](#) to view flyer and register to attend.

For people from the City of Subiaco, the Towns of Claremont, Cottesloe, Mosman Park and the Shire of Peppermint Grove.

30th Oct 2018, 5.00pm-7.30pm

Earthwise Community, Subiaco

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

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.

We are also available to deliver one-off workshops at your service. Find more details [here](#).

LGSWA Happenings

Warooga Childcare Exceeding in Sustainability



Warooga Childcare is rightly proud of their most recent quality assessment, as they have achieved an overall rating of 'Exceeding' under the National Quality Standard. This is no small feat for a Centre situated in an old building and is in part due to their increased focus on ecological and social sustainability with regard to their education program, children's health and wellbeing, the physical environment and collaborative partnerships with their community.

Since hosting a City of Canning supported Little Green Steps WA (LGSWA) Sustainability Workshop in November 2017, Warooga's Sustainability Officer, Amber Sing, reports that 'sustainability has been paramount in our programming but now our sustainable practices have become more embedded into the children's routines'.

They have embraced community partnerships in a more focussed way and take advantage of significant events such as World Environment Day, and also everyday activities such as visiting the local park to use their Nature tool box and local bird identikit, both ideas sourced from the LGSWA workshop.

'Earth Hour' is celebrated in each room and 'Adopt a Spot' has become a recognised practice and a catch phrase to encourage the children to help keep their local area litter free. With Riverton Library around the corner, that connection to community has been further utilised through walking visits to participate in the library's 'All About Loose Parts Play'.

Warooga intend on becoming a collection point for many items that can be recycled and have recently registered with Terracycle to collect oral hygiene waste items from their parent community which will then be sent on to be remade into hard wearing plastic furniture.

Finally, providing Room educators with the responsibility to lead change has seen different age groups of children focus on their own sustainable themes. The two year olds recently looked at protecting water habitats from pollution using a fun activity developed by LGSWA; a game of fishing in a bucket which helps children see the impact of plastic and detergents affecting fish and turtle life. Meanwhile the three year olds focussed on energy and monitored their carbon footprint by creating a collage of their community and doing a tally on who walks, rides and drives to daycare.



Incursions & Resources

South East Regional Centre for Urban Landcare



The South East Regional Centre for Urban Landcare (SERCUL) offers a range of fun and informative incursions for schools and child care centres to teach children about taking care of our local waterway systems and the animals and plants that live there.

One free incursion is available for school groups that are located in the blue zone on this [map](#). Charges apply to schools outside of the blue zone, child care centres and OSHC services.

Incursion topics suitable for early childhood include:

Algae Busters – Catchment Story: Children participate in a fun catchment story and see first-hand what happens when nutrients enter our river and wetland systems.

Turtle-ology: Children learn about the Long-Necked Turtle and discover the various impacts humans have on these special creatures.

Macro invertebrates and Minibeasts: Children observe the little creatures that live in our waterways up close and personal and help identify the health of the waterway.

Bush Tucker: Children get hands-on with a range of local native plants to learn about growth, features and traditional uses. Students also learn about the Noongar seasons.

Frogs and their Habitats: Children learn about the frogs of the Perth Region and how to build a frog pond/bog to attract frogs to their garden!

Contact Natasha to find out more.

Save Energy

Did you know that 40% of the average home's energy use comes from heating and cooling so the **Switched on Homes – Guide to energy efficiency** can provide you with over 50 tips on how to make areas of your home and workplace more energy efficient.



Children's Nutrition Course for Early Childhood Staff

Would you like to develop your knowledge on how to make healthy food choices for children at your service?

SNAC is looking for participants to help pilot a newly developed nutrition course, specifically developed for early years staff. The course will consist of three modules which include

- Food Foundations
- Making Good Food Choices
- Healthy Eating at your Service

This is part of an exciting research initiative at ECU. If you would like to participate, please email a.reddin@ecu.edu.au to register your interest.



Cooking with Kids

Here's a delicious dip you can make with children. It can also be a great plastic-free snack if you buy your ingredients with no packaging or in tins or glass.

Roasted Sweet Potato Hummus

Yield: about 2 cups of hummus

Ingredients

1 cup packed mashed roasted sweet potato (about 1 large potato)

1 ½ cup chickpeas (about 1 can, rinsed)

2 cloves garlic, minced

2 tsp maple syrup

4 tbsp extra virgin olive oil

2 tbsp tahini

2 tbsp apple cider vinegar

Salt and pepper to taste

Instructions

Preheat the oven to 220°C. Peel the potato and cut it up into small chunks. Spread on a baking tray, toss in a little bit of olive oil, and season with salt and pepper. Bake for 30 minutes.

While the sweet potatoes roast, rinse the chickpeas and pat them dry with a paper towel. If you want the hummus to be really smooth, remove the clear casings from the chickpeas (they should rub off easily).

Place all the ingredients in a food processor (let the sweet potatoes cool for a few minutes beforehand) and combine until smooth.

Place in the refrigerator until cool (it's still good warm but not as hummus-y).

Serve with veggies, fruit, pita chips or as a sandwich spread. Store leftovers in an airtight container in the refrigerator.

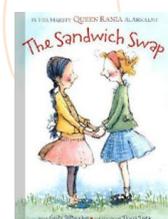
Recipe and image from **pumps & iron**, available under **Creative Commons License**



Read a book before you cook?

The Sandwich Swap

What happens when best friends, Lily and Salma, disagree about whether peanut butter or hummus is better in a sandwich? Find out in this lovely story about embracing diversity and new experiences by Queen Rania of Jordan. For ages 3-7.



Send us your
hit recipes and
food or cooking related
learning activities to share
on the Little Green Steps WA
website blog.

Sustainable Schools WA

Sustainable Schools WA

Little Green Steps WA is part of the [Sustainable Schools WA](#) Alliance where we work with many organisations to support schools and early learning services to reduce their Ecological Footprint (EF) and increase their Social Handprint (SH). The EF and SH model provides a framework for educators to use in their planning to embed sustainable practices.

Regional Network Groups

These groups are for teachers, school administrators and other members of school communities (including early childhood professionals) to meet, learn from one another and guest speakers, and share ideas about sustainability in educational settings, including accessing a range of support resources.

Meeting dates in Term 3, 2018 for WA groups can be accessed from the Sustainable Schools website. Click [here](#)

- Armadale
- Canning
- Mandurah/Peel
- Mundaring/Perth Hills
- Padbury
- Wembley
- Albany
- Bunbury
- Geraldton
- Port Hedland

Details of Meetings in Term 3, 2018 for Early Years in Armadale and Canning regions:

The South East Sustainable Schools Network meeting

Tues 4th September, 3.45pm – 5.30pm
Ashburton Drive Primary School, Gosnells

Hear from Natasha Bowden from the South East Regional Centre for Urban Landcare (SERCUL). She will talk about ways SERCUL can support Education for Sustainability in your school or early learning centre, including incursions, excursions and resources and activities such as creating a frog habitat.

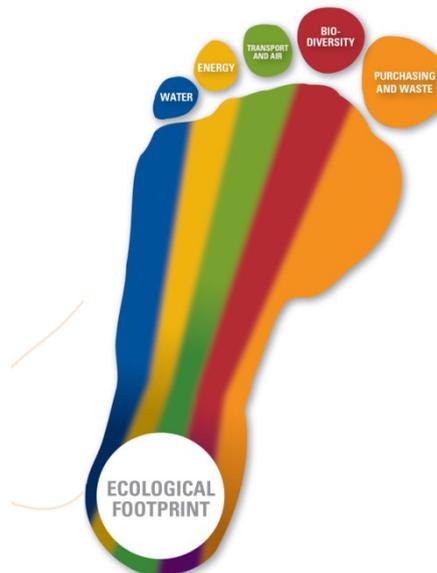
You will also join a guided tour of Ashburton Drive Primary School to see how they are achieving great sustainability outcomes.

Afternoon tea is provided. All details and registrations [here](#).

The South Metro Regional Network meeting

Tues 7th August, 3.45pm-5.30pm
Lynwood Senior High School
436 Metcalfe Road, Parkwood.

Come and see a sustainable school in action. Guest presentations TBA. Contact **CREEC** for more details.



Book Review

Book Reviews from staff at the Canning River Eco Education Centre (CREEC)

by Tracy Lyon and Noeleen Edwards

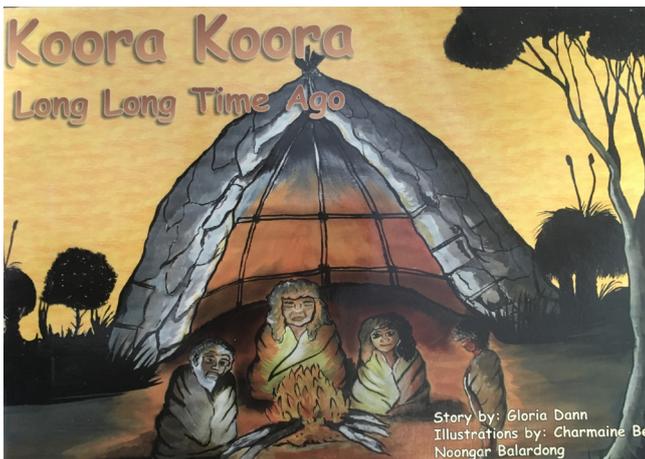
These books were chosen as illustrations of how children can be introduced to Aboriginal and Torres Strait Islander histories and cultures in conjunction with other sustainability themes such as biodiversity and community partnerships.

For primary school teachers, these books can be accessed from CREEC by borrowing the **'Noongar Literacy Kit'** which also comes with teaching ideas. They can also be purchased through **Batchelor Press**.

'Koora Koora' - Long Long Time Ago

Storyteller: Gloria Dann;

Illustrator: Charmaine Bennell



This story is a useful resource in many ways, as well as being great to read with young children. It provides a visual story of Noongar history that young children can relate to and can be used to begin discussion about the similarities and differences all people possess. It shares information about life on country for a Noongar family pre-colonisation, and gives a visual depiction of the consequences of colonisation, including the significant impact on traditional food sources.

The story presents interactive opportunities for children to take part using props and roleplay. One pre-reading task for the educator is to acquaint themselves with the author's biography section at the back of the book and to use the map to show children where this story originates from. For background knowledge, Noongar Balardong Country is in the wheatbelt area of WA, and was cleared for farming in the late nineteenth Century.

Waakar!

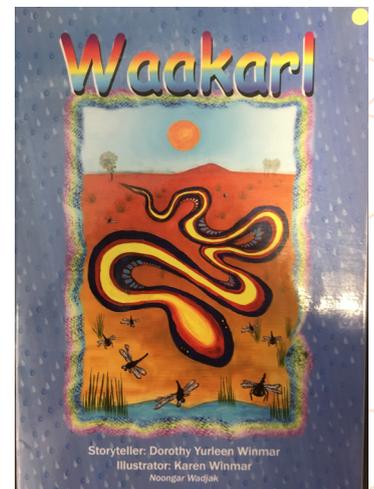
Storyteller: Dorothy Yurleen Winmar;

Illustrator: Karen Winmar

This is a brightly illustrated Dreaming story about the relationship the Waakar! (snake) has to the people, land and weather. The book is well illustrated in a style that explains the story through pictures.

The story explores how the elders or old people relied on the Waakar! to give them signs about the changes in the weather. We still rely on signs in nature about changes in seasons today. It encourages children to observe changes in the seasons and look at patterns in nature. Sustainability, weather and working together could also be discussed.

Noongar is an oral language that has been passed down over thousands of years. Both books come with a CD and pronunciation guide, enabling children and adults to listen to and practice Noongar words.





What's On?



Celebration of Science Community Expo

19th August, 10am - 3pm

Canning River Eco Education Centre, Kent St, Wilson. Details [here](#).

Josh Byrne, Scitech shows, native animal encounters, Aboriginal presenters, native plant giveaways, sausage sizzle and more.

Swan Valley Swap Shuffle Share

26th August, 10am - 12pm

West Swan Hall, West Swan Rd, Henley Brook, (opposite Mash Brewery)

Share seeds, plants, herbs, cuttings, excess produce and home-made goods.

Bedforddale Connect Bush markets - every 4th

Saturday of the month from 8am - 1pm

FREE nature play 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](#).



City of Cockburn Sustainable Events

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

Composting and Bokashi workshop

19th August, Bibra Lake

Guided Indigenous Walk

15th September, Yangebup

Learn about Noongar use of land, six seasons and culture.

Seaside Scavenge

3rd November, North Coogee

Waterway cleanup and clothes swap event.

Henderson Waste Recovery Park Tour

8th December, leaves from Spearwood

City of Canning Sustainable Events

The City offers many events at a highly subsidised cost, if not FREE. To view the City of Canning Guide, click [here](#).

FREE Noongar language and culture classes with Elder, Marie Taylor

10am, every 3rd Saturday of the month at Cannington or Bentley libraries.

NEXT session on Sat Aug 18th. Book [here](#).

All About Play

An interactive program for 0 -5 year olds at City of Canning libraries. Uses home-made toys, books and hands-on play. Click [here](#) for details.



City of Armadale Sustainable Events

Click [here](#) for full list

Fire Expo

4th November, 9.30am -4pm, Roleystone

Hear from Chris Ferreira and guest speakers as they discuss how to protect homes and live in a bushfire prone environment.

Science Week events - Small Space, Big Harvest

15th August, South Perth



Maximise productivity in your veggie garden

Bushland Wonders Community Expo

17th August, Bedforddale

Click [here](#) to find out about these workshops and more.

What's On?

Sustainable Dates to Remember August - October 2018

4th - 19th August - **Mini Beasts in My City** citizen science project

11th - 19th August - **National Science Week**

20th - 26th August - **Keep Australia Beautiful week**

September - **National Biodiversity Month**

1st-9th September - **SeaWeek**

7th Sept - **National Threatened Species Day**

8th - 16th September - **National Organic Week**

16th September - **Bushcare's Big Day Out**

21st September - **International Day of Peace**

October - **Outdoors October**

1st October - **World Habitat Day**

5th October - **Walk to Work Day**

13th - 14th October - **WA Marine Debris Project**

16th October - **World Food Day**

19th - 28th October - **Children's week**

21st - 22nd October - **Garage Sale Trail**

21st - 27th October - **National Water Week**

22nd - 28th Oct - **Aussie Backyard Bird Count**

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.

Developing Community Partnerships

- Have a market day at your service where parents can trade toys and clothes and children can share produce from your veggie garden.
- Have a busy bee with parents and community members to make your own **hand towels, fruit and vegetable bags, beeswax food wraps** or **Boomerang shopping bags**.
- Become a **drop off point** for hard-to-recycle items such as toothbrushes, coffee pods and snack pouch packaging. Collect soft plastics and take them to be recycled with **REDcycle**. Make sure you buy recycled products too.
- Collect food and other goods for organisations such as **Share the Dignity, Foodbank, CARAD**
- Staff and children can become Citizen Scientists and collect information to assist with research about **frogs, birds** or **insects**



- Get involved with your local community garden or Men's Shed.
- Attend cultural celebrations and invite people of different cultures into your service to share their knowledge.
- Host a **Get to know your neighbours event**. Some local governments offer support for events.
- Join in with events at your local library
- Develop a relationship with a local aged care facility and take children to visit.
- Take care of your street or park with **Adopt a Spot**
- Sign up to **ShareWaste** to find someone who can compost your service's food scraps or people who can contribute scraps for your compost.

Little Green Steps WA is proudly supported by:

