

Little Green Steps

Western Australia

Time of *Kambarang* and *Birak* in the Nyungar calendar

A Little Update

Recent months have seen us out and about running sustainability workshops in the Cities of Canning, Cockburn and Armadale, as well as waste workshops in Cottesloe and Bunbury.

Thanks to those schools and services that hosted us and to those that came along to learn together. We've loved meeting you and hearing the many ways you go about embedding sustainability.

In August, Megan and Anne participated in the Wired for Science Sustainability Expo at the Canning River Eco Education Centre. Despite the challenging weather conditions plenty of families came along to join in the many activities on offer.

At the Little Green Steps booth children and their parents learnt about different forms of energy through planting sunflower seedlings to learn about energy from the sun; making pinwheels to learn about wind energy and building their own water course to learn about the water cycle.

Look out in this issue for our new infographic about the amount of waste associated with disposable nappy use. Megan and Emma Baker from the Southern Metropolitan Regional Council have worked together to produce this great new resource. Contact us if you'd like an electronic copy to share with others.

Finally, as this will be our last newsletter for the year, we hope that you will head into the end of the year celebrating your 2016 achievements in caring for people and the environment and full of enthusiastic plans for 2017.



Making pinwheels and meeting worms at the Wired for Science expo in August



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.

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

Sustainability in Early Years Settings workshops

**November 10th and 17th,
6.30 – 8.45pm in Wilson**

This workshop is supported by the City of Canning, making it free for early childhood professionals in Canning. Come along if you want to explore the meaning of sustainability, learn some new information and discover activities and resources to help you plan your next sustainable steps. Find out more [here](#).

If you'd like workshops like this to be available in your area consider approaching your local government about forming a partnership with us. [Contact us](#) if you have any questions.



We're also available to deliver workshops at your service. Find more details [here](#).

Making compost in a bottle to take home from a recent Reducing Waste Workshop.

Armadale Sustainability Network Meeting

**October 26th
3.45pm – 5.30pm in Bedfordale**

This quarterly meeting is for staff from early childhood services, primary and high schools.

- Share ideas, successes and challenges about the ways you run your service or school sustainably and how you teach children to care for the environment and people.
- Listen to guest speakers from Educated by Nature and Sustainable Schools WA.

For more details, click [here](#).

Nature Play WA Inaugural Children & Nature Conference

August 2016

The first WA Children and Nature Conference brought together leaders in paediatric immunology, public health policy, nature-based education, nature philanthropy and political engagement. The conference program was packed full with inspiring presentations about the connection between nature and positive childhood outcomes. In addition there was a focus on engaging with corporate and political sectors to back the global movement to reconnect children to the natural world. [Here](#) is an article that reviews the conference and outlines the cutting edge research presented. To see the conference program and read more about the presenters visit: [Nature Play WA website](#).



Booyi Cultural Program

The Booyi Cultural Program is a new, interactive educational program, presented by The South East Regional Centre for Urban Landcare (SERCUL) and Yelakitj Moort Noongar Association.

The program offers a variety of exciting hands-on activities, including interactive nature walks, bush tucker workshops, cultural history lessons and dream time storytelling.

Excursions and Incursions are available for children in years K-12. Find out more [here](#).

Cultural and Social Diversity

Acting for sustainability involves considering how to have the least impact on the natural environment but also respecting and learning from a diverse range of people.

One way to help children feel a sense of belonging, feel positive about many cultures and see similarities between people of different backgrounds is to consider what they see around them at your early childhood service. Who is represented and how are they represented in display materials, books and other resources? Have a look at the guide on this page for some useful questions to ask about the resources you use.



Find out more about sustainability, cultural and social diversity by booking a [workshop](#)



This guide to evaluating resources was developed by the [One World Centre](#) (OWC), a not-for-profit organisation that specialises in equipping people to make a positive difference in our interconnected world. OWC provides [workshops](#) for early childhood educators and also has an extensive library of resources related to global issues such as sustainability and cultural diversity. Click [here](#) to search for early childhood picture books, kits and games available in their collection.

Guide to evaluating resources at your service

HOW WELL DOES THIS RESOURCE:

Show diversity?

Who is included and who is left out?

Challenge stereotypes of gender, religion, nationality, disability, age, sexuality?

Show balance?

Does it give an all-round picture of a place, country or people? Does it show enjoyment and contentment in a place as well as problems and difficulties? Does it show people working to change their circumstances as well as being helped by others?

Help children to see similarities, not just differences?

Assist children to consider a variety of perspectives?

Inspire children to ask questions?

Give accurate, up-to-date information?

Show people in a way that upholds their dignity?

Avoid biased or loaded language?

(e.g. primitive, savage, exotic, 'confined to a wheelchair', 'suffers from')

Challenge traditional power structures?

Are people shown in leadership and powerful roles from a range of backgrounds and cultures? Who are the heroes?

Some additional questions to consider:

- Do you think this resource is suitable for use in your service?
- How could this resource be used along with others to make it more suitable?
- Do you have a process to follow if staff, children or families think a resource is not suitable?

Cooking with Kids

Rainbow Salad

Enjoy eating some amazing spring colours in this delicious salad, kindly shared with us by

[Foodbank WA](#).

Ingredients

Choose at least 1 ingredient from each colour:

Green layer - lettuce, celery, snow peas

Red layer - tomatoes, capsicum, jar of tomato salsa

Yellow layer - corn kernels, capsicum, 100g cheese

Orange layer - carrot

Purple layer - cabbage, kidney beans

200g low fat sour cream

1 cup low fat natural/Greek yoghurt

1 pack multigrain crackers or ½ bag corn chips or homemade pita chips



Method

1. Chop green vegetables and spread across base of bowl for the first layer.
2. Chop red vegetables and add to bowl on top of green vegetables. Spread salsa over top of red layer.
3. Repeat steps for yellow, orange and purple layers, by grating cheese, grating and chopping vegetables (as required). Add each coloured layer to the bowl.
4. Mix sour cream and Greek yogurt in small bowl. Spread mixture over top of purple vegetable layer.
5. Crush crackers, corn chips or pita chips. Sprinkle crumbs over the top of the salad.



Foodbank WA offers WA Schools a number of programs and resources about healthy eating.

- Schools can [sign up](#) for the Schools Breakfast program.
- School breakfast program schools can book [Food Sensations nutrition and cooking workshops](#) or access [Super Hero Foods educational resources](#).
- Find out about Foodbank programs in regional and remote WA [here](#).

FRUITS IN SEASON IN WA

apples • avocados • bananas
blackberries • blueberries
boysenberries • grapefruit
honeydew melons • lemons • limes
mandarins • mangos • oranges
passionfruit • paw paw • peaches
pears • plums • raspberries
rockmelons • strawberries
watermelons

Check with local producers, green grocers or markets to find out about regional variations.

The Lifecycle of the Disposable Nappy

This infographic illustrates the environmental impact of disposable nappies through their entire lifecycle. It begins with the extraction of raw materials: 20 trees are cut down over two years to provide wood pulp, while 1,500 barrels of oil are extracted over the same period. These materials are then processed into plastics used for padding, lining, elastic bands, and tabs. The wood pulp is mixed with plastic polymers to create fluffy, absorbent materials. The finished nappies are stored in a warehouse before being transported by truck to a supermarket. From the supermarket, they are sent via another truck to retailers for sale. A family is shown purchasing nappies at home. Finally, after use, the nappies are discarded into a general waste bin, which is then emptied by a rubbish truck into a landfill. A timeline shows that even after five generations, up to 500 years later, those nappies will still be present in the environment.

Over 2 years, the average child will have had between 4,000 and 6,000 nappy changes

20 trees over 2 years

1,500l of oil over 2 years

Plastics made from oil are used in the padding, lining, elastic bands and tabs
Wood pulp is mixed with plastic polymers to make fluffy, absorbent materials

WAREHOUSE

Every tonne of nappies distributed produces **16.92kg of packaging waste**

SUPERMARKET

Nappies are sent to retailers for sale

Taking up to **500 years** to break down, those nappies will still be around when your great-great-great-great-great-great-great-great-great-great-grand children are born!

In Australia, **over 2 billion nappies** are sent to landfill every year

Timeline

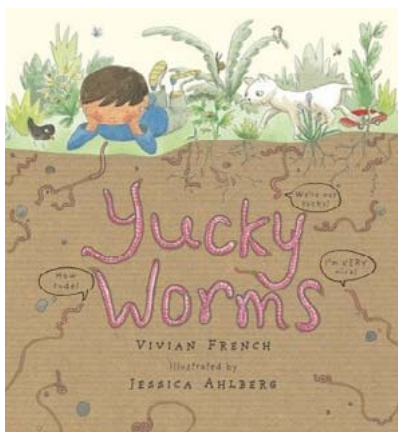
Aside from the nappy itself, consider the waste and pollution caused by equipment used to extract oil or fell trees, transporting goods from one location to another, chemicals to bleach paper and manufacture the plastics, power usage during manufacture and in retail locations and removal by rubbish trucks and other waste carriers.

Modern cloth nappies are a great alternative – they have a lesser impact on the environment and will save you thousands of dollars over the time your baby is in nappies.



5 of 8

Resources



'The way Vivian French put this picture book together is amazing! The main text tells the story about a young boy who is spending time with Grandma and becomes curious about a worm. Instead of running away from the yucky creature, he learns all there is to know about worms. This book was great at telling a story and also providing information.'

'The book is not overwhelming for the reader and all of the facts were placed in a bold font, while the worms also have talk bubbles that show the various facts and comments. The simplicity of the pictures goes along with the text allowing for a clear understanding and includes side notes and diagrams about worms. The worm dialogue keeps the book funny and interesting.'

'This book would be great to read aloud to children and also contains hands-on activities. It addresses common misconceptions; such as if you cut a worm in half it makes two worms. It contains a lot of information that is fun and funny for all who read it.'

This review has been written by Osman Masnor, Library Technician at the City of Canning Libraries - thanks Osman!



Yucky Worms is available to borrow from City of Canning libraries or check your own local library.



New Gardening book series

This [four book series](#) for young children describes the lifecycles of various vegetables, beneficial insects or pests in the garden as well as introducing concepts such as pollination. With one book for each season they are illustrated using photos.

Each book provides an account of what Gaye the Garden Girl does or observes in her garden in Adelaide, South Australia through the seasons.

- The carrots and the ladybirds (summer)
- The broccoli and the caterpillar (autumn)
- The potato treasure hunt (winter)
- Five foods on a vine (spring)



Cool Australia Outdoor Learning Resources

Being outdoors can provide children with opportunities to develop fine and gross motor skills

as well as contribute to their mental and physical health. Recently added to the Cool Australia website, these lessons are linked to the Early Years Learning Framework and are based on topics such as patterns and counting in the outdoors, nature's songs and backyard mapping. There are activities for children aged 0-2, 3-5 and school years 1 & 2.

[Search for outdoor learning here.](#)

What's On?



Saturday 22nd of October

Garage Sale Trail is a people powered reuse movement. It's a great way to declutter your home, meet your neighbours, fundraise or find bargains at thousands of garage sales on one big day of selling and shopping. Find a sale or register your own [here](#).



City of Cockburn Sustainable Events

Most of these workshops are free. For more information see the [Sustainable Events guide](#).

Living Smart Course

15th Oct - 26th Nov - Bibra Lake

This 7-week course will inspire you to make sustainable changes in your own home (or early learning centre). The course includes topic such as Waste, Living Simply, Power, Water, Gardening and more. \$80 registration fee or \$40 concession.

9th Nov - Beeliar. Worm Farming workshop

15th Nov - Tour of Regional Resource Recovery Centre. Find out where your waste goes

26th Nov - Coogee. Guided Indigenous Walk

switch
your thinking

Switch your thinking sustainable events

17th Nov - Cloverdale. Free green cleaning workshop

20th Nov - Gosnells. Frogs and more frogs. Entry with a gold coin donation

Find out more about these events [here](#).



Armadales Gosnells Landcare Group (AGLG) planting and weeding events

AGLG hosts community events where you can help restore and manage local natural environments. Come along to plant and water native seedlings and remove weeds. Both events run from 9am - 12pm

17th Nov - Homestead Park, Thornlie

15th Dec - Peaceful Ponds, Mt Nasura

For more information see the AGLG [Facebook page](#) or contact the AGLG officer on 0413 883 565.

What's On?

Dates to remember

22nd – 30th October is [Children's Week](#)

9th – 15th November is [National Recycling Week](#)

16th November is [International Day of Tolerance](#)

19th November is [World Toilet Day](#)

21st November is [World Fisheries Day](#)

3rd December is [International Day of People with Disability](#)

5th December is [International Volunteer Day](#)

11th December is [International Mountain Day](#)

18th December is [International Migrants Day](#)

Resources for World Fisheries Day

[Marine WATERS](#) – fact sheets about marine species in WA, lesson plans and games

[Tangaroa Blue](#) – early years lesson plans and PowerPoint presentations

[Marine Stewardship Council – Fish and Kids](#) – games, fishy facts, learning activities



[Image](#) by Klaus Stiefel, available under [Creative Commons license](#).

Activities Ideas for Children's Week

Celebrate by [planting trees](#).

Think about how you [promote independence and agency](#) amongst children at your service.

Raise money for [UNICEF](#) or another organisation that works for children's rights and wellbeing.

Host a healthy breakfast or lunch

Invite parents or grandparents to tell children about their childhoods.

Find out how Children's Day is [celebrated around the world](#).

Take part in [Flat Stanley](#) or another project where children can communicate with children in other countries.

Hold a [book swap](#)

Learn about [children who act to care for the environment](#).

Have any questions, comments or requests for the next newsletter? Contact the Little Green Steps WA Program Manager:
Kylie Hosking at lgs@aaaewa.org.au

Little Green Steps WA is proudly supported by:

