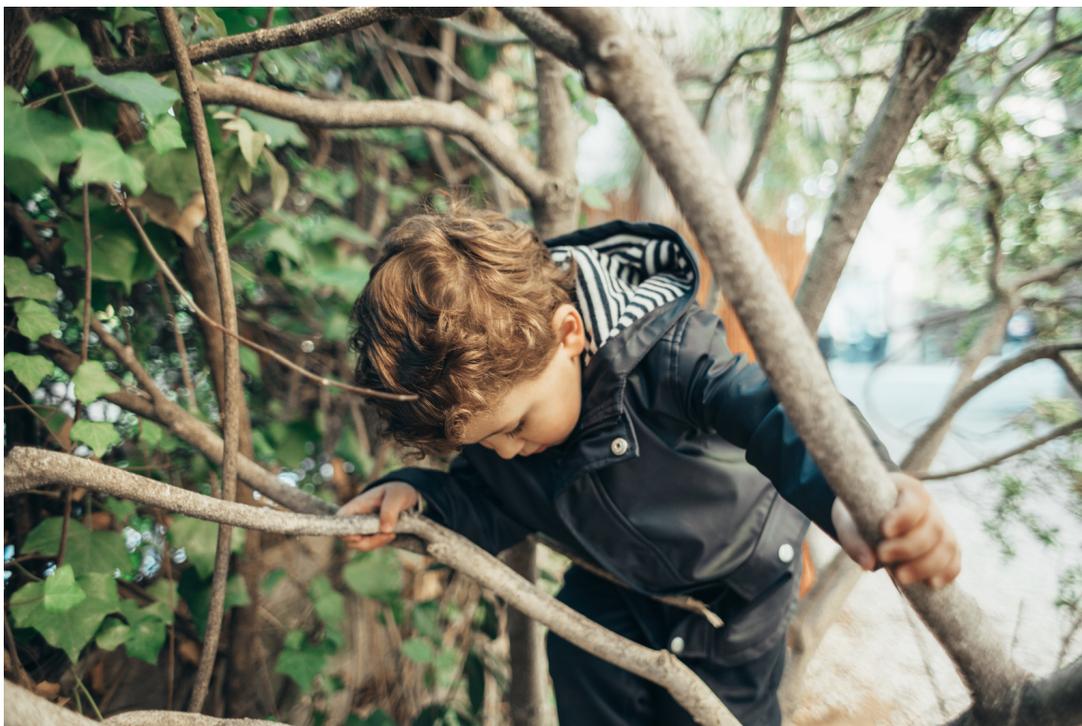


Nature Play Week

14th - 25th April

When children play in nature they become mini scientists who are exploring and investigating their environment. Whilst engaging in imaginative play and physical activity outdoors, they are learning about the world they live in.

Outdoor play also means they can engage in games which require bigger movements and are therefore testing their physical limits and building their self confidence which is great for their health, fitness and physical development.



Simple outdoor play ideas

Go on a bug hunt in your back yard or local park

Look for shapes in the clouds

Paint a driveway or footpath with water and a paint brush

Paint a pebble and leave in a local park or along a footpath for other children and families to discover

Make mud pies with dirt, water, leaves and old pots and pans

Find some rocks and create a stepping stone path to balance along

Play in the rain and puddles

Play spot or hear the bird



World Earth Day

22nd April

World Earth Day aims to raise awareness about climate change and global warming. The theme for 2021 is **Restore our Earth** which aims to inspire individuals to act towards the protection of the environment, whilst focusing on the prevention of wasteful use of resources.

Small things lead to big changes. We challenge you and your family to make 1 or 2 changes in your life to help protect our Earth. Here are some small daily changes you can do:

- Carry a reusable water bottle
- Pack your lunch in reusable containers rather than plastic wrap
- Take your own coffee/tea cup
- Use reusable bags when buying fruit and veggies
- Limit pre-packaged foods
- Recycle soft plastics correctly



Reducing

Food Waste

Did you know, the average NSW household throws out around \$3800 worth of food every year? Reduce your waste with these easy tips:



- Meal plan and stick to a shopping list
- Pick ingredients that can be used for more than one meal
- Use leftovers wisely. recreate in a different recipe (see above cookbook), use for lunches or freeze for another day
- Store food properly, use airtight containers