BEYOND EDUCARE



ON this MONTH

AROUND THE COUNTRY

Loud Shirt Day ---------- 16
National Nutrition Week ---------- 12-18
Aussie Bird Count ---------- 19 – 25
Grandparents Day ---------- 25
Children's Week ---------- 24-1 Nov

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

— Dr. Seuss

Community Events



AUSSIE BIRD COUNT – OCTOBER 19-25

Birds live alongside us and they can tell us a lot about the health of our environment. With one in six Australian birds facing the threat of extinction, every observation can help. For this Aussie Bird Count Week, use the free Aussie Bird Count app to **register** and record the birds you see from a single spot. Each count adds to a nationwide database.

CHILDREN'S WEEK – OCTOBER 24 – NOVEMBER 1

Children's Week is a national celebration of children, their rights, achievements and contributions to our communities. It's a time to recognise every child's right to enjoy childhood, be heard, feel valued and have opportunities to learn, play and thrive. Children's Week provides a wonderful opportunity for families and communities to celebrate the many cultures, languages and traditions that make Australia unique. Share stories and songs in different languages, explore cultural traditions, create art, enjoy music and food, or encourage children to share what makes their family and culture special.

Find out more here.

Kids in the kitchen

CHICKEN MEATBALLS WITH PESTO

COOK 30 min | SERVES 8



INGREDIENTS

1 kg **chicken mince**
1 cup **fresh breadcrumbs,** *soaked in a 1/4 cup milk*
2 **eggs**
1 cup **parmesan cheese**, *grated*
1 tablespoon **garlic**, *minced*
sea salt and **pepper**, *to season*
Basil Pistachio Pesto:
2 cups **fresh basil leaves**
1 cup **baby spinach leaves**
2 **garlic** cloves
1/2 cup **pistachios**
1/2 cup **parmesan**, *grated*
zest and juice of 1 **lemon**
3/4 cup **extra virgin olive oil**
500 g **spaghetti,** *cooked according to packet instructions reserving 1 cup of cooking water*

Method:

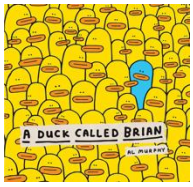
To make the Chicken Meatballs: Place the mince, breadcrumbs, eggs, parmesan, garlic, salt and pepper into a large bowl and **mix** thoroughly to combine. **Take** 2 heaped tablespoons of mince and roll into rounds. **Heat** a little olive oil in a fry pan over medium-high heat. **Add** meatballs and cook 6-8 minutes, stirring occasionally or until the meatballs are golden and cooked through. **Set aside.**

To make the Basil Pistachio Pesto: Place the basil, baby spinach, garlic, pistachios, parmesan, lemon juice and zest into the bowl of a food processor. **Blitz** for 1-2 minutes or until finely chopped. **With the motor running,** slowly add the olive oil and continue blitzing until thoroughly combined (scraping down the sides of the bowl as necessary).

To Serve: Pour the pesto over the cooked spaghetti with a splash of the reserved pasta water and toss to combine. Top spaghetti with cooked meatballs, fresh basil leaves and a grating of parmesan cheese. **Enjoy x**

Book reviews

Something for every reader in the family.



A DUCK CALLED BRIAN | AL MURPHY

Lower Primary School

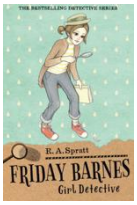
When Brian wakes up and realizes he's out of his favourite breakfast Duck Nuts and milk all he wants is to tell his best friend Gregory. But Gregory is nowhere to be found! Brian goes searching for his best friend, and finds many fellow ducks engaged in silly and entertaining activities along the way. Will Brian find Gregory, or will his day be totally *fowl*?



DONUT FEED THE SQUIRRELS | MIKA SONG

Lower Primary School

Two squirrel best friends meet their match: a donut food truck! This Eisner-nominated hilarious young graphic novel is perfect for fans of *Narwhal: Unicorn of the Sea* and anyone who would do ANYTHING for a donut. Norma and Belly would really really really really really like a donut. With a burned breakfast and a cranky donut seller at the local food truck, they may be stuck with only nuts to eat . . . unless they can steal the biggest, most delicious donut of their tiny lives!



FRIDAY BARNES | R.A. SPRATT

Middle/Upper Primary School

Imagine if Sherlock Holmes was an 11-year-old girl! When Friday Barnes solves a bank robbery, she uses the reward money to send herself to Highcrest Academy, the most exclusive boarding school in the country--and discovers it's a hotbed of crime!

FOCUS ARTICLE: The stories that tell children who they are

Children are constantly gathering little pieces of information about who they are and where they belong. They hear it in the stories we tell about when they were younger. They see it in the foods we cook, the words our families use, the people whose photos sit around the house and the celebrations we make important.

As children reach school age, that picture grows. Friends, school, sport, hobbies, music, community groups and the things they become interested in all begin to contribute to how they see themselves. They start forming their own ideas about what matters to them, while also making sense of the family, cultures and communities they belong to.

It's something worth thinking about during Children's Week, held from 24 October to 1 November this year. Children's Week is an annual celebration of children, their rights and their achievements. The 2026 theme is: *"Children have the right to use their own language, celebrate their culture and practise their religion."*

Based on Article 30 of the United Nations Convention on the Rights of the Child, the theme is a reminder that a child's language, culture, beliefs, family history and community can all be important parts of who they are.

When children hear positive stories about where they come from, see their family and culture valued and have opportunities to participate in traditions that are meaningful to them, they receive an important message: this part of who I am matters. Those traditions don't need to be elaborate. They might be Sunday breakfast at Grandma's house, making the same birthday cake every year, using a family nickname, speaking another language with relatives, going camping in the same place each summer, watching a particular team together or cooking a recipe that has been passed down through generations.

Even the seemingly insignificant things can become part of a child's understanding of *"this is what our family does"* or *"this is where I belong."*

At home, supporting this doesn't have to mean organising a special Children's Week activity. Often, the best conversations happen in ordinary moments. Tell your child stories about your own childhood. What did you do after school? What music did you listen to? What games did you play? What did your grandparents cook? What family rule did you think was completely unfair?

Look through old photographs together. Cook something that has meaning to your family and talk about where it came from. Share words or expressions used by grandparents or other relatives. Talk about why your family celebrates particular occasions, follows certain traditions or has created traditions of its own.

School-age children can also start taking a bigger role in creating those traditions. Ask which family traditions they actually enjoy and which ones they would like to continue. Let them choose a meal for a celebration, create a family playlist, plan an activity everyone does together or invent a new birthday ritual. Ask them about the places, people and groups where they feel most like themselves.

Their identity isn't only something being handed down to them it's something they are actively building.

There's also value in talking openly about the fact that other families may do things differently. They might speak different languages, eat different foods, practise different religions, celebrate different occasions or have different family structures. School, friendships and community life give children increasing opportunities to encounter people whose experiences are different from their own.

When children know their own identity is valued while seeing curiosity and respect shown towards others, we help build the foundations for inclusion and belonging. And identity isn't fixed. Children can belong to many cultures, communities and groups at once. New traditions can sit alongside old ones, interests can change and children's understanding of themselves will continue to develop as they grow.

This Children's Week, share a family story your child hasn't heard before, then turn the question back to them: **"What do you think makes our family special — and what feels important to you about who you are?"** Their answer might surprise you.

Find more information about children's week via the QR code.

Water check: keeping kids hydrated

As the weather warms up, school-age children can lose more fluid while running, playing sport and spending time outdoors. Encouraging regular water breaks can help children stay hydrated throughout the day.

Rather than waiting until they feel thirsty, help children build the habit of drinking water regularly. Sending a water bottle to school, offering water with meals and encouraging a drink before and after physical activity are easy places to start. Let children choose a bottle they enjoy using and make refilling it part of their daily routine. For everyday hydration, water is usually the simplest choice — especially during active spring days.

HEALTH AND SAFETY: Water safety starts before summer



Heading into the warmer months, water quickly becomes part of family life again. Afternoons at the pool, trips to the beach, weekends by the river, water sports and swimming at friends' houses.

For school-age children, growing confidence around water is a great thing. But being a capable swimmer doesn't mean a child is ready to manage every water environment independently. Spring is a good time for families to revisit water safety expectations before summer gets busy.

Talk together about the rules that apply wherever you swim. Children should know to always tell an adult before entering the water, never swim alone and follow the instructions of the adult supervising them.

At beaches, lakes and rivers, conditions can change quickly. Help children understand that swimming in a pool is very different from swimming in open water. Waves, currents, uneven surfaces and changing depths can make familiar swimming skills much harder to use. At patrolled beaches, encourage children to swim between the red and yellow flags and explain why those areas have been chosen.

Supervision still matters for school-age children too. How closely a child needs to be watched will depend on their age, swimming ability and the environment, but an adult should always know where children are and who is responsible for supervising them.

Family gatherings and pool parties are worth thinking about in advance. When lots of adults are present, it can be easy to assume someone else is watching. Clearly deciding who is supervising can help avoid that confusion.

Spring is also a good time to check swimming equipment, pool gates and fences, and make sure correctly fitted lifejackets are available for activities that require them.

Most importantly, keep talking about water safety as children grow. Helping children understand their own abilities, recognise risks and make safe choices around water builds skills they can carry with them as they become more independent.

A little preparation now can help make swimming, beach trips and summer adventures safer and more enjoyable for the whole family.

Follow the QR code for more water safety tips to keep everyone safe this upcoming swim season.

Sustainability CORNER

From scraps to soil

Food scraps are one of those everyday things we don't always think much about. A banana peel goes in the bin, the end of a carrot gets tossed away and leftover fruit disappears after afternoon tea. But for children, those little scraps can become a surprisingly interesting way to explore sustainability at home.

Spring is a great time to start noticing what happens to food after we've finished with it. If you have a compost bin or worm farm, involve children in adding suitable scraps and checking what is happening inside. If you don't, you can still explore the idea together by collecting a few fruit and vegetable scraps in a clear container with some soil and dry leaves and watching how they change over time.

Children are naturally curious about things that rot, break down, change colour or disappear. A piece of apple that looks completely different a week later can spark conversations about where food comes from, what happens to our waste and how scraps can eventually become part of the soil again. It can also be a good opportunity to notice how much food your household throws away. Are there vegetables that are often left on plates? Fruit that goes soft before it is eaten? Could scraps be used differently, composted or offered to a worm farm instead?

Sustainability doesn't always need to start with a big project. Sometimes it begins with simply noticing what we throw away and wondering, together, whether it could have another use. **Learn more about composting here**

Traffic Light Moves

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

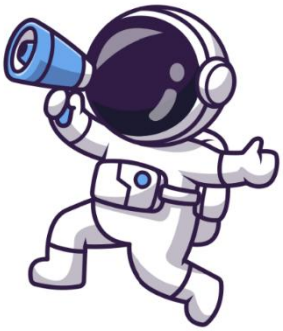
Turn five minutes into a quick burst of movement with a simple game of Traffic Light Moves.

Choose one person to call out the colours while everyone else moves around the space.

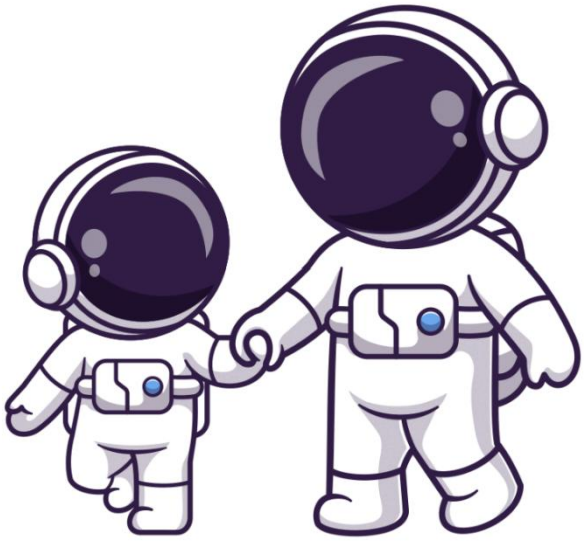
Green means go, run, skip, hop or march.
Yellow means slow down, move in slow motion, tiptoe or take giant careful steps.
Red means freeze completely.

Once everyone knows the basics, add a few extra colours to make it more fun. **Blue** could mean touch the ground, **purple** could mean spin around once, and **orange** could mean do three star jumps.

Keep changing the calls quickly so children need to listen, react and move in different ways. For an extra challenge, let children take turns being the caller and inventing their own colour actions. It's a simple way to get bodies moving while also practising listening, coordination and quick thinking all in just five minutes.







Feedback is always welcome

admin@beyondeducare.com.au

0478 746 743