

“The greatest gift we can give children is time, connection and a sense of belonging” – UNKNOWN

JUNE
2026

ON *this*
MONTH

AT SERVICE NAME

National Vegemite Day-----	16
National Sushi Day-----	18

AROUND THE COUNTRY

World Dinosaur Day-----	1
Reconciliation Day-----	1
Mabo Day -----	3
World Environment Day -----	5
National Vegemite Day-----	16
National Sushi Day-----	18
World Yoga Day -----	21
School term end-----	26

Welcome
to our June newsletter

Hi Families,

It’s hard to believe we’re almost half way through the year already!

Special events happening this month.

National vegemite day, we’re we will celebrate all things Vegemite.

National Sushi Day we’re we learn the cultures of Japan and enjoy a special lunch menu of Sushi rolls!

As we get closer to end of financial year, CCS changes may occur meaning your gap fee may decrease or increase, something to keep an eye.

Absent days will reset to 42 days, if any family uses all their absent days a medical certificate will be required to continue getting, you’re CCS.



MABO DAY – JUNE 3

Mabo Day is held each year on June 3 to recognise the life and legacy of Eddie Koiki Mabo and the significant impact of the Mabo decision on Australia's history. Today, Mabo Day provides an opportunity for Australians to reflect on the importance of truth, justice and recognition, and to celebrate the enduring cultures, histories and contributions of Aboriginal and Torres Strait Islander peoples. [Learn more here](#)

WORLD ENVIRONMENT DAY – JUNE 5

World Environment Day is celebrated globally each year on June 5 and encourages people of all ages to learn about protecting and caring for our environment. Since it began in 1974, it has grown into one of the world's largest



environmental awareness events, celebrated in more than 100 countries.

In 2026, World Environment Day continues to inspire communities, families, schools and organisations to take meaningful action towards a healthier and more sustainable future. [Find out more here](#)

MINI VEGETABLE LOAVES

PREP 10 min | COOK 15+ min | SERVES 8

**INGREDIENTS**

1 cup (250 ml) milk	1 cup shredded mozzarella
1/4 cup (60 ml) olive oil	1 carrot, grated
2 eggs	1 zucchini, grated
2 cups wholemeal flour	1 cup corn kernels
2 tsp baking powder	1/2 cup mixed herbs,
1/3 cup parmesan, grated	chopped (basil, dill, chives)
	sea salt and pepper

1. Preheat oven to 180 degrees Celsius. Line a 12 hole muffin tin with papers, OR one (21cm x 11cm x 6cm) loaf pan OR four (15cm x 8cm x 4cm) mini loaf pans with baking paper. Set aside.
2. Place the milk, olive oil and eggs into a large bowl and whisk to combine. Add the flour, baking powder, parmesan, cheddar, carrot, zucchini, corn, mixed herbs and sea salt and pepper and stir to combine.
3. Divide the batter between the prepared tins and bake until gorgeously golden and when a skewer inserted removes cleanly.
4. **NOTE:** The muffins will take approx. 15 minutes, the standard loaf approx. 45 minutes, the mini loaves approx. 20 minutes.

Enjoy x

Find this recipe and more at My Lovely Lunch Box

Podcast Reviews

Parenting is tricky, these listens may just help you along the way!



Pop Culture Parenting |
Dr Billy Garvey, Nick McCormack

This podcast is about finding the sweet spot between the textbooks and real life when it comes to parenting. Dr Billy (a developmental paediatrician) and Nick (a developing parent) are a couple of dads having honest discussions about parenting day to day.



Parenting and Personalities |
Kate Mason

One thing about being a parent – there's no shortage of personalities to be surrounded by. Our kids, our partners, our family, our friends. They keep us laughing, growing, loving, and crying. Kate Mason is an author, wife, and mother who has spent her career studying personality and relationships. In this podcast she looks at why relationships work, and why some don't. She also looks at how our personalities impact our relationships and examines what compels our children, husbands, wives and others to behave the way they do.



The Easy Feed |
Karina Savage

With over two decades of experience in feeding kids, Karina Savage has uncovered all the tricks to help get your children eat better and boost their nutrition while saving you precious time in the kitchen. This podcast is your go-to guide, packed with tips, advice, and practical 'doable' solutions to make your life easier.



HEALTH AND SAFETY: Helping Children Manage Big Feelings

Big feelings are a normal part of childhood. Young children are still learning how to manage frustration, disappointment, excitement, anger and overwhelm. While adults have years of experience regulating emotions, children are only just beginning to understand what they are feeling and how to respond appropriately.

Sometimes those feelings come out in big ways, crying, yelling, throwing toys, refusing instructions, or even hitting. Although these moments can feel stressful for families, they are often a sign that a child needs support, connection and guidance rather than punishment alone.

When children hit, kick or lash out, it is important to respond calmly and safely. Start by stopping the behaviour immediately and clearly: *"I won't let you hit."*

Keeping language short and calm helps children feel safe, even when they are upset. If needed, gently move younger children away from others or remove unsafe objects nearby.

Once everyone is safe, try to focus on helping your child regulate before trying to reason or lecture. Children who are overwhelmed often cannot process long explanations in the heat of the moment. Some children may need a cuddle, quiet space, deep breaths, sensory play, or simply a calm adult nearby while they settle.

As emotions begin to calm, help your child name what they were feeling:

- "You felt really angry."
- "You were disappointed."
- "You wanted another turn."
- "That felt unfair to you."

Naming emotions helps children build emotional awareness and slowly develop the skills needed to manage those feelings more appropriately over time.

It is also important to teach children what they *can* do instead of hitting. Practise calm strategies during peaceful moments, not just during meltdowns.



You might encourage children to:

- use words to ask for help
- stomp feet on the ground instead of hitting
- squeeze a cushion
- take deep breaths
- ask for space
- draw or talk about feelings

Remember that learning emotional regulation takes years of practice and support. Children will make mistakes as they learn. Staying calm and consistent helps them feel secure while also teaching important boundaries.

Families can also help reduce emotional overload by maintaining predictable routines, ensuring children get enough sleep, allowing time for outdoor play and movement, and creating opportunities for connection throughout the day.

Big feelings are not "bad" feelings, they are part of growing up. With patience, support and guidance, children gradually learn that all feelings are okay, but not all behaviours are.



Find more information on this article via the QR code.

Source: Raisingchildren.net.au (2024). **Helping children calm down: 3-8 years**. Retrieved from raisingchildren.net.au

Sound Hunt Adventure

A sound hunt is a simple activity that helps preschoolers begin recognising letter sounds while building listening, language and observation skills. Choose one letter sound to focus on for the day, such as "S". **Say the sound clearly together: "S says ssssss — like sun, sock and sandwich."** Then head on a "sound hunt" around the house, backyard or during a walk. Encourage your child to look for objects that begin with the chosen sound, such as **spoon, slide, shoes, stick, snake toy**.

Each time your child finds something, say the word together slowly and emphasise the beginning sound. You can make the activity even more fun by using a basket to collect items, taking photos, drawing the objects afterwards or turning it into a scavenger hunt. Most importantly, keep the activity playful and encouraging. Short, fun literacy experiences throughout everyday routines help children build confidence and enjoyment around language and learning.



FOCUS ARTICLE: Teaching Children About Safe Boundaries



Learning about safe boundaries is an important part of helping children build confidence, emotional awareness and personal safety skills. From a young age, children can begin learning that their body belongs to them and that they have the right to feel safe, respected and listened to.

Teaching children about boundaries does not need to feel frightening or overwhelming. In fact, the most effective conversations are often calm, simple and woven naturally into everyday life. Talking openly about feelings, personal space and respectful relationships helps children develop the confidence to communicate when something does not feel right.

One important message for children is that it is okay to say “no” to unwanted touch or interactions, even during play. While good manners are important, children should also learn that they do not have to hug, kiss or physically interact with others if they feel uncomfortable. Offering alternatives such as waving, high fives or verbal greetings can help children feel more in control of their own boundaries.

Families can support children to understand safe boundaries by:

- asking permission before hugs, tickling or rough play
- encouraging children to respect other people’s personal space
- teaching children to use clear words such as “Stop”, “I don’t like that” or “Please move back.”

- helping children identify trusted adults they can talk to if they feel worried or unsafe
- discussing the difference between “safe surprises” and “unsafe secrets”
- encouraging open conversations about emotions and feelings

It is also important for children to understand that boundaries work both ways. Just as they have the right to feel safe and respected, they also need to listen when others say “stop” or ask for space. These early lessons help children develop empathy, respectful relationships and positive social skills.

Role play, books and everyday situations can all provide natural opportunities to talk about body safety and boundaries in age-appropriate ways. For example, if a child becomes upset during rough play, families can gently guide the conversation:

“It looks like your body needed some space.”

“How can we check if someone still wants to play?”

Children should also know that there are no “bad” feelings and that they can always talk to a trusted adult if something makes them feel confused, worried or uncomfortable. Creating a safe environment where children feel heard and supported encourages them to speak up when needed.

Most importantly, teaching boundaries is not about making children fearful it is about helping them build confidence, communication skills and a strong sense of safety and respect for themselves and others.



For more additional support regarding this topic and how to talk to your kids follow the QR code.



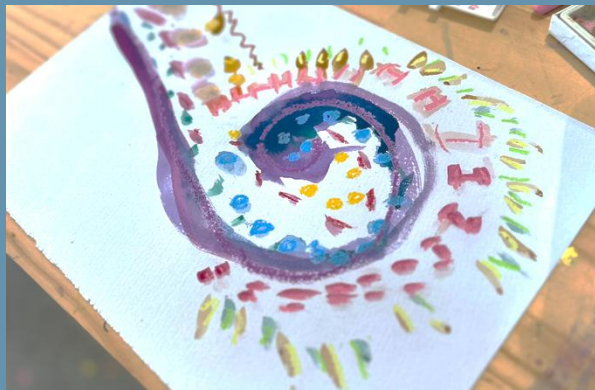
Repair, Reuse and Reimagine

Before throwing something away, encourage children to think creatively about how it could be reused or repurposed. Old jars can become craft containers, cardboard boxes can turn into cubbies or robots, and worn clothing can be transformed into dress-ups, cleaning cloths or textile crafts.

Teaching children to repair, reuse and reimagine everyday items helps build creativity while also reducing waste going to landfill. Small habits at home can help children develop lifelong sustainability skills and a greater appreciation for the resources we use every day.

If you need some inspiration try frugalandthriving.com.au





Take turns art

This simple art activity encourages creativity, communication and connection through shared drawing and mark making. Using any art materials you have at home, such as pencils, crayons, markers, paint, chalk or stamps, take turns adding marks, lines, shapes or drawings to the same piece of paper.

Begin by inviting your child to make the first mark. You then add something new, followed by your child again, continuing back and forth to create a collaborative artwork together. One person might draw a line, while the next adds a shape, colour, pattern or picture inspired by what was already created.

There are no rules or “right” outcomes — the fun comes from watching the artwork grow and change with each turn. Children often enjoy seeing how their ideas connect with someone else’s and may begin turning simple marks into imaginative pictures, stories or patterns.

This activity supports more than just creativity. Taking turns helps children practise patience, cooperation, listening and flexible thinking. Mark making also helps strengthen fine motor skills, hand control and early pre-writing development.

Most importantly, focus on enjoying the process together rather than the finished product. Shared creative experiences help children build confidence, strengthen relationships and develop a positive connection with art and self-expression.



5 Minute MOVES

Stretch & Breathe

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

Yoga is a calming activity that encourages children and adults to slow down, stretch and connect with their bodies. Through simple movements, breathing and mindfulness, yoga can help support balance, flexibility, concentration and emotional wellbeing. For young children, yoga can also be a fun way to build body awareness, confidence and relaxation through playful poses and movement.

Give Cosmic Kids a go together
youtube.com/@CosmicKidsYoga