



ON *this* MONTH

AT STAR KIDS LONG DAY CARE & PRESCHOOL
AND
AROUND THE COUNTRY

NAIDOC Week
Eid Ul Adha
World Population Day
Asalha Puja Day
National Pyjama Day
Schools Tree Day
International Day of Friendship
National Tree Day

EID UL ADHA





NAIDOC WEEK—JULY 3 - 10

NAIDOC Week celebrations are traditionally held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life. The theme for 2022 is **Get Up! Stand Up! Show Up!** To find out more go [HERE](#)

NATIONAL TREE DAY—JULY 31

National Tree Day started in 1996 and has grown into Australia's largest community tree-planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community. While every day can be Tree Day, this year National Tree Day will be on July 31. National Tree Day is a day to venture outdoors and get to know your community, and most importantly, to have fun! **FIND OUT HOW YOU CAN HELP!**

BANANA CAKE



PREP 20 MIN | COOK 30 MIN | SERVES 16

INGREDIENTS

- | | |
|-----------------------------|--------------------------|
| 3 overripe bananas, mashed. | 2 eggs |
| 3/4 cup olive oil | 1 cup Greek yoghurt |
| 1/2 cup brown sugar | 1/3 cup pure maple syrup |
| 1 tbs vanilla bean paste | 1 cup buckwheat flour |
| 1 cup plain flour | 1 1/2 tsp baking powder |
| 1 tsp cinnamon, ground | 1/2 tsp nutmeg, ground |
| 1/4 tsp ginger, ground | pinch of salt |

Whipped Ricotta Maple & Chocolate Frosting

- | | |
|--------------------------|--------------------------|
| 2 cups fresh ricotta | 1/2 cup pure maple syrup |
| 2 tsp vanilla bean paste | 1/2 cup cocoa powder |

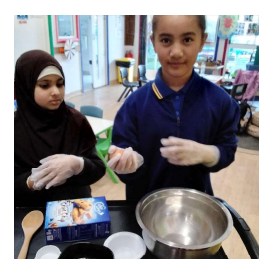
METHOD:

To make the banana cake:

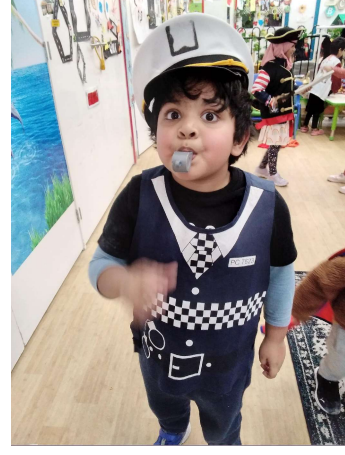
1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smooth** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x



Dress up and roll play



"Dress-up play allows anyone to dream, hope, and use their imagination. It gives kids permission to pretend to be someone or something different and extraordinary that reflects their personality and current interests and promotes more independence by allowing kids to practice self-care skills."

Fun with
Dressing up





Growing up and learning



5 Minute MOVES

Hot potato

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

This physical activity will get giggly! Simply get a soft ball (not a softball!!) or a rolled-up sock and toss it to your child. Tell them toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!

Feedback
is always welcome



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