

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

**JUNGLE
GEMS**

CLICK ME FOR THIS MONTH'S CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Sustainable Living Festival 1-29 th
2 World Wetlands Day Heart Kids National Awareness Month	3 Ball Skills with Mr Peter	4	5 Ready Steady Go Kids (Giraffe) Monthly Staff Meeting	6	7	8
9	10 Ball Skills with Mr Peter	11 Sister Inclusion Day How to be safe online	12 Ready Steady Go Kids (Meerkat)	13 National Apology Anniversary	14 Valentine's Day	15
16	17 Ball Skills with Mr Peter	18	19 Ready Steady Go Kids (Elephant)	20	21 School Play Day Bring your favourite and sun shirt ready for some water play fun!	22
23	24 Ball Skills with Mr Peter	25	26 Ready Steady Go Kids (Meerkat) First Parent Conference Meeting for 2026	27	28 School Clean Up Day Teaching children about the impact of rubbish on their environment	29

Policy of the Month:

<https://junglegems.com.au/whats-on/>



ON *this*
MONTH

Events at Jungle Gems

- First Day of Winter ----- 1st
- Floral Fridays ----- Every Friday
- Crazy Sock Day ----- 1st
- Global Wind Day ----- 15th
- World Yoga Day ----- 21st
- Parent Workshop with Marina Bailey ----- 22nd
- Dental Visit ----- 24th
- Sunglasses Day (observed) ----- 25th
- Sunglasses Day ----- 27th
- School Holiday Program Begins ----- 29th

Extra-curricular Activities at Jungle Gems
(School term only)

- Ready Steady Go Kids (Giraffe's only) --Wed
- Ball Skills with Mr Kale (Little Cubs/Meerkats) -Wed
- Little Groovers Dance (Giraffe and Meerkats) -- Fri
- Hey De Ho Music Program (All rooms) -- Mon

Public Holidays:
No Public Holidays



June Newsletter

Welcome to all our new families who have joined us at Jungle Gems. We are excited to have you join the family.

DATE REMINDER

Parent Workshop Notice
presented by Marina Bailey.
Monday, 22nd June. 4:30pm

Parents, we invite you to come along to our Parent Workshop:

"Supporting your Child's Emotional Resilience."

Marina will give her insights into emotional literacy, co-regulation and building a 'team around the child.'

ATTENTION: Jungle Gems Parents

We would like to invite you to join our parent committee. This committee will meet maximum once a year (for 1 hour) to discuss our centre policies and what we are currently doing well in and more importantly, ways we can improve. If you are interested in joining this committee please see Gail, Greta or Kale at the front desk.

Date: This Thursday, 4th June

Policy of the Month:

QA2: Health and Safety
Safe-Use-of-Digital-Technologies-and-Online-Environments-Policy

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, chopped (basil, dill, chives)
1/3 cup parmesan, grated	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.



Jungle Gems Latest Room Updates

Jingeri families and friends...

Giraffes Update

May has been another fun and action-packed month of learning for our Giraffes. We had our second visit to Melody Park Retirement Village, where the children wrote little notes to their new friends, shared puzzles and joined in with some fun movement songs. We also had a very successful Mother's Day Afternoon Tea. We loved showing you around our classroom and garden and spoiling our mums.

Recently, the children have shown a strong interest in measurement. They have been comparing foot sizes, exploring the numbers on rulers and using footprints to measure the length of tables and even the room. We look forward to extending this interest further over the coming month. Another growing interest has been bird watching. During the rainy days, the children have enjoyed sitting by the doors with binoculars, observing the birds sheltering under the roof and in the trees. We extended this interest into early literacy experiences by matching the birds we saw to those on charts. The children have also created an amazing collaborative artwork with Miss Kerrie for our Reconciliation Week display. Alongside this, we have been learning about how we can be kind, respectful and caring citizens within our community. In June, we will begin our phonics program. The children will be exploring letter sounds and listening for them at the beginning of words. We will also be practising correct letter formation in preparation for those children who will be heading off to school next year. As always, thank you for your ongoing support.

Miss Marie and the Giraffes Team

Meerkats Update

What a busy and exciting month the Meerkats have had! The children have thoroughly enjoyed participating in Little Groovers and developing their ball skills with Mr Kale each week. We have also loved exploring music and movement during Hey De Ho sessions, held fortnightly. The Meerkats were very involved in transforming our home corner into a doctor's surgery, and they have enthusiastically embraced taking on the role of doctor while caring for their patients through imaginative play. As part of our learning, we explored the changing seasons and discussed the final month of Autumn. The children then used cotton buds to create beautiful Autumn tree artworks, encouraging creativity and self-expression. We also focused on building fine motor skills and hand-eye coordination through a range of engaging activities, including ping pong ball games and our "Thread the Shoe" experience, where the children traced their shoes and threaded string through the outlines. It has been a wonderful month for the Meerkats, and we are looking forward to welcoming Miss Jade back after her Prac placement. We are also excited to begin exploring Reconciliation Week and NAIDOC Week through creative and sensory learning experiences.

Miss Jorja and the Meerkats Team

Little Cubs Update

May has been a wonderful month of learning, celebration, and connection in the Little Cubs Room! We focused on building emotional resilience with the children, exploring feelings and different ways to express them. Through songs, thoughtful

conversations, role modelling, yoga and a range of books, the children shared emotions, practised empathy and developed strategies for self-regulation in fun and meaningful ways. One special highlight this month was hosting our Mother's Day afternoon tea party. The children were so proud to invite their loved ones into our space, sharing their favourite learning experiences and enjoying a joyful afternoon of play, food and togetherness. As the month drew to a close, we acknowledged National Sorry Day and Reconciliation Week, taking time to respectfully explore Aboriginal cultures. Through music, books, meaningful planned experiences and learning about their culture symbols, the children deepened their sense of connection to Country and community. It's been a month rich with relationships, big feelings, and new understandings, thank you for sharing these precious moments with us!

Miss Alana and the Little Cubs team

Bush Babies Update

We have had such a wonderful month in the Bush Babies room filled with exciting experiences, learning opportunities and lots of special moments together.

This month, the children enjoyed celebrating our beautiful mums during our Mother's Day Afternoon Tea. It was so lovely to see all the interactions, and we hope all our Mums enjoyed receiving their special gifts. We also had a very exciting Reptile Show visit, where the children were fascinated by the different animals and enjoyed observing them up close. Animals have become a big, shared interest among the children recently. The children are showing curiosity and excitement towards all kinds of animals, and we have been extending on this interest through a variety of animal-based activities, sensory play experiences, songs, books and creative experiences. We are also very proud of the many milestones the children have been achieving. Some of them are now walking independently or beginning to take their very first steps. It has also been lovely to watch the children form strong friendships with one another. The children are learning each other's names, engaging in cooperative play, and showing care and affection through cuddles and positive interactions with their friends. As we head into the beginning of winter next month, we kindly remind families to pack warmer clothing for their children, including socks, jumpers, and long-sleeved clothing to help keep everyone warm and comfortable throughout the day. We look forward to another fun-filled month ahead in the Bush Babies room!

Miss Keira and the Bush Babies

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 frugalandthiving.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.

Melody Park Excursion- the second group of Giraffes



On the 12th of May, eight more of our Giraffes were excited to board the bus to visit the residents at Melody Park Retirement Village. After the children introduced themselves to the residents and vice versa, the group played a music and movement game (Hokey Pokey and the Wiggle Dance) with the residents who could participate. They then moved into small groups and worked with the residents to solve puzzles, play with playdough making wonderful creations, built magnetic shapes, as well as drew pictures, which they then gave to the residents to keep. Before saying goodbye, the children also enjoyed morning tea together with the residents before heading back to Jungle Gems. We are looking forward to the next excursion, held in July, with a new group of Giraffes.

Nic, Sam, Kale, Pete and Kale



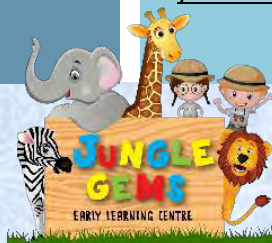
Stretch & Breathe

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](https://www.youtube.com/@CosmicKidsYoga)

Feedback
is always welcome



Jungle Gems
Early Learning Centre
5578 4209
info@junglegems.com.au