

“What day is it?” asked Pooh. “It’s today,” squeaked Piglet.
“My favourite day,” said Pooh.”— A.A. Milne



July
2026

The Network Community Hub

AROUND THE COUNTRY

NAIDOC Week	5 - 12
National Pyjama Day	24
Schools Tree Day	24
National OSHC Educators Day	30

NAIDOC WEEK – JULY 5 - 12

This is a special time to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The 2026 theme, “50 Years of Deadly”, marks five decades of NAIDOC Week and celebrates the powerful legacy of Aboriginal and Torres Strait Islander voices, stories and leadership.

NATIONAL TREE DAY – JULY 26

Over the past 30 years, millions of Australians have volunteered their time to do something good for the environment and their community by planting a tree. Planet Ark's National Tree Day started in 1996 and has grown into



Australia's largest community tree planting and nature care event. It is a wonderful opportunity for children, families, schools and communities to connect with nature and learn about the importance of caring for our environment. By planting trees and caring for green spaces, we can help create shade, support wildlife, improve local habitats and grow a healthier future for everyone.

CHOCOLATE HAZELNUT GRANOLA

PREP 10 min | COOK 20 – 25 min | SERVES 12



INGREDIENTS

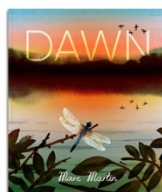
- 3 cups rolled (traditional) oats
- 1 cup puffed rice (or an extra 1 cups of oats)
- 1 cup hazelnuts, chopped
- 1/2 cup sunflower seeds
- 2 tablespoons white (or black) chia seeds
- 1/3 cup cocoa powder
- pinch of sea salt
- 3/4 cup mashed cooked sweet potato
- 1/4 cup coconut oil, melted and slightly cooled
- 1/3 cup pure maple syrup
- 1 tablespoon vanilla bean paste
- 1/2 cup dark chocolate chips (OPTIONAL)
- To serve: warm milk

Method: Preheat oven to 180 °C and line an oven tray with baking paper. Set aside. Place the oats, puffed rice, hazelnuts, sunflower seeds, chia seeds, cocoa powder and sea salt into a large bowl. Mix thoroughly using a wooden spoon. Add the mashed sweet potato, coconut oil, maple syrup and vanilla to the bowl and mix thoroughly to combine. Arrange granola on the prepared tray in a single layer. Bake for 20-25 minutes (stirring every 5-7 minutes to ensure even browning) or until golden, crunchy and wonderfully fragrant. Allow the granola to cool completely. Add the chocolate chips and stir to combine. Serve granola with warm milk.

Enjoy!

Book reviews

Books that make you pause and enjoy what is all around you a little bit more.



Dawn | Mare Martin

As the sun slowly rises, many things happen in a small window of time. The world comes alive with the actions of animals, plants, clouds, and sky. A deer drinks, an owl wakes, a dandelion shimmer in the light. A ladybug climbs, a fish jumps, birds call in a chorus. Geese fly away in formation. A flower blooms.



The Colours of Home | Sally Soweol Han

Shortlisted for the 2026 CBCA Book of the Year Award for Early Childhood. When Bomi moves to a new country everything seems different except for the silver moon. Making a faraway place feel like home isn't easy, but as she explores Bomi finds comfort in matching new with old. Soon she discovers the colours of home everywhere she looks.



Once I Was a Giant | Zeno Sworder

Trees make all of our lives possible but they are often absent from stories because we tend to only care and feel for characters that are like us. This story aims to bring trees alive for young people. The story covers the entire span of an individual tree's life and the intimate relationships it shares with the forest and the creatures that it nourishes and houses.



HEALTH AND SAFETY: Medicine Safety For Growing Children



As children grow, they often become more independent in many areas of daily life. They may begin packing their own bags, attending sleepovers, participating in sport, spending time at friends' homes or taking greater responsibility for their belongings. With this growing independence, it is important that children also understand clear and safe rules around medicine.

Medicines can help children feel better when they are unwell, manage allergies, relieve pain or support ongoing health needs. However, medicines must always be used carefully and under adult supervision. Even common medicines, vitamins, supplements, creams, inhalers or allergy medication can be harmful if they are taken incorrectly, taken too often or shared with someone else.

A key message for school-age children is that medicine should only ever be taken when it is given or approved by a trusted adult. Children should understand that they must never take medicine on their own, even if they think they know what it is for. They should also know never to share medicine with friends, siblings or classmates, even if someone says they feel sick or have the same symptoms.

Families can support medicine safety by having calm, age-appropriate conversations. Rather than frightening children, these conversations can help them understand that medicine is not something to play with, taste, swap or keep secret. Children can be taught to tell an adult straight away if they find medicine, see someone taking medicine without permission or are offered medicine by another child.

Safe storage is still important for school-age children. Medicines should be kept out of reach, out of sight and ideally in a locked cupboard or container. This includes prescription

medicines, over-the-counter products, vitamins, supplements, first aid creams and any medication kept in handbags, school bags, sports bags or bedside drawers. Returning medicine to a safe place after each use helps reduce the risk of accidental or unsupervised access.

When medicine needs to be given, families should always follow the instructions on the label or advice from a doctor, pharmacist or health professional. The correct dose can depend on a child's age, weight and health needs, so it is important not to guess. Using the measuring device provided, such as a syringe or measuring cup, is safer than using a household spoon.

For children who require regular medication, such as asthma puffers, allergy medication or other prescribed treatments, it is important to follow the child's medical management plan prepared by their medical practitioner. Children can gradually learn about their own health needs, but adults should continue to guide, supervise and check that medicine is used correctly.

It can also be helpful to keep a written record of when medicine has been given, particularly during illness or when more than one adult is caring for the child. This helps prevent missed doses or accidental double dosing.

As children become more independent, medicine safety is about building knowledge as well as maintaining supervision. Clear family rules, safe storage and open conversations help children understand that medicines are helpful when used correctly, but unsafe when used without adult guidance.

By teaching children simple medicine safety habits, families can help them develop responsibility, awareness and confidence while keeping them safe at home, at school and in the community.



Find more information on this article via the QR code.

Keeping children safe around medicines and poisons. Retrieved from pregnancybirthbaby.org.au/

Staying Hydrated During Busy Days

School-age children are often busy moving, playing, learning and socialising throughout the day, which means staying hydrated is important for their energy, concentration and wellbeing. Encourage children to bring a labelled drink bottle each day and take regular water breaks, especially during outdoor play, sport or warmer weather. Water is the best choice for everyday hydration and helps children stay focused, comfortable and ready to enjoy their daily activities. Families can support healthy habits by checking drink bottles are packed, refilled and easy for children to access.



FOCUS ARTICLE: Building Confidence Through Everyday Independence



As children grow, they begin to develop a stronger sense of who they are and what they are capable of. School-age children are often ready for more responsibility, and everyday routines can provide valuable opportunities for them to practise independence in safe and supportive ways.

Independence does not mean children need to manage everything on their own. They still need guidance, encouragement and clear expectations from trusted adults. However, allowing children to take on age-appropriate responsibilities helps them build confidence, problem-solving skills and a greater sense of ownership over their day.

Simple tasks such as packing their school bag, remembering their hat, carrying their own belongings, helping prepare snacks, organising sports gear or checking they have what they need for the next day can all support independence. These everyday moments help children learn planning, responsibility and persistence.

It can sometimes feel quicker for adults to step in, especially during busy mornings or afternoons. However, giving children time to try, make mistakes and problem-solve helps them learn important life skills. When children are supported to work through small challenges, they begin to understand that they are capable of doing hard things.

Families can encourage independence by creating predictable routines and clear expectations. For example, children might have a simple morning checklist, an after-school unpacking routine or a regular job at home such as feeding a pet, setting the table or putting away clean clothes. These small responsibilities help children feel like valued contributors to family life.

It is also helpful to involve children in decision-making where appropriate. Offering choices such as, “Would you like to pack your bag before or after dinner?” or “Which healthy snack would you like to take tomorrow?” allows children to practise making decisions while still being supported by adults.

School-age children may not always get things right the first time, and that is okay. Forgetting an item, needing reminders or feeling frustrated are all part of learning. Encouragement, patience and calm guidance can help children stay motivated and willing to try again. Most importantly, independence should grow gradually. Each child develops at their own pace, and some may need more support than others. By noticing effort, celebrating progress and giving children meaningful opportunities to help, families can support confidence, resilience and self-belief.

When children are trusted with small responsibilities, they begin to believe, “I can manage this,” “I can contribute,” and “I can try again.” These are powerful messages that support their wellbeing, learning and confidence as they continue to grow.



For more additional support regarding follow the QR code.



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