

NEWS & EVENTS



Circles
of learning

Nourishing our Children

Nourishing your child begins from the time of birth. Nourishing means mother's milk until the child is on solids, then moving to the best quality organic foods, fresh living foods that are grown in the earth (or on the earth).

Time and time again we notice that where there is a gathering of groups, the children are given one type of food and the adults another type of food. Learn more, [click here](#)

Chocolated out? Never?

Time to say Good Bye to those mass market Easter chocolates and get back to eating quality chocolate. It is delicious and healthy for you.

Chocolate is a valuable source of Magnesium and is highly nutritious when using Organically grown high quality Cocoa. For those of you who have not eaten enough chocolate, here are two easy Chocolate Mousse recipes [click here](#)



Coconut Oil

Deliciously healthy, coconut oil is now recognised as the healthiest oil for cooking. Its nutritional nature remains the same whether you heat it, or use it cold. Tongans and Samoans used to live on Coconuts only throughout the Cyclone season (which could be 6 months or more) and remained healthy. To read about Coconut Oil [click here](#)



April Showers & Sunny days

A perfect time to be in nature and grow your winter vegetables. If you don't have a garden and would like to come together with likeminded Parents and Children who love nature and want healthy organic fruits and vegetables, call us and we can talk about how we can bring the Garden Circle to your area (more details next page).

Have fun and enjoy every moment.

Warm wishes,
Judith



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Enjoy some of these wonderful photographs from



Every week there is hands on learning about gardening, discussions around the nutritional value of different fruits and vegetables and way to encourage children to eat more healthy foods, plus tips and hints for their whole wellbeing. At the same time the children learn to respect nature and the insects and to value the environment.

If you would like to join us or bring a Garden Circle to your suburb or town, please [contact us](#).

Keeping children healthy— A Sustainable Environmental program for Schools and Pre-schools

The Clever Kid Health & Play program for Schools and Pre Schools is a winner when it comes to giving children a strong foundation for learning. Focused on growing fruits and vegetables and play activities in and around the garden, the children taste and feel fruits and vegetables, flowers and medicinal herbs. They learn to manage their feelings and behaviour and learn the importance of good healthy habits and exercise. The program enriches and stimulates their senses and gives them a strong sense of community.

Through activities designed for a balance brain and body, the Clever Kid Health & Play Program builds self-esteem. The sensory sustainable environment awakens and cultivates a sense of discovery in children, empowering them to reach their learning potential.



An easy-to-implement and effective program to release stress, balance the brain and bring the mind into a cohesive state for learning.

Aligned to the school PDHPE curriculum and the Early Childhood curriculum these programs are an valuable resource for teachers [contact us](#) to learn more.

