

## EASTER CHOCOLATE NEST

A fun and tasty Easter treat to make with the whole family!

### Ingredients:

100g chocolate (milk or dark)  
50g butter or margarine  
2 tablespoons golden syrup  
75g cornflakes or Rice Bubbles  
Mini chocolate eggs or Easter-themed lollies

### Optional (for extra yum!):

1 spoonful of peanut butter or Nutella  
Sprinkles, desiccated coconut, or mini marshmallows

### Instructions:

- Break the chocolate into small pieces and add it to a saucepan with the butter and golden syrup.
- Stir over low heat until everything is melted and smooth.
- Remove from heat and gently stir in the Cornflakes or Rice Bubbles until fully coated.
- Spoon the mixture into cupcake cases (makes about 10-12).
- Press 2-3 mini chocolate eggs into the centre of each "nest."
- Chill in the fridge for at least 1 hour or until set.



### FUN TWIST!

Decorate your nest with sprinkles, edible glitter or anything colourful!



## TERM 1 WRAP UP!

Term 1 at Kids Connect has been a blast, filled with creativity and fun! Highlights included LEGO Wildlife Day where we built rhino inspired creations, STEM challenges using only marshmallows and toothpicks to create abstract masterpieces and making Gratitude Jars to reflect on what we are thankful for.

Our first Youth Connect session (12+) was also an absolute hit! We kicked things off with an epic clay-making activity where the crew got super creative - making everything from cute trinket trays and cases to wild, abstract hands and totally original masterpieces! The term ended with a Pizza Party Bake-Off where everyone created delicious and creative pizzas. The term emphasised gratitude, creativity, and fun. Everyone's energy made this term unforgettable, and the excitement for what's next is already building!



## Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?



## AUTUMN VIBES & LUNG HEALTH



As the weather starts to cool down and we head into Autumn, it's a great time to check in with how your body is feeling—especially your lungs! The change in seasons can sometimes bring more colds, coughs, and sniffles, so it's super important to keep up with your airway clearance routines. These help keep your lungs strong and clear, even when the weather is a bit chilly.

Staying active also plays a big part—try a new sport, playing outside, or dancing around the house to your favourite music. Movement helps your body feel good and your lungs stay healthy. And don't forget to wrap up warm, especially in the mornings when it's cooler, and to wash your hands often to keep germs away.

So while you're enjoying the crunchy leaves, Easter treats, and cosier days, remember to give your lungs some extra love too!



### Check out our birthday club members this term!

Savannah turned 6 on January 4  
Blake turned 10 on January 19  
Ruby turned 9 on February 2

Max turned 9 on February 7  
Willow turned 7 on March 6  
Ruairi turned 11 on March 8



SAVANNAH



RUBY



MAX



WILLOW

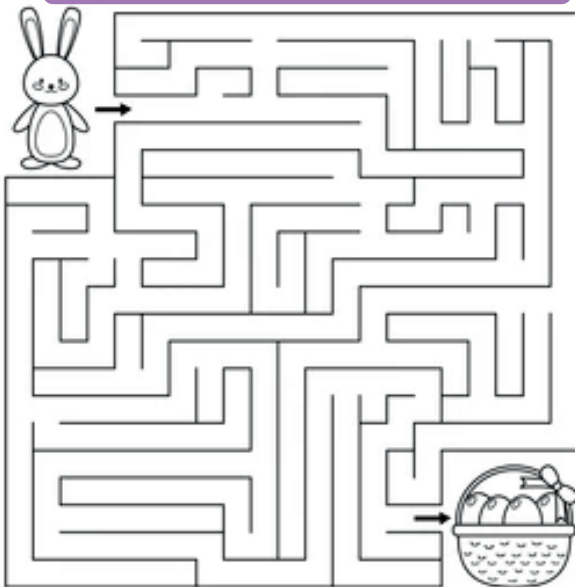


BLAKE



RUAIRI

Help the Easter Bunny find his basket of eggs!



## MEET THE MEMBER- SOPHIA!

### What's your favourite thing about coming to Kids Connect?

I like how we all get together in a group and share our feelings and stuff.

### What are your hobbies or favourite things to do?

Drawing, basketball, Muay Thai. I'm also an animal lover, I love looking after my dog Zues and giving him massages :)

### Do you play any sports, musical instruments, or games?

I love to do Muay Thai and I also like basketball and I'm hoping to join a basketball team this yr.

### Do you have any fun facts or something unique about you?

I'm a new yrs eve baby so I'm always guaranteed fireworks on my birthday! I love drama at school, its my favourite subject.

### What's your favourite food or favourite game to play?

I love Asian food - rice/noodles and sushi yummy yummy. I love to play handball, I get to play it at school and at YMCA (after school care).

### If you could have any superpower, what would it be and why?

I'd like to be able to control the sea and live in the sea, I find the sea relaxing and kind of mysterious.

### Have you done anything cool or exciting recently?

I made ice cream last Sunday at home for the first time. We have been making ice cream in school as a project in teams. Everyone at home loved it, there were all kind of surprised that it turned out so good lol.

I had my first Sports Carnival as a senior 2 weeks ago. We played cricket and our team made a lolly salad (bowl filled with lollies ) to keep us going throughout the day .



### DID YOU KNOW?



Did you know? Your lungs are like balloons! They fill up with air when you breathe in and shrink when you breathe out.



Did you know? The human body has over 37 trillion cells working together to keep you healthy!



Did you know? Laughter is good for your lungs! Every time you laugh, you take in more oxygen and exercise your breathing muscles.



Did you know? People with CF need more salt than others because their bodies lose more of it when they sweat!



Did you know? Mucus is actually important! It helps trap dust and germs, but in CF, the mucus is thicker and stickier than usual.