

WINTER QUIZ



Which month of the year does Winter start in Australia?

Is the flu more common in Summer or Winter?

How do germs spread?

What season comes after Winter?


How can you protect yourself from Winter germs?

What season is it in the Northern Hemisphere?

WINTER WARMTH & WELLBEING




Brrr! As the weather gets colder, it's important to keep your body healthy and warm—especially if you have CF. Cold air can sometimes make lungs feel tighter or cause more coughing, so here are some tips to help:

 Keep up your airway clearance – it's like giving your lungs a nice stretch every day.

 Stay active – moving your body keeps you warm and helps your lungs stay strong (even dancing in the lounge room counts!)

 Bundle up – scarves, jackets, and beanies help protect you from cold winds.

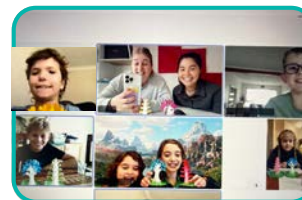
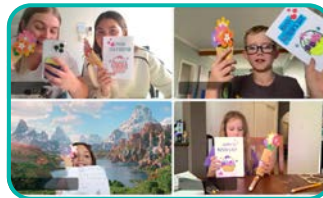
 Wash your hands regularly to keep those winter germs away!



TERM 2 WRAP UP!

Wow, what an awesome term we've had at Kids Connect! We made new friends, laughed a lot, and got super creative. To celebrate Mother's Day, we made some beautiful flower crafts, and we even drew fun pictures of ourselves to help design cool CF merch! We talked about exciting travel adventures and made tiny suitcases and passports to match. Then we tried to bring out the sun with our sparkly suncatchers, and we had some science fun growing crystal trees—they turned out so cool!

We finished off the term with our Bake Off, where we made (and ate!) delicious chocolate crackles. Thanks for joining in the fun each week—we loved seeing your creativity and smiles. We can't wait for more awesome times in Term 3!



WARM BANANA MUG MUFFIN

A quick and yummy snack that kids can make with a grown-up's help – in under 5 minutes!

INGREDIENTS

- 1 ripe banana
- 1 egg
- 2 tbsp self-raising flour
- 1 tbsp honey or maple syrup
- 1 tsp cinnamon
- Optional: choc chips, chopped nuts, or berries

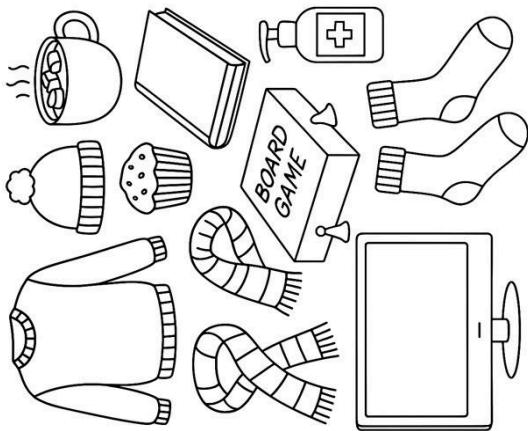


INSTRUCTIONS

- Mash the banana in a mug.
- Add the egg and mix well.
- Stir in flour, honey/maple syrup, and cinnamon.
- Add any fun extras (like choc chips!).
- Microwave for 1-1.5 minutes until cooked through.
- Let it cool slightly and enjoy with a spoon. So warm and delicious!

COLOUR ME IN

WHAT'S IN YOUR WINTER SURVIVAL KIT?



HAPPY BIRTHDAY

Check out our birthday club members this term!

Ezra turned 11 on May 19

Amelia turned 9 on June 8

Roxane turned 9 on June 30

Grace turned 10 on May 25

Norah turned 9 on June 15



EZRAH



GRACE



AMELIA



NORAH



ROXANE

MEET THE MEMBER- CAMILE!

Camile has recently joined CF Kids Connect. We asked Camile some questions so you could all get to know her better.

How old are you?

I'm 6 years old, my birthday is on 27th of November.

Do you have any pets?

I love dogs and cats, but here in Australia I'm still trying to convince my mom and dad to have one, but they say we have to wait a little bit longer. In Brazil, we have two French Bulldogs, they are so cute and I miss them so much.

What's your favourite food?

My dad's barbecue (made of meat).

What do you love to do for fun?

I love when my friends come to play at my place, go to the beach and I also love to play video games.

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

The power to cure all diseases. ❤️

What's something you're really good at?

Video games and run, I'm fast.

