



BEING HAPPY NEVER GOES OUT OF STYLE. — Lilly Pulitzer

Star Kids Long Day  
Care & Preschool



## ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

**National Tree Day**

**NAIDOC Week**

**International Day of Friendship**

**Family Involvement**

**Preschool Eyesight Screening**

**Annual Photo Day**





#### NATIONAL TREE DAY – JULY 28

Planet Ark's National Tree Day started in 1996 and has grown into Australia's largest community tree planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community.

While every day can be Tree Day, we dedicate the celebration of National Tree Day on the last Sunday in July. Get involved by hosting or joining a planting.

## NAIDOC WEEK







During NAIDOC Week, our children have the opportunity to explore and appreciate diverse cultures, particularly the rich traditions and history of Aboriginal and Torres Strait Islander peoples. Through activities like storytelling, art, music, and dance, they learn about the significance of Indigenous heritage and values, fostering respect and understanding for all cultures. This celebration encourages inclusivity, awareness, and a sense of community among our young learners.





Children were immersed in a variety of fun and engaging learning experiences to celebrate Aboriginal and Torres Strait Islander cultures. They enjoyed sensory play with natural materials, expressing their creativity through art and painting inspired by Indigenous designs. The children also listened to traditional Aboriginal music, explored the rich narratives of Dreamtime stories, and participated in more hands-on activities. Through these experiences, they developed a deeper understanding and appreciation of the unique cultural heritage of Australia's First Nations people, fostering respect and curiosity in a meaningful and joyful way.

## STEPS Eyesight Screening



We were delighted to have the StEPs Statewide Eyesight Preschooler Screening team visit our centre. Our preschoolers had their eyesight checked as part of this important initiative. The screening helps identify any early vision issues, ensuring our children have the best start for their learning and development. We are grateful for this valuable service and for helping keep our children's eyes healthy and bright!



## Family Involvement



**We were thrilled to have some of our parents from diverse cultural backgrounds participate in creating our Diversity Wall! They contributed by translating simple communication sentences into their mother languages, adding a beautiful and meaningful touch to our centre. It was a wonderful opportunity for parent involvement, celebrating the rich diversity within our community and fostering a sense of inclusion and belonging for everyone. Thank you to our amazing parents for their contributions!**





**At Star Kids, we prioritize sustainable practices in everything we do. Our preschoolers engage in fun and creative art and craft activities using recycled materials. By incorporating eco-friendly items into our curriculum, we nurture creativity while teaching the importance of caring for our planet. Through these hands-on experiences, our little ones learn to see the beauty in repurposing and recycling, making every activity an adventure in sustainability!**



**At Star Kids, we recently had a wonderful art and craft activity where our preschoolers created their own family trees! Using recycled materials, the children brought their unique family stories to life with creativity and imagination. This activity not only helped them understand their family connections but also fostered a sense of belonging and pride. At Star Kids, we love turning learning into a memorable and meaningful experience!**



## Photo Day







**Our children had an amazing time participating in our Annual Photo Day! With professional photographers from Little Pixel capturing each special moment, the day was filled with smiles, laughter, and joy. The children posed for both single and group photos, creating beautiful memories to cherish. It was a fun-filled day that highlighted the joy and spirit of our Star Kids community!**

## **International Day of Friendship**



**We celebrated International Day of Friendship with lots of love and creativity! Our children expressed their feelings for their friends through warm hugs, making beautiful friendship cards, and crafting handmade jewellery. It was a heartwarming day filled with joy, laughter, and the purest expressions of friendship. Celebrating the bonds that bring us together is what makes our community so special.**

## HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

### Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

### Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

### 5 things to teach your children to do if they get lost

**STOP:** If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

**BE SAFE:** Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in

the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

**CALL FOR YOU:** Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

*Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.*

**LOOK FOR A SAFE ADULT:** Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

**USE THE SAFETY PLAN:** If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

**THE BEST THING YOU CAN DO:** As soon as you discover your child isn't where they should be is to **start shouting your child's name, and what they are wearing**. It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.



Read the article via the QR code.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. From <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>



## Embrace Nature for a Better Tomorrow

As we confront human-induced climate change, bridging the gap between humanity and nature is crucial. Research consistently shows that reconnecting with nature enhances our overall well-being, benefiting both adults and children alike. If you've experienced the rejuvenating effects of time spent outdoors, you understand its profound impact. Our well-being encompasses physical and mental health, our sense of purpose, connections with others, and our environment. Yet, amidst busy lives and the allure of technology, we often overlook these vital connections.

It's imperative to cultivate our children's relationship with the environment. Exploring nature together fosters environmental awareness and encourages sustainable behaviours. Whether hiking in the woods, playing on the beach, or swimming in a lake, these simple activities instil a deep appreciation and respect for our world. By nurturing this connection, we empower the next generation to value and protect nature, ensuring a brighter future for all. *Let's prioritize nature and nurture a sustainable future together.*





## WATER PLAY



Water is an important natural material that provides hours of absorbing fun and a **multitude of wonderful development and learning opportunities**.

### What are the benefits of Water Play?

**Energy Release** – Children can find water play both calming or invigorating depending on the activity being presented.

**Therapeutic Water Play** – Water play doesn't have to be loud and busy; it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

**Motor Skills** – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

**Social Skills** - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

**Language and Communication** - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course, **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>



### WHERE TO NEXT?

Short simple activities to get some active minutes in the day.

**HOW TO PLAY:** This game is best played outdoors, in an open area with different landmarks or locations that children can run to. On small pieces of paper write down the names of different landmarks in the vicinity, i.e., the fence, goal post, a tree, swing... Put the pieces of paper in a small bag that can be carried as you run. One child pulls out a piece of paper and reads the location. Then they all have to run to that location. Once everyone reaches the destination, a different child pulls out another piece of paper, and you all run again.