



OCTOBER  
2022

# ON *this* MONTH

AT STAR KIDS LONG DAY CARE & PRESCHOOL  
AND  
AROUND THE WORLD

International Day of Older Persons  
World Space Week  
World Smile Day  
World Food Day  
National Nutrition Week  
Aussie Backyard Bird Count  
Children's Week  
World Teachers Day  
Grandparents Day

## World Space Week







**INTERNATIONAL DAY OF OLDER PERSONS –OCTOBER 1**  
 International Day of Older Persons aims to help eliminate ageism and age discrimination. The 2022 theme is: The Resilience and Contributions of Older Women. This theme serves as a hallmark  
 And reminder of the significant role older women plays in traversing global challenges and contributing to their solutions with resilience and fortitude. **Celebrate the matriarchs of your family.**

### GREEK INSPIRED LAMB MEATBALLS



PREP 10min | COOK 8-10min | SERVES 4

#### INGREDIENTS

- 1 cup chicken stock
- 1/2 cup couscous
- 500 grams lamb mince
- 100 grams feta
- 1/2 cup fresh mint & basil, roughly chopped
- 1 egg
- zest of 1 lemon

*To serve, halved cherry tomatoes, fresh mint, zucchini ribbons and Greek yoghurt*

#### METHOD:

Place chicken stock in a small saucepan, place over high heat and bring to the boil. Place the couscous in a small bowl cover with hot chicken stock and allow to stand for five minutes or until the stock is absorbed.

In a large bowl place the couscous, lamb mince, feta, fresh herbs, egg and lemon zest and mix to combine. Take heaped tablespoon amounts of the mince and shape into patties. Heat a non-stick frypan to medium-high heat, add a little olive oil and fry the patties for 3-4 minutes each side or until golden and cooked through.

Remove and place onto a plate lined with kitchen paper to absorb any excess oil.

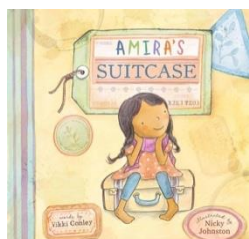
Serve alongside a big dollop of Greek yoghurt and a salad of halved cherry tomatoes, fresh mint and ribbons of zucchini. Enjoy X.



# FOCUS: Book Reading



CBCA Book of  
the Year Winners



## JETTY JUMPING | Andrea Rowe

*While Milla's friends take big, brave jumps off the jetty, Milla stays on the blistering wood, scared of what lurks below. But when Milla accidentally falls off the edge, she discovers the beauty of the deep, dark sea – and her summer changes forever.*

This story is beautifully written, a highly relatable tale about overcoming fears. The illustrations capture the imagination, tenderness and playfulness that surround Milla and her friends.

## AMIRA'S SUITCASE | Vikki Conley

*It begins with a tiny seed growing inside a suitcase. With Amira's care, the tiny seed starts to sprout. Find out what happens when kindness flourishes...Amira's Suitcase is a gentle, thought-provoking tale about friendship and hope.* New beginnings, simple pleasures and hope symbolised in a growing plant and a blossoming girl are themes in this book. When Amira arrives with her suitcase to a new home, she is timid, but through play she nurtures herself and heals, showing bravery, resourcefulness, and kindness.

## WALK OF THE WHALES | Nick Bland

*When all the whales in the ocean leave their home to walk around on land, people don't quite know what to think. But soon shopkeepers go out of business, farms are flooded with water and salt, and people shout horrible, anti-whale words. That is, until, a smart little girl decides to ask the whales what everyone can do to help.* The magic and mystery of childhood imaginings are combined with the grand possibilities of illustrations, and a profound message about humanity's



## READING AND BOOK-BASED ACTIVITIES

Reading with children develops their vocabulary, ability to listen and understand, and ability to connect sound and words. It also helps children learn about the world around them.

- Try books with rhyme, rhythm, and repetition. Many young children enjoy books like *Ten little fingers and ten little toes* by Mem Fox, *Hairy Maclary* by Linley Dodd and *The Gruffalo* by Julia Donaldson.
- Encourage your child to turn the pages and talk about what they see. Use your finger to guide your child's eyes from left to right across the page as you read and point out certain words or phrase
- Encourage your child to act out the story that you're reading. For example, you can ask your child to hop like the kangaroo in the book.

Follow your child's lead with reading. Encourage your child, but don't push them. Experiment with different books to see what your child likes, and just have fun! **FIND**



## Vacation Care September-October, 2022



### Sustainability CORNER

#### AUSSIE BACKYARD BIRD COUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

**This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you. Last year Australia counted 4.6 million birds in 7 days!**

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see.



You will need to count the number of each species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. [aussiebirdcount.org.au](http://aussiebirdcount.org.au)





## PRETEND PLAY

Young children learn by imagining and doing. Have you ever watched your child pick up a stone and pretend it is a zooming car, or hop a Lego across the table as if it were a person or a bunny? Your child is using an object to represent something else while giving it action and motion. But this pretend play is not as simple as it may seem. The process of pretending builds skills in many essential developmental areas.

**Language Skills** - Pretend play helps your child understand the power of language. In addition, by pretend playing with others, he learns that words give him the means to re-enact a story or organize play. This process helps your child to make the connection between spoken and written language — a skill that will later help him learn to read.

**Social and Emotional Skills** - Through cooperative play, he learns how to take turns, share responsibility, and creatively problem-solve. When your child pretends to be different characters, he has the experience of "walking in someone else's shoes," which helps teach the important moral development skill of empathy.

**Thinking Skills** - Pretend play provides your child with a variety of problems to solve. Whether it's two children wanting to play the same role or searching for the just right material to make a roof for the playhouse, your child calls upon important cognitive thinking skills that he will use in every aspect of his life, now and forever.

**Nurturing the Imagination - *Let them lead*** - When you pretend-play with kids, try not to guide them. If they ask you for help or for ideas, you can suggest prompts. But as a general rule, let your child take the lead and figure out what and how you'll play.

Follow this link for 8 ideas that promote pretend play [here](#)

Scholastic. (2022). *The Importance of Pretend Play*  
Retrieved from <https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/arts-and-craft-ideas/importance-pretend-play.html>



## Freeze Dance

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

It's an oldie but a goodie! Dance until the music stops, freeze, dance and freeze again. You can control the music yourself or find one on you tube. **Fire and Ice Freeze dance is a fun one to try!**