



SIMPLIFY, SLOW DOWN, BE KIND, AND DON'T
FORGET TO HAVE ART IN YOUR LIFE – MUSIC,
PAINTINGS, THEATRE, DANCE AND SUNSETS –

**Star Kids Long
Day Care &
Preschool**

JULY
2023



ON *this* MONTH

AT
STAR KIDS LONG DAY CARE & PRESCHOOL

**NAIDOC Week
Plastic Free July
Bear Week
Praise Box
International Friendship Day
Project Based Learning
Basketball Prize Ceremony
Vacation Care**

NAIDOC WEEK



NAIDOC Week is an Australian observance lasting from the first Sunday in July until the following Sunday. The acronym NAIDOC stands for National Aborigines' and Islanders' Day Observance Committee. By engaging in activities and discussions around NAIDOC Week, our children learnt about the impacts of colonisation and develop empathy, compassion, and a sense of social justice. Appreciating Indigenous Art and Storytelling: Aboriginal and Torres Strait Islander art and storytelling are integral to their cultures.

Plastic Free July



Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution, so we can have clear streets, oceans and beautiful communities. Our children also actively participated in this movement by doing learning activities. Educators also discussed further about this movement, how our environment is getting polluted and how we can keep our natural environment clean.



Bear Week

Children enjoyed the book, "Goldilocks and Three Bears" a lot. Based on their interest, educators decided to do learning activities using the theme/character of bears from the storybook. Children called it, "Bear Week". Throughout the week, children extended their interests of bears by taking part in various fun activities.

Praise Box



Educators created a praise box for our children to encourage them to follow our daily routine, classroom manner and so on. Educators take our children in the outdoor area in group and open the praise box to pick their rewards. It is a great way to motivate our children to work harder to achieve the rewards.

International Friendship Day



The main aim of the International Day of Friendship is to show our friends that you care about them and that we value their friendship. Friends cheer up our life and bring joy. Hence, this special day is necessary to celebrate all the important friends in our life. Children's social skills develop only when they have a lot of friends. Children who do not have friends end up becoming shy and alone. In our care service, children made cards, danced, and sang together to celebrate this special day.



Project Based Learning



Children participated in project-based learning according to our programming & planning. One of our most excitement project was sustainable project-based project where children used recycling items to create sustainable model city.



Basketball Prize Ceremony



Our preschoolers were awarded with medal in basketball prize ceremony. The coach called their names and children took turn to take their well-deserved prize. It was an amazing experience which encouraged our children to develop their participation in physical extra curriculum activities.

Vacation Care



On this month, we had large number of vacation care children and we designed our programming & planning to make sure they enjoyed our care service. We also focused on their interests and they participated in most of the learning activities with great enthusiasm.

HEALTH & SAFETY: Family Meals: Why do they matter?

Getting the whole family to sit down for dinner can be next to impossible – with young children, sport practice, working late and homework taking up the evening hours, many family members eat at whatever time best suits them – and that's OK from time to time. But research shows that families who eat together regularly (that's more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development.

The family dinner table, after all, is where children learn manners, converse, and interact with grownups, share what's happening in their lives and experience new foods. The preparation of food and the table setting process are all part of the roles in a family and shape thoughts and feelings around food and family.

Schedule Time to Eat Together

- Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect.
- If you don't usually eat together, start by scheduling one meal per week and increase the number as you are able.
- Circle your friends and family around healthy foods as often as you can. The more you eat together, the more you benefit.
- Try to schedule activities so that they don't interfere with mealtimes. If that's not possible, create a meal together around a picnic table in a park on the way to piano lessons or soccer.

Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen.

Everyone Can Help Plan & Prepare Meals

- Eating together is more likely to happen when everyone helps.
- Involve kids of all ages in planning, shopping for and preparing meals. These are important life skills that can help us eat well.
- Children are more likely to eat the foods they help you to

• Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make more from scratch. Remember, the meal doesn't have to be perfect. It's the time together that's important.

• Cooking is a great time to teach about kitchen and food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked. Always supervise their activities. Getting burned or cut puts an end to the fun fast!

Tip: If you aren't confident in the kitchen, choose simple and familiar recipes. This will help you enjoy your time together instead of trying to figure out the next step in the recipe.

Make Mealtimes about Being Together - Eating together provides a time to be connected. This helps children feel loved, safe and secure. Focus on enjoying each other's company, not on what or how much each child is eating. Keep mealtime conversations positive and encourage children to talk about their day. This helps to develop more communication between family members.

Tip: Turn off distractions like the TV, computer, tablets and phones during mealtimes. Keep toys and books off the table.

Model Positive Eating Behaviour - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating. Make offering new foods part of your regular mealtime routine. Children often need to see, smell, and touch a food many times before trying it, so offer new foods with familiar foods and include foods your child has refused in the past. Not everyone likes every food, and that's okay. Encourage kids to say "no, thank you," or teach them what you would like them to do or say if they don't want to eat something. Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues. Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating.



MAKE A MINI GREENHOUSE

A greenhouse isn't green! It's a structure with walls and a roof made of glass or plastic that traps heat from the Sun and moisture from the soil. This makes for perfect conditions for a seed to sprout and grow into a big, strong plant before the growing season starts outside.

Have a go at making your own at home. You will need to collect some recycling materials first. Follow the link below to get started.

HOW TO MAKE A MINI GREENHOUSE



HIDE AND SEEK

Everyone knows the classic children's game 'Hide and Seek', but did you know there are at least 15 variations that children will be able to understand very easily, and that they will quite simply *love* to play.

Research suggests there are many cognitive and emotional benefits to playing hide and seek. Also these are games that they can play over and over again, developing social skills and positive relationships with others as they play them.

The 15 hide and seek variations are:

- Hide and seek (standard)
- Hide and seek team up
- Sardines
- Hide and seek jail
- Secret wave
- Everyone is on
- Blocko
- Water pistol hide and seek
- Kick the can
- Hide and seek move
- Hide the teddy
- Hotter/colder
- Code hide and seek
- Object hunt
- Using maps to find 'treasure'.

Hide and seek games can take place pretty much anywhere – indoors, outside, in the park – you name it. Find out exactly how to play all of these variants [here](#).



LET'S PLAY HANDBALL

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

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.