



ON *this* MONTH

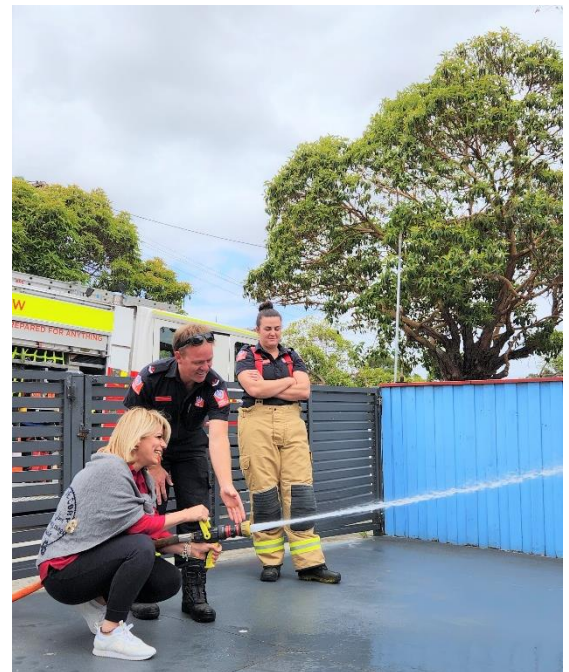
At
Star Kids Long Day Care & Preschool

Community Engagement
Family Engagement
Special Events/Celebrations
Victory Day of Bangladesh
Christmas Eve
New Year's Eve

Family Engagement



Community Engagement



Five Fire Safety Tips

- Install Fire Alarms
- Plan Fire Escape Route
- Keep Flames & Other Heating Equipment in Check
- Have Fire Extinguisher
- Utilize the Cliché Stop, Drop & Roll

Community Engagement



“The Know Waste Education Team Cleanaway”

“The Know Waste Education Team Cleanaway”, Canterbury Bankstown visited our care service to discuss about “Sustainability Waste Management Practice” with our children and educators. Children also participated in a lesson called Nature’s Recyclers which is a part of Know Waste Education Program, delivered by Cleanaway on behalf of City of Canterbury Bankstown.

Woolworths Fresh Food Discovery Tour Program

The ambition of the “Woolworths Fresh Food Kids” program is to make it fun and easy for kids to eat fruit and vegetables every day. The Fresh Food Kids Discovery Tours Program is all about teaching children what’s good to eat and where it comes from in a fun and engaging way.

Family Engagement



More & more families are getting engaged with our care service. We value trusting, open, and respectful relationship with families. We believe collaborative partnerships with families enhance children's inclusion, learning and wellbeing.

Special Events/Celebrations



REDUCE, REUSE, RECYCLING

Sustainability
CORNER



Sustainability
CORNER

FUN SNACKS

Shared by
Munch & Move

✦ Xmas Trees ✦

YIELDS
6 Servings

INGREDIENTS

1 avocado, mashed
1 wrap, preferably wholemeal or multigrain
6 cherry tomatoes, quartered
2 tbsp reduced-fat cheese, shredded



METHOD

1. Spread avocado on wrap.
2. With a knife or pizza cutter, cut wrap into 6 triangles.
3. Decorate the 'trees' with the tomatoes as baubles, placing the skin side up.
4. Layer shredded cheese at the top of each 'tree' to make a star.



CREDITS:

<https://healthy-kids.com.au/canteen-recipes/recipe-category/christmas/>

✦ Trinket Toast ✦

YIELDS
8 Servings

INGREDIENTS

4 wholemeal English muffins, halved and toasted
½ cup ricotta cheese
½ red capsicum
½ green capsicum
¼ yellow capsicum
1 cucumber, ends trimmed
1 tbsp hommus



METHOD

1. Spread ricotta evenly over English muffins.
2. Chop red, green and yellow capsicum into various shapes, such as cubes and strips.
3. Decorate the English muffin with capsicum pieces – get creative here!
4. Cut cucumber in half lengthwise, then cut each half into 2cm pieces. These will be the top of the baubles.
5. Stick cucumber onto the top edge of each English muffin using hommus, then serve.

Fun snacks shared by Munch & Move to make together with children as a healthy eating learning experience. Munch & Move aims to encourage positive healthy eating, physical activity, and screen time habits in young children in early childhood services. Management, educators, and families can come together to promote healthy living at care service. Healthy eating resources are based on three key National documents that focus on children, namely: The Infant Feeding Guidelines (2012) and the Australian Dietary Guidelines (2013), which form the basis for nutrition policy in Australia.

Source: <https://healthykids.nsw.gov.au/>



5 Minute MOVES

Rocking around the Christmas Tree

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

Ok so this is just old fashioned 'statues' jazzed up with some festive fun! Search 'kids Christmas carols', 'dance Christmas carols' or 'upbeat Christmas carols' on your favourite music platform. Take turns at being the music person. Everyone else starts frozen, press play, everyone dances and then press stop everyone freezes in their best Christmas tree pose. Switch the Christmas lights on and press play!