



ON *this* MONTH

AT STARKIDS LONG DAY CARE

Clean Up Australia Day
Holi Festival of Color
Day of Happiness
Harmony Week
Earth Hour



CLEAN UP AUSTRALIA DAY–MARCH 6

The amount of plastic waste has been surging because of the pandemic and we're concerned there will be long-term impacts on our environment. Over a third of Aussie households reported producing more waste and having had more items delivered ..



usual during lockdown periods. Get a small group of your friends, family and neighbours together and give back to your community.

FIND YOUR LOCAL CLEAN UP HERE

NEIGHBOUR DAY– MARCH 27

For the last 20 years Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood. Loneliness can affect anyone, at any time throughout their lives, and addressing loneliness across Australia is everybody's business. Getting involved in Neighbour Day is good for you and your community. FIND OUT WHAT YOU CAN DO.

Kids in the kitchen



PREP 10 min | COOK 4-6 HRS SERVES 5

INGREDIENTS

- 2 cups pumpkin, peeled and chopped
- 2 tins chickpeas, drained and rinsed
- 2 onions, diced
- 3 cloves garlic
- 1 cup kale
- 1/2 cup dried figs or dates
- 2x chopped tomatoes
- 4x Dutch carrots, chopped or 2x regular carrots
- 1 cup vegetable stock

Moroccan spice blend:

- 1 tsp ground cumin, 1 tsp ground ginger, 1 tsp salt
- 3/4 tsp black pepper, 1/2 tsp cinnamon, 1/2 tsp coriander
- 1/2 tsp cayenne, 1/2 tsp allspice, 1/4 tsp ground

METHOD: Heat 1 tbsp olive oil in a pan and sauté the onion, garlic and the spice blend until onions are soft.

Add to a slow cooker along with the pumpkin, chickpeas, kale, figs, tomatoes, carrots and stock. Cook on high for 4-6 hours. It will be ready when the pumpkin and carrots are soft. Serve on its own or with some rice, quinoa or sourdough. Pop it into the slow cooker and enjoy the fact that dinner is mostly done.

Love this recipe and want more? Go to [Jo Kate Nutrition](#)

Jo's course **The Nourished Family** provides you with a



PARENTING IDEAS | POSITIVE PARENTING

parentingideas.com.au/blog/

Parenting Ideas was founded by Australia's leading parenting educator, Michael Grose. Parenting Ideas offer positive parenting tips on child development for raising children and teenagers to be happy & resilient and building strong families.

Over the course of nearly twenty years, Parenting Ideas has become one of Australia's most trusted sources of parenting education and support.

PEG PLAY

A tub of colourful plastic pegs can mean many hours of play and learning. Learn colours and counting, improve fine motor skills and engage in experimental play. Sort the pegs by colour into different containers. Encourage your child to name the colours. If your child can count, they could count the numbers of pegs of each colour. Be playful with the pegs. See how many pegs you can fit on your sleeve or on someone else's. **Find more ideas here**

Fun with
NUMERACY



TEACHING KIDS TO BE WATER CONSCIOUS

With our water being exposed to pollution, climate change and a growing population, it's important to find ways to help connect children to this valuable resource so they appreciate why we need to save it. Showing them how they can make a big difference every day by reducing the amount of



Five Quick Ways to Teach Kids About Saving Water

- If clearing the dinner table is on their chore list, make sure they skip the rinse and put dishes directly in the dishwasher.
- Ask them to make a label for a special water bottle they can keep in the refrigerator so they don't have to run the tap until the water gets cold.
- Make sure they turn off taps tightly when they're done using them.
- If the kids need to wash their bikes or scooters, tell them to fill a bucket and use a sponge instead of keeping the hose running for the entire wash.
- If they're done with a glass of water, tell them to water the household plants instead of dumping it down the drain.

FIND OUT MORE WAYS TO SAVE WATER WITH KIDS HERE

Play with purpose



STEM

STEM is an acronym for science, technology, engineering, and maths. Skills developed by students through STEM provide them with the foundation to succeed at school and beyond. Young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

“During the earliest years, infants and toddlers develop 700 neural connections every second,” Buchter said. “These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry.”

What does STEM look like in Early Learning Settings?

- Cooking activities
- Nature walks
- Challenging building activities
- Grocery store exploring
- Water play

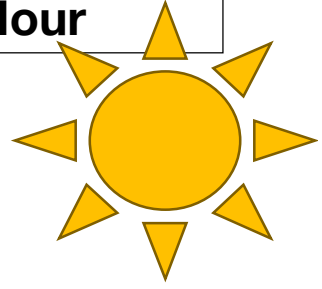
National Quality Framework | Quality Area 1:
Educational Program and Practice

1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development

University of Nevada. (2020, January 15). The Issues: Why STEM Education Must Begin in Early Childhood Education Retrieved from <https://www.unlv.edu/news/article/issues-why-stem-education-must-begin-early-childhood-education>

Earth Hour



Simon Says

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

This is a very simple fitness activity using the basic 'Simon Says' framework. Take turns being Simon and setting the fitness challenges. Here are a few examples to get you started:

Simon Says: Shake your whole body, jump up and down, spin around, walk like a bear on all 4s to the clothes line, hop like a frog, pretend to sit on an invisible chair 5 times, hop on your left foot, jump as far forwards as you can then jump back again.

Feedback
is always welcome



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