



'IF YOU BELIEVE IT WILL WORK, YOU'LL SEE OPPORTUNITIES. IF YOU BELIEVE IT WON'T, YOU WILL SEE OBSTACLES.' - Wayne Dyer

**Star Kids Long  
Day Care &  
Preschool**

SEPTEMBER  
2023



## ON *this* MONTH

**At  
Star Kids Long Day Care & Preschool**

**National Flag Day**

**International Child Protection Day**

**Early Childhood Educators' Day**

**International Literacy Day**

**R U OK? Day**

**Save the Koala Month**

**International Day of Awareness on Food Loss & Waste  
Reduction**



# National Flag Day

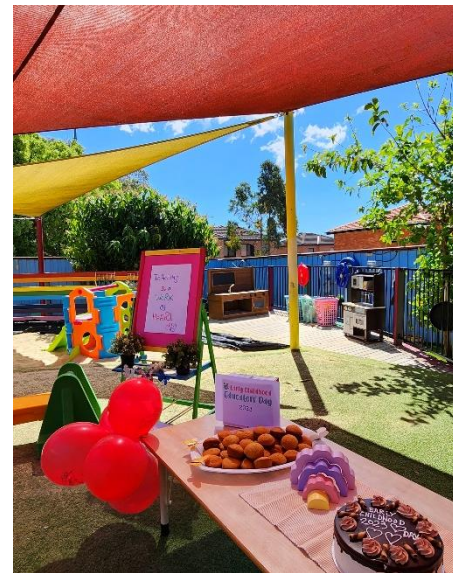
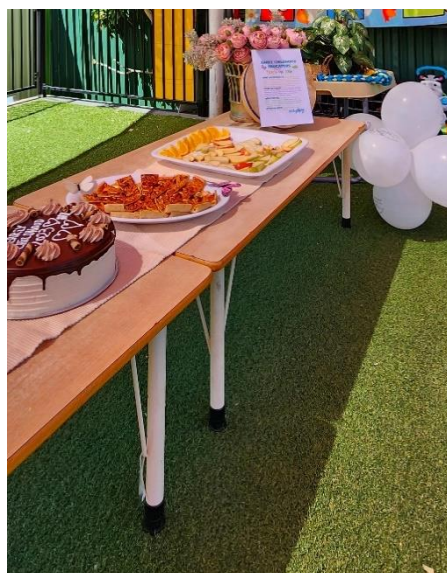


**Australian National Flag Day celebrates the first time the flag was officially flown at the Royal Exhibition Building in Melbourne in 1901 – the site of Australia's first Parliament.**

**Our preschoolers and vacation care children celebrated this significant event by making Australian flag. A group of children expressed interest in making Aboriginal flag as well. Later, they displayed their flags with joy.**



# Early Childhood Educators' Day



**Star Kids arranged an outdoor celebration event for all educators to express appreciation for their immense dedicated and to play an important role in our children's development. Children and educators enjoyed and spent a cheerful time together.**



# International Literacy Day



International Literacy Day is an annual event that celebrates literacy and the importance of reading and writing. International Literacy Day was started in 1966 by UNESCO to promote youth literacy and global understanding through reading.



# International Child Protection Day



This year between 3 September - 9 September 2023, Blacktown City Council is honouring the 2023 National Child Protection week. This year's theme for Child Protection week will continue to celebrate the overarching message that every child in every community needs a fair go.

## R U OK? DAY



R U OK? Day this year will be on Thursday the 14th of September. The theme for 2023 is "I'm Here, To Hear". Asking R U OK? is the first step, but it is important to genuinely listen to what comes after. In our centre, children took part in discussion to raise awareness of mental health and to develop empathy for others.



# Save the Koala Month



**September is Save The Koala Month, a month dedicated to raising awareness about the decline of koalas and showing the ways we can all help save koalas.**

**Our preschoolers did some learning activities related to this significant event such as,**

**Book Reading**

**Making Paper Tree for Koalas**

**Group Discussion**



## International Day of Awareness on Food Loss & Waste Reduction



The International Day of Awareness of Food Loss and Waste, with the 2023 theme **"Reducing food loss and waste: Taking Action to Transform Food Systems"**, is an opportunity to call to action both the public (national or local authorities) and the private sector (businesses and individuals), to prioritise actions and move ahead with innovation to reduce food loss and waste towards restoring and building back better and resilient-ready, food systems.

Our nominated supervisor had a detailed discussion about this topic to build their understanding about waste reduction.

## International Talk Like a Pirate Day





# International Talk Like a Pirate Day



The parodic holiday was created and ever since then on September 19 each year, everyone in the world is encouraged to talk like a pirate.

Our children enjoyed some fun activities to celebrate this event. For example:

- Pirate Language
- Throwing ball into Pirate mouth game
- Making gold stone



# Project Based Learning





## FOCUS: Why Kids Like to Test the Boundaries

As a baby, your child followed your lead. Then you navigated the “Terrific Twos” and came out the other side. So, it’s all calm sailing from here, right? Our little people are constantly growing and developing, and at some point, they start to realize they are independent people who exist as separate entities from their parents. This is when kids like to test boundaries. *“Time to take a bath!”* No way, I hate baths today. *“Try some broccoli.”* Nope, that’s going straight on the floor. As infuriating as this limit testing can be, it’s a sign of normal development.

We typically first see our kids test boundaries when they are around 3. This is because they are moving into a developmental stage where they are less dependent on you. Your child will start to do things like talk, feed themselves, use a potty, and even begin to dress themselves with limited input from you. However, with this growing independence and desire to assert themselves can come defiance. They are also learning how their behaviours influence others around them and will start to test the boundaries so they can make their own decisions. This all culminates in the testing to see what they can and cannot get away with. Limit testing occurs right up into the teen years, just in a different context. Our teenagers go through another developmental phase associated with independence. We might continue to see these testing behaviours as they gain personal responsibility and crave increased opportunities to express their needs and preferences.

### What’s Going on in Their Brains?

Defiance and limit testing are not only driven by regular developmental changes. They are also a way children can gauge their sense of security in the world as they start to navigate it without you by their side. In general, the human mind thrives off predictability; we like to know the rules and what to expect to decide how to react and respond. It also makes us feel safe when we can reliably predict or understand the rules and expectations. It’s no different for our children, except they haven’t learned the rules yet. So, consistency and predictability are vital for our little people as it helps them feel safe in an unknown and massive world. And rules and consistent limits reduce limit testing behaviours in the long run. Some of the most challenging behaviours we see, like defiance or dysregulation, arise when our children feel overwhelmed. When we give them clear limits, kids know where they stand, and they feel calmer and more settled because they know what to expect from themselves and you. Or from situations and how they should respond. But knowing what to expect doesn’t always mean compliance. Our kids need to receive the same messages many (many) times before they learn the rules. This is why limit testing can persist if we aren’t consistent.

### Tips for When Your Kids Test Boundaries

Aside from being consistent, below are some tips to get your kids to respect and listen to your boundaries.

**Communicate the Limits** - Ensure your child clearly understands the limits you have put in place. This could include getting them to repeat the rules or limit you have set. It also might consist of writing up or drawing steps they must follow. Remember that repetition is the key.

**Prepare for Transitions** - Transitions are hard for kids. They don’t want to stop what they are doing or don’t understand things like the concept of time (i.e., being late), so they struggle to move between tasks. Ensure you give them warnings, including telling them before the event/situation occurs (where practical) that a transition will be coming. Then provide them a warning and cue that the time is nearly up.

**Offer Options If Possible** - You can keep the boundary but still offer them the opportunity to be independent or make choices. It can trigger defiance when kids feel like they have no choice or control over their world.

**Help Them Regulate** Kids love and need rules, but they don’t always like them. This might bring up some strong feelings, so ensure that you stay firm but still help them manage any big emotions. You could remove triggers, help them take calm breaths, cuddle them, or help them get some excess energy out with star jumps or running on the spot.

**Let Them Be the Boss . . . Sometimes** Rules are great, but too many can be overwhelming for kids, and they can become defiant when they get no opportunities to be autonomous. This can lead your kids to try to test the boundaries. Try letting them be in charge sometimes. But this means managing your fears or challenges of letting go. Ensure you set both of you up for success by still putting some parameters in place.

**Find the Positives** Reframe the conversation and language to focus on the positives or change your attention to the behaviour.

## BOARD GAMES FOR NUMERACY

You might not expect much from a preschool board game. Players roll dice, or spin a spinner, and move their game tokens around a board. But when young children play number-based board games, something exciting can happen. If a game requires that players move their game tokens along an ascending sequence of numbered spaces — and speak these numbers out loud — it can help kids develop a crucial understanding of the number line and much more. Why not have a game night at home, begin with simple games like Trouble, Snakes and Ladders and Monopoly.





# HEALTH & SAFETY: The Vestibular System

The vestibular system has to do with balance and movement and is centered in the inner ear. Each of us has vestibular organs located deep inside our ears. When we move our heads, the fluid in these organs moves and shifts, constantly providing us with information about the position of our heads and bodies in space (spatial awareness). This sense allows us to maintain our balance and to experience gravitational security: confidence that we can maintain a position without falling. The vestibular system allows us to move smoothly and efficiently. It also works right alongside all of our other sensory systems, helping us use our eyes effectively and process sounds in our environment. Overall, vestibular processing helps us feel confident moving and interacting with our surroundings.

## A Healthy Vestibular System

When our vestibular sense is fully functioning, we are secure and organized enough in our bodies to be able to attend and respond to all of the other senses we encounter daily. A child with a well-developed vestibular sense feels confident and safe during movement activities, even if his feet are off the ground. He is able to start and stop movement activities calmly and with control. He is comfortable with climbing, swinging, somersaulting, and jumping – knowing that his body will adapt and that he will be able to maintain his balance and keep himself from falling or getting hurt.

## Problems With Vestibular Processing

A healthy vestibular system is central to the integration of the other sensory systems. When a child's vestibular system is not functioning correctly, he may be under responsive or overly sensitive to movement. He may either need to move constantly to feel satisfied or he may be fearful of movement because it makes him feel insecure and unbalanced. He may move in an uncoordinated, clumsy manner, bumping into things, falling, and never fully walking or sitting in an upright manner. This is the child that slouches at his desk or is constantly being directed to "stand up straight" or "quit leaning on the wall!" He may appear weak or "floppy."

As a result, he might have difficulty coordinating and planning motor tasks such as jumping jacks, skipping, catching a ball with two hands, or reaching across the centre of his body (crossing midline), or even coordinating movements of the mouth, resulting in difficulty with speech production. Vision is closely related to the vestibular system. When we feel balanced and centred, our eyes can move smoothly and steadily and are able to focus, track, and

discriminate between objects in our environment. Difficulty with tasks that require the eyes to move left to right (e.g., reading) or up and down repeatedly (e.g., copying information from the board) may be signs of a disrupted vestibular system. If your child exhibits any symptoms of vestibular processing difficulties, seek advice from your physician and/or an occupational therapist who can guide your child in a safe, secure manner to develop and adapt this important sensory function.

## Activities to Promote the Development of a Healthy Vestibular System

Most children develop a strong vestibular sense simply through engaging in everyday play activities that allow for exploration and movement. There are many activities that can help promote the development of a healthy vestibular system. Here are some of our favourites:

- Any and all things playground related!
- Swings are great for encouraging all sorts of movement (front to back, side to side, circular) Let kids go at their own speed: fast and high, or slow and low. It's all great vestibular experience! Not at the park? Try a blanket or sheet held by two adults for a makeshift swing!
- Slides are also beneficial for providing fast movement.
- Hanging upside down from playground equipment.
- Rocking! Fast, slow, or to the rhythm of your favourite song! Or try these fun **Row, Row, Row Your Boat Activities**.
- Spinning! Office-style swivel chairs are perfect. Or try a sit and spin toy, log rolling across floors or down hills, somersaults, or cartwheels. Other ways to spin: tire swings, scooter boards, and merry go rounds.
- Jumping! On a trampoline, up/down off curbs or other surfaces, jumping jacks, jump rope, hopscotch. Bouncing on a large inflatable ball (exercise ball).

Braley, Pam. (2014). The Vestibular System. Retrieved from <https://theinspiredtreehouse.com>



To read in full and for additional advice on the Vestibular System follow the QR code link.



## BE SMART WITH E-WASTE

E-waste is a broad term used for any kind of electronic or electrical product that has a plug or battery that has come to its 'end of life'. It includes everything from TVs, computers and mobile phones to batteries and kitchen appliances.

E-products is perhaps a better way to refer to them because they are certainly not waste. In fact, they often contain valuable materials like plastic and precious metals including gold, silver, platinum, nickel, zinc, aluminium and copper. These materials can easily be recovered and recycled into something new, which prevents electronics being made from new or 'virgin' materials. Recycling your old electronics keeps these materials in use in the circular economy and out of landfills. If you need to dispose of any E-products contact your local council or Planet Ark to locate your closest recycling drop off location. <https://recyclingnearyou.com.au/education/ewaste>





## MUSIC AND DANCE

If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

**Music and dance engages the brain:** Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

**It helps cultivate communication skills:** Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

**Music and Dance allows kids to express themselves**  
Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able put their thoughts into words.

**It helps foster physical skills:** Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

**Music and dance contribute to creativity and imagination:**  
With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: <https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers>

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *Program*. The educational program enhances each child's learning and development.



## 5 Minute MOVES

### CRAWL CHASE

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away trying to avoid being tipped! *Have fun.*