



WE CANNOT SOLVE PROBLEMS WITH THE KIND OF THINKING WE EMPLOYED WHEN WE CAME UP WITH THEM. —ALBERT EINSTEIN

Star Kids LDC
& Preschool



ON this
MONTH

AT

Star Kids Long Day Care & Preschool

Eid al-Fitr

Easter Celebration

Bangla New Year

Nature Play Week

Dream St Dance Program

Earth Day

Anzac Day





Eid al-Fitr Celebration

This month, our preschoolers joyfully celebrated Eid al-Fitr through a variety of engaging and educational activities. With the guidance of our dedicated educators, the children decorated their classroom, transforming it into a festive and vibrant space. They also took part in creating special goody bags, which they proudly gifted to their parents in celebration of Eid. Through these hands-on experiences, our little learners explored the rich cultural traditions of Eid al-Fitr, fostering a sense of community and understanding.

Easter Celebrations

Our preschoolers celebrated Easter, diving into the diverse cultural traditions associated with this holiday. Through fun and educational activities, the children learned about various Easter customs from around the world. They enjoyed egg decorating, participated in a festive egg hunt, and shared stories about different Easter traditions. This celebration provided a wonderful opportunity for our young learners to explore and appreciate cultural diversity.



Bangla New Year

our preschoolers enthusiastically celebrated Bangla New Year in our care service. Through engaging activities, they explored the vibrant traditions of this cultural festival. They also had fun creating special crafts to commemorate the occasion. This celebration offered a wonderful opportunity for our young learners to immerse themselves in the rich cultural heritage of the Bangla New Year.



Nature Play Week

our preschoolers delighted in Nature Play Week, spending time exploring and learning outdoors. The children engaged in various activities such as bug hunting, leaf collecting, and creating nature-inspired crafts. These hands-on experiences allowed them to connect with the natural world, fostering a sense of curiosity and appreciation for the environment. Nature Play Week was a wonderful opportunity for our young learners to enjoy the beauty of the outdoors and develop their love for nature.



Dream St Dance Program

Preschoolers and vacation care children had an exciting day participating in the Free Dream St Dance Program. The kids enjoyed learning new dance moves and expressing themselves through music and movement. This special program provided a fun and energetic way for the children to stay active and creative. It was a memorable day filled with laughter, rhythm, and joy for all who took part.



Earth Day

Our children celebrated Earth Day with a variety of engaging activities and discussions. The children participated in planting seeds, crafting with recycled materials, and exploring nature around our school.

Educators led thoughtful discussions about the importance of taking care of our planet, teaching the children simple ways to be more environmentally friendly. These activities helped our young learners understand the significance of Earth Day and inspired them to appreciate and protect the world around them.



Anzac Day

Our preschoolers, along with our vacation care children, honoured ANZAC Day through art and craft activities and meaningful discussions. The children created poppy artwork and made remembrance wreaths to commemorate the day. Educators led age-appropriate discussions about the significance of ANZAC Day, helping the children understand and appreciate the history and bravery of the ANZAC soldiers. This celebration provided a thoughtful and creative way for our young learners to engage with this important part of our heritage.



FOCUS: This One Thing is the Answer to a Good Life

From a young age, society tells us we need certain material things to be successful, to lead ‘the good life.’ To obtain the dream home, the respected career, the luxury vehicles, we need to constantly work harder, push harder, be more.

Truth be told, ‘the good life’ for many people means being caught in a vicious cycle of crazy-business. The question then becomes, what really keeps us happy and healthy as we go through life?

Empirical data from a longstanding Harvard study shows time and time again, one strong predictor of a happy and healthy life. For 75 years, the Grant and Glueck study has tracked multiple generations of people collecting ongoing data about their work, their home lives, and their overall health through blood samples, brain scans, and more...The study conclusion?

Robert Waldinger, director of the Harvard Study of Adult Development, states, “The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.” Not in the square footage of your home. Not the brand of clothes you wear. Not the type of car you drive. Not the different companies you worked for or how much is in your 401K.

The study shows the most influential empirical predictor of health and happiness in life is — connection.

Data from the study demonstrates that having someone trustworthy to rely on when life gets tough helps your brain stay healthy, helps your nervous system relax, and reduces both physical and emotional pain. The research also shows people who are isolated or who feel lonely are more likely to see physical health decline earlier in mid-life, brain function decline, and live shorter lives overall.

Waldinger explains, “It’s not just the number of friends you have, and it’s not whether or not you’re in a committed relationship,” but rather, “It’s the quality of your close relationships that matters.”

In other words, you don’t need to be a social butterfly with a big group of friends or even currently be in a romantic relationship; what matters is connecting with people who light you up. The key to happiness is to practice *leaning into* healthy relationships.

Let’s say you’re 25, or you’re 40, or you’re 60 — what might leaning in look like? Waldinger explains the possibilities are endless regardless of age.

“It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven’t spoken to in years.”



In other words, make time for the people who matter most to you. Find a simple way to show ‘your people’ they are important — send a “remember when” text to a friend, give your partner a hug and don’t let go until after they do, make eye contact with your kids at dinner time, try that new yoga class your friend has been mentioning to you, send a good old fashion snail-mail greeting card to someone with a short handwritten note. Small acts of kindness go a long way.

In the end, this 75-year scientific study confirms what you already know deep down — “the good life is built with good relationships.”

“When you connect with people who are good for you, you feel it. This is a big deal. Don’t forget to acknowledge how great it is to be around someone who lights you up. Tell them, even if you feel a little weird. Your people love your weirdness.”

— Author Unknown.



Read the article via the QR code.

Source: Harrington, Zina (2021). This 75-Year Harvard Study Found This One Thing is the Answer to a Good Life. Retrieved from becoming unbusy.

LETTER EGG HUNT

YOU WILL NEED: Plastic eggs, magnetic letters/ letter stickers, paper, marker.

Children love searching for Easter eggs- extend that fun into this letter recognition activity. On a piece of paper write out your child’s name. Place one magnetic letter for each letter of their name into a plastic egg. Hide the eggs around your Home and send your child off to find all the eggs. As they find the eggs they match it to the letter in their name. You could also match lower case and upper-case letters, spell simple words or even swap and add numbers to the eggs too.



HEALTH & SAFETY: Healthy Sleep



You know the scene. You're kicking back with your partner, glass of wine in hand, enjoying some quiet time at the end of the day, while your children slumber sweetly in bed.

You're serene in the knowledge that your children are getting the sleep their growing brains and bodies need and they'll wake up well rested and ready for the day ahead.

Or perhaps not. Instead, you might be one of the exhausted souls suffering the grinding misery of a child who doesn't sleep.

You'll spend hours trying to settle them, only to have them wind up in your bed. They'll wake up tired and irritable and get through the day fuelled by manic energy and meltdowns.

Sleep is very important to a child's health and development. A child's sleep is also important for their parents' health and relationships. It's just not always easy to come by.

The need for sleep varies with age. Infants require 12-16 hours, toddlers 11-14 hours, pre-schoolers need 10 – 13. A child in primary school generally requires between 10 and 12 hours sleep at night, while a high school student needs between eight and 10 hours. An adult needs seven to nine hours a night. But you can't just pick the low end of the range and assume that's enough – an individual might well need sleep at the top end of the range, or they might need more than the guidelines.

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance. Studies as far back as 1980 suggesting some children who were diagnosed with ADHD, medicated and pulled out of mainstream school were merely sleep-deprived.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the

same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine. **Have a consistent pre-bedtime routine.** This will help your child settle and prepare for sleep. It may include reading quietly, a warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime. **Limit access to electronic devices** (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

Self-settling

It is important skill to learn for children in order for them to go back to sleep after waking in the night. Sleep however is a skill that needs to be taught and there are many ways to go about it. Consistency with anything is key! Below you will find a range of resources to help you teach self-setting as well as all the other important aspects of sleep hygiene.



Read the article via the QR code.

Children's Health Queensland Hospital and Health Service. (2021). *Healthy sleep-in children*. Retrieved from childrens.health.qld.gov.au

Feedback
is always welcome

Star Kids Long Day Care & Preschool

Email: starkidslongdaycare@gmail.com

Phone number: **0283871642**