



UNCERTAINTY IS WHERE THINGS HAPPEN. IT IS WHERE  
THE OPPORTUNITIES - FOR SUCCESS, FOR HAPPINESS,  
FOR REALLY LIVING - ARE WAITING. - OLIVER BURKEMAN

Star Kids Long Day  
Care & Preschool



# ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

**Preschool Graduation  
Ceremony, 2022  
Chinese New Year  
Australia Day  
Vacation Care**







## Preschool Graduation Ceremony, 2022

Star Kids Preschool celebrated its 8th Graduation ceremony on 28 January 2022. The ceremony was presided by the Managing Director and owner of the Preschool Md Khairul Islam. Hon Tony Burke MP (Leader of the House, Minister for Employment and Workplace Relations and Minister for the Arts) was the Chief Guest of the ceremony who handed over the certificates to our graduating children. He also presented Awards to the Star Kids staff and educators for their excellent performance. We cherish and thank you all so much for being able to manage time and attend the ceremony. We express our gratitude to all parents, community members, families, and friends for making the day very special for all our graduating children. From Star Kids Team, we wish our Graduates a joyous, successful, and prosperous learning journey.

Please have a look on to next pages to see more images.























# Community Events

## Community Events



### AUSTRALIA DAY – JANUARY 26

Australia Day is a day to reflect, respect and celebrate the Australian spirit and the best of this country – our mateship, our sense of community and our resilience. We find optimism and hope as we look to the future. Australians, and we celebrate our achievements by coming together and connecting with family, friends, and the community. Go to your local council website to find events happening around you.

### CHINESE NEW YEAR - JANUARY 22

Chinese New Year 2023 falls on Sunday January 22. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. Celebrations culminate with the Lantern Festival on February 5.

Did you know Chinese New Year is celebrated by more than 20% of the world? It's the most important holiday in China and to Chinese people all over.



# Vacation Care



Our vacation care children enjoyed various fun learning experiences in our care service. They also met with their old peers and spent quality time. We designed play-based learning programming for vacation care children to provide an excitement experience each day during their summer vacation.

**RECYCLED CRAFT:** Collect, milk bottles, cardboard rolls, bottle caps, egg cartons etc. Having a box filled with recycled items provides an open-ended engaging activity for children. Add some masking tape and markers watch your children's imagination take over.

If you wish to create a more guided activity simply search google for 'recycled craft for kids'. There are endless ideas of what you can create with a few simple household items.







## LEARNING TO UNWIND

We all know it feels nice to have a little free time to unwind and relax. Kids reset their brains while engaging in fun, unstructured activities, it allows them to have time to process the information from the day and “integrate new information.” At this time of year our calendars are loaded with events and activities building in unwinding time is extremely important and what it may look like for each will be as individual as them. Here are a few ideas to help you and your child relax together.

**Deep Breathing:** Teach your child how to engage in deep breathing by talking to him or her about taking *big, slow* breaths through their nose and letting the air out of their mouth.

**Free Play:** According to experts, kids’ brains don’t need to be totally *inactive* during downtime. But they can benefit from having some time in *default mode*, where they aren’t focused on a specific activity.

**Go Outside** - There’s nothing like getting *fresh air*.

**Turn on the Tunes** - Listening to music, singing, and dancing are fun ways to take brain breaks throughout the day.

**Read** - Set aside quiet reading time in the house where your children (and you!) can find a cosy spot and curl up with a favourite book. Read together or alone to help relieve stress from the day and escape into a story.

**Exercise** - Whether it’s playing a sport, swimming, or running around in the backyard, exercise can be a great way for kids to clear their heads and relieve stress.

**Stimulate the senses** - Engaging the senses can create some nice calming effects for kids. Think playdough, sensory bins/walls, bubble baths with lavender.



## 5 Minute MOVES

### Tissue Dance

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

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?