



If you have good thoughts, they will shine out of your face like sunbeams, and you will always look lovely." – Roald Dahl

Star Kids LDC
& Preschool



JUNE
2024

ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

World Environment Day
Reconciliation Week
Global Wind Day
World Yoga Day
Crazy Hair Day
Eat Your Vegetable Day
Eid Ul Adha Celebration
International Fairy Day
Listening & Speaking Check Up

WORLD ENVIRONMENT DAY - JUNE 5

Encourages awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

World Environment Day 2024 campaign focuses on land restoration, desertification and drought resilience under the slogan "Our land. Our future. We are #GenerationRestoration."

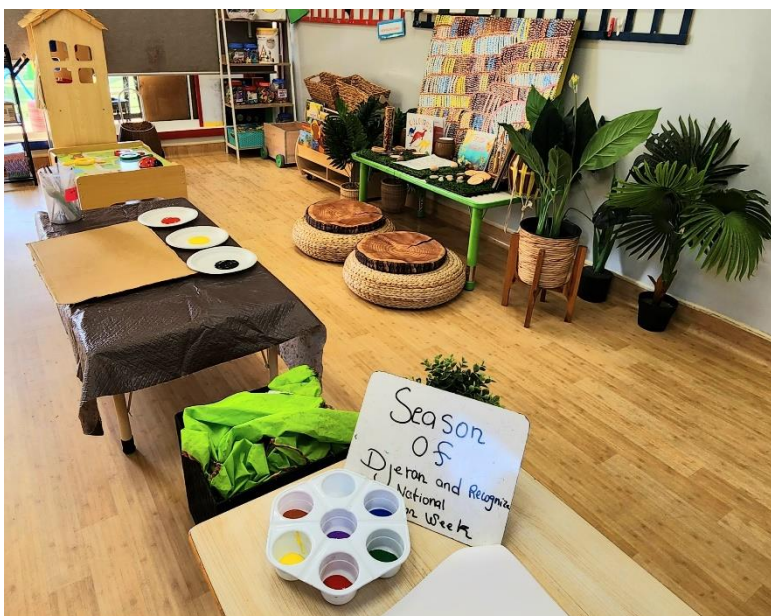
GLOBAL WIND DAY - JUNE 15

Global Wind Day is a worldwide event that occurs annually on 15 June. It is a day for discovering wind energy, its power and the possibilities it holds to reshape our energy systems, decarbonise our economies and boost jobs and growth. Follow the link below to read 'Let the wind blow' a comic book about how renewable energies like wind will help lead the transformation to a cleaner, healthier world for everyone.



Reconciliation Week





During Reconciliation Week, our preschoolers engaged in a variety of enriching learning experiences to celebrate and explore diverse cultures. They participated in storytelling sessions featuring traditional tales, enjoyed music and dance from different cultural backgrounds, and created beautiful artwork inspired by indigenous art styles. Through these activities, the children not only had fun but also developed a deeper appreciation and understanding of the rich cultural diversity that makes our community so special. It was a wonderful week of learning, growth, and connection.

Eat Your Vegetable Day



To celebrate Eat Your Vegetables Day, our preschoolers dived into the world of healthy eating with enthusiasm! They learned about different types of vegetables, their colours, and the benefits they provide for our bodies. The children participated in fun activities such as veggie tastings, making vegetable art, dramatic play and even planting their own seeds. Through these hands-on experiences, they discovered the importance of incorporating vegetables into their daily meals, fostering a love for healthy eating from a young age. It was a delightful day filled with learning, laughter, and tasty, nutritious fun!

Eid Ul Adha Celebration



Our preschoolers had a celebration of Eid ul-Adha through a wonderful group experience! The festivities included a special Eid party organized by our dedicated educators for the children and their families. The children arrived in their beautiful Eid clothes, adding to the vibrant atmosphere. Together, they engaged in a creative project to make a model of the Kaaba, guided by the educators. This celebration was a fantastic opportunity for the children to learn about and appreciate the significance of Eid ul-Adha, while sharing joyous moments with their friends and family.

Crazy Hair Day



Our preschoolers at Star Kids had a blast celebrating Crazy Hair Day! The children came to school sporting wild and creative hairstyles, showcasing their unique personalities and imagination. From colourful spikes to colourful hair, the hairstyles brought laughter and excitement to everyone. It was a fantastic day filled with fun and creativity, making unforgettable memories for our little ones!

Listening & Speaking Check Up



SLHD - Talking and Listening Check-Ups visited our preschool. The team provided valuable insights and assessments, helping us understand and support the children's communication development. Their visit was both informative and beneficial, ensuring our kids receive the best possible care in their early learning journey.

HEALTH AND SAFETY: It's germ season

What Are Germs?

The term "**germs**" refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease.

Washing hands well and often is the best way to prevent germs from leading to infections and sickness.

What Problems Can Germs Cause?

When germs invade the body, they get ready to stay for a while. These germs draw all their energy from the host. They may damage or destroy healthy cells. As they use up your nutrients and energy, they may make proteins known as **toxins**, which can help the germ in its mission to destroy.

Germs also activate the **immune system**, the network of cells, tissues, and organs that work together to protect the body. Our immune system sends out white blood cells, antibodies, and other chemicals to rid the body of the invading germs.

The germs, the toxins, and the immune system processes all can lead to the annoying symptoms of a **cold** or **flu**-like infections, such as sniffles, sneezing, **coughing**, and **diarrhea**. They also can cause a high **fever**, increased heart rate, low blood pressure, an inflammatory response in the body, and even life-threatening illness.

How Can We Protect Ourselves From Germs?

Most germs spread through the air in sneezes or coughs or through body fluids like sweat, saliva (spit), semen, vaginal fluid, or blood. So, limiting contact with them, when possible, is the best protection against germs. Remember to:

- Wash your hands
- Avoid being near people who are sick. If you are sick, stay home.
- Try not to touch your eyes, nose, and mouth
- If you sneeze or cough, cover your mouth and nose with a tissue, and then throw it out. If you don't have a tissue, sneeze or cough into your elbow, not your hands.

Hand Washing

Making sure everyone in your family washes their hands well and often is the best way to stop germs from causing sickness. It's especially important to wash hands:

- after coughing or nose blowing
- after using the bathroom

- before preparing or eating food
- after touching pets or animals
- after gardening
- before and after visiting a sick relative or friend

There's a right way to wash your hands:

- Use water (warm or cold) and plenty of soap. Rub your hands together for at least 20 seconds (away from the water). Kids can sing a short song — try "Happy Birthday," twice — to make sure they spend enough time washing.
- Rinse your hands
- Dry your hands well on a clean towel or air dry them.

If soap and water aren't available, use hand sanitizer with at least 60% alcohol. Rub hands together until the sanitizer dries. This should take about 20 seconds.

Cleaning Surfaces

Cleaning household surfaces well is also important. Wipe down objects around the house that get touched a lot, such as toys, doorknobs, light switches, sink fixtures, and flushing handles on toilets. Soap and water are fine for cleaning. It's generally safe to use any cleaning agent that's sold in stores. But avoid using different cleaners or chemical sprays together because the mix of chemicals can irritate skin and eyes. You can use household bleach for disinfecting, but always follow the package instructions when using bleach products.

Vaccines

Another way to prevent infections from germs is to make sure your family has the right immunisations (or vaccines), which prepare the body to fight illness. Vaccines contain either a dead or a weakened germ (or parts of it) that causes a particular disease. When someone gets a vaccine, their immune system acts as if there's a real infection. It makes antibodies that recognize parts of that germ. So, if that germ enters the body later, the antibodies are in place and the body knows how to fight the infection so the person won't get sick.



Read the article via the QR code.

Source: Durani, Yamini. (2024, June 20). **Fighting Germs**. Retrieved from kidshealth.org/en/parents/fighting-germs.html



PHONICS BASKET

Set up a fun phonics activity for pre-schoolers and school aged children with this sorting objects into baskets game!

Use three or four baskets and label them with one letter each. Find small toys, items, and pictures that begin with the letter on each of the baskets, and have your children sort the items into each basket. This game will help children learn 12 letters as well as determine beginning sounds.





SLEEP / NAP TIME

Sleep is important for all of us because it's a time for rest and recovery, allows our brains to form new pathways and is a chance to replace chemicals and repair muscles. Because young children grow and develop so quickly, they need much more sleep—including daytime sleep—than adults.

Naptime is not only important for regaining energy, it's also beneficial for brain development in young children. Several studies have shown that napping allows for improved cognition and memory development.

In fact, one study had preschool children play the game "Memory" either after a nap or after quiet playtime. The children who napped showed better recall than those who did not.

What if my child no longer has naps? Children who do not wish to sleep are provided with alternative quiet activities and experiences, while those children who do wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day we provide them with a comfortable, safe area they can rest in.

National Quality Framework | Quality Area 2: Element 2.1.1 – *Wellbeing and comfort*. Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.



Our preschoolers had a magical time celebrating International Fairy Day! They participated in enchanting activities such as fairy-themed crafts, storytelling sessions about whimsical fairy tales, and a magical fairy garden exploration. The day was filled with wonder and imagination, allowing the children to immerse themselves in the enchanting world of fairies. It was a truly delightful celebration that left everyone spellbound!



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?