



LIFE IS NOT A PROBLEM TO BE SOLVED, BUT A
REALITY TO BE EXPERIENCED – SOREN
KIERKEGAARD

Star Kids Long Day
Care & Preschool



MAY
2023

ON *this* MONTH

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

National Heart Week [Munch & Move]

National Road Safety Week

Basketball Program

Mother's Day

International Firefighters Day

Reconciliation Week

National Heart Week



“A Healthy Heart is a Happy Heart”

It starts on the first Sunday in May and runs for one week. The Munch & Move key messages to be promoted during Heart Week are 'Eat more fruit & vegetables', 'Choose healthier snacks' and 'Get active each day'. These messages help to maintain a healthy body and organs.

Our children celebrated heart week by taking part in various fun learning experiences, ate fruits & vegetables, drank a lot of water joined in meditation and physical activities to active throughout the week.

National Road Safety Week



National Road Safety Week is a time for us to remember those people who have experienced trauma on our roads. We urge communities to come together and make their pledge to ensure the roads are safe for everyone. The theme of the UN Global Road Safety Week focuses on designing transport systems with people at the centre, and highlights how sustainable and active travel can help us to create greener, safer, and more liveable communities. In Star Kids, educators encouraged children to demonstrate their knowledge and build awareness about road safety by taking part in learning experiences.

Basketball Program



Little Boomers Basketball Program offer a weekly training program for children that follows the national coaching curriculum. Through a mix of drills and activities, children build up their confidence and social skills levels, coaches are mentors for children and help them encourage them to have a positive experience with team sports and basketball.

Our pre-schoolers actively enjoying this program and learning new basketball drills every week.

Mother's Day



Mother's Day [May 12]
Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. We invited our parents to celebrate this special day with our children and Star Kids Family. We shared a meaningful experience.

NATIONAL FAMILIES WEEK [MAY 15-21]
National Families Week has been celebrating the importance of families for 21 years in 2023. This week celebrate with your family, contact your extended family and friends, and share in the enjoyment of family activities within the wider community.

International Firefighters Day



One of the symbols of International Firefighters' Day is a red and blue lapel ribbon. Red is the colour of fire and blood, so it is associated with energy, danger, strength, and power. But more importantly, the Red depicts the courage found deep in each firefighter's blood to conquer their fears to save and protect life and property.

Reconciliation Week



National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. In 2023, the National Reconciliation Week theme is 'Be a Voice for Generations'. It urges all Australians to use their power, their words, and their voice to create a better and more just Australia for all of us.

National Simultaneous Storytime 2023

National Simultaneous Storytime is held annually by the Australian Library and Information Association. Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops, and many other places around the country.

FOCUS: BENEFITS OF SENSORY PLAY

What Is Sensory Play Sensory play is the type of activity that stimulates children's senses which are the different ways we perceive the world. Our brains use senses to help us manoeuvre in our surroundings and sensory play helps children develop them.

The five most commonly known senses are taste, smell, sight, touch, and sound. Most sensory plays focus on stimulating the touch, sight, and hearing senses because they are more accessible. Activities that can provide a sensory experience to stimulate other senses are also important although less common when people talk about sensory play.

Why is sensory play important? Sensory play in early childhood plays an important role in brain development because sensory stimulation is essential for sensory integration and cognitive development ². Human brains are made up of trillions of brain cells (neurons) and nerve connections (synapses). Sensory activity can strengthen sensory-related synapses and functions in the brain.

Exposing children to various sensory experiences is necessary for a young brain to develop the proper sensory processing capabilities. Sensory play activity is especially important to children with sensory processing problems such as sensory processing disorder. These children tend to have difficulty engaging in sensory play activities.

Play is also essential to a child's development, such as language development, besides sensory development. Children become more creative by playing. They also build their linguistic, cognitive, visual spatial, social, and emotional skills.

Sensory Activities Ideas: Kids of all ages can benefit from activities that stimulate their different senses. It is easy to create sensory activities using different objects at home.

There is no need to buy expensive sensory toys. Use ordinary objects in your house as sensory materials. Here are some of the best sensory activities and fun ideas for busy parents.

Tactile play: These objects provide sensory input to stimulate children's touch senses. Don't be afraid to try something new and have messy play activities. That's sensory learning! This is also a great time to bond with your child and create fun memories that will last a lifetime. food

- shaving cream
- hair gel
- baking flour
- play dough
- cotton balls
- water plays with different temperatures.



Visual play: sensory bottles filled with water and glitter for shaking and watching, finger-painting using art material, scavenger hunt.

Scented play: Fruit, flowers, spices.

Audio play: baby rattles, musical instruments, knocking on different types of materials to hear the different sounds, e.g. metal, wood, plastic, paper, etc.

Taste play: **Sweet** – apple, muffin, **sour** – orange, lemon, **salty** – pasta, bitter – kale.

Sensory tub: Fill a large container or table with new things that children can touch, smell, or hear to give them new sensory information. Different materials with different textures can be used in themed sensory bins for variety.

Ask your kid relevant questions about their sensory exploration to build their language skills at the same time. Create a conversation that encourages your child to use descriptive words.

For example, ask these questions: How does it feel? What does it look like? Does it smell good? Do you like the sound it makes?

Final Thoughts On The Importance of Sensory Play So, the next time you see your child play with random items like paper towel rolls, pots, straws, and toys; encourage them. Babies and toddlers can use anything and everything to explore the world. And by allowing them to follow their instincts, you help nurture their senses.

Li, Pamela. (2023). Benefits of Sensory Play and 21 Sensory Activities for Pre-schoolers. Retrieved from <https://www.parentingforbrain.com/sensory-activities-importance-sensory-play/>

Sustainability CORNER



Sustainability in early childhood education is an important part of the curriculum and should be incorporated into every service setting. Creating natural environments and providing natural materials in one way for sustainability to occur. Practicing sustainability empowers children to construct knowledge, explore values and develop an appreciation of the environment and its relationship to their worlds. This lays the foundations for an environmentally responsible adulthood.



Developing numeracy skills early gives children an important foundation for their learning and development. It helps prepare them for daily life, including general problem-solving and handling money. Maths includes noticing numbers, shapes, patterns, size, time, and measurement.



PUT ON A SHOW TOGETHER

Children are natural performers! Using whatever props you have to hand (puppets, dolls, action figures, hairbrushes, boxes can all help), act out a play with your child. Let them dictate the plot as you go! The key is for your child to explore their own creative interests and express themselves.

Not sure where to start?

Bring a book to life: act out one of your child's favourite books. Let the children grab some props, musical instruments and whatever else they want out, and have some fun re-telling the story together.

Choose a nursery rhyme: you know them well. Use one of the classics and turn it into a show.

Re-create your favourite episode of Bluey! My children do this without prompting.

If your child isn't into 'acting' get out the music instruments, cardboard boxes and put on a rock show!

Call in siblings, Grandparents, friends to watch the show!

Drama and storytelling also give your child **opportunities to build and practise vocabulary and learn about the structure of stories.** And when your child acts out roles like a caring nurse, they see the world from someone else's point of view. This helps them build empathy.

The preschool years can be a very creative time! Give them the platform and safe space to perform. Have fun!



5 Minute MOVES

Go Noodle

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

Go Noodle is a interactive website full of active videos for children. Dance and move along with the hosts on the screen. No need to sign up just press play. Give this one a try [indoor recess](#)

Adults boost those endorphins and join in too!

Feedback 
is always welcome

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