



There is nothing either good or bad but thinking  
makes it so — WILLIAM SHAKESPEARE

Star Kids LDC  
& Preschool

OCTOBER  
2024



# ON *this* MONTH

AT

**Star Kids Long Day Care & Preschool**

**World Animal Day**

**Grandparents Day [Community Event]**

**World Space Week**

**World Mushroom Day**

**National Nutrition Week**

**Community Engagement**



# Grandparents Day







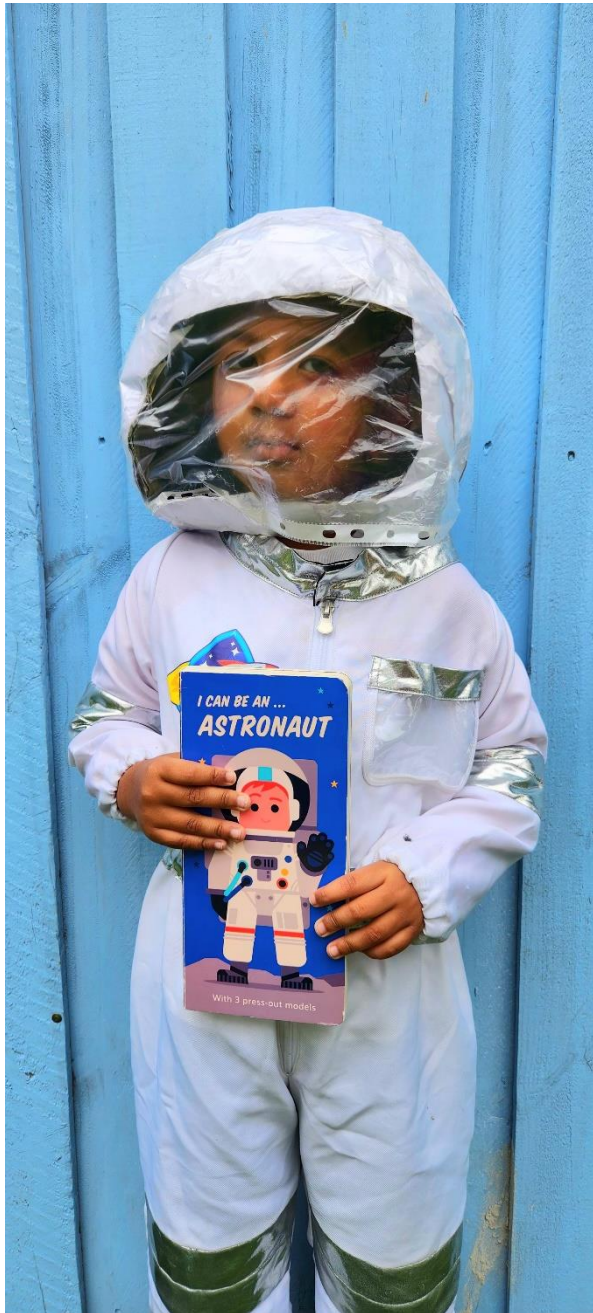
## **Celebrating Grandparents Day at Star Kids**

**At Star Kids, we recently celebrated Grandparents Day as part of our community event. It was a heartwarming occasion where children and their grandparents shared special moments through engaging activities. The children delighted in expressing their love and gratitude by creating heartfelt cards for their grandparents. Events like these highlight the importance of family bonds and reflect our commitment to making families feel valued, welcomed, and included.**

**At Star Kids, we believe in fostering strong connections between children, families, and our community, creating memories that last a lifetime.**



# World Space Week







## Exploring the Universe During World Space Week

Star Kids took a giant leap into the cosmos during World Space Week! Our little astronauts had a blast creating their own name rockets, dressing up in astronaut costumes, and diving into the wonders of space through engaging book readings. Through hands-on activities and imaginative play, the children explored the mysteries of the universe while nurturing their curiosity and creativity. At Star Kids, we're always reaching for the stars to inspire young minds!

## World Mushroom Day







**Star Kids recently celebrated World Mushroom Day with a variety of fun and educational activities. The children showcased their creativity by using recycled materials to craft paper mushrooms. They also explored the world of healthy eating by learning to make a simple garlic mushroom recipe and discovering the many health benefits of mushrooms.**



**In addition, the children gained fascinating knowledge about different types of mushrooms, sparking curiosity and a love for learning. At Star Kids, we turn everyday topics into extraordinary learning opportunities for our little explorers!**



# National Nutrition Week







During National Nutrition Week, our Star Kids embarked on a delicious and educational journey to understand the importance of healthy eating. The children participated in interactive activities, including preparing colourful fruit and veggie platters, learning about balanced diets, and discovering the nutritional benefits of their favourite foods.

Through engaging discussions, stories, and hands-on experiences, we emphasized the value of making nutritious choices for a healthy lifestyle. At Star Kids, we're nurturing young minds and bodies, one healthy bite at a time!



# Community Engagement



We were delighted to host Sarah Box, ES1 Assistant Principal of Hampden Park Public School, at Star Kids. It was a memorable occasion that fostered meaningful connections between our preschool community and a local primary school. The visit began with a warm welcome as our children and educators greeted Sarah Box with flowers, a gesture that reflected our Star Kids spirit of respect and hospitality. Our nominated supervisor and educational leader then engaged in a productive discussion with her about our school readiness program. This discussion highlighted the strategies and activities we implement to prepare our preschoolers for a smooth and confident transition to kindergarten.





**Sarah Box also took time to connect directly with our children through a lively group discussion. She shared valuable insights about Hampden Park Public School, giving our preschoolers and their families a glimpse of the opportunities and experiences awaiting them in their early school years.**

**This visit reinforced our commitment to supporting children and families during this crucial phase of their educational journey. At Star Kids, we strive to build strong partnerships with local schools to ensure every child feels confident and prepared to embrace the exciting adventure of kindergarten.**





## FOCUS: Teaching kids about enthusiastic consent

Enthusiastic consent is permission to do something and that it's about saying YES, NO, or Maybe.

While commonly associated with adult behaviours, consent is part of decision-making, conversations, exchanges and relationships, affecting **all ages, every day**. It's a hug, a photograph, sitting together on a bus, holding hands and playing games.

True, wholehearted consent or **enthusiastic consent** is much more complex than yes, no or maybe. It is permission that has been truly, freely, clearly and wholeheartedly given without any line or personal boundary being blurred or crossed.

It is very important to show children how common it is for boundaries to be blurred and then crossed each day. Equipping children with self-protective tools, such as **critical thinking** and a strong sense of **self-worth** so they know how they truly feel can enable them to confidently hold their ground when they see a line or boundary being blurred and/or crossed.

It is also important for children to know the signs of peer pressure, coercive control and grooming. Children are digital natives and technology requires them to be equipped with the skills and knowledge to identify suss behaviours, in both online and offline spaces.

When children are able to see **consent** clearly, they will also be able to understand that true consent must be freely and wholeheartedly given. When teaching children the importance of **enthusiastic consent**, we are helping them to make their own decisions, to understand and confidently assert their boundaries, to consider the boundaries of others, to ask respectfully for permission and to respond appropriately when someone says 'No' to them. These skills will help them navigate life and healthy relationships safely, respectfully, happily and enthusiastically **together**.

### Why are personal/body boundaries important?

Child sexual abuse often begins with a perpetrator ignoring a child's personal boundaries and bodily autonomy. Talk to your child about their personal boundaries and teach them to tell a safety helper on their safety team if someone ever tries to cross a boundary. Remind your child that they are the boss of their own body and that they can say 'No!' to anything that makes them feel uncomfortable.



### Ways to teach empower your child

Download and fill in this book together. This resource is full of worksheets for all ages. [Resource Booklet](#)

**Discuss with your child what enthusiastic consent is.** You will need to adjust the explanation depending on the age of your child. But keep the message clear. For example: It's when you or someone else is really happy and confident about giving permission! It's permission that has been given truly, freely and wholeheartedly without any personal boundaries being blurred or crossed.

**What are body boundaries?** The invisible line around your body that you are the boss of. **What are blurred boundaries?** When someone pressures, tricks or rushes you to consent. **What are crossed boundaries?** When someone crosses your boundaries without consent.

Role play scenarios with your child that help them practise giving enthusiastic consent. These would be things like giving a cuddle, tickling or even taking a photo.

[danielmorcombe.com.au](http://danielmorcombe.com.au) has a huge library of resources to help you educate your child on safety and it is never too early to learn.



More information via the QR code.

Source: **The Daniel Morcombe Foundation**. (2024). Retrieved [danielmorcombe.com.au](http://danielmorcombe.com.au)

## BEADS COUNTING

This is a classic math activity that requires only two materials: pipe cleaners and beads.

This activity helps to develop motor skills and basic counting abilities. There are a few ways you can do this activity with Your child. You can simply count each bead as you thread them onto the pipe cleaner. You could thread beads onto a pipe cleaner and your child count them as they take them off. You can introduce a die and thread the number of beads you roll or use numbered playing cards and thread the number you see on the card you draw. This is a great activity for all ages, have fun.





# HEALTH & SAFETY: Benefits of Family Dinners

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

## Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in pre-schoolers
- Healthier eating patterns in young adults

## There are also benefits for adults, including:

- Better nutrition, more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

Researchers found that for young children, dinnertime conversation boosts vocabulary even more than being read aloud to. The researchers counted the number of rare words — those not found on a list of 3,000 most common words — that the families used during dinner conversation.

Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud. Kids who have a large vocabulary read earlier and more easily. Older children also reap intellectual benefits from family dinners. For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Other researchers reported a consistent association between family dinner frequency and teen academic performance. Adolescents who ate family meals 5 to 7 times a week were twice as likely to get A's in school as those who ate dinner with their families fewer than two times a week.

Children who eat regular family dinners also consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks. And the nutritional benefits keep paying dividends even after kids grow up: young adults who ate regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

You can read about all the additional benefits [here](#) but, of course, the real power of dinners lies in their interpersonal quality. If family members sit in stony silence, if parents yell at each other, or scold their kids, family dinner won't confer positive benefits. Sharing a roast chicken won't magically transform parent-child relationships. But dinner may be the one time of the day when a parent and child can share a positive experience — a well-cooked meal, a joke, or a story — and these small moments can gain momentum to create stronger connections away from the table.



Read the article via the QR code.

Source: The Family Dinner Project. (2022). Science says: eat with your kids. Retrieved from [thefamilydinnerproject.org/about-us/benefits-of-family-dinners/](https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/)



## Using less water

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment. Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use, often for very little cost. **Here are some tips to get you started:**

- Keep your showers short and sweet
- Water when it matters
- Fix any leaks
- Hang up the rubber gloves.
- Turn off the sink while you brush

Using less water at home something we are capable of. Give it a try in your home.





## GAMES



Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of *duck, duck, goose* or *musical chairs* is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills. These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like *Simon Says* help children learn how to be leaders, while games like *hide-and-seek* teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). *Those silly day care games kids play are secretly getting them ready for school*. Retrieved from [www.newfolks.com/activities/day-care-games/](http://www.newfolks.com/activities/day-care-games/)

# World Animal Day

**This month, our Star Kids celebrated World Animal Day with a variety of fun and interactive activities. The children explored the animal kingdom through creative art, storytelling sessions, and role-playing games.**

**They learned about the importance of caring for animals and their habitats, fostering empathy and awareness. From creating animal masks to engaging in animal-themed indoor play, the children had a wonderful time exploring the world of animals in meaningful ways.**

**We are proud to nurture curiosity and compassion in our little ones while celebrating this special day!**



## 5 Minute MOVES

### Bubble Pop

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

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.