



LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS

Star Kids Long  
Day Care &  
Preschool

MARCH  
2024



# ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

**Clean Up Australia Day  
World Oral Day  
Harmony Week  
Veggie Month  
Earth Hour**





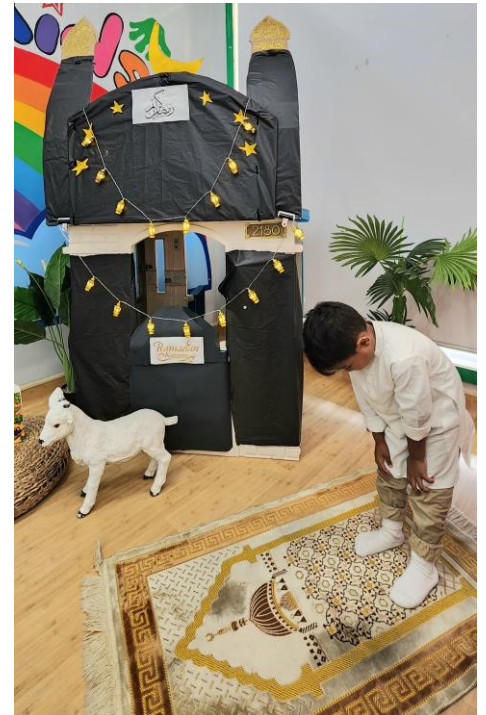
### CLEAN UP AUSTRALIA DAY - MARCH 3

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill. Those facts are horrific, you can help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily!

# RAMADAN







Our preschoolers had an incredible journey celebrating Ramadan this year through a myriad of enriching learning activities. From beautiful crafting Eid cards to engaging in Salah Tasbeeh, they embraced the spirit of this holy with joy and curiosity. Throughout the month, our preschoolers embraced the values of compassion, gratitude, and community that lie at the heart of Ramadan. As they shared in these learning experiences, they not only depend on their understanding of this sacred month but also formed cherished memories that will last a lifetime. **RAMADAN MUBARAK!!**





# WORLD ORAL DAY



Our preschoolers celebrated World Oral Health Day in style with a series of engaging and educational activities aimed at promoting good oral hygiene habits. Creative arts and crafts allowed our preschoolers to express their understanding of oral health in imaginative ways.

Healthy snack time became an opportunity to reinforce the connection between nutrition and oral health. Through these enriching activities, our preschoolers not only learned about the importance of oral health but also developed lifelong habits that will support their overall well-being. Here's to smile that

We were diving into a month of munching and moving with our Veggie Month celebration here at the Star Kids. Our little ones are on a mission to explore the colourful world of vegetables through exciting activities that promote healthy eating habits and active lifestyles. Creative veggie art project have our preschoolers getting hands on with their greens. Through Munch and Move Veggie Month, we were sowing the seeds of lifelong healthy habits in our preschoolers, one crunchy carrot at a time.





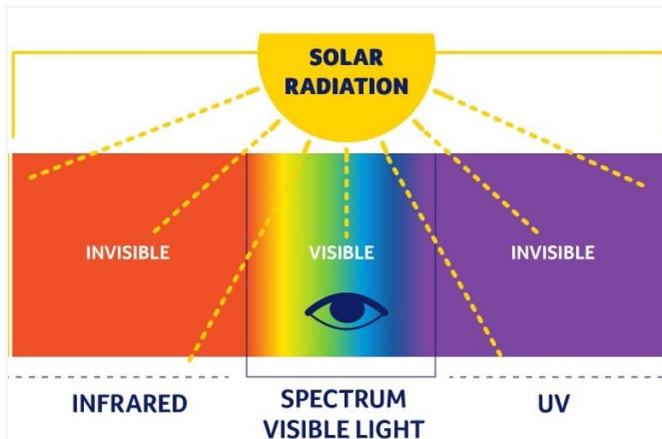
# HARMONY WEEK



At our preschool, we were embracing diversity and spreading joy during Harmony Week. Little hearts and minds were learning about acceptance, kindness, and the beauty of different cultures. From colourful art activities to singing songs from around the world, every moment was filled with laughter and understanding.



## HEALTH & SAFETY: UV Radiation



**Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers. The sun emits UV radiation but it isn't connected to sunshine or heat like many think. This means we can't see or feel it, so it can be difficult to understand.**

Our sun emits different kinds of energy:

- infrared radiation that we can feel (heat or temperature)
- visible light that we can see (sunlight)
- UV radiation (that can't be seen or felt).

When it comes to sun protection, we need to think UV, not heat!

### Types of UV radiation

There are three types of UV radiation:

- UVA: transmits freely through the earth's atmosphere.
- UVB: about 15% of UVB transmits through to the earth's atmosphere. The rest is absorbed by ozone.
- UVC: is absorbed by ozone and does not reach the earth's surface.
- UVA and UVB both contribute to skin cancer, sunburn, skin ageing and eye damage.

Exposure to UV radiation is the main factor that causes skin cells to become cancer cells. Almost all skin cancers

(approximately 99% of non-melanoma skin cancers and 95% of melanoma) are caused by over exposure to UV radiation.

The simplest way to reduce your risk of skin cancer is to use sun protection when the UV index is 3 or above. When the UV is 3 or above, it is strong enough to damage your skin and in NSW, this is most days of the year.

### UV Index

The UV Index is an internationally standardised, open ended, numerical scale developed by the World Health Organization. The UV index measures the amount of UV radiation reaching the earth's surface. It begins at zero and has no upper limit, the rating usually finishes at 11+, which is extreme.

### The UV index and the sun protection times

The sun protection times are issued when UV levels are forecast to be 3 or higher. At this level there is a risk of skin damage for most Australians. You can find the sun protection times for your location: Using the [SunSmart Global UV app](#), via the [SunSmart widget](#) Or at [Bureau of Meteorology website](#). During the sun protection times, protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

### How does UV add up?

UV damage is accumulative. Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer. The more UV you're exposed to, the greater your risk. That's why it's important for outdoor workers to protect their skin all year round. Even low UV levels can be harmful when exposed for long periods.

**Try and get into the habit of checking the UV before outings and always remember to SLIP, SLOP, SLAP, SLIDE and protect your family from UV.**



Read the article via the QR code.

Source: Cancer Council. (2024). What is UV radiation? Retrieved from [cancercouncil.com.au](https://www.cancercouncil.com.au)

**Sustainability CORNER**

### NATIONAL RIDE '2' SCHOOL DAY

National Ride '2' School Day is held annually each year to promote physical activity in children and remind parents and children that there are other fun options to driving.

By not driving every trip we are also reducing pollution. If more children ride or walk to school, it reduces the amount of cars on the road. The results are cleaner air and a healthier environment.



## INVESTIGATIVE PLAY

*“The investigative case-based learning approach is a method of learning and teaching that gives students opportunities to direct their own learning as they explore the science underlying realistically complex situations.”*

Investigative play stations are set up throughout the environment indoors and out. These may be construction, sensory play, STEM, writing, numeracy or any topic that aligns with our current program.

- Children have the time, space and resources to become deeply involved in their investigations. Learning is richer and more effective when it develops over time and when there are opportunities for planning and reflection throughout the experience.
- The physical environment contains materials and spaces that encourage curiosity, investigation and wonder. Interesting and engaging materials or resources can provide the stimulus for children’s questions and investigations. It is also important to ensure that children can access the materials and resources that they need easily and quickly. When this happens, they are able to resource their own learning and to follow their own investigations in whichever direction they lead.
- Educators see themselves as co-learners, working with children as they learn. When this happens, educators feel less focused on transmitting knowledge and are more likely to support and extend children’s own attempts at understanding.

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *The educational program enhances each child’s learning and development.*

## EARTH HOUR - MARCH. 23

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses, and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic gesture of solidarity to show they care about our planet’s future.



## THIS MONTH LET’S... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love.