



IF YOU HAVE GOOD THOUGHTS THEY WILL  
SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND  
YOU WILL ALWAYS LOOK LOVELY. – ROALD DAHL

## Star Kids Long Day Care & Preschool



SEPTEMBER  
2022

## ON *this* MONTH

AT STAR KIDS

Wattle Day  
National Flag Day  
Father's Day  
Master Chef  
Child Protection Week  
Early Childhood Educators Day  
Indigenous Literacy Day  
Talk like a Pirate Day  
International Literacy Day  
World Rivers Day  
World Maritime Day

## Transition to school program Hampden Park Public School Visit







## EARLY CHILDHOOD EDUCATORS' DAY -SEPTEMBER 7

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

## FOCUS: How to Talk to Kids about Food and Health

### Top Tips for Talking to your Kids about Food and Health

- Avoid using the term healthy or unhealthy to describe a food
- Talk about the properties of a food and how it can help your child's body and mind
- Avoid rewarding with food or using the dessert bargain
- Avoid pressuring your child to eat a food
- Ask your child to eat until they are not hungry any more
- Eat together as a family, the same meal
- Expose your kids to a wide range of nutritious foods at

## 10 MINUTE TOMATO SOUP



PREP 5 MIN | COOK 10 MIN | SERVES 4

### INGREDIENTS

1/2 cup (125 ml) olive oil  
3 garlic cloves, crushed  
1.4 L tomato puree (tomato passata)  
750 ml good quality (organic, if possible) vegetable stock  
2 tablespoons balsamic vinegar  
1 tablespoon brown sugar  
2 small loaves of Turkish bread, cut into 1cm thick "

### METHOD:

Place a large stock pot over low-medium heat. Add 2 tablespoons olive oil and garlic and cook for 1-2 minutes, stirring constantly, or until the garlic is cooked and wonderfully fragrant. Add the tomato puree and vegetable stock and stir to combine. Add balsamic vinegar and sugar and stir to combine.

Bring soup to the boil, reduce heat and simmer for 8 minutes or until slightly thickened.

Meanwhile place a large non-stick fry pan over medium heat. Drizzle olive oil into pan and add Turkish bread slices. Cook for 1-2 minutes or until the bread is golden and toasted. Flip each piece of bread and cook for another 1-2 minutes (add more olive oil, if necessary).

**To serve** – divide the tomato soup between 4 bowls and place onto a large wooden board. Dot the toasted croutons around the board and top with fresh basil leaves. Enjoy X

*Recipe and image from mylovelylittlelunchbox.com.*







**DUPLO/LEGO TOWER:** You will need Lego or Duplo, and pack of cards or numbers 1-10 written on cards. Place the cards randomly in a space. Demonstrate the activity by choosing a number and collect the correct amount of Lego pieces and create a tower. Now it's your child's turn. Once all the towers are made you could order them from smallest to largest, compare different numbers, and count the difference. Have fun!





## MAKE A RECYCLING GAME

If you already have separate bins for trash and recycling, turn recycling into a sorting game. Designate different boxes for paper products, plastic, cans, and glass — you can even print off or create your own signs to put on the boxes, with pictures of common items that would go in each one. Get sorting!







## CREATE TOGETHER

*The benefits of art are tremendous. We think of creativity as the ultimate long term side effect of art, but the more immediate and obvious benefits are equally important. We also think that the biggest benefit of art is that it's FUN. Art helps kids develop both fine and gross motor skills. It helps children develop their problem-solving abilities. Importantly art helps kids connect with others.*

Creating art with your child doesn't need to be result driven, encourage your kids to simply create their own thing as they explore art materials, art techniques, their own capabilities, and their current ideas and interests. There is a lot of enjoyment in the process, as well as learning and communication that takes place as they experiment and create.

**Try this:** Find a large piece of paper or piece of cardboard and place it in a 'paint safe' space on the floor, you could even go outside and paint on the lawn. Choose 2 colours of paint and squirt some of each onto a plate, now get outcome kitchen utensils you don't mind getting paint on and get creating!

Experiment together, see what patterns you can create. Will you work together? What happens if you mix the two colours together? Can you paint small patterns and large patterns?

Keep the dialogue open and enjoy this time being created with your child.

## Congratulations to our Stars

We wish you for getting fantastic achievement to start new journey by getting selected in the schools you preferred. We believe that your talent and ability to work hard will get you anywhere you want to see yourself in life. It's just the beginning! Congratulations!



## Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core.

Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.

**Feedback**   
is always welcome

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