



Don't let yesterday take up too much of today. —Will Rogers

**STARKIDS LDC &
PRESCHOOL**



ON *this*
MONTH

- World Animal Day**
- National Nutrition Week**
- Children's Week**
- Excursion Day**
- Grandparents Day**

WORLD ANIMAL DAY- OCTOBER 4

Today marks the 100th celebration of World Animal Day, a special occasion observed globally to honour animals and raise awareness about their welfare. People around the world use this day to commit to kinder choices that protect animals and the habitats they live in. This year's theme, **"Save Animals, Save the Planet!"** reminds us that the wellbeing of animals is closely connected to the health of our environment. At our preschool, we celebrated by exploring different animals, learning about their needs, and discussing ways we can care for them every day. Through stories, activities, and hands-on experiences, our children developed empathy, respect, and a sense of responsibility for all living creatures. World Animal Day encourages everyone, young and old, to make choices that help protect animals and our planet for future generations. **We also encourage our educators, families, and children to share photos of their pets as part of celebrating World Animal Day, helping to make the event more interactive and personal.**



HEALTH & SAFETY: Eat a rainbow

Spring is the perfect time to brighten up lunchboxes and family meals. “Eating a rainbow” simply means offering fruit and vegetables in many colours across the week. Each colour generally delivers different vitamins, minerals and plant nutrients that help growing bodies and brains.

Reds often bring antioxidants, oranges and yellows are rich in carotenoids, greens offer folate and fibre, and blues/purples can be packed with polyphenols. You don’t have to serve every colour every day; think variety over the week and keep it relaxed and fun.

Winning strategies for fussy eaters

- **Small, pressure-free tastes:** Offer coin-sized bites alongside familiar foods. Repeated, calm exposure works better than bargaining. (Ensure size and texture is appropriate for age)
- **Make it dipable:** Hummus, yoghurt, or tzatziki with veg sticks (capsicum, cucumber, carrot) adds flavour and fun.
- **Blend and sprinkle:** Grated carrot or zucchini in sandwiches and bolognese; finely chopped spinach in omelettes; corn in mini fritters.
- **Skewer colour combos:** Cherry tomato (red), cheese cube (yellow), cucumber (green). For little ones, use blunt-ended food picks.
- **Smoothie ice blocks:** Banana + spinach + pineapple blitzed and frozen make a cool after-play snack.
- **Keep it predictable:** Serve new foods with safe favourites. A simple “you don’t have to eat it” can reduce mealtime battles.

Smart lunchbox swaps

- **Swap crisps** → wholegrain crackers + cheese + capsicum sticks for crunch, protein and colour.
- **Swap fruit straps** → fresh fruit or no-added-sugar freeze-dried fruit as an occasional treat.
- **Swap biscuits** → 2-ingredient oat-banana bites (ripe banana mashed with oats; bake until set).
- **Add a rainbow roll-up:** wholemeal wrap with cream cheese, spinach, grated carrot and beetroot.

Make colour visible

Children love to count and sort. Use **bento sections** or silicone cups to group colours. Name the colours out loud “I can see red



strawberries and green cucumbers” to build language and curiosity without pressure.

Try this at home: Count the Colours

Create a simple weekly chart (Mon–Sun) with columns for **red, orange, yellow, green, blue/purple, white/brown**. Each time a child tastes a colour, they place a sticker or make a tick.

Celebrate effort, not perfection, every taste counts. At the end of the week, ask: “Which colours did we try most? Which colour should we hunt for next?”

Time-saving tips for busy families

Wash and chop veg once, **store in clear containers** at eye-level. Keep **frozen veg and berries** on hand—they’re nutritious and quick. Build a **rainbow platter** once or twice a week and let everyone choose two colours to try. Involve children in shopping: give them a “**colour mission**” (e.g., “Find something purple!”).

Safety notes

Slice foods to an age-appropriate size (e.g., halve or quarter grapes, soften very crunchy items). Always supervise eating, especially for younger children. If your child has allergies or medical needs, follow your health professional’s advice.

Small steps add up: one extra colour this week is a win. The goal is a cheerful, low-pressure path to more variety, more often.



Find a huge range of healthy recipes and more information via the QR code.

Source: Nutrition Australia.(2025)
Retrieved nutritionaustralia.org/recipes/

LEARNING THEIR NAME

Name recognition fosters a sense of self and belonging for children. It serves as a gateway to understanding letters and forms the foundation for reading skills. Here are some fun activities you can try at home:

Name Puzzle: Print or write out your child’s name in a large legible font. Cut the page into individual puzzle pieces and have your child reassemble it.

Magnetic letters: Keep magnetic letters on the fridge for your children to frequently practise spelling their name.

Finger tracing: Write your child’s name on a piece of paper using PVC glue. Once that dries, your child can trace their name along the glue.

Letter hunt: Hide Post-it notes with the letters of their name around the room for your child to find and put in order.

Rice writing: Por dry rice into a baking tray. Write your child’s name on a piece of paper and have them use that to practise writing their name in the rice. A quick jiggle and its ready to go again.



NATIONAL NUTRITION WEEK



Starkids Preschool children celebrated National Nutrition Week with a range of meaningful and fun learning experiences. Throughout the week, children explored healthy eating habits through hands-on activities, food-group games, and interactive discussions about making good food choices. They also enjoyed learning about foods from around the world and discovering the names of different fruits and vegetables from various cultures. These experiences helped children develop awareness of healthy eating while strengthening their curiosity, language skills, and appreciation for diverse foods.

CHILDREN'S WEEK



During Children's Week, we followed the children's agency and interests as they set up their own café and engaged in rich dramatic play experiences. The children took the lead in designing the space, choosing resources, and assigning roles such as chefs, baristas, and customers. They practised teamwork, communication, and problem-solving while creating menus, preparing imaginary meals, and serving their friends. This child-led experience encouraged creativity, confidence, and social interaction, while allowing children to express their ideas and take ownership of their learning. Through play, they explored real-life concepts such as money, food, and service, making this a meaningful and enjoyable learning opportunity for everyone.

Excursion Day



On our excursion day, we took the children to our local park, where they enjoyed exploring the native trees, community spaces, and park facilities. Throughout the visit, the children developed a strong sense of belonging as they connected with the natural environment and recognised themselves as active members of the community. Educators encouraged discussions about responsibility, including the importance of caring for shared spaces and keeping the environment clean. The children eagerly participated in these conversations and demonstrated respectful behaviour, making the excursion a meaningful opportunity to learn about nature, community values, and environmental care.

FOCUS: Risky Play at the Park

Some children hang back not because they don't want to try, but because they don't yet have a *plan*. Your words can lend them that plan. Think of yourself as a climbing coach: you don't remove the wall—you translate it into doable steps and narrate smart moves as they happen.

Coach skills, not fear (upgrade the script)

Swap vague warnings for clear, body-based cues that tell the brain exactly what to do.

- “Hands wide on the rail... big feet, slow steps.”
- “Test the next branch with your foot before you put weight on it.”
- “Bend your knees for a soft landing.”
- “Look for the next safe place for your hand—then move one thing at a time.”
- “Pause and breathe—count 1...2...then choose your next step.”

Use descriptive praise to wire confidence to strategy, not luck:

- “You kept three points of contact.”
- “You checked the rung before you climbed.”
- “You noticed it was busy and waited—smart judgment.”

Build challenge gradually (“challenge ladder”)

Keep the structure you like but add *micro-steps* so anxious brains can say “yes” sooner.

Balance: Try starting with a line on the ground then a low beam. **Take**

micro-steps: “toe taps only” → “one slow step” → “three steps” → “cross with one hand held” → “cross solo.”

Climbing: Try Stairs → low ladder → small rock wall → higher net with

a spotter. **Take micro-steps:** “hands only on first two rungs” → “add one foot” → “touch the third rung and come down” → “climb to where your tummy feels calm, then exit.”

Speed: Slow slide → moderate slide → faster slide with spacing rules.

Take micro-steps: “sit-and-wait count to 3” → “short slide from halfway” → “full slide” → “full slide + control stop at the bottom.”

Challenge by choice is key. Offer an **exit plan** before you start: “You get to stop anywhere and come back later. Your smart job is to notice when your body says, “enough for today.”

When to step in (crisp boundaries build trust)

You're not rescuing from challenge, you're removing hazards and crowd risk so the challenge stays clean.

Step in if you see:

- Hidden or structural hazards (broken bolts, sharp edges, entrapment spaces).
- Unsafe density (pushing, children standing at slide exits, ladder pileups).
- Repeated panic signals (frozen on a high point, rapid breathing that isn't settling with coaching).

Do a reset instead of a shutdown: change the queue, switch equipment, take a sip-and-breath break, or move to a quieter area then return to a lower rung on the challenge ladder.

Co-regulation tools for anxious moments

- **Body reset:** “Hands on belly, slow breath in, long breath out. Now choose one small step.”
- **Countdown to try:** “Two finger taps on the rung, then decide.”
- **Shared first pass:** “I'll mirror you from the ground call your moves like a coach.”

A simple confidence routine

- **Pick one challenge** (ladder, beam, slide).
- **Name the micro-step** you'll attempt.
- **Do it once**, then stop, even if it felt easy.
- **Review and record** a “win word” (e.g., “steady feet”).
- **Repeat next visit** with the next micro-step.

With precise cues, micro-steps, and a predictable Plan-Do-Review loop, hesitant children learn that nerves are data, not danger and that confidence is built the same way we climb: one smart hold at a time.



For more helpful language to support risky play follow the QR code or this link raisingchildren.net.au



WATER WARRIORS

Water is the most common substance found on earth and less than 1% is available as fresh water. Yet all plants and animals need water to survive. So let's not waste a drop. Try these activities at home to make sure you're doing everything you can at home to be water wise.

Do a fun home “splash check”: with a grown-up, add one drop of food colouring to the toilet tank, if the bowl changes colour without flushing, a sneaky leak is hiding.

Count the drips: Do you have a dripping tap? Count

how many drips there are in a minute. Leave a measuring jug under the tap for the day and see how full it is at bedtime. Don't forget to get this fixed! Imagine what a week's worth of drips looks like.

Other savvy water tricks: Save water with a 4-minute Shower Song, turn the tap off while brushing teeth, catch the cold “waiting water” in a jug for plants or pets, tip leftover drink water into a plant, run only full loads in the washer/dishwasher, grow tough native plants with cosy mulch, and sweep paths instead of hosing.

Tiny actions = big splash-saving!

CONTACT CREATIONS

Clear book contact is a fabulous art making resource, it is also a great base for some ‘almost’ mess free creations. This activity is wonderful for children of all ages.

You will need:

Clear book contact
Scrap paper, tissue paper, feathers, patty pans, pom poms (beware of choking hazard), straws, wool...

Optional guide: Use a permanent marker to draw a simple outline on the *non-sticky* side of the contact as a shape for children to fill—or leave it blank for free play.

Set-up: Use masking tape to secure the contact to a wall or window with the sticky side facing out.

Materials: Offer light items you have on hand e.g., tissue or coloured paper, feathers, wool, leaves, pom-poms—anything light will stick.

How to create: Place the materials in a bowl or tray and invite children to stick, layer, and arrange their design.

Tip: Many pieces can be peeled off and reused day after day. The sheet will stay tacky for several days; extend its life by pressing the backing paper back onto it when not in use.

Have fun!



GRANDPARENTS DAY



Race you

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

Whether you're at the park, in the backyard, or in the lounge room, a race can happen anywhere and it's a fun way to get hearts pumping!

At the park, set up a simple obstacle path and race each other around it; if space is tight, take turns and time one another. In **the backyard,** try a straight running race, lap the perimeter, or play “catch up” by fast-walking behind your child. **Inside,** switch to crawling or crab-walk races for a safe, silly challenge.

There are so many options, and a quick “Race you!” is often all it takes to get your child moving.

For Grandparents Day, we engaged the children in meaningful discussions about their grandparents as part of our ongoing learning about family. We encouraged families to share photos of their child's grandparents, which the children proudly talked about during group time. This experience helped the children strengthen their sense of identity, belonging, and connection to their family and community.