



**ON** *this*  

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**MONTH**

**AT**

**Star Kids Long Day Care & Preschool**

**World Migratory Bird Day**

**National Families Week**

**World Bee Day**

**Simultaneous Story Time**

**National Reconciliation Week**

**Mother's Day Event**

**Community Engagement**



**NATIONAL SIMULTANEOUS STORYTIME – MAY 21**

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. In 2025, the chosen book for National Simultaneous Storytime is *The Truck Cat* by Deborah Frenkel, illustrated by Danny Snell. This heartwarming story follows a truck-driving cat and his human as they navigate themes of immigration, identity, and the search for home.

**NATIONAL FAMILIES WEEK**



**National Families Week is Australia's annual celebration of families. The aim of National Families Week is to celebrate the vital role that families play in Australian society. This week celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community.**

## World Migratory Bird Day



At our centre, the children celebrated World Migratory Bird Day with great enthusiasm and curiosity, engaging in a variety of hands-on activities that fostered their understanding of migratory birds and their importance in the environment. To kick off the celebration, the educators led a storytelling session about different migratory birds, sharing fun facts about how they travel thousands of miles between continents. The children were fascinated to learn about the various species, such as swallows and monarch butterflies, and their incredible journeys. In the outdoor play area, the children took part in a bird-watching activity, using binoculars and picture cards to identify local and migratory bird species, further connecting with nature. Creative play was also a big part of the day, with the children participating in a craft session where they made bird masks and colourful feathers to represent the different migratory birds they had learned about. Additionally, the children planted bird-friendly plants in the garden to provide shelter and food for birds visiting the centre. Throughout the day, the children actively discussed the importance of protecting migratory birds and their habitats, all while enjoying the exciting, interactive learning experiences. This celebration not only highlighted the significance of migration but also helped the children develop a deeper appreciation for the natural world and the delicate balance required to protect it.

## World Bee Day



To celebrate World Bee Day, our preschoolers participated in a fun and educational day dedicated to learning about the importance of bees in our environment. The children explored how bees help pollinate flowers and grow our food through engaging stories, songs, and group discussions. As part of the celebration, they also created their very own beehives using recycled paper, paint, and craft materials. This hands-on activity allowed them to express their creativity while deepening their understanding of bees and their role in nature. The day was filled with excitement, curiosity, and lots of buzzing fun!

## National Reconciliation Week



Our preschoolers joyfully celebrated National Reconciliation Week with a range of meaningful activities designed to promote understanding, respect, and cultural awareness. The week was filled with engaging learning experiences, including storytelling sessions where children listened to Indigenous stories, shared in group discussions, and participated in craft activities like dot painting and creating dreamcatchers. The children were also introduced to the significance of Reconciliation Week, learning about the importance of building respectful relationships with Aboriginal and Torres Strait Islander peoples. Through songs, dances, and collaborative art projects, they reflected on the themes of unity and understanding. This celebration not only educated the children about the rich culture and history of Australia's First Nations peoples but also fostered a sense of inclusivity, respect, and empathy, which are values we cherish and promote at Star Kids. The children proudly shared their artwork with their families, contributing to a broader conversation about reconciliation in the community.

# Mother's Day Event



At Star Kids, we celebrated Mother's Day with love and appreciation by inviting all the wonderful mothers to our centre. It was a heartfelt occasion where we expressed our gratitude for their endless hard work, dedication, and the love they pour into raising their children. The children were excited to spend this special day with their mums, creating beautiful memories together through songs, crafts, and shared moments.

The day was filled with laughter and smiles as mothers and children participated in a range of engaging activities together. From painting handprints and making flower crafts to story time and dancing, every moment was filled with connection and joy. The children were overjoyed to spend quality time with their mums, and the mothers cherished the opportunity to create lasting memories with their little stars.

Do you know the best ways to help prevent the flu? This year, help safeguard your family against illnesses with some preseason training for common cold and flu season.

### Help maintain your immune system.

A healthy immune system is the best protection against common cold and flu season. Keep your family's natural defences strong with these simple tactics:

- **Avoid stress.** Studies show that stress hampers your ability to stay healthy, especially during common cold and flu season, so anything you can do to combat stress helps fight germs. Try taking a mini meditation break during the day—simply close your eyes and focus on breathing in and out for a few minutes.
- **Stick with a bedtime.** When you consistently log seven to eight hours of sound sleep a night, your body has the chance to repair cells and maintain your immune system.
- **Eat right and exercise.** Nutritious foods, such as a healthy variety of fruits and vegetables as part of a balanced diet, give your body the nutrients it needs. Also, physical activity may help. A common recommendation is to shoot for 30 minutes of moderate activity at least three times a week.
- **Get vaccinated.** Flu vaccination can be an effective means of preventing infection. The best time for vaccination is in early autumn, when the flu season starts and supplies of the vaccine are more readily available. Your doctor or healthcare provider can offer advice on vaccination for your family against currently active strains of flu.

### Fight germs.

When you keep germs away during common cold and flu season, you can lower your risk of getting sick. Try these simple habits to help avoid stuffy noses and sore throats:

- **Wash your hands.** And talk to your children about why it's important to wash theirs. A typical hand washing—before a meal, after going to the bathroom, or anytime you cough, sneeze, or blow your nose—should last 20 seconds. It's roughly the amount of time it takes to sing "Happy Birthday" twice in your head.
- **Bring backup.** alcohol-based hand sanitisers can help keep hands clean when soap and water are not available. Keep a small bottle of hand sanitiser in your purse—you will have a way to help keep your hands free of germs even when you're on the go.
- **Clean your desk.** It's a hot spot for germs at the office. Invest in some alcohol-based disinfectant wipes and clean your desk, keyboard, mouse, and phone frequently.

### Be prepared for flu and cold symptoms.

Despite your best efforts, it can be tough to make it through cold and flu season without anyone in the family getting sick. To soothe a cold, prioritise rest, stay hydrated by drinking plenty of fluids, and consider home remedies like warm liquids, saline nasal sprays, and a humidifier. Over-the-counter medications like pain relievers and decongestants can also help manage symptoms.

Keep sick children away from school, childcare and other activities. If your child has **flu symptoms** such as a fever, cough, noisy breathing, sore throat, runny nose, muscle aches, fatigue or nausea, vomiting or diarrhoea, keep them at home and avoid close contact with other people to prevent others from also becoming sick.



**More information available via the QR code.**

Source: Health NSW (2023) **Influenza information for families and young children.**  
Retrieved from [health.nsw.gov.au](https://health.nsw.gov.au)

### SHOP SMALL AND LOCAL

When you shop at small, locally owned businesses, you're not only making an eco-friendly decision, but one that's great for your local community. When you purchase at small locally owned businesses rather than nationally owned, more money is kept in your community because locally-owned businesses often purchase from other local businesses, service providers,

and farms. Purchasing local helps grow other businesses as well.

You may even be able to find a local farm near you that allows you to pick your own produce. It's a fun day out and helps children make connections between the food on their table and where it comes from.

### PEG-A-NUMBER GAME

**This peg-a-number game is great for learning basic numeracy. It encourages children to engage with number recognition, count with one-to-one correspondence, and learn numeracy association, as well as use fine motor muscles to play.**

On a piece of card write numbers 1-10 or 1-5 depending on the age of your child. Set up your number cards and a pile of pegs on a playing surface. A small table or on a rug is ideal. Now encourage your child to choose a number card and attached the corresponding number of pegs to the card. For some children they will be able to read the number or word, for other children they may count the dots to work out how many pegs they will need. Repeat the steps until all the cards are complete and then order the cards from smallest to largest or challenge them from largest to smallest. **Follow this link for further instructions and extension ideas.**

Kids often have so much exuberance. They can be happy and outgoing, and many of them take chances without worrying about how they look to others. They are often unencumbered by the self-consciousness that can be ever-present in the thoughts of adults when they try something new.

Adults have learned to be wary of what others think of them and care perhaps too much about being judged. But when children play, they appear to have the time of their lives. It can be truly life-affirming to watch children play freely and openly without worrying at all about anyone's judgment or approval.

## The Dangers of Negativity

Unfortunately, this can all change in an instant. When we look back at our lives, most of us can remember a time when someone said something that shut down our enthusiasm and suddenly made us realize we were being judged negatively. Perhaps it was a drawing we were excited about that we showed to an adult who made fun of us. Perhaps it was someone criticizing us for the way we talked or looked. Whatever it was, it most likely made us feel self-conscious. We learned we had to watch ourselves, and that it wasn't safe to just be ourselves. It took away the freedom we previously felt to live without feeling the pressure of others' judgments in our lives.

The reality is that negativity can easily stifle creativity. An example of this was the way the creators of classic Warner Brothers cartoons came up with their ideas. When they were making a Bugs Bunny cartoon or one featuring the Roadrunner, they had a very simple rule. The rule was that no idea that was being suggested would be criticized. Incorporating this rule into their story meetings gave the cartoonists the freedom to suggest whatever ideas they had for the cartoon without the worry of being criticized or judged. This led them to continually come up with more creative ideas (and some that were less creative) in an atmosphere of acceptance and respect. That freedom helped create the brilliant cartoons that we still watch today.

## Developing Confidence in Their Creativity

Creativity is fostered when children have the confidence to express themselves without the fear of being mocked or put down. Sometimes adults, in an effort to be instructional, will tear apart a child's idea and try to reshape it into something the adult feels is more worthwhile. This can harm the child's self-confidence and also make them feel it's unsafe to express themselves to the adult, for fear of being told what they're doing is wrong.

By showing children encouragement, we can support their uniqueness and creativity rather than stifle it. Recognising that a child is still learning and exploring how to do things is the key. Being their champion and letting them know it's okay to take chances can do wonders for keeping that spark of creativity and wonder alive in a child. Of course, none of us live in a vacuum. They will likely face negativity as they're growing up. However, helping to instil in them self-confidence, and the awareness that they are talented and their ideas matter, can help them weather the negativity and continue believing in themselves. For children to continue to be creative, they need encouragement, support, and people who believe in them.



## Building Their Self-Confidence and Self-Esteem

Our efforts to get excited with them when they show us something they're proud of can help them see the value of their work. Respecting what they're doing and not feeling we have to change it to our own sensibilities can help foster their continued creativity and excitement about their lives. Giving children the gift of positive energy can do wonders toward helping them develop self-confidence and self-esteem and preserving their sense of wonder in the world.

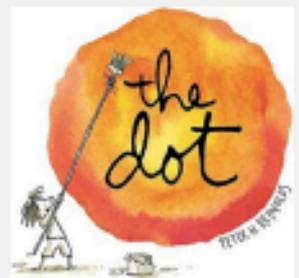


### Read the article via the QR code.

Source: Hagan, Ekuu. (2023). Keeping Your Kids' Creativity Alive. Retrieved from [psychologytoday.com/au](https://psychologytoday.com/au)

## A fable about the creative spirit in every child.

This small gem of a book tells the story of Vashti. . . . It's the beginning of a love affair with dots in many different colours, sizes and patterns — and a marvellous lesson about what art is. Readers can wonder about unsigned works that lie before us all. Peter H Reynolds says he wrote and illustrated *The Dot* and *Ish* as a way to help children and "grown-up children" be brave enough to "make their mark."



While the books are about art, they really are about process—about ideas, creative thinking, bravery, expression, original ideas, and sharing.

*The Dot* is about getting started — getting "un-stuck." It is also about creative teaching, about exploring an idea in many ways, and sharing our gifts with others.

You can find *the dot* online, in shops and at your local library.

# Community Engagement



**Star Kids proudly participated in the Cancer Council's fundraising community event as one of the biggest sponsors. Our involvement reflects our deep commitment to supporting the community and contributing to meaningful causes. By supporting this event, we not only helped raise vital funds for cancer research and patient support but also encouraged our families and staff to join in the fight against cancer. At Star Kids, we believe in the power of community, and we are dedicated to making a positive impact by standing with those in need and raising awareness for important causes like this.**



## 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 an 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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