



ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

Clean Up Australia Day
National Ride 2 School
Harmony Day Week
Very Hungry Caterpillar Day
Earth Hour
Eid Al Fitr

CLEAN UP AUSTRALIA DAY – MARCH 2

Clean Up Australia inspires and mobilises communities to improve and conserve our environment, eliminate litter and end waste. More than 22 million Aussies have participated in Clean Up Australia activities and events over the past three decades. Australia’s waste challenges continue to grow. Now, more than ever, it’s time to Step Up and support solutions which move us towards a circular economy.

EARTH HOUR – MARCH 22

Join millions of Australians and switch off your lights on March 22. This action is symbolic and is not an action to save power. We know it will take so much more than an hour of turning our lights out to have a measurable impact on climate change, but the action helps to bring greater awareness to the issue and demonstrates your commitment to help protect the planet – both during and beyond Earth Hour.



At Star Kids, our children participated in a Clean Up Australia Day activity by picking up rubbish and dry leaves from their play garden area. This experience encouraged them to take responsibility for their environment and work together to care for their shared space. The activity supported **EYLF Outcome 2**, as children developed a sense of connection and contribution to their world, and **Outcome 3**, by promoting their physical wellbeing and building confidence through meaningful action.





Earth Hour

Join millions of Australians and switch off your lights on March 22. This action is symbolic and is not an action to save power. We know it will take so much more than an hour of turning our lights out to have a measurable impact on climate change, but the action helps to bring greater awareness to the issue and demonstrates your commitment to help protect the planet – both during and beyond Earth Hour.

National Ride 2 School

At Star Kids, our preschoolers learned about *National Ride2School Day*, a special day that encourages children to walk, ride or scoot to school as a fun and healthy way to start the day.

It promotes physical activity, road safety awareness, and caring for the environment by reducing car use, helping children build lifelong healthy habits and a sense of independence.



Vegie Month



At Star Kids, we're celebrating **Vegie Month** as part of the *Munch & Move* program! 🥕🍅 This special month is all about encouraging our little learners to explore, taste, and enjoy a variety of colourful vegetables. Through fun and engaging activities like veggie tasting, cooking experiences, stories, and games, children are learning the importance of healthy eating and how vegetables help our bodies grow strong and stay active. We're proud to promote lifelong healthy habits in a fun, hands-on way—one crunchy bite at a time! 🌱





What We Learned During Veggie Month!

Throughout Veggie Month at Star Kids, our children discovered just how fun and exciting healthy eating can be! They explored different vegetables through sensory play, cooking experiences, and Storytime, learning where veggies come from and why they're good for our bodies.

Children learned to identify a variety of vegetables by name, colour, and taste, and many even tried new ones for the very first time! They also talked about how veggies help us grow strong, give us energy, and keep us healthy.

Veggie Month has been a wonderful journey of discovery, encouraging children to make healthy food choices in a fun and playful way!

Veggie Month at Star Kids was a fantastic opportunity for children to engage in meaningful, hands-on learning experiences that promoted healthy habits and supported their development across multiple areas. Through activities such as vegetable tasting, planting seeds, exploring veggie-themed sensory trays, participating in cooking experiences, and listening to stories about healthy foods, children developed a deeper understanding of nutrition and the importance of making healthy food choices. These experiences aligned with **EYLF Outcome 1**, as children developed a strong sense of identity by building confidence in trying new foods and expressing their preferences. **Outcome 2** was reflected in their connection to their world as they explored where vegetables come from and how they grow, learning to care for the environment and make informed decisions. The physical and sensory activities supported **Outcome 3**, contributing to children's physical wellbeing by promoting healthy eating and active lifestyles. Additionally, group discussions, role-play, and shared mealtime experiences fostered communication and collaboration, linking to **Outcome 5** as children interacted verbally and non-verbally to share their ideas and experiences. Veggie Month not only enriched their understanding of healthy living but also promoted a sense of belonging, curiosity, and enthusiasm for learning.

Harmony Day



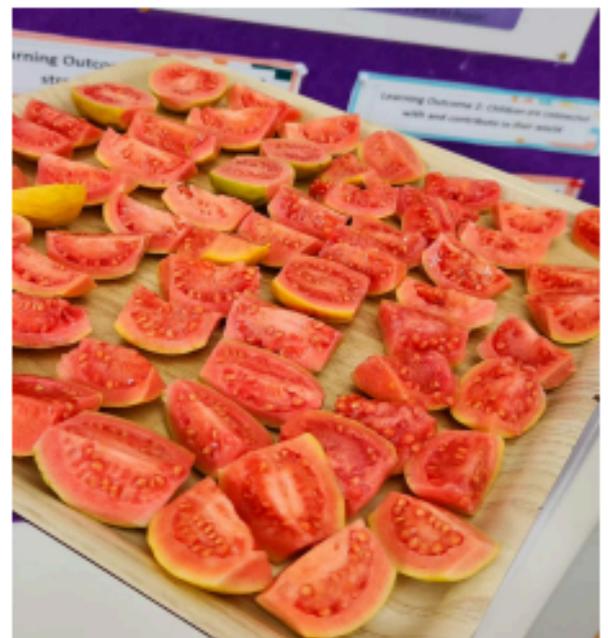
♥ Celebrating Harmony Week at Star Kids ♥

At Star Kids, we proudly celebrated *Harmony Week*—a time to recognise and respect Australia's cultural diversity and promote inclusiveness, respect, and a sense of belonging for everyone. Throughout the week, children took part in a variety of meaningful activities including multicultural storytelling, music and dance from different cultures, traditional dress-up days, and creating beautiful artwork that celebrated unity in diversity.

🍏 Garden Fun and Healthy Chats at Star Kids 🍏

Our children were excited to pick fresh guavas from our outdoor garden! 🌿 With big smiles, they explored the garden, gently picked the ripe fruit, and shared their discoveries with friends. Educators used this beautiful moment to talk about how eating fruits helps our bodies grow strong, keeps us healthy, and gives us energy to play and learn.

The experience encouraged children to appreciate nature, understand where food comes from, and make healthy choices—supporting their physical wellbeing and curiosity about the world around them. 🌱💚





HEALTH AND SAFETY: How to ease your child's separation anxiety

Separation anxiety varies **WIDELY** between children. Some babies become hysterical when you are out of sight for a very short time. Other children seem to show ongoing anxiety at separations during infancy, toddlerhood and preschool.

Easing transitions for your child and you

The trick for surviving separation anxiety demands preparation, brisk transitions, and the evolution of time. I would suggest we parents suffer as much as our children do when we leave. Even though we are often reminded that our children stop crying within minutes of our leave-taking, how many of you have felt like you're "doing it all wrong" when your child clings to your legs, sobs for you to stay and mourns the parting? As a parent working outside the home, separation anxiety has created questions for me. Although it is an entirely normal behaviour and a beautiful sign of a meaningful attachment, separation anxiety can be unsettling for us all.

Separation anxiety by age & developmental stage

- **Infants:** Separation anxiety develops after a child gains an understanding of object permanence. Once your infant realizes you're really gone (when you are), it may leave them unsettled. Although some babies display object permanence and separation anxiety as early as 4 to 5 months of age, most develop more robust separation anxiety at around 9 months. The leave-taking can be worse if your infant is hungry, tired or not feeling well. Keep transitions short and routine if it's a tough day.
- **Toddlers:** Many toddlers skip separation anxiety in infancy and start demonstrating challenges at 15 or 18 months of age. Separations are more difficult when children are hungry, tired or sick—which is most of toddlerhood! As children develop independence during toddlerhood, they may become even more aware of separations. Their behaviors at separations will be loud, tearful and difficult to stop.
- **Preschoolers:** By the time children are 3 years of age, most clearly understand the effect their anxiety or pleas at separation have on us. It doesn't mean they aren't stressed, but they certainly are vying for a change. Be consistent; don't return to the room based on a child's plea and certainly don't cancel plans based on separation anxiety. Your ongoing consistency, explanations and diligence to return when you say you will are key.

Surviving separation anxiety: 6 tips to try

Create quick goodbye rituals. Even if you have to do major-league-baseball-style hand movements, give triple kisses at the cubby, or provide a special blanket or toy as you

leave, keep the goodbye short and sweet. If you linger, the transition time does too. So will the anxiety.

2. Be consistent. Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can. A routine can diminish the heartache and will allow your child to simultaneously build trust in their independence and in you.

3. Give your full attention When separating, give your child full attention, be loving and provide affection. Then say goodbye quickly despite their antics or cries for you to stay.

4. Keep your promise. You'll build trust and independence as your child becomes confident in her ability to be without you when you stick to your promise of return. The biggest mistake I ever made in this regard was returning to class to "visit" my son about an hour after a terrible transition. I was missing him, and although the return was well intended, I not only extended the separation anxiety, we started all over again in the process. When I left the second time (and subsequent days) it was near nuclear.

5. Be specific, child style. When you discuss your return, provide specifics that your child understands. If you know you'll be back by 3 p.m., tell it to your child on their terms; for example, say, "I'll be back after nap time and before afternoon snack." Define time they can understand. Talk about your return from a business trip in terms of "sleeps." Instead of saying, "I'll be home in 3 days," say, "I'll be home after 3 sleeps."

6. Practice being apart.

Ship the children off to grandma's home, schedule playdates, allow friends and family to provide child care for you (even for an hour) on the weekend. Before starting child care or preschool, practice going to school and your goodbye ritual before you even have to part ways. Give your child a chance to prepare, experience and thrive in your absence!

Remember It's rare that separation anxiety persists on a daily basis after the preschool years. If you're concerned that your child isn't adapting to being without you, chat with the paediatrician. Your paediatrician has certainly helped support families in the same situation. They can help calm your unease and determine a plan to support both of you!



More info via the QR code.

Source: Swanson, Wendy Sue. (6/1/2025). **How to Ease Your Child's Separation Anxiety.** Retrieved <https://www.healthychildren.org/English/ages-stages/toddler/Pages/Soothing-Your-Childs-Separation-Anxiety.aspx>

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION.

Let toddlers **divide Uno cards by colour.** It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS.

Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

A little bit more enhanced: Sorting by both colour and number.

4. GO FISH.

Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: besttoys4toddlers.com





FOCUS: The beautiful reason why Danish schools teach empathy to kids

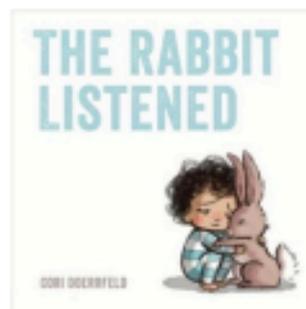
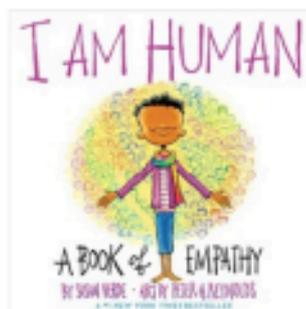
If you're wondering what you can do to make sure your kids grow up happy and well-adjusted, you might want to look to Danish schools. Since 1993, students in Denmark have studied empathy as part of their curriculum. Starting in kindergarten, Danish students learn about emotions, how to articulate their feelings and how to support their classmates. In the book *The Danish Way of Parenting* by Iben Sandahl and Jessica Alexander, the authors assert that the Danes raise empathetic, capable kids who grow into confident, happy adults. It's a winning cycle that starts with how they teach their children empathy.

For the past seven years in a row, Denmark has consistently ranked as one of the happiest nations in the world. Maybe the way they raise their children is the reason why. Danish students participate in the Step by Step program. Students are shown cards that feature kids who are experiencing different emotions, like sadness, anger, and happiness. The students are asked to not just identify the emotion, but to explain what it means to them. They learn how to interpret others' emotions and how they make them feel. Perhaps most tellingly, the students don't judge the emotions. They simply recognize and respect them.

Students also participate in the CAT-kit program, which focuses on identifying and articulating emotions. It was originally designed as a tool for children on the autism spectrum and has since been picked up by educators and parents worldwide. It uses visual pictures to help students learn how to name their thoughts and feelings.

In an essay in *The Atlantic*, Jessica Alexander, one of the co-authors of *The Danish Way of Parenting*, explains that teachers also subtly mix children of different strengths and weaknesses together. "The goal is for the students to see that everyone has positive qualities and to support each other in their efforts reach the next level," she writes. "The math whiz may be terrible at soccer, and vice versa. This system fosters collaboration, teamwork, and respect."

Yet another program that Danish schools utilize comes from The Mary Foundation, established by HRH Crown Princess Mary of Denmark in 2007. The anti-bullying program is taught to elementary-aged children and encourages them to be more caring towards each other. According to The Foundation's [website](#), "Everyone has the right to belong. The Mary Foundation works for the many people who are alone."



It's not just a one-off lesson or a conversation held on World Kindness Day. Students learn about empathy, kindness and respect from the time that they enter the school system. Danish teachers place equal emphasis on academics as well as emotions. And it's not just about making a grade—it's about raising kind, understanding children. That's something we definitely support.

Source: Motherly. (2020). The beautiful reason why Danish schools teach empathy to kids. Retrieved from <https://www.mother.ly/life/why-danish-schools-teach-empathy/>

If you would like to bring more empathy and kindness teaching into your home books are a great way to do it.

'I AM HUMAN – A book of empathy'

Susan Verde, illustrated by Peter H. Reynolds

'THE RABBIT LISTENED'

Cori Doerrfeld

'Have you filled a bucket today'

Carol McCloud



This is just a quick read of this article. Read the in full via the QR code.

Orsini, Jamie. (October 2020). The beautiful reason why Danish schools teach empathy to kids. Retrieved from <https://www.mother.ly/life/why-danish-schools-teach-empathy/>

Sustainability CORNER

RIDE TO DAYCARE, PRE-SCHOOL AND WORK

Improve physical fitness and mental health. We're all aware that riding is a great way to help keep your body fit and healthy, but did you know it can also help to support your mental wellbeing, too? One study reveals that riding is the second best form of exercise for a lower mental health burden, just behind participating in team sports.

Improve productivity. Riding has been shown to improve brain function, with it increasing blood flow to the brain by 28% compared to resting, according to one study. As a result, this can help your children ride to daycare and you arrive to work in a more positive frame of mind, and help to improve productivity throughout the day.

Helps the environment. If you're passionate about sustainability, riding is a great way to play your part and help create a greener local environment. By replacing a car for a bike, not only will you be saving on harmful emissions,



but if more people chose to cycle, it would reduce congestion on roads, helping to cut pollution even further.

It's National Ride '2' School Day on March 21, why not join in this year and start a new tradition with your family or better yet begin a new weekly routine. Follow the QR code for some awesome National Ride2School day ideas!

Source: BQ Bicycle Queensland

Very Hungry Caterpillar Day





We had a fun filled Very Hungry Caterpillar Day at Star Kids, inspired by the beloved story by Eric Carie! Children enjoyed storytelling, fruit-tasting, and creative art activities as they followed the journey of the little caterpillar. The day supported early literacy, healthy eating habit, and sparked curiosity about nature and life cycles. Watching the caterpillar turn into a butterfly reminded us all that learning can be magical!!

Eid-ul-Fitr







🌙 Celebrating Eid ul-Fitr at Star Kids 🌟

At Star Kids, we celebrated *Eid ul-Fitr* with joy, love, and togetherness! The children learned about the significance of this special day, which marks the end of Ramadan—a month of kindness, gratitude, and giving.

Through storytelling, cultural activities, dressing up in festive clothes, and sharing delicious pretend play meals, children explored the values of family, generosity, and celebration. It was a wonderful opportunity to embrace diversity and help children understand and respect different cultures and traditions.

Eid Mubarak from all of us at Star Kids! 🌙🕌🌟

In our creative corner, children made beautiful Eid cards and crescent moon decorations using glitter, coloured paper, and stickers, expressing themselves through art and strengthening their fine motor skills. Role-play areas were set up as pretend kitchens and celebration spaces, where children prepared imaginary feasts, set up gatherings, and practiced sharing and turn-taking. Educators also facilitated discussions about kindness, generosity, and caring for others—key messages of Eid—encouraging children to reflect on how they can show empathy and respect in their own lives.

These activities strongly supported the **Early Years Learning Framework (EYLF)**. **Outcome 1** was evident as children developed a strong sense of identity by sharing their backgrounds and feeling proud of who they are. Through group experiences and storytelling, **Outcome 2** was met as children connected with and contributed to their world by exploring different cultural practices and building inclusive relationships. The art, music, and dramatic play experiences supported **Outcome 3**, enhancing their emotional wellbeing and physical development through joyful celebration and active engagement.

PLAYDOUGH

Squishing, rolling, sculpting, modelling . . . young children love to play with playdough. Add some props from around the home and playdough play becomes a powerful way to support your child's learning.

This simple preschool staple lets children use their imaginations and strengthen the small muscles in their fingers—the same muscles they will one day use to hold a pencil and write. Using playdough with you, a friend, or siblings supports your child's social skills such as sharing, taking turns, and enjoying being with other people. Playdough also encourages children's language and literacy, science, and math skills—all at the same time!

Around-the-house Playdough Props

- Birthday candles
- Blocks
- Bottle caps
- Combs
- Cookie cutters
- Feathers
- Leaves, twigs, pebbles
- Rolling pin or bottle
- Straws
- Small toy people and animals

When children use playdough, they explore ideas and try different approaches until they find one that works. They compare and contrast objects, actions and experiences. In their experimenting, children come up with their own ideas, satisfy their curiosity, and analyse and solve problems.

Source: Naeyc. (2023). Playdough Power. Retrieved from <https://www.naeyc.org/our-work/families/beyond-school-hours>

