



A new year is a fresh page, let's fill it with kindness, curiosity and joy- Unknown

STAR KIDS
LDC &
PRESCHOOL



ON *this*
MONTH

AT

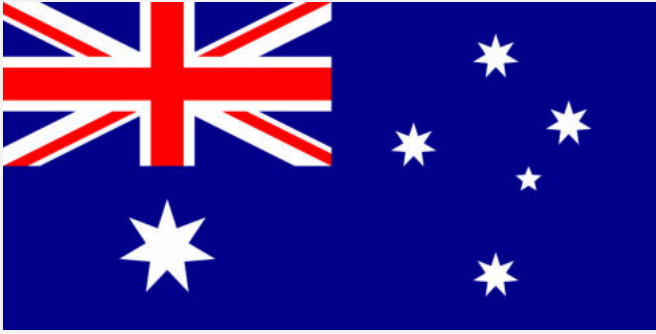
Star Kids Long Day Care & Preschool

Kid Inventors Day

Australia Day

International Lego Day

Preschool Graduation Ceremony 2025



Australia Day is a time to reflect on our history, respect one another, and celebrate the spirit of Australia. It highlights the values that bring Australians together—mateship, community, and resilience—while encouraging optimism and hope for the future.

Reflect. Respect. Celebrate. On this day, we reflect on our nation's history, which began more than 65,000 years ago with the cultures and traditions of First Nations Australians, and acknowledge the impact of European settlement. Above all, Australia Day is a time to promote inclusion, understanding, and respect for everyone who calls Australia home.



KID INVENTORS' DAY- JANUARY 17

At **Star Kids**, children celebrated by **creating their own inventions** using blocks and craft materials. They **shared their ideas** with friends and teachers. We talked about **famous inventors** and their creations. The activity encouraged **creativity, problem-solving, and imagination**. Children enjoyed **showing how their inventions worked**.



At **Star Kids**, we celebrated **International LEGO Day** by encouraging children to explore their creativity and problem-solving skills through building with LEGO bricks. The children engaged in **hands-on activities**, constructing towers, houses, and imaginative creations, while working individually and in small groups. Educators guided discussions about **shapes, colours, and teamwork**, helping children develop both their fine motor skills and collaborative abilities. The day was filled with laughter, excitement, and proud moments as the children **shared their creations with peers**. Celebrating International LEGO Day promoted **imagination, innovation, and creative thinking**, making learning fun and interactive for our little builders.



FOCUS: Understanding Quality and Safety in Early Childhood Services: What Families Should Know



When families choose an early childhood service, one of the first questions—spoken or unspoken—is always the same: “Will my child be safe, supported and cared for here?” It’s a big decision to entrust your baby, toddler or preschooler to someone else’s care, and it’s natural to want confidence that the environment your child enters each day is warm, predictable and protective.

Across Australia, all early childhood education and care services operate under the National Quality Framework (NQF). The NQF is the national system for regulating and improving the quality of early education and care. It is made up of several key, stable components including- the National Law and National Regulations which are the legal requirements all services must meet including staffing, health and safety, educational programs, physical environment and operational procedures. The NQF also includes the National Quality Standard (NQS) which defines what high-quality education and care looks like and feels like. This means that every service, regardless of type or location, follows a nationally consistent approach to quality. Recent legislative changes, have strengthened the National Law by making the safety, rights and best interests of children the paramount consideration for daily practices, policies and procedures in education and care services.

A Safe, Calm and Predictable Environment

Creating a child-safe environment involves more than child-proof locks or soft flooring. Guided by the NQF, services design spaces where children feel physically secure and emotionally supported. This includes thoughtful room layouts, active supervision, predictable routines and warm, trusting relationships. Educators conduct regular safety checks, maintain equipment and ensure children can move freely and comfortably. You may notice furniture changes or outdoor updates such as improved shade, fencing or soft-fall surfaces—visible signs of the ongoing safety checks and continuous improvement processes required under the NQF.

Safe Sleep and Rest Practices

For babies and toddlers, safe sleep is essential. Services follow recognised safe-sleep guidelines and monitor children closely throughout rest times. The NQF requires educators to stay up to date with training and current recommendations so families can feel confident that sleep routines are carried out safely, consistently and with

Hygiene and Everyday Health Practices

Good hygiene is a cornerstone of quality care. Under the NQF, services must maintain high standards of cleanliness and infection control. This may include daily cleaning schedules, sanitising frequently used equipment, wearing gloves for nappy changes, practising correct handwashing and following safe food-handling procedures. You may also see improvements that reflect current health guidance, such as enhanced ventilation or updated illness policies. While the specifics vary between services, the aim remains the same: to maintain a healthy environment for all children.

Responding to Emerging Issues

As the world changes, so do the risks children may encounter. The NQF requires services to regularly review and update their policies to stay informed, prepared and responsive. Our policies support safe and consistent practice in areas such as:

- Digital safety and the responsible use of technology
- Smoke-free and vape-free environments
- Sun safety and monitoring UV levels
- Safe collection procedures and clear communication with families
- Allergy and asthma management with the need for current medical management plans for children with medical conditions
- Emergency preparedness, including evacuation and lockdown procedures

These policies provide clear guidance for educators and ensure we respond to safety matters calmly and confidently. All policies are available for families to view at any time—they are displayed within the service, and copies can be requested whenever needed.

Child Protection and Wellbeing

Child protection is a major focus of the NQF. All persons working in education and care must have a valid Working With Children Check or Vulnerable Persons Check. Educators and staff understand child protection law and comprehend their mandatory reporting obligations and responsibilities in recognising concerns, responding appropriately and reporting to relevant authorities. From February 2026, all staff and educators will need to complete mandatory national child safety and protection training.

Equally important are the everyday interactions that help children feel emotionally secure—warm greetings, comfort when they’re upset, listening to their ideas and supporting them to manage emotions. Safety is not only physical; it also includes feeling valued, respected and understood.

Partnerships With Families

The NQF emphasises the importance of strong partnerships with families. Quality and safety are strengthened when educators and families work together, share information and communicate openly. This may happen through daily conversations, family events, online platforms or policy updates.

If you have questions about any aspect of child safety or practice, our team welcomes the opportunity to talk with you. Transparent communication helps us support children in the best possible way.

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What This Means for You

For families, the NQF provides a consistent and reliable foundation for quality care. It means:

- Your child’s service is monitored and assessed against the National Quality Standard and their quality rating must be clearly on display
- Children’s safety, rights and best interests inform every decision, from room set-up to daily routines and interactions to financial decisions in the service
- Educators participate in ongoing professional learning
- Policies are reviewed and updated regularly to reflect mandatory law and regulations and current best practice
- Families can access, read and provide suggestions and feedback to policies at any time.

Most of all, it means your child spends their day in an environment purpose-built to support safety, wellbeing, learning and belonging.

Early childhood is a precious time, and families deserve to feel confident in the care their children receive. With the NQF guiding best practice and with policies kept open and accessible to families, services can provide warm, secure and nurturing experiences that help children thrive now and well into the future.



For more information on the National Quality Framework (NQF) follow this QR code.

Source: startingblocks.gov.au



For more information on the National Quality Standard follow this QR code.

Source: startingblocks.gov.au



LET’S PLAY HOPSCOTCH

Hopscotch is a simple, classic outdoor game that builds both physical skills and early maths understanding.

Draw a hopscotch grid with chalk and number each square. As children hop along, encourage them to call out the numbers they land on. For extra excitement, children can toss a small stone or beanbag onto a square and collect it as they move through the course.

This playful activity helps children practise counting in sequence, recognise numerals and notice which numbers come before or after others. Seeing the numbers arranged on the ground also strengthens their sense of number relationships—such as understanding that seven is closer to nine than to one. It’s an easy way to combine movement, learning and fun.



LUNCHBOX LOW WASTE – SIMPLE SWAPS FOR EVERYDAY MEALS



Creating a low-waste lunchbox doesn’t have to be complicated. Small, consistent changes can significantly reduce single-use plastics while also saving families money over time. One of the easiest places to start is by replacing disposable items, cling wrap, sandwich bags and single-serve packets—with long-lasting alternatives.

Reusable containers in a mix of sizes make packing lunches simple and keep food fresher for longer. Beeswax wraps or silicone covers are great for

Buying snacks in bulk is another simple swap that reduces waste. Instead of single-serve yoghurt pouches, chips or crackers, consider filling small containers from larger tubs or packets. This approach cuts down on unnecessary packaging and gives you greater control over portion sizes and ingredients. Families can also plan ahead by prepping lunches the night before, which reduces the temptation to rely on grab-and-go packaged foods.

Adding low-waste items such as whole fruit, homemade muffins, veggie sticks or leftovers helps create a nutritious lunch while keeping waste to a minimum. Over time, children learn the value of caring for the environment through everyday habits. A low-waste lunchbox isn’t about perfection, it’s about simple, sustainable choices that make a big difference.

Find some delicious lunch batch recipes here:

- boobtofood.com/category/recipe/
- healthymadetasty.com.au
- healthymummy.com
- Woolworths.com.au

Preschool Graduation Ceremony 2025



The **Preschool Graduation Ceremony 2025** at **Star Kids Long Day Care & Preschool** was a joyful celebration of our children's achievements and growth. Families and educators gathered to honour the preschoolers as they prepared to move on to school. The children performed songs, recited surah, and showcased their talent. Each child received a **graduation certificate** and a **special keepsake**, celebrating their accomplishments and friendships. The event was filled with pride, joy, and shared memories, marking a special milestone in the children's early learning journey.



WATER COLOUR PAINTING

Watercolour painting is a gentle, expressive art activity that invites children to slow down, observe and explore. Watercolours behave differently from other paints, encouraging children to experiment and discover what happens when colours blend, dilute or layer. The soft edges and flowing textures make every attempt feel successful, even for beginners.

You will need:

Water colour palette
 (Find Micador pallets at Big W)
 Water colour paper (Kmart is really affordable)

Set up a simple painting space and offer prompts to spark curiosity. You might place leaves, flowers, pinecones or favourite household objects nearby for children to observe and paint. Alternatively, let their imagination lead, many children enjoy making rainbows, landscapes, or abstract patterns as they notice how the colours move across the page. Older children may enjoy trying wet-on-wet techniques, salt textures or adding details once the paint has dried.

Watercolour painting supports fine-motor development, hand-eye coordination and early artistic confidence. It also creates a moment of mindfulness, helping children unwind while focusing on gentle brush movements and colour changes.

This activity is easy to set up and pack up, soothing to engage in, and offers a beautiful opportunity for families to slow the pace and create something together.



5 Minute MOVES

KEEPY UPPY

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

This quick, high-energy game works for one child or the whole family. All you need is a single balloon. **The goal is simple:** keep the balloon in the air for as long as possible without letting it touch the ground.

Add fun variations to suit different ages: use only elbows, only knees, or one hand behind your back. Older children can try gentle taps or set a family record for longest time in the air.
 Try putting the sprinkler on for a really 'cool' challenge.

This game builds coordination, balance and teamwork, and always ends in laughter. Perfect for indoors, outdoors or days when you need a fast movement break.