



In every child is a world waiting to be discovered.
—Anonymous.

Star Kids LDC
& Preschool



ON this MONTH

AT

Star Kids Long Day Care & Preschool

World Read Aloud Day
Safer Internet Day
Chinese New Year
Summers Day
Ramadan



WORLD READ ALOUD DAY- FEBRUARY 4

At **Star Kids Long Day Care & Preschool**, we celebrated **World Read Aloud Day** by inviting children to join in special group story sessions. Educators read different picture books aloud, encouraging children to listen, look at the illustrations, and talk about the story. The children enjoyed participating by repeating words, asking questions, and sharing their favourite parts. This activity supported children's **language development, listening skills, and imagination**, while helping them develop a love for books and **storytelling**.



SAFER INTERNET DAY- FEBRUARY 10

At **Star Kids Long Day Care & Preschool**, we celebrated **Safer Internet Day** by introducing children to the importance of using technology safely and responsibly. Educators engaged the children in simple discussions about **being kind and respectful when using devices** and what to do if something online does not feel right. Through **stories, group conversations, and role-play activities**, children learned about asking a trusted adult for help and making safe choices when using digital devices. These activities helped build children's **awareness, confidence, and understanding of safe online behaviour** in an age-appropriate way.

Chinese New Year

Chinese New Year is a joyful celebration that marks the beginning of the lunar New Year and is celebrated in many cultures around the world. The festival is often filled with bright decorations, traditional foods, music, and family gatherings. Children enjoyed learning about the celebration through creative activities such as making **red decorations, lantern crafts, and exploring the meaning of good luck and happiness**. Through stories and discussions, they discovered how different cultures welcome the New Year with hope, kindness, and good wishes for the future. These experiences helped children develop **respect for cultural diversity and an appreciation of different traditions**.



Summer's Day

Summer's Day began with children enjoying the warm weather and participating in a variety of fun outdoor activities. They took part in water play, games, and creative experiences that encouraged movement and exploration. Educators also talked with the children about sun safety, such as wearing hats, drinking plenty of water, and applying sunscreen. The day was filled with laughter, learning, and opportunities for children to enjoy the outdoors while staying safe in the summer sun.



Focus Article: Why boredom is actually good for young children

In today's fast-paced world, boredom can feel uncomfortable for children and adults alike. With busy schedules, extracurricular activities, and screens always within reach, moments of "nothing to do" are becoming increasingly rare. When a child says, "I'm bored," it's tempting to step in straight away with an activity, a suggestion, or a device. However, boredom is not something to fear or fix. In fact, it plays an important role in children's learning and development.

Boredom gives children the time and space to think, imagine, and explore at their own pace. Without constant stimulation, children begin to look inward for ideas and outward for possibilities. This is often when creativity flourishes. A cushion becomes a mountain, a cardboard box becomes a rocket ship, and a stick becomes a magic wand. These moments of imaginative play help children develop problem-solving skills, flexible thinking, and confidence in their own ideas. Unstructured time also supports independence. When children are not directed by adults or scheduled activities, they learn to make choices for themselves. They practise deciding what to do, how to do it, and how to keep themselves engaged. These small decisions build a sense of autonomy and capability, helping children feel confident in navigating both play and everyday life.

At home, allowing space for boredom may feel challenging at first. Adults often worry that children need to be constantly entertained or productively occupied. However, children do not need expensive toys or planned activities to learn. Simple, open-ended materials are often the most powerful tools for play. Blocks, dress-ups, recycled materials, loose parts, art supplies, and everyday household items invite children to explore freely and creatively. These materials encourage experimentation and imagination rather than a "right" or "wrong" way to play.

Time spent outdoors can also transform boredom into meaningful learning. Nature offers endless opportunities for discovery, watching ants carry food, collecting leaves, splashing in puddles, or building cubby houses from sticks. Outdoor play supports physical development, curiosity, and connection to the natural world. It also allows children to experience change, risk-taking, and problem-solving in a real and engaging environment.

Boredom plays an important role in emotional

emotional regulation and resilience. Over time, children begin to understand that uncomfortable feelings pass and that they have the ability to find solutions for themselves. These builds coping skills that are essential for school and life beyond the early years.

It's also important to consider the role of screens in children's experience of boredom. While digital devices can be entertaining and educational in moderation, constant access to screens can reduce opportunities for deep, imaginative play. When children are used to instant entertainment, boredom may feel more difficult to manage. Creating regular screen-free time allows children to rediscover the joy of play, creativity, and exploration without external stimulation.

In early education and care services, we value play that is child-led, open-ended, and rich in learning opportunities. Educators intentionally create environments that allow children to explore their interests, follow their curiosity, and engage in sustained play. By allowing similar opportunities at home, families can support continuity between preschool and home life, reinforcing the skills children are developing each day.

Embracing boredom does not mean leaving children unsupported. It means being present, observant, and responsive while allowing children the freedom to lead their own play. Sometimes this involves stepping back rather than stepping in trusting that children are capable of finding their own way. Over time, families often notice that children become more creative, more independent, and more confident when given space to simply be.

So next time boredom appears, try pausing before offering a solution. What may feel like "nothing happening" is often the beginning of something meaningful. In the quiet moments, children are learning, growing, and discovering who they are.



Read more about the benefits of boredom

See link via QR code
Retrieved from childmind.org

ALPHABETKABOOM!

You will need: popsicle sticks, marker and a small bucket of cup

Set up: Write each of the 26 letters of the alphabet on a different popsicle stick. Write the word "Kaboom!" on 6 additional popsicle sticks. Put all the popsicle sticks in a container, with the letters pointing down into the bucket so you can't see them.

How to Play:

1. Players take turns picking a popsicle stick out of the bucket and reading the letter on it. (Sometimes we'll also add in the challenge of saying the sound the letter makes or a word that starts with the letter.)

2. Each player collects as many popsicle sticks as possible before drawing a "Kaboom!" stick.
3. If a player draws a "Kaboom!" stick, he or she returns all his/her sticks to the bucket.
4. The winner is the player with the most sticks when time runs out (you can set a timer for as long or short as you want).

Variations:

The possibilities are endless with this game:

Family names, sight words, rhyming words (what rhymes with...?), syllables (how many syllables are in...?) basic math facts, telling time, adding money

Source: themanylittlejoys.com





HEALTH & SAFETY: Self-Care Skills: Why Doing Things “By Themselves”

In the preschool years, children are learning so much more than colours, letters, and numbers. Everyday self-care skills like toileting, dressing, and eating play a powerful role in children’s development. While these tasks may seem small to adults, they are big milestones for young children and help build independence, confidence, and a strong sense of self.

When children practise self-care skills, they are learning that they are capable. Pulling up their own pants, putting on shoes, or using a spoon independently sends an important message: “I can do this.” Over time, these moments of success help children develop confidence, resilience, and pride in their abilities.

Toileting, Dressing and Eating: More Than Just Daily Tasks

Self-care routines are rich learning opportunities. **Toileting** supports body awareness, independence, and self-regulation. **Dressing** helps develop fine motor skills, coordination, and problem-solving. Figuring out which way clothes go or how to manage buttons and zips takes concentration and persistence. **Eating** independently builds motor control, patience, and confidence, as children learn to listen to their bodies and manage meals at their own pace.

These skills also support school readiness. Children who feel confident managing their own basic needs often transition more smoothly into group settings. They can focus more on learning and social relationships when they feel secure in their ability to care for themselves.

Independence Builds Confidence

Independence doesn’t mean children have to do everything alone. It means giving them opportunities to try, practise, and learn even when it takes longer. When adults step in too quickly, children may miss the chance to develop

their own abilities. Allowing children time to attempt tasks, make mistakes, and problem-solve builds perseverance and self-belief.

Children who are trusted to try often surprise us. They develop a sense of ownership over their routines and take pride in what they can do. Over time, this confidence carries into other areas of learning, play, and relationships.

Supporting Without Rushing

In busy family life, it’s easy to rush daily routines, but slowing down where possible can make a big difference for children. Allowing extra time for dressing, encouraging children to feed themselves, or calmly supporting toileting helps children feel capable, confident, and respected. Support may involve gentle encouragement, breaking tasks into smaller steps, or modelling rather than taking over. Phrases like “Take your time” or “I’ll wait while you try” remind children that effort matters more than speed. Remember, every child develops at their own pace, progress is gradual, and confidence grows with patience and practice.

Working Together

In early education and care services, educators support self-care skills through everyday routines. Families can reinforce this at home by providing time and opportunities for children to practise independence. These everyday moments help build confidence, resilience, and a strong belief in their own abilities.



Read more about developmental self-care skills and how to support your child

See link via QR code Retrieved from occupationaltherapy.com.au



EGG HEADS

Gardening is a wonderful way to help children learn about sustainability and caring for the environment. Whether you have a large garden, a small patio, or live in an apartment, planting seeds shows children that they can grow food and plants almost anywhere using simple, reused materials.

This activity encourages **reuse and waste reduction** by using empty egg cartons or eggshells as seed trays instead of buying new pots. With just a little soil, some seeds and water, children can turn everyday items into something useful, learning that many materials can be given a second life rather than thrown away.

Choosing fast-growing seeds such as radishes, fava beans, lentils or chickpeas helps children see quick results, reinforcing patience and responsibility as they care for their plants. Flowers like nasturtiums and marigolds grow easily and can later be used in salads or to decorate meals, helping children make connections between gardening, food, and reducing food miles.

Through planting, children learn where food comes from, how plants grow, and why caring for the earth is important. Small actions that support a more sustainable



Image & Activity Source: klorane.com

RAMADAN



Ramadan is a special and meaningful time observed by many families in our community, focusing on prayer, kindness, generosity, and reflection. To help children learn about this important occasion, a **Ramadan corner with a Star Kids mosque** was created in the learning environment. This space allowed children to explore and discuss the meaning of Ramadan in an engaging and age-appropriate way. Educators spoke with the children about **prayer, fasting, helping others, and showing kindness**, encouraging them to understand the values behind the celebration. The children also participated in creating a **Charity and Kindness Box** and a **Lakemba Mosque charity box**, learning about the importance of giving and supporting people in need. Through stories, conversations, and creative activities, the children developed a greater appreciation of **cultural diversity, compassion, and community values**, making the experience both educational and meaningful.



LEFTOVERS STAMPING

Introduce children to the sensory joy of **creative stamping using everyday leftovers!** This simple, calming activity supports fine motor development, creativity, and sustainability by transforming food scraps and recycled materials into art tools.

You Will Need:

- Leftovers such as celery stumps, fruit off-cuts, bubble wrap, or small pieces of cardboard
- Paint
- Paper or cardstock
- A plate or large lid for paint
- Something to protect your workspace (newspaper or a tablecloth)

What to Do:

Set up a space ready for painting by covering the table and preparing your materials. Pour small amounts of paint onto a plate or lid and spread it slightly to make stamping easy. Laying out all materials within reach helps children work independently and confidently.

Encourage children to dip their leftover items into the paint and press them onto the paper to explore patterns, textures, and shapes. You might like to suggest using warm colours or cool colours together, this helps keep colours vibrant and avoids muddy brown tones. Allow children to experiment freely, noticing how different objects create unique prints. This open-ended approach invites creativity, curiosity, and problem-solving.

Seasonal Tip: Valentine's Day

Fold cardboard or thick paper in half to make a card. Use a celery off-cut to create rose-shaped stamps and design a handmade card to gift to parents, grandparents, or friends. A wonderful way to create art, reuse materials, and celebrate creativity together! **Go to Kivico to check out these stamped**



5 Minute MOVES

CRAWL CHASE

When was the last time you got on your hands and knees and crawled like a baby? Give it a go, it is quite tiring and is a great brain workout too.

This activity is simple and requires no equipment just a little space. It is tag on all fours, take turns being 'in' everyone gets into crawling position and crawls away