



LOVE THE LIFE YOU LIVE, LIVE THE LIFE YOU love – BOB MARLEY

Star Kids LDC
& Preschool

JUNE
2025



ON *this*
MONTH

AT

Eid-UI-Adha
World Environment Day
Global Wind Day



WORLD ENVIRONMENT DAY – JUNE 5

In 2025, the focus is on **plastic pollution**—and the importance of coming together to create long-term solutions. This year's campaign encourages everyone, from individuals and schools to industries and governments, to adopt **sustainable practices** that lead to real, lasting change. Join the **#BeatPlasticPollution movement**—even the youngest voices can help shape a cleaner future.





HEALTH AND SAFETY: Mid- year burnout

Why You're So Tired—and What to Do About It

As June 30 approaches, many of us find ourselves wondering: *How is the year already halfway over?* It's cooling down, weekly routines are well and truly underway, and that list of ambitious New Year's resolutions is... somewhere, probably under a pile of drawings, lunchbox containers, or unfolded laundry.

The middle of the year can feel like a slog. We're far from the freshness of January and still a long way from the finish line of December. It's no surprise that many parents feel a little stuck, stretched, or simply exhausted right about now.

So, what is mid-year burnout—and why does it hit so hard?

It's that feeling of running on empty after six months of go-go-go. Between school drop-offs, packed lunch-making, work commitments, and extracurricular juggle, the rhythm of daily life can start to feel more like a grind than a groove. Add in darker mornings and shorter days, and it's a recipe for sluggishness, self-doubt, and emotional fatigue.

Here are some gentle ways to ease the slump and rediscover a sense of calm and clarity as we move through the middle of the year:

1. Pause and Reflect (Not Panic)

Instead of beating yourself up over resolutions that haven't been met, try reframing the moment. Mid-year is a great time to reflect—not on what hasn't happened, but on what *has*. Did your child start daycare or pre-school this year? Did you survive school holidays? Did you keep the household (mostly) running? That's worth acknowledging and celebrating.

2. Adjust Your Expectations

Your energy isn't infinite. If you're feeling burnt out, it may be time to reassess what's realistic for this season of life. Could some goals wait? Could some things be simplified? Try replacing your long to-do list with a "today I will do just one helpful thing" mindset. That's often enough.

3. Create Mini-Moments of Joy

Burnout often stems from giving, giving, giving—with no space to recharge. You don't need an entire day off (though if you can swing it, do!). Try carving out 10 minutes to drink your coffee in peace, take a walk, read a few pages of a book, or just sit in silence. These micro-breaks can be surprisingly powerful.

4. Reconnect With Your 'Why'

When routines feel monotonous, remind yourself why you do what you do. Maybe it's the smile at pickup, the way your little one snuggles into you at bedtime, or the values you're quietly instilling through all your efforts. You're building a childhood—and that's no small task.

5. Make Space for Support

Whether it's a chat with a friend, a quick vent in a parent group, or saying yes to help when it's offered, don't carry it all alone. Community matters—especially when the days feel heavy. You're not the only one feeling tired right now.

This season might feel like a slump—but it's also a checkpoint.

A chance to breathe, regroup, and gently shift course if needed. You're doing so much more than you realise. Let June be a moment to pause—not to judge yourself, but to honour your effort and keep moving forward with kindness.

Need a little more support?

If you're finding the load particularly heavy right now, you're not alone—and there's help available. You can speak with your GP, connect with a local parent support group, or reach out to a service like [PANDA \(Perinatal Anxiety & Depression Australia\)](#) for free, confidential support for parents feeling overwhelmed. They're there to listen, guide, and help you find your footing again.

PANDA is a well-respected Australian organization offering support for all parents and caregivers—not just new mums—and they understand the complex emotions that come with parenting.

LETTER INVESTIGATION

You will need a set of letters (magnetic, foam or wood) and a picture book.

Here are a range of activities you can do to introduce your child to letters and give them an awareness of print. Take out the letters and let your child play with them. They may sort them, look at them, line them up or talk about them. **Help** your child notice that some of the letters have rounded parts, some have straight edges, and some have holes in them. **Ask** your child if they know any letter names. **Find** the ones they know. **Use** the letters to write your child's name. Some children may know how to do this on their own. Say each letter of your child's name as you point to it. Tell your child, "We are going to read a book that has all of these letters in it. Let's see if you and I can find the letters in our pile to match the ones on each page!" Language and literacy readyatfive.org





FOCUS: Getting ready for 'Big School'

Starting school is a major milestone—not just for your child, but for you too! It's completely normal to wonder if your child will be ready for this big step, especially in the year leading up to it.

The good news is school readiness is less about academic skills and more about your child's ability to manage daily tasks, connect with others, and feel confident and curious in a group setting.

Here's what really matters in the lead-up to kindergarten—and some easy ways to support it at home.

What do children need to know before starting school?

Children don't need to know how to read, write, or count to 100 before they start school. Instead, educators look for a range of **social, emotional, physical, and communication skills** that support a smooth transition into the classroom environment.

Here is what matters most:

Independence: Can your child open their lunchbox, go to the toilet, and pack away toys or books? Can they dress themselves? (Manage zippers, shoes, jumpers) Can they pack and unpack their bag and look after personal belongings?

Social skills: Are they learning to share, take turns, and follow simple instructions? Playing cooperatively with others and engaging in imaginative play.

Emotional regulation: Are they beginning to manage big feelings with support and express needs with words?

Communication: Can they understand and respond to questions and simple instructions? Are they curious and asking questions of their own? Are they listening during stories or group activities.

Cognitive and Early learning skills: Can they recognise their name? Are they interested in books and numbers? Can they identify some colours and shapes? And are they beginning to count small numbers of objects?

Physical skills: Can your child hold pencil, crayon or paintbrush? Are they learning to use scissors? Are they climbing, jumping and balancing. Do they use fine motor skills like threading, drawing or building?

How Can I Help at Home?

You don't need to turn your home into a mini classroom. In fact, **learning through everyday life and play** is the best way to build school readiness. Here are some simple ways to help your child grow in confidence and capability:

Talk Often and Listen Well: Have regular conversations, ask open-ended questions ("What was your favourite part of today?") and encourage your child to share their thoughts. Language development is a big part of school success.

Read Together Daily: Storytime builds vocabulary, listening skills, imagination, and attention span. Let your child choose books, point to pictures, and talk about what's happening in the story.

Practice Routines: Help your child become familiar with the kinds of routines they'll encounter at school—getting dressed in the morning, sitting for a meal, packing up toys, or washing hands before eating.

Encourage Playdates and Group Play: Playing with peers teaches important social lessons: turn-taking, problem-solving, cooperation, and navigating friendships. Even a simple trip to the playground can help build these skills.

Promote Confidence with "I Can Do It!" Tasks: Let your child do small tasks by themselves, even if it takes longer. Practice zipping a jacket, packing snacks into a lunchbox, or putting shoes on the right feet.

Talk About School Positively: If your child is starting school next year, begin to talk about it in gentle, excited ways. "When you go to big school, you'll have your own lunchbox!" or "I wonder what games you'll play with your new friends." Keep it light and reassuring.

Remember: Every Child Develops at Their Own Pace

It's okay if your child isn't ticking every box just yet. Kindergarten teachers know that children come in with a range of abilities and experiences. The most helpful thing you can do is support your child with love, patience, and confidence that they'll grow into their next big adventure.

If you ever have concerns about your child's development, don't hesitate to speak with your preschool educator, GP, or child health nurse—they can guide and reassure you.



STAYING WARM WITHOUT BREAKING THE BUDGET OR THE PLANET

It's getting pricey to stay warm, making cold weather feel bleaker. Energy prices have skyrocketed. Luckily, keeping warm is something we can help with - even when that includes contributing to a reduced carbon footprint. Here are some of our tried and tested energy-saving warmth tips for you to consider.

Have you tried... Using microwave heat bags, covering up with blankets, keeping your feet warm? Make your house cosy, wear a neck warmer, humidify the air using an oil diffuser. When it is out sit under the sun and grab some rays close curtains promptly at dark to keep the heat in. Take advantage of kitchen and bathroom heat. Warm up with hot beverages. If you can, make sure your home is insulated properly.

Eid-UL-Adha



At our centre, the children joyfully celebrated **Eid ul Adha** with a variety of meaningful and engaging activities. They learned about the significance of the festival through stories and discussions, which helped them understand the values of kindness, sharing, and gratitude. The children enjoyed creating festive crafts, dressing up, and sharing special moments with their peers and educators. It was a wonderful celebration that encouraged cultural awareness and gave the children an opportunity to appreciate diversity while fostering a sense of community and togetherness.

At our centre, the children celebrated **Eid ul Adha** with lots of excitement, and the day was filled with learning and joy. The educators guided the children through the story behind Eid ul Adha, focusing on the values of sacrifice, kindness, and sharing. As part of their learning, the children explored the rituals of **Hajj**, where they enthusiastically participated in role-play activities. They practiced the **steps of Hajj**, including performing **Tawaaf** around a model Kaaba, symbolising the way pilgrims circle the holy Kaaba in Makkah. The children also enjoyed walking between **Safa and Marwa**, retracing the story of Hajar's search for water, which helped them understand the importance of patience, faith, and perseverance. Through these activities, along with festive crafts and group discussions, the children developed an appreciation for the spiritual significance of Hajj and Eid ul Adha. The celebration encouraged cultural awareness, respect for diversity, and instilled values of empathy, gratitude, and community spirit in a fun and meaningful way.

Global Wind Day



At our centre, the children celebrated **World Wind Day** with a fun and engaging science experience. Educators introduced the children to the concept of wind and how it moves, encouraging curiosity and exploration. The children used colourful **windwheels** and observed how they spun faster or slower depending on the strength of the wind. Through hands-on play and group discussions, they learned that wind is moving air and plays an important role in our environment. This activity not only supported their understanding of basic **science concepts** but also sparked excitement about how wind energy can be used in real life, such as in windmills to produce electricity. The celebration of World Wind Day encouraged the children to develop critical thinking, curiosity about the natural world, and an appreciation for sustainable energy in a fun and interactive way.

School Readiness Program



We prioritise our **School Readiness Program** to support children in building the key foundations they need for a smooth transition to school. By embedding **literacy and numeracy learning** into everyday activities, children are encouraged to explore letters, sounds, numbers, counting, and problem-solving in meaningful and enjoyable ways. This approach not only strengthens their academic skills but also fosters confidence, curiosity, and independence, helping them feel prepared and excited for the next stage of their learning journey.



5 Minute MOVES

SHAPE YOGA

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

Yoga involves a variety of poses that stretch and strengthen the body, improving flexibility and balance. Making shapes is a great way to start for kids.



Feedback
is always welcome



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