

MARCH  
2026



# ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

Clean Up Australia Day  
National Ride 2 School Day  
Earth Hour



## NATIONAL RIDE '2' SCHOOL DAY-MARCH 20

Join more than 350,000 children across the country as they ride, walk, scoot, or skate to preschool or daycares for National Ride to School Day, which encourages healthy habits, active lifestyles, and safer, more sustainable travel while also helping children learn important road safety skills such as wearing helmets, following road rules, and being aware of others, as we celebrate the positive impact active travel has on children's health and the environment

## GREEK YOGURT CHOC CHIP

PREP 10min | COOK 20min | SERVES 12-15

### INGREDIENTS

- |                               |   |
|-------------------------------|---|
| 2.5 cups plain flour          | $\frac{3}{4}$ cup un-flavoured oil,                           |
| 1 tbs baking powder           | 1 cup Greek yogurt,   |
| $\frac{1}{2}$ tsp baking soda | $\frac{1}{4}$ cup milk, ( $\frac{1}{4}$ to $\frac{1}{2}$ cup) |
| $\frac{1}{2}$ tsp salt        | 1 teaspoon vanilla extract                                    |
| $\frac{1}{3}$ cup sugar       | 1.5 Cup choc chips  |
| 2 eggs, lightly whisked       |   |

1. **Pre-heat** the oven to 180C, line a muffin pan with muffin liners. Spray lightly with oil.
2. **Combine the dry ingredients** in a large bowl.
3. **Combine the wet ingredients** in a jug or smaller bowl.
4. **Pour the wet ingredients** into the dry and mix with a wooden spoon until just combined (a few lumps are fine. Don't overmix). Add a little more milk if necessary (the mixture will be quite thick but it shouldn't be dry).
5. Gently **fold the chocolate chips** into the batter.
6. **Spoon the batter into the muffin cases** (you can fill almost to the top) and bake for 17 to 25 minutes.
7. After 17 minutes keep checking every couple of minutes. A skewer pushed into the centre of the muffin should come out without raw batter on it, and the muffins should be nicely golden brown.

**Let cool completely on a wire rack before eating so that the muffin cases don't stick. Reheat for 15 seconds in the microwave after peeling off the muffin case if you'd like to enjoy a muffin warm!**

Enjoy x

## EARTH HOUR -MARCH 28

Earth Hour is a great opportunity to slow down and spend time together. Children can learn about saving energy and looking after the environment in simple, meaningful ways. Earth hour doesn't have to just be one day a year, make it a weekly or monthly thing. Switch off more often and read a book or play a game via candle light.



During Earth Hour, our preschool children joined together to learn about caring for the planet. We turned off lights and explored how we can save energy in our everyday environment. Children engaged in calm, nature-inspired experiences such as reading, drawing, and quiet group time. This experience helped children develop awareness of sustainability and responsibility for the Earth.

Even if your child does not have an allergy, allergy awareness is an important part of keeping children safe in early learning settings, schools, and the wider community. Food allergies are increasingly common in young children, which mean most children will share spaces, meals, and activities with peers who have allergies at some point.

Understanding what allergies are, what to look out for, and how to talk to children about allergy safety helps create a safer and more inclusive environment for everyone.

### What Is a Food Allergy?

A food allergy occurs when a person's immune system reacts to a food that is usually harmless. Common allergens in early childhood include peanuts, tree nuts, eggs, dairy, wheat, soy and sesame. Reactions can range from mild symptoms, such as hives or stomach upset, to more serious reactions that require urgent medical attention.

Children without allergies often don't understand why certain rules exist around food. From their perspective, sharing food is kind and friendly. This is why allergy awareness focuses on teaching children *simple safety rules* rather than medical detail.

### What Parents Should Be Aware Of

While allergic reactions are rare in children without known allergies, it's helpful for parents to be aware of general signs of a reaction.

These may include rashes or hives, swelling of the lips, eyes, or face, vomiting, persistent coughing or breathing changes.

Parents are not expected to diagnose allergies but knowing that reactions can look different helps families understand why early learning services take food safety seriously.

### Teaching Children to Be Allergy Aware

Children don't need complex explanations to understand allergy safety. Simple, consistent messages are most effective and help children feel confident rather than worried.

#### Helpful messages to reinforce at home include:

"We don't share food, everyone's body is different."

"Some foods can make people sick, so adults help keep everyone safe."

"We always wash our hands before and after eating."

Teaching children not to share food, utensils, or drink bottles is one of the most important safety

### Everyday Habits That Make a Big Difference

Families play an important role in supporting allergy awareness, even when allergies aren't part of daily life at home. Small habits help children understand and follow safety expectations at care and school.

#### You can support allergy safety by:

- Encouraging thorough handwashing before and after meals
- Reinforcing that lunchboxes are just for your child
- Talking calmly about why food rules exist
- Modelling respect for safety rules, even when they feel inconvenient

Children learn best through repetition and role modelling. When safety routines are consistent at home and in care, children are more likely to follow them confidently.

### Supporting Safety Without Creating Fear

It's important that allergy awareness doesn't create anxiety for children. Safety messages should be calm, clear, and matter of fact. Children don't need to feel responsible for others' health they just need to know the rules and trust that adults are keeping everyone safe. Avoid alarmist language and focus instead on simple actions children can take. When adults are calm and confident, children feel safe.

### Why This Matters for Everyone

Allergy awareness is about more than food. It teaches children empathy, responsibility, and respect for others. Learning that "not everyone is the same" and that small actions can help keep others safe builds important social and emotional skills.

Keeping children safe is a shared effort — and even small, everyday actions make a meaningful



Find recipes and more information on this article via the QR code.

Source: Health Direct (2023). Food allergies in children. Retrieved from [healthdirect.gov.au](https://www.healthdirect.gov.au)

## FOCUS ARTICLE: Why Children Need Repetition (and why it's Not a Bad

**If you've ever read the same book for the tenth time in a row, played the same game again and again, or followed the exact same bedtime routine night after night, you're not alone. Repetition is a natural and important part of early childhood and while it can feel exhausting for adults, it plays a powerful role in how young children learn and feel safe in the world.**

For young children, repetition builds understanding. Each time a child hears the same story, sings the same song, or repeats a familiar routine, their brain is strengthening connections. They begin to notice new details, predict what comes next, and make sense of the world around them. This repetition supports memory, language development, and confidence, helping children feel capable and secure.

Repetition also supports emotional regulation. Familiar activities and routines create a sense of predictability, which helps children feel calm and safe. When children know what to expect, their nervous system can relax. This is especially important during times of change, growth, or emotional development. A familiar book, song, or routine can be deeply comforting, helping children manage big feelings and transitions.

You may notice that children often repeat activities during periods of rapid development or emotional change. This is not a sign that they are stuck it's a sign that they are practising. Just as adults rehearse skills to build confidence, children use repetition to master new



to understand. Joining in, observing, or gently extending play can support learning while still honouring your child's need for familiarity.

Repetition does not mean a lack of creativity. In fact, once children feel confident with a familiar activity, they often begin to add their own ideas changing characters in a story, altering the rules of a game, or exploring new ways to play. These small changes show growing confidence and imagination built on a strong foundation of familiarity. At early learning settings, educators intentionally use repetition through routines, songs, and experiences to support children's learning and wellbeing. At home, families can support this by allowing favourite books, routines, and activities to be revisited as often as children need.

So, the next time your child asks for "that one again," remember that repetition is meaningful work. It's how children learn, regulate, and build confidence — one familiar moment at a time.



For more information on the importance of repetition take a look at this great article via the QR code.

# Clean Up Australia Day



**Our preschoolers celebrated Clean Up Australia Day by collecting rubbish in our outdoor areas and learning how to care for our environment. They worked together as a team to keep our playground clean and safe, showing responsibility and respect for nature.**



## Stick Decorating: Art from Nature

### How it works:

Stick decorating is a simple, creative activity that encourages children to slow down, observe nature, and express themselves through art. It begins with a walk, a great opportunity for families to spend time together outdoors while exploring the environment.

Head out for a short walk in your local area, park, beach, or backyard and look for fallen sticks on the ground. Encourage children to choose **smooth sticks with larger surface areas**, as these are easier to decorate. Take time to notice shapes, textures, and sizes, talking about what makes each stick different. This helps build observation skills and appreciation for natural materials.

Once home, wipe the sticks clean and set up a simple art space. Children can use **crayons, paints, or markers** to decorate their sticks with patterns, lines, symbols, or colours. Some children may enjoy creating stories about their sticks turning them into magic wands, characters, or nature tools, while others may focus on repeating patterns or colour mixing.

This activity supports fine motor skills, creativity, and imagination while using materials found in nature.

It also encourages sustainability by showing children that art doesn't need to come from a shop sometimes the best materials are already around us.



## 5 Minute MOVES

### Stretch & Breathe

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

This gentle movement activity is a lovely way for families to slow down and reconnect at the end of the day.

Find a quiet space, stand or sit together, and move slowly through each action.

#### Try:

- Reach arms up high and stretch tall, then lower them slowly
- Bend down and touch toes or reach toward the floor
- Roll shoulders forwards and backwards
- Gently twist side to side
- Finish by taking three slow, deep breaths together

Encourage children to notice how their bodies feel as they move and breathe. This activity supports calm bodies, emotional regulation, and helps children transition from busy days into relaxed