



Life isn't about waiting for the storm to pass. It's about learning to dance in the rain. — Vivian Greene

**Star Kids LDC
& Preschool**



**NOVEMBER
2025**

ON *this* --- **MONTH**

AT

Star Kids Long Day Care & Preschool

**Outdoor classroom day
National Recycling Week
Remembrance Day
Fairy Bread Day
Star Kids Annual Photo Day
Incursion: Nature's Recyclers**

FAIRY BREAD DAY– NOVEMBER 24

Each year, National Fairy Bread Day brings Australians together to celebrate the magic of childhood- bright sprinkles, big smiles, and simple joy shared across generations. In 2023, Fairy Bread Day proudly launched a partnership with The Pyjama Foundation, a remarkable organisation that's been empowering children in foster care since 2004.



REMEMBRANCE DAY– NOVEMBER 11

At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts. There are many ways to commemorate from wherever you are, at home, school or work, observe a minute's silence at 11am. You can also explore the origins of 'Remembrance Day', wear a poppy or make a wreath.



Outdoor Classroom Day – November 06

To celebrate **Outdoor Classroom Day**, our children engaged in a variety of fun and educational activities in our outdoor learning spaces. They explored nature, participated in sensory play, and worked together on creative projects, fostering curiosity, teamwork, and a love for the outdoors. It was wonderful to see the children connecting with their environment while learning through play and discovery.



National Recycling Week



To celebrate **National Recycling Week**, our children and families actively contributed by providing recycled food packets for our **Star Kids Recycling Shop**. The children enthusiastically set up a dramatic play area in the outdoor space, taking turns to role-play as shopkeepers, customers, and cashiers, developing their social skills, teamwork, and understanding of real-life routines. Alongside this, they engaged in a range of other activities, including sorting recyclables, creating artwork from recycled materials, and learning about the importance of reducing waste and caring for the environment. Through these experiences, the children not only had fun but also developed a deeper awareness of sustainability and the value of reusing materials in creative ways.



Star Kids Annual Photo Day



We are excited to announce that **Star Kids Annual Photo Day** was held this year at **Studio Eclectic**. The children enjoyed having their individual and group photos taken in a professional and fun setting. It was a wonderful opportunity to capture special memories of their time at Star Kids, and we look forward to sharing these beautiful photos with families soon.

Incursion: Nature's Recyclers





As part of our ongoing commitment to teaching children about **sustainable practices** and **caring for the natural environment**, as well as fostering strong relationships with our community and including professionals in our project-based learning, we invited **Waste Education [Cleanaway] for Preschools** from the **City of Canterbury Bankstown Council** to visit our service. We selected the module **“Nature’s Recyclers”**, which offered an engaging and hands-on learning experience for our preschoolers. During the session, the children **learnt about worms, worm farming, and the recycling process**, participated in a **book reading session**, and engaged in **hands-on activities** to explore nature’s recyclers in action. They eagerly asked questions, shared observations, and enjoyed working together, showing curiosity and a genuine interest in sustainability. Through this experience, the children not only had fun but also deepened their understanding of environmental care, teamwork, and community involvement, while enjoying the opportunity to learn directly from professionals in the field.

Exploring, Gardening, and Learning



Our preschoolers have been actively involved in **working in their garden**, engaging in activities such as adding soil, planting seeds, watering, and caring for the plants. These hands-on experiences support **Learning Outcome 2: Children are connected with and contribute to their world**, as they develop an understanding of caring for living things and the environment. While tending to the garden, children practiced **responsibility and teamwork**, taking turns and helping each other, which align with **Learning Outcome 1: Children have a strong sense of identity** and build confidence in their abilities. They also observed the growth of plants and explored natural processes, enhancing their **cognitive skills, curiosity, and problem-solving abilities**, reflecting **Learning Outcome 4: Children are confident and involved learners**. Additionally, by discussing the plants, asking questions, and sharing their observations, children developed their **communication and language skills**, supporting **Learning Outcome 5: Children are effective communicators**. Overall, these gardening experiences provide meaningful, engaging opportunities for children to connect with nature, care for the environment, and develop a range of social, emotional, and cognitive skills through play and exploration.

Starting school is one of the biggest milestones in early childhood. It's a moment filled with excitement, pride and sometimes a few nerves — for both children and parents. While we often focus on reading skills or lunchbox independence, a child's emotional readiness and sense of wellbeing are just as important to a successful start.

Why the transition matters

The move to “big school” brings a whole new rhythm: new teachers, bigger playgrounds, unfamiliar routines and social expectations. For a preschooler, that's a lot to take in. Some children will leap into it with confidence, while others may need more time and reassurance. The goal isn't to remove every worry, it's to help children feel secure, capable and supported as they take this next step.

Children who begin school feeling emotionally safe and confident are more likely to engage positively in learning and form healthy relationships with teachers and peers. A smooth transition sets the tone for the months ahead.

1. Build emotional confidence

Talk often about the change in ways that are calm and reassuring. Read books about starting school, walk past the new classroom, or share stories from your own first-day memories. Keep your tone positive but honest; it's okay to say that sometimes it feels strange at first.

Help your child name and recognise feelings. When they can say, “I feel nervous,” they can also learn what to do next, take deep breaths, ask for help, or find a familiar face. These are simple self-regulation skills that build emotional resilience.

2. Practice independence — little by little

Being able to manage daily routines helps children feel capable. Let them practise opening their lunchbox, packing their bag, dressing themselves, and following multi-step instructions. Praise effort over perfection: “You're getting so good at doing this yourself!” Small moments of success build self-esteem and reduce first-day stress.

3. Create calm around routines

Big changes can be overwhelming when everything else is changing too. Over the coming months, gradually shape your home routines to reflect the school rhythm — earlier bedtimes, calmer mornings, and regular breakfast routines. Predictability builds security, and a well-rested child copes better with new experiences.

4. Nurture connection and belonging

If your child's new school offers transition sessions or meet-the-teacher days, make the most of them. Seeing classrooms, meeting staff, and spotting familiar faces helps school feel less mysterious. Even small connections: spotting the same logo on another child's hat or seeing their own name on a pegcan boost confidence.

5. Model calm and confidence

Children take emotional cues from the adults around them. If you speak about school with optimism and excitement, they'll mirror your tone. It's normal to feel emotional about your child taking this next step but try to express reassurance rather than worry. Let them see you trust that they're ready to learn and grow.

6. Keep conversations open

In the lead-up to school, keep communication simple and regular. Talk about what they're looking forward to, who might be there, or what new things they might learn. Listening closely helps you pick up on any anxieties early and reassures your child that it's safe to talk about their feelings.

A gentle reminder for families

November and December are full of excitement and farewells. Amongst the busy end-of-year events, try to build in quiet time to talk about the year ahead. Celebrate how much your child has grown, their friendships, their new skills, their growing independence. Acknowledge their feelings about leaving preschool and moving on; endings can feel bittersweet for everyone.

Over the holidays, keep things light and playful. Encourage curiosity, reading together, outdoor adventures and plenty of rest. The best preparation for school isn't about ticking academic boxes it's about nurturing confidence, connection and calm. When children start the year feeling supported and secure, they're not just ready for school, they're ready to thrive.



Read more about transition

Transition to school (2025)

See link via QR code

Retrieved from [StartingBlocks.gov.au](https://www.startingblocks.gov.au)

COUNTING NATURE TREASURES

Take a walk with a bucket and collect **leaves, pebbles, or flowers**. Once you feel you have collected enough find a place to sit down and sort through your treasures. Count and group them by colour, size, or shape.

Activities like this builds number recognition, sorting, and one-to-one correspondence while connecting learning with nature. You can extend the activity by creating simple number cards and matching the collections to each number. Talking about which group has *more* or *less* can help children develop early comparison and problem-solving skills in a meaningful, hands-on way.





HEALTH & SAFETY: Feeling the End-of-Year Overwhelm? You're Not Alone.

As November rolls in, many families start to feel the pace shift. There are preschool concerts, work deadlines, holiday plans, gift lists, and social gatherings — all while trying to hold on to some sense of calm before the year ends. If you're already feeling that mix of excitement and exhaustion, you're certainly not alone.

Why it hits so hard

For young children, the end of the year can feel like a whirlwind of change. Their routines are often disrupted, energy levels run low, and the anticipation of holidays or "big school" can bring big emotions. For adults, the mental load grows heavier too juggling work, family commitments, social events and the pressure to "wrap up the year well." It's no wonder many of us feel stretched thin by November.

Three ways to lighten the load — for everyone

1. Keep a little routine, even when everything feels extra

While schedules may shift, try to keep some key anchors in your week: regular meals, rest times, and simple family rituals. Predictability helps children feel secure when the world around them gets busier, and it helps adults avoid running on empty. Even a consistent bedtime or quiet weekend morning can make a big difference.

2. Choose what really matters this year

The end of the year tends to fill up quickly, but you don't have to say yes to everything. Think about what your family truly enjoys and let the rest go. A simple picnic might mean more than a packed calendar. Setting realistic expectations for yourself and your children takes the pressure off everyone and allows you to be more present for the things that count.

3. Notice stress signals early

Fatigue, short tempers, and meltdowns — in both children and adults are signs it might be time to pause. For kids, tiredness can show up as tears or big emotions; for adults, it might be irritability or a feeling that there's "too much to do." Try to catch these cues early and build in small moments to recharge — a walk, quiet playtime, or even a few minutes of deep breathing together can help reset the day.

A gentle reminder

This season doesn't have to be perfect to be meaningful. Connection matters more than ticking every box. Whether you're a parent, grandparent, or carer, your calm presence and small acts of care make a big difference to how children experience this busy time of year.

So take a deep breath, let go of the pressure to do it all, and remember — slowing down is one of the best gifts you can give your family this season.

Looking ahead

As the year winds down, take a moment to celebrate how far you've come. It's easy to overlook the small wins, the mornings that went smoothly, the laughter shared at dinner, the bedtime stories squeezed in after a long day. These are the moments that build lasting memories for children. As you move into the festive season, focus on connection, gratitude, and giving yourself permission to rest. You're doing enough! and that's something worth acknowledging.



Read more or need extra support?

Avoiding End of Year Meltdowns: Child Psychologist Tips for Kids Aged 3-10
Link via QR code

Or try

Managing end of year holiday stress.
mylifepsychologists.com.au

ALWAYS RECYCLING

National Recycling Week is November 10 – 16! It is an initiative dedicated to promoting effective recycling practices across Australia. But it shouldn't stop there. It's not just a week-long activity - it's a daily commitment! Remember to always check products and recycle items correctly.

If you are unsure or your local council doesn't accept certain items that can be recycled, try one of these companies.

The extra effort is worth it for our environment!

recyclesmart.com—Pick up what you are unsure of and get it recycled! No sorting, no landfill no guilt.

curbyit.com—Recycle your soft plastics, plastics are reused and repurposed.

upparel.com.au—Save unwanted clothing and material items from landfill to help close the loop on textile waste.

Bunnings.com.au—Recycle your batteries, keeping harmful substances out of the environment and recovering and reusing valuable natural resources.



Feedback
is always welcome

Star Kids LDC & Preschool

Email: starkidslongdaycare@gmail.com
Phone number: (02)83871642