



Nothing is impossible; the word itself says 'I'm possible!'-  
AUDREY HEPBURN

Star Kids LDC  
& Preschool



# ON *this* MONTH

AT

Star Kids Long Day Care & Preschool

National Flag Day  
Indigenous Literacy Day  
Early Childhood Educators' Day  
Father's Day  
Child Protection Week  
International Literacy Day  
R U OK? Day  
Save the Koala Month  
Community Engagement  
StEPS Vision Screening Assessment



At Star Kids, the children proudly celebrated National Flag Day with joy and excitement. They explored the colours and meaning of the flag, created their own little flag artworks, and joined in singing together. It was a lovely way for them to learn about respect, identity, and belonging.

## Early Childhood Educator's Day



Star Kids joyfully celebrated Early Childhood Educators' Day by honouring the incredible people who guide, support, and care for our children each day. The children enjoyed giving hugs, drawings, and sweet messages to their educators, filling the rooms with smiles and appreciation. This special day reminded us of the meaningful connection's educators build and the positive impact they have on every child's learning journey. We thank our educators for their passion, patience, and endless dedication.





The children at Star Kids enjoyed celebrating Father's Day by making colourful, heartfelt cards for their dads. They were so proud to create something special to say, 'thank you' and show their love.



During Child Protection Week, the children at Star Kids engaged in a variety of activities that helped them learn about safety, trust, and knowing who they can talk to when they need help. Through stories, role-play, group discussions, and art experiences, the children explored safe and unsafe feelings, personal boundaries, and how to stay safe at home and in the community. It was a meaningful week that supported children's confidence, awareness, and wellbeing.

# International Literacy Day



Our children celebrated International Literacy Day with a range of fun and engaging activities that encouraged their love for books and stories. They enjoyed listening to read-aloud, exploring picture books, and participating in storytelling games that supported their imagination and early literacy skills. It was a wonderful day promoting the joy of reading and the importance of literacy from an early age.

# R U OK? DAY



Star Kids acknowledged R U OK? Day by encouraging children to talk about feelings, kindness, and being a good friend. Through gentle activities and conversations, the children learned the importance of checking in with others and showing care. It was a lovely day that supported their growing emotional awareness and sense of community.

# Save The Koala Month



Throughout Save the Koala Month, the children at Star Kids took part in engaging activities to learn about koalas and how we can help protect them. They enjoyed stories, creative koala crafts, and conversations about caring for trees and the environment. These experiences helped the children build awareness of Australian wildlife and understand the importance of looking after our natural world.

# Community Engagement



As part of our ongoing commitment to community engagement and collaboration with our local public school, we were delighted to welcome Sarah Box, the Transition Leader from Hampden Park Public School, to our centre. Sarah spent time engaging with our educators and children, sharing valuable insights about the transition-to-school process and strengthening our partnership to support children as they prepare for their next learning journey. It was a wonderful opportunity to connect, learn, and continue building strong pathways for our preschoolers.

Sarah also brought along two Hampden Park Public School uniforms to add to our dramatic play corner, a beautifully illustrated storybook about the school, and real visuals that showcased different parts of the campus. These meaningful resources helped the children develop a clearer understanding of what school life looks like. We also invited parents to join the session, giving them an opportunity to connect with Sarah, ask questions, and gain valuable insights into their child's transition to school. It was a truly enriching experience for our children, families, and educators.

# Community Engagement



As part of our community engagement, we invited a professional gardener to join our preschoolers for a hands-on gardening session. The children explored how to care for plants, keep the garden healthy, and even learned simple ways to create a small garden at home. It was a wonderful experience that encouraged curiosity, responsibility, and a love for nature.

## StEPS Vision Screening Assessment



This month, our preschool children took part in the StEPS Vision Screening Assessment, a free program that helps identify early vision concerns. The screening was gentle and child-friendly, and the children participated confidently. We value this important service as it supports children's health, learning, and overall development.

Regular vision checks are essential in the early years, as children often cannot recognise or communicate when they are having difficulty seeing. The StEPS program helps ensure any issues are identified early so children can continue to learn, play, and explore with confidence. We appreciate the support of the trained nurses who visited our centre and worked so gently with our preschoolers.

# Play Based Learning



As part of our play-based learning program, the children engaged in a fun dramatic role-play about getting ready for their first day at big school. They pretended to brush their teeth, put on their uniforms, pack a healthy lunch box, organise their school bags, and apply sunscreen. The children also practised important road safety rules for walking to school. This imaginative play helped build their confidence, independence, and understanding of daily routines as they prepare for the transition to school.

# Kids In the Kitchen



We also had an exciting Kids in the Kitchen experience where our chef, Leila, joined the children for a fun and engaging hands-on cooking session. The children loved exploring new ingredients, mixing, pouring, and creating their own little dishes alongside Leila. This experience not only encouraged healthy eating habits but also supported children's fine-motor skills, confidence, and curiosity as they participated in real-life kitchen tasks.



Throughout the session, Leila encouraged the children to use their senses, smelling fresh ingredients, feeling different textures, and observing colours and changes in the food as they prepared it. The children were proud of their creations and eagerly shared their experiences with their peers and educators. This collaborative activity strengthened their sense of belonging and supported meaningful connections between our kitchen team and the learning environment.

## Indigenous Literacy Day



For Indigenous Literacy Day, our children took part in meaningful activities that celebrated Aboriginal and Torres Strait Islander stories, culture, and language. The children engaged in creative experiences such as painting, music, and nature-inspired play. These moments helped the children build respect, understanding, and appreciation for the world's oldest continuous living cultures, while fostering a love for storytelling and learning.



## HEALTH AND SAFETY: Building healthy body awareness from the start

From the very beginning of life, children are learning how to see themselves and how to relate to food. Even in the preschool years, the way we talk about eating and bodies can shape a child's confidence, wellbeing, and relationship with food for many years to come. That's why it's so important to provide children with positive food experiences and body positive messages right from the start.

### Why It Matters

Research shows that early attitudes about food and body image can influence children's long-term health and happiness. While eating disorders and negative self-image are often thought of as issues for teenagers, the seeds of these challenges can be planted much earlier. Preschoolers are already developing ideas about what foods are "good" or "bad," and they pick up on how adults talk about their own bodies. By creating supportive environments in early childhood, families and educators can help children grow up with healthier habits and stronger self-esteem.

### Positive Food Experiences

Food should be seen as both nourishing and enjoyable. For young children, mealtimes are not just about nutrition they're also about social connection, learning, and discovery. Some ways to encourage positive food experiences include:

- Eating together: Children learn by watching adults. Sitting down together shows them that food is something to be enjoyed, not rushed.
- Exploring new foods: Introduce variety but avoid pressure. Encouraging curiosity, "Would you like to smell it?" or "What colour is it?", is more effective than insisting children eat everything.
- Avoiding labels: Try not to call foods "good" or "bad." Instead, talk about how different foods help our bodies, some give us energy, some help us grow, and some are just fun to enjoy.

### Body-Positive Messaging

Children listen closely to the words adults use. Negative comments about weight or appearance, even when said casually, can shape the way children view themselves.



Positive messaging can help them develop a strong, healthy self-image. For example: Use words like *strong*, *healthy*, *fast*, *growing*, and *energetic* to describe bodies. Focus on what bodies *can do* running, climbing, hugging, not what they look like. Avoid comparing children's bodies with others. Every child grows at their own pace, and celebrating this diversity helps children feel valued.

### The Role of Families and Educators

Children thrive when home and preschool environments work together. Families can model balanced eating at home, while educators can encourage healthy habits in group settings. Both play a part in shaping children's attitudes by demonstrating enjoyment of a variety of foods, speaking kindly about their own bodies in front of children. Encouraging active play and movement as joyful, not tied to appearance or weight.

### Practical Tips for Families

- Offer a range of foods and let your child decide how much to eat.
- Use neutral language: instead of "junk food," say "sometimes food."
- Celebrate effort and abilities rather than looks ("You climbed so high today!").
- Share meals when possible to build routine and connection.
- If your child resists new foods, keep offering them in different ways without pressure—it can take many tries for tastes to change.



Read the article via the QR code.

Source: Raisingchildren.net.au. (2025). **How to develop positive body image in your child: 2-8 years.** Retrieved from [Raisingchildren.net.au](https://Raisingchildren.net.au)

## Counting Beads

**You will need:** A die, pipe cleaners, pony beads

This simple activity helps children practise basic counting, one-to-one correspondence, and develop fine motor skills. Give your child one pipe cleaner and place a small bowl of beads nearby. They roll a die, count the dots, and collect the matching number of beads. The child then threads those beads onto the pipe cleaner. Play continues with each roll of the die until the pipe cleaner holds 10 beads, then they can start a new one. **Parent Tip:** Try extending the game by making colour patterns, adding two dice together, or counting backwards as beads are removed.





# FOCUS ARTICLE: Pre-school-it is, easing morning worries for a happier start

It's tough when your child wakes up upset or anxious about going to preschool. Many children go through this stage, and while it's challenging in the moment, it's also very normal. With patience, consistency, and a few simple strategies, mornings can become calmer and more positive.

## Why Children Worry

Young children thrive on predictability. Changes to routine, tiredness, or feelings of separation can make preschool mornings harder. Sometimes children worry about missing you, or they may feel nervous about friends, teachers, or new activities.

## Practical Ways to Help at Home

### 1. Prepare the Night Before

Lay out clothes and pack bags together so mornings feel less rushed. Talk about something to look forward to at preschool ("Tomorrow you'll get to water the plants" or "You can show your drawing to your teacher").

### 2. Build a Calm Morning Routine

Wake up with extra time so your child doesn't feel hurried. Use a simple visual checklist (get dressed, eat breakfast, brush teeth, pack bag) so your child knows what comes next.

### 3. Use Predictable Goodbyes

Create a short goodbye ritual—a hug, a kiss on the hand, or a special wave. Keep goodbyes positive and brief. Long, emotional farewells make it harder for children to settle.

### 4. Offer Comfort and Connection

Pack a small "comfort item" such as a family photo, a little toy, or a note in their bag. Remind them when you'll return in terms they understand ("I'll be back after story time" rather than "later").

## 5. Encourage Confidence

Praise small steps: "You were so brave walking to the classroom today." Focus on what your child can do ("You can show your teacher how you count beads" instead of "Don't worry, you'll be fine").

## Partnering With Educators

Talk to your child's teacher about how mornings are going. Educators can greet your child at the door, hold their hand, or guide them quickly into a favourite activity. Often, children settle within minutes once they're engaged in play.

## When to Seek Help

Separation anxiety is a normal stage for many preschoolers, but there are times when extra support may be needed. Consider reaching out to your child's teacher, a GP, or child health professional if:

- Your child's distress is **very intense** and doesn't ease after drop-off.
- Anxiety continues for **several weeks** without improvement.
- Your child shows **physical symptoms** (stomach aches, headaches, nausea) regularly before preschool.
- Worries about separation start affecting **sleep, eating, or play** at home.
- Your child avoids or refuses activities they normally enjoy.

Getting help early can make a big difference. Support from educators, health professionals, and family can ease your child's anxiety and build their confidence in gentle, positive ways.



## More info via QR code

Triple P Articles (2025). No more tears: Parenting tips for easier drop-offs. Retrieved from [triplep-parenting.net.au](http://triplep-parenting.net.au)



## SAVE MONEY, SAVE TIME, SAVE FOOD

Wasting food wastes money and also the energy, water and other resources used to produce it. Preventing food waste is one of the most important things we can do for the environment. In fact, more than a third of all household waste is food—but the good news is that families can reduce this by up to 60% with a few easy steps.

Start by **knowing your waste**—notice what's being thrown away. **Plan your meals** for the week and **shop with a list** to avoid buying extra. **Store food correctly** so it lasts longer, and don't forget to **love your leftovers** by turning them into new meals. Making small changes like these saves money, reduces waste, and helps children learn how to care for our planet.

Involving preschoolers in simple tasks—like helping write the shopping list or putting food away—can also make healthy eating fun and encourage them to try new foods.

Together, we can make a big difference, one meal at a time.

Source: *Love Food Hate Waste*