

# StarCentral

## DS

SEPT 2025

### STANDOUT MODELLING PORTFOLIO

A STEP-BY-STEP GUIDE  
TO BUILDING A  
WINNING  
MODELLING PORTFOLIO



### LAUNCH YOUR MODELLING CAREER

THE ULTIMATE BEGINNER'S GUIDE  
TO BECOMING A MODEL

## INTRODUCING Reeha

*Date*

MEET THE RISING STAR TO WATCH OUT FOR IN 2025

# Star Central KIDS

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## Editor's Notes

This issue of StarCentral Kids is all about celebrating talent, creativity, and the exciting future of young stars. Our cover story shines the spotlight on Reeha Patel, a remarkable 10-year-old whose passion for dancing, school leadership, and modelling makes her one of the brightest rising stars to watch in 2025. Her journey is an inspiring reminder that with determination and joy, kids can truly shine both on and off the stage.

We also take you behind the glitz of the Freakier Friday premiere, explore the do's and don'ts of launching a modelling career, and share essential tips for building a standout portfolio. For aspiring models, our feature on building confidence offers practical advice, while Kids in Fashion highlights the latest trends shaping 2025. Finally, we look at balancing school, play, and modelling, proving it is possible to dream big while staying grounded.

Kathryn Abella  
Editor-In-Chief

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# StarCentral KIDS

## IN PICTURES: FREAKIER FRIDAY MOVIE PREMIERE

Hollywood icons Jamie Lee Curtis and Lindsay Lohan lit up the purple carpet at the Australian premiere of *Freakier Friday*, the eagerly anticipated sequel to the beloved 2003 Disney classic. The event, held at Event Cinemas Westfield Bondi, attracted a star-studded crowd eager to celebrate the film, which was exclusively released in cinemas across Australia and New Zealand on August 7, 2025.

In *Freakier Friday*, Curtis and Lohan reprise their iconic roles as Tess and Anna Coleman. Picking up years after their original identity-swap adventure, the story now explores the challenges of blended families as Anna navigates life with her own daughter and soon-to-be stepdaughter. Together, Tess and Anna discover that sometimes, lightning really does strike twice.

Directed by Nisha Ganatra and based on the beloved book *Freaky Friday* by Mary Rodgers, the film also features an exceptional cast including Julia Butters, Sophia Hammons, Manny Jacinto, Maitreyi Ramakrishnan, Rosalind Chao, Chad Michael Murray, and Mark Harmon. Produced by Kristin Burr, Andrew Gunn, and Jamie Lee Curtis, with Nathan Kelly, Ann Marie Sanderlin, and Lindsay Lohan as executive producers, *Freakier Friday* promises a fresh, multigenerational take on a cherished Disney story.

*Freakier Friday* opened exclusively in cinemas on August 7, 2025, in Australia and New Zealand. Tickets are still available through all major ticket outlets.



Photo Credit: Scott Ehler | Image supplied by Disney Australia

Disney  
FREAKY FRIDAY

Photo Credit: Scott Ehler | Image supplied by Disney Australia



Photo Credit: Scott Ehler | Image supplied by Disney Australia

# How to Create a Simple Yet Professional KIDS MODELLING PORTFOLIO

For children who dream of stepping into the modelling world, one of the first essentials is a modelling portfolio. A portfolio acts as a visual résumé — it shows agencies and clients what your child looks like on camera, their range of expressions, and how they present themselves. While the word “portfolio” may sound daunting, creating one for kids doesn’t need to be expensive or overly complicated.

Here’s how to put together a simple yet professional kids modelling portfolio that highlights your child’s potential without breaking the bank.

## 1. Start with Natural Photos

When it comes to children, agencies are usually more interested in seeing a child’s natural look rather than heavily styled or overly edited images. Begin with clear, high-quality photos taken in good natural light. A smartphone with a decent camera is often enough to get started.

Include: A headshot (smiling and natural), a full-body shot and a profile shot (side view). Make sure the background is uncluttered so that your child is the main focus.

## 2. Keep Styling Simple

Children don’t need to be dressed in high-fashion outfits to impress agencies. In fact, simple, everyday clothing works best. Choose plain colours or minimal patterns to avoid distractions. Avoid heavy makeup or elaborate hairstyles — natural is always better.

## 3. Show Personality and Expression

Clients and agencies want to see more than just a “pretty face.” Include a few shots that capture your child’s personality — whether it’s a big smile, a thoughtful expression, or a playful look. If your child enjoys dancing, acting, or sports, consider incorporating subtle poses that reflect their energy and character.

## 4. Capture a Variety of Angles

Even with a small selection of photos, aim to show range. Include both close-ups and wider shots to demonstrate how your child photographs at different angles. For example, you might include a laughing shot, a natural smile, and a neutral expression.

## 5. Keep It Short and Sweet

Unlike adult portfolios, children don’t need dozens of images. A set of 8–12 strong photos is usually more than enough to get started. The goal is to present a clean, clear, and versatile impression.

## 6. Consider a Test Shoot

If your child is particularly interested in modelling, investing in a basic test shoot with a professional photographer can be worthwhile. Many photographers offer affordable portfolio packages for beginners. Professional lighting and direction can really help bring out your child’s best features and confidence.

## 7. Present It Professionally

Once you’ve selected the best shots, organise them neatly into a digital folder or printed booklet. Most agencies prefer digital submissions these days, so ensure the images are labelled clearly and sized appropriately for emailing or uploading. If printing, choose a simple, clean layout without unnecessary graphics or clutter.

## 8. Update Regularly

Children grow and change quickly, so portfolios need regular updates. Refresh the photos every 6–12 months (or sooner if your child has had a major change, such as a haircut or growth spurt). Keeping the portfolio current is essential for maintaining professional credibility.

## 9. Avoid Over-Editing

Agencies want to see your child’s natural features. Avoid filters, retouching, or altering the images too much. Minor edits such as brightness or cropping are fine, but authenticity is key in children’s modelling.

## 10. Add a Simple Bio Page

A professional portfolio can also include a short page with your child’s basic details: Full name, age and date of birth, height and clothing size, hair and eye colour and any hobbies or special skills (e.g. dancing, gymnastics, musical instruments). This gives agencies a quick snapshot of your child’s profile alongside the photos.

## Final Thoughts

Creating a kids modelling portfolio doesn’t need to be complicated. By keeping it natural, professional, and simple, you can showcase your child’s potential in a way that resonates with agencies and clients. Remember, modelling is as much about personality as it is about looks — so let your child’s confidence and uniqueness shine through the photos.

With the right preparation, your child will be well on their way to making a strong first impression in the exciting world of modelling.



## THE DO'S AND DONT'S OF STARTING A CHILD'S MODELLING CAREER

The modelling and fashion industry has long captured the imagination of young people, and in recent years, opportunities for children to get involved have grown considerably. From catwalk appearances at children's fashion weeks to brand campaigns, catalogues, and magazine shoots, the demand for young talent is on the rise. For parents whose children express an interest in modelling, the journey can be exciting yet overwhelming.

To help navigate this path, here are some key do's and don'ts to consider before starting a child's modelling career.

### The Do's

#### 1. Do Research the Industry

Before diving in, take the time to understand how the children's modelling industry works. Learn about the different types of modelling — such as runway, print, commercial, catalogue, and TV — and decide which areas might best suit your child's interests and personality. Knowledge will help you avoid unrealistic expectations and spot legitimate opportunities.

#### 2. Do Work with Reputable Agencies

One of the safest and most effective ways to start is by signing with a reputable modelling agency that specialises in children. Look for agencies with a proven track record, transparent contracts, and clear communication. Always read the fine print and never be pressured into paying large upfront fees.

#### 3. Do Focus on Confidence and Enjoyment

Modelling should be something your child enjoys, not something that creates stress or anxiety. Encourage your child to see modelling as fun and confidence-building, rather than purely about appearance. A happy, relaxed child will always shine more in front of the camera.

#### 4. Do Build a Simple Portfolio

A professional portfolio is essential, but for beginners, you don't need to invest in expensive shoots straight away. Start with a few high-quality, natural photos that show your child's personality and range. Agencies and clients are often more interested in a child's energy and look than overly polished headshots.

#### 5. Do Teach Professionalism Early

Even at a young age, it's important to instil punctuality, good manners, and the ability to listen to direction. This will not only impress clients but also make your child's experience much smoother. Being reliable is often as important as talent in the modelling industry.

#### 6. Do Keep Education a Priority

Your child's education should always come first. While modelling can be rewarding, it should fit around school commitments. Many agencies and clients are flexible, but it's vital to maintain a healthy balance between school, play, and work.



**The Don'ts****1. Don't Pressure Your Child**

The most important rule: modelling should never feel like an obligation. If your child loses interest or feels uncomfortable, respect their feelings. Forcing a child into modelling can harm their confidence and enjoyment, which defeats the purpose entirely.

**2. Don't Chase Every Opportunity**

It can be tempting to say yes to every audition or job, but not all opportunities are worth pursuing. Be selective about which gigs are suitable for your child's age, personality, and schedule. Quality over quantity will keep the experience positive and manageable.

**3. Don't Get Caught by Scams**

Sadly, the modelling world is not immune to scams. Avoid agencies or individuals who promise instant fame, demand large upfront payments, or push expensive training packages. Legitimate agencies make money from commissions, not upfront fees. Always do your due diligence.

**4. Don't Neglect Practicalities**

Before accepting a job, consider the logistics. Is the venue nearby or will it require long travel? Will the hours be reasonable for your child? Does the job align with your family's values? These practical considerations can make a huge difference to your child's wellbeing.

**5. Don't Forget It's a Family Effort**

Children cannot manage a modelling career alone — parents play an essential role in supporting them, managing schedules, communicating with agencies, and ensuring their safety. Be prepared for the time, travel, and commitment it will require from you as well.

**Final Thoughts**

Starting a child's modelling career can be a rewarding experience, filled with exciting opportunities and valuable lessons. However, it's not without its challenges. By focusing on the do's — such as working with reputable agencies, keeping it fun, and maintaining balance — while avoiding the don'ts like pressure, scams, and overcommitment, you can ensure your child's journey is safe, enjoyable, and confidence-building.

Remember, modelling should always be about supporting your child's growth and happiness, not about chasing fame or financial gain. When approached with the right mindset, the experience can provide lifelong skills and memories both you and your child will cherish.





## How to Build Confidence in Young Aspiring Models

For many children, the idea of becoming a model is exciting and full of possibility. Whether they're inspired by fashion shows, glossy magazines, or social media, modelling offers kids the chance to express themselves, build new skills, and experience unique opportunities. But behind the glamour, one of the most important qualities a young aspiring model needs is confidence.

Confidence not only helps children perform better in front of the camera and on stage, it also allows them to handle auditions, rejections, and the ups and downs of the industry with resilience. For parents and mentors, fostering this confidence is just as important as finding the right agency or building a portfolio.

Here are some practical ways to help build confidence in young aspiring models.

### 1. Celebrate Their Unique Qualities

Every child is different, and in the modelling industry, individuality is an asset. Instead of comparing your child to others, highlight what makes them unique — whether it's their personality, energy, or sense of style. Remind them that diversity and authenticity are increasingly valued in the fashion world.

### 2. Encourage Practice in a Comfortable Environment

Confidence grows with familiarity. Encourage your child to practise posing, walking, and even speaking in front of a mirror or with family and friends as the audience. This creates a safe environment where they can experiment without fear of judgement.

### 3. Keep the Focus on Fun

At a young age, modelling should feel fun, not like a job. If children enjoy themselves, their confidence will naturally shine through. Whether it's a photo shoot or a runway, encourage them to see each experience as play, creativity, and self-expression rather than pressure.

### 4. Teach Them to Handle Rejection Gracefully

Rejection is part of the industry, and even adults find it tough. Help your child understand that not being chosen for a job doesn't mean they aren't talented or beautiful — it simply means they weren't the right fit for that particular role. Teaching resilience early on will build both confidence and emotional maturity.

### 5. Support Healthy Self-Esteem Outside of Modelling

Confidence in modelling comes easier when children already feel secure in themselves. Encourage hobbies, sports, arts, and friendships that aren't tied to appearance. These well-rounded experiences give them a strong sense of identity.

### 6. Provide Positive Reinforcement

Offer genuine praise for effort rather than just results. Whether your child remembered their cues on the runway or smiled naturally during a shoot, acknowledging their progress builds a sense of achievement and motivates them to keep trying.

### 7. Role-Play Auditions and Scenarios

Preparing for auditions can reduce nerves significantly. Role-play common scenarios such as introducing themselves, walking confidently, or following simple directions. When children know what to expect, they're more likely to feel relaxed and capable on the day.

### 8. Be a Source of Calm Support

Children look to their parents for cues. If you appear stressed or anxious, they may feel the same. Stay calm, encouraging, and positive before auditions or events. Knowing they have your unconditional support builds trust and confidence.

### 9. Choose the Right Opportunities

Not every job will suit your child's personality or comfort level. Be selective and prioritise opportunities where they are likely to succeed and enjoy themselves. Positive experiences early on can shape their confidence for years to come.

### 10. Lead by Example

Confidence is often learnt through observation. Show your child how you handle challenges, speak with assurance, and embrace mistakes as part of learning. When they see you model confidence, they're more likely to mirror it themselves.

### Final Thoughts

Confidence is the foundation of a successful and enjoyable modelling journey. For young aspiring models, it's not about fitting into an unrealistic ideal but about embracing who they are and sharing that with the world. With patience, encouragement, and the right support, children can develop the confidence to shine on and off the runway.

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SYDNEY'S BEST DRESSED

Get ready, Sydney! The city is about to sparkle and shine like never before because Sydney's Best Dressed 2025 is just around the corner! This exciting event will take place on Saturday, 13 September at the beautiful Sir Stamford at Circular Quay – and it's going to be a night to remember.

Proudly brought to you by MS Entertainment Network in collaboration with StarCentral Magazine and StarCentral Kids, this incredible evening is all about celebrating style, confidence, and success.

**What's it all about?**

Sydney's Best Dressed is an annual event that recognises Australia's most stylish individuals – from glamorous fashionistas to inspiring young models. It's also a very special occasion to honour the Men and Women of Distinction, people who have achieved remarkable success in their careers and communities.

**Here's what's happening on the night:**

4:00 PM – Doors open

4:30 PM – Red carpet photos (get ready to pose like a star!)

5:00 PM – The show begins – runway walks, awards, and plenty of jaw-dropping fashion moments!

The runway will be filled with talented emerging models, many of them young stars just like you, showing off their best outfits and most confident struts. The red carpet will be buzzing with photographers, lights, and fabulous fashion from all over Australia.

Whether you dream of becoming a model, love dressing up, or just enjoy seeing amazing outfits and inspiring people, Sydney's Best Dressed 2025 is the place to be. It's more than just a fashion event – it's about celebrating talent, hard work, and believing in yourself.

So grab your most stylish outfit, bring your biggest smile, and get ready for an unforgettable night of glamour, fun, and inspiration!

StarCentral  
KIDS

## MEET REEHA PATEL: STARCENTRAL KIDS' LATEST COVER MODEL

At just 10 years old, Reeha Patel is already making waves in the world of kids' fashion, performance, and leadership. Petite and full of energy, this young dynamo stands at around 130cm tall, proudly rocking a size 9, but it's her spirit, talent, and charisma that truly make her shine.

Reeha's love for the arts began early. At six, she appeared on an episode of Play School during art time, showcasing her creative flair in front of a national audience. Just a few years later, she found herself on Channel 10 News covering Easter celebrations—a testament to her natural confidence and poise on camera.

While she may be small in stature, Reeha's talents are vast. She's a dedicated gymnast, competing at state level 2, and trains in Indian classical Kathak dance at an intermediate level, blending discipline with grace. Her passion doesn't stop there—Reeha is also a fan of Bollywood dance, keeping rhythm and energy flowing wherever she goes.

School life is another stage where Reeha shines. She plays soccer, demonstrates leadership as Vice House Captain, and hones her critical thinking as a member of the debate team, with aspirations to study law in the future. Balancing academics, sports, and creative pursuits, she exemplifies determination and versatility, inspiring her peers along the way.

Reeha has also ventured into the world of pageants, winning a New South Wales title that would have seen her compete in the USA for Sunburst in 2024. Though she couldn't attend the international rounds, her achievements highlight her dedication and potential in the competitive world of children's fashion and performance.

Outside of structured activities, Reeha is just like any other 10-year-old—she loves dancing for fun, listening to music, making new friends, and playing Roblox, enjoying the lighter, playful side of life.

With her combination of talent, leadership, and personality, Reeha Patel is the perfect choice for StarCentral Kids' cover. She's a shining example of a young star balancing ambition with joy, and we can't wait to see where her journey takes her next.





Photo: Grant Silgber Photography



# THE FUTURE OF KIDS IN FASHION

## Trends and Opportunities Emerging in 2025

The children's fashion industry has undergone a remarkable transformation in recent years. What was once limited to practical clothing and occasional catalogue modelling has grown into a vibrant, global market worth billions. As we move into 2025, kids are no longer just wearing fashion — they're shaping it. From inclusivity to digital innovation, the future of kids in fashion looks brighter, bolder, and more diverse than ever.

Here are the key trends and opportunities emerging in 2025 for young aspiring models and designers.

### 1. Inclusivity and Diversity Take Centre Stage

One of the strongest shifts in the children's fashion industry is the embrace of diversity. Brands are increasingly casting children of all ethnicities, body types, and abilities in campaigns and runway shows.

This means more opportunities for young models who might not have fitted the "traditional" mould in the past. Representation is becoming a priority, giving kids the chance to see themselves reflected in fashion in a positive and empowering way.

### 2. The Rise of Sustainable Kidswear

With sustainability becoming a global focus, parents are demanding eco-friendly and ethically produced clothing for their children. This has led to an increase in sustainable kidswear brands that use organic fabrics, recycled materials, and slow-fashion principles.

For young models, this means more opportunities to be part of campaigns that align with positive environmental messages. For budding designers, it's a chance to innovate in a growing niche that values responsibility as much as style.

### 3. Digital Runways and Virtual Modelling

The digital revolution in fashion has opened new doors for kids. Virtual fashion shows, live-streamed events, and augmented reality try-ons are becoming commonplace. In 2025, we're seeing more child models featured in hybrid events that combine live and digital elements.

Additionally, virtual avatars are being created for young models, allowing them to appear in campaigns without needing to be physically present. While this may sound futuristic, it's already being embraced by forward-thinking fashion houses.

### 4. Social Media as a Launchpad

Social media continues to play a huge role in the careers of young aspiring models. Platforms like Instagram and TikTok

allow kids to showcase their style, creativity, and personality to global audiences. In many cases, this has led to modelling contracts, collaborations with brands, and invitations to walk at children's fashion weeks.

However, this also comes with responsibility. Parents and guardians must carefully manage online presence to ensure children's safety while taking advantage of these new opportunities.

### 5. Kids Fashion Weeks on the Rise

Children's fashion weeks are no longer small, niche events. In 2025, cities like New York, Paris, Tokyo, and even Sydney are seeing a rise in kids-focused runway shows that rival mainstream fashion weeks. These events offer children the chance to gain professional runway experience while giving brands a platform to showcase innovative designs.

For young models, it's an invaluable stepping stone. For families, it's a unique way to celebrate creativity and confidence in their children.

### 6. Collaboration Between Kids and Brands

Another growing trend is the collaboration between children and designers. Brands are inviting kids to contribute ideas, style pieces, or even co-design collections. This not only gives young people a voice in fashion but also helps brands connect more authentically with their audience.

It's a sign that the fashion industry is starting to take children seriously as trendsetters, not just consumers.

### 7. Fashion as a Platform for Expression

Perhaps the most exciting shift in 2025 is that fashion for children is no longer seen as just clothes. It's becoming a platform for self-expression, creativity, and empowerment. Whether it's through inclusive campaigns, eco-conscious collections, or bold runway moments, kids are using fashion to showcase who they are and what they stand for.

### Final Thoughts

The future of kids in fashion is dynamic, inclusive, and innovative. With new opportunities in sustainability, digital spaces, global runways, and brand collaborations, children are stepping into the spotlight like never before.

For young aspiring models and their families, 2025 offers a wealth of possibilities — but also a reminder that fashion should always remain a source of joy, creativity, and confidence. After all, the most powerful trend of all is children being celebrated for their individuality.



## Balancing School, Play, and Modelling: TIPS FOR YOUNG TALENTS

For many children, modelling opens the door to exciting experiences — from walking the runway to appearing in photoshoots and campaigns. It can be a confidence-boosting and creative journey, but with castings, rehearsals, and travel, it can also be demanding. That's why it's vital to strike a balance between school, play, and modelling so that children can thrive both in the industry and in their everyday lives.

The first and most important commitment for young models is education. School provides the foundation for their long-term future, and while modelling can be rewarding, it should never come at the expense of academic growth. Parents can help by keeping teachers updated on their child's modelling schedule, ensuring homework is completed promptly, and supporting strong study habits. When modelling is treated as an addition rather than a disruption, children are more likely to succeed in both areas.

Equally essential is the importance of play and downtime. Children need the freedom to simply be kids — to spend time outdoors, play with friends, and enjoy hobbies and sports. These experiences are crucial for social and emotional development, and they help prevent burnout that can occur if a child's life becomes too structured around work. Families should view play as just as important as school and modelling, deliberately making space in the schedule for rest and fun.

When it comes to modelling opportunities, the focus should always be on quality rather than quantity. Not every casting or assignment needs to be accepted. Parents and guardians should be selective, choosing opportunities that align with their child's interests and fit comfortably around their school and family life. It's also important to ensure working conditions are age-appropriate, with reasonable hours and a supportive environment.

Parents play a pivotal role in maintaining balance — from managing logistics and advocating for their child's wellbeing to providing emotional support. A calm, encouraging presence can make the modelling journey a positive experience, even when challenges arise.

Ultimately, balance comes from recognising that modelling is just one part of a child's world. By giving equal importance to education, free time, and industry work, young talents can embrace the opportunities of modelling while still enjoying the joys and freedom of childhood.



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