

POLARIS FAMILY DAY CARE | Monthly Newsletter | Apr 2025

ON THIS MONTH

AROUND THE COUNTRY

- April Fool's Day | 1st
- International Children's Book Day | 2nd
- Daylight Savings End | 6th
- Good Friday (Public Holiday) | 18th
- Easter Saturday | 19th
- Easter Sunday | 20th
- Easter Monday (Public Holiday) | 21st
- ANZAC Day (Public Holiday) | 25th



SPECIAL DAY FOR OUR EDUCATORS

- Gey Soon Shin | 1st
- Stella Chung | 3rd
- Hae Chung Son | 5th
- Soo Young Park | 8th
- Younglan Lee | 20th
- Eunbin Lim | 24th



5 MINUTE MOVES

Balloon Bounce

A fun and active way to move and laugh together!

Try a balloon bounce challenge to get the body moving and build coordination. You'll need a balloon and a little space to play. The goal is to keep the balloon from touching the ground while bouncing it back and forth.

Set up a play area, and let your child know that they need to keep the balloon in the air by tapping it with their hands. Explain that they can't use their feet and have to stay in the designated space. You can add extra challenges, like bouncing the balloon between two people or using only one hand.

You can make it even more fun by trying to keep a rhythm, saying, "Bounce, bounce, tap, tap!" or creating simple rules like no hitting the balloon more than once in a row. Ready? Say: "Let's bounce!" and begin the fun!

KIDS IN THE KITCHEN

CUCUMBER KIMBAP

Serves 4-6

INGREDIENTS

- 2 Continental Cucumber
- 100g chicken (cooked and shredded)
- 1/2 avocado
- Vegetables of choice (cut into strips)



METHOD

1. Cut whole cucumber into 3 chunks
2. Use the end of a teaspoon to hollow out cucumber seeds / core
3. In a small bowl mash chicken and avocado together
4. Spoon a small amount of the chicken mixture into each cucumber tube and compress down to one side
5. Insert the vegetable strips until the tube is full
6. Cut into small rounds to serve



COMMUNITY EVENTS

- **Mayor's Easter Egg Hunt & Open Day** – Sun, 06 Apr | 9:00 AM to 2:00 PM

Free entry | Bella Vista Farm, Cnr Norwest Blvd & Elizabeth MacArthur Drive, Bella Vista, 2153

Join the Hills Shire Council for a FREE Easter Egg Hunt at Bella Vista Farm! Enjoy cookie decorating, face painting, a roving Easter Bunny, petting zoo, water station, coffee van, sausage sizzle, Devonshire tea, and more. Explore the Homestead with a gold coin donation, and check out the trash and treasure stall. Bring a picnic and make it a fun family day!

- **Family Movie Night at North Rocks Park** – Sun, 13 Apr | 4:00 PM to 9:00 PM

Free | North Rocks Park, Carlingford NSW

Join us for FREE Family Movie Nights this April School Holidays! Enjoy kids' activities like an interactive art wall, jumping castle, face painting, slime workshop, sports games, food stalls, and live entertainment. After sunset, watch your favorite blockbusters under the stars!

- **Lifeline Giant Book Fair** – Fri to Sun, 11 to 13 Apr | 8:00 AM to 5:00 PM

Free | Macquarie University, 12 Wally's Walk, Macquarie Park, 2109

With an incredible selection of over 80,000 books at unbeatable prices, this Book Fair is not one to miss! Pre-loved books of outstanding quality, range and scope will be for sale in more than 50 categories – including General fiction, sci-fi, children's books and non-fiction. There will also be a wide variety of vinyls and jigsaw puzzles available to purchase.

- **Movies and Makers** – Mon, 14 Apr | 10:00 AM to 1:00 PM

For School Aged Children | Free | Bookings required | Berala Community Centre, 98-104 Woodburn Road, Berala

These school holidays, combine relaxation and creativity in our Movies and Makers program! These school holidays, combine relaxation and creativity in our Movies & Makers program! Enjoy a family-friendly movie screening including a fun crafting session where kids can learn to make their very own crochet bookmarks. The featured movie will be IF (2024).



SUSTAINABILITY CORNER

START A NATURE SCAVENGER HUNT

A nature scavenger hunt is a great way to connect children with the environment and teach them about the natural world. Create a list of things to find, such as a specific type of leaf, a rock, a bug, or a bird. Take the hunt outdoors and encourage kids to explore and observe the environment around them. This activity helps children develop an appreciation for nature, as well as their observation and problem-solving skills.

It's a fun and educational way to spend time outdoors while learning about the ecosystem right in your own backyard!

LEARN MORE ABOUT SCAVENGER HUNTS

<https://www.nature.org/>

OUTDOOR scavenger hunt



FEEDBACK IS ALWAYS
WELCOME

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