

ON THIS MONTH

AROUND THE COUNTRY

- World Breastfeeding Week | 1st-7th
- National Aboriginal & Torres Strait Islander Children's Day | 4th
- Dental Health Week | 4-10th
- Keep Australia Beautiful Week | 4-10th
- Red Nose Day | 8th
- National Science Week | 10-18th
- Book Week | 16th-23rd
- Daffodil Day | 21st

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Stay connected with us for the latest updates, exciting events, and behind-the-scenes moments that bring our community together.

5 MINUTE MOVES

Magic Garden Moves

Grow, wiggle, and bloom in the magical garden! Welcome to the Magic Garden Moves! Each garden creature and plant brings a new way to move your body.

Start with "Seed—curl up small and still!" Then try "Sprout—stretch up slow and tall!"

Next is "Butterfly—flap your wings so soft!"

Then "Bee—buzz and zip side to side!"

Now be a "Flower—open your petals wide!"

And then a "Tree—sway your arms in the breeze!"

Take a breath with each move. Ask: "What color is your flower?" or "Can you buzz even faster?"

End by saying, "Now the garden is resting." Lie down and imagine sunshine and flowers all around you. A sweet way to start or end your day!

KIDS IN THE KITCHEN

SUNSHINE CUPS

Recipe makes 12 cups

INGREDIENTS

- Oil spray 2 cups mashed
- pumpkin (as dry as possible)
- 125 g frozen spinach, defrosted, water squeezed out
- 125 g low fat cottage cheese
- ½ onion, finely diced
- 2 eggs
- 2 tsp mild curry powder
- 1 salt reduced chicken stock cube
- 12 slices wholemeal bread



METHOD

1. Preheat oven to 180 degrees Celsius. Spray a 12 hole muffin tin with oil.
2. Combine all ingredients, except bread, in bowl.
3. Cut crusts off bread, flatten them with a rolling pin, then line each muffin hole with one slice.
4. Fill each bread cup with pumpkin mixture.
5. Bake for 60 minutes or until mixture is set.



COMMUNITY EVENTS

- The Hills Community Open Day** Saturday, 23 August 2025 | 10:00 AM to 4:00 PM
 Free entry (rides ticket optional) | 444 Galston Road, Dural, The Hills Shire
 A vibrant family festival with carnival rides, camel rides, crafts, face painting, show bags, free glitter tattoos and food trucks. A great day out for young children and families.
- Messy Sensory Play for Babies – PHIVE, Parramatta Square** Thursdays, 31 July – 18 September 2025 | 1:00 PM to 1:45 PM
 \$15 per session or 8 weeks for \$80 | PHIVE, 5 Parramatta Square, Parramatta NSW 2150
 A fun 8-week sensory play program for babies 0–2 years, featuring themes like ABCs, Construction, Bluey, and more. Led by Messy Makers educators, it supports early development through hands-on messy activities. Parents join in to help explore and learn. Bring a change of clothes—things get messy!
- Sustainability Festival – Ryde Wharf Markets** Sunday, 10 August 2025 | 9:00 AM to 2:00 PM
 Free | Anderson Park, Meadowbank (Ryde Wharf Markets)
 Celebrate sustainable living during Keep Australia Beautiful Week at this eco-focused festival! Enjoy family entertainment, animal shows, environmental talks, kids' activities, over 50 stalls with sustainable goods, free bike maintenance, slow fashion displays, and more. Hosted by City of Ryde and Cambridge Markets.
- The Gardens by The Kids – Bangor Park, Auburn** Saturday, 2 August 2025 | 2:00 PM to 5:00 PM
 Free | Bangor Park, Auburn (enter via Heath Street, Granville)
 Step into a world of sound, art, and imagination—created entirely by kids! Explore a kid-made podcast, art exhibition, video projections, and an original electronic track. Enjoy riddles, drop-in craft workshops, and a relaxing reading zone. Perfect for ages 5–12 and their families.

SUSTAINABILITY CORNER

LEAF RUBBING ART

Make beautiful nature prints using fallen leaves and recycled paper! Gather a few dry leaves from the ground—look for different shapes and sizes. Place a leaf under a sheet of paper and gently rub over it with the side of a crayon or pencil. Watch the leaf's veins and edges appear like magic! Try using different colors or layering rubbings to create a leafy collage. This quiet activity helps kids slow down and appreciate nature's little details—no waste, no mess, just creativity from the outdoors.



Happy Birthday!

SPECIAL DAY FOR OUR EDUCATORS

- Nan Young Lee | 1st
- So Mi Lim | 14th
- Yun Hee Hwang | 24th



**FEEL FREE TO SHARE
ANY FEEDBACK!**

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