

## POLARIS FAMILY DAY CARE | Monthly Newsletter | May 2025

### ON THIS MONTH

#### AROUND THE COUNTRY

- World Laughter Day | 4th
- National FDC Week | 5-11th
- Mother's Day | 11th
- Food Allergy Week | 11-17th
- National Families Week | 12-18th
- Mental Health Awareness Week | 12-18th
- International Day of Families | 15th
- Endangered Species Day | 16th
- National Simultaneous Storytime | 21st
- Australia's Biggest Morning Tea | 29th
- National Reconciliation Week | 25th



### SPECIAL DAY FOR OUR EDUCATORS

- Nan Hee Yeo | 25th
- Jieun Park | 31st



### 5 MINUTE MOVES

#### Shape Shifter Challenge

A fun and creative way to move and imagine together!

Transform into different shapes with the Shape Shifter Challenge! All you need is some space and your imagination. The goal is to hold different body shapes while moving in fun ways. Start by telling the children they are magical shape shifters. Call out a shape, and they must move into it. For example, say "circle," and they curl into a ball or stand in a circle. For "triangle," they jump into a wide stance with arms above their heads.

Make it more fun by combining shapes and movements, like "You're a star—now spin like a ballerina!" or "You're a rectangle—now slide across the floor!" Throw in surprise combinations and let them get creative. Finish by having everyone "melt" into a puddle shape, stretching out and relaxing. Ready to shift? Say, "Let's shift!" and start the fun!

### KIDS IN THE KITCHEN

#### RICE PAPER ROLLS

Recipe makes 20 rolls

#### INGREDIENTS

- 1 cup rice noodles
- 2 cups grated carrot
- 2 cups thinly sliced cucumber
- 2 cups bean shoots
- 1/2 bunch mint (roughly chopped)
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce 1-2 limes (juiced)
- 20 rice paper roll sheets



#### METHOD

1. Soak rice noodles in boiling water for 5-10 minutes or until soft.
2. Mix carrot, cucumber, and mint together with bean shoots in a bowl.
3. Add fish sauce, soy sauce and lime to the salad mix.
4. Place one piece of rice paper in a medium bowl of lukewarm water for 15 sec or until soft. Place onto clean tea towel or plate.
5. Spoon small amount of noodles and salad filling down the middle of the rice paper sheet. Fold in both sides and roll to enclose the filling.
6. Repeat with remaining rice paper rounds and filling.



## COMMUNITY EVENTS

- Little Eco Warriors: Let's Bee Scientists** – Thu, 15 May | 3:30 PM to 4:30 PM  
**Free | Bookings essential online | Suitable for children in school years 1-5 | Castle Hill Library**  
 Did you know that there are over 2000 species of native bees in Australia? Who might live in your garden? And how can we make that space the best it can BEE?  
 Learn about our beautiful pollinators through songs and games and create a recycled craft pollinator friend to take home!
- Proudfoot & Friends** – Tue, 20 May to Wed 21 May | 11:00 AM to 1:15 PM  
**\$32 | Recommended Ages 3-7 years | Riverside Theatres**  
 Get ready for music, laughter, and fun at the Proudfoot & Friends stage show! Join award-winning performer Lucas Proudfoot on a musical journey around Pelican Bay with his guitar, stomp box, and didgeridoo. Meet fun characters like Aunty May, cheeky besties Ned and Sis', and magical animals including Hopa-tee-woo the Kangaroo, Big-Gulp the Pelican, and Ruby the Frog—just watch out for the sneaky Cane Toad Bill and Fruit Bat Charlie!
- National Simultaneous Storytime 2025: The Truck Cat** – Wed, 21 May | 10:30 AM to 11:00 AM  
**Register for free | Suitable for all ages | Ryde Library**  
 Join us for National Simultaneous Storytime, an annual event where readers all over Australia read the same story together! This year we will be reading The Truck Cat by Deborah Frenkel, illustrated by Danny Snell. National Simultaneous Storytime is an annual event where all libraries, schools, pre-schools, childcare centres, book shops and more – all come together to read the same book at the same time!
- Art Lab** – Sat, 3 May to Sat, 7 June | 10:00 AM to 2:00 PM  
**Free | Children and their families | No booking required | Granville Centre Art Gallery**  
 Join us for a fun-filled, hands-on creative experience at Art Lab, our FREE monthly Drop-In Art Workshops on the first Saturday of each month at Granville Centre Art Gallery.

## SUSTAINABILITY CORNER



### BUILD A BOTTLE CAP BUG

Bottle cap bugs are a fun and creative way to reuse plastic waste while learning about insects. Collect plastic bottle caps of different sizes and colors. Use glue to attach googly eyes, pipe cleaners for legs and antennae, and bits of paper or fabric for wings. You can even create a whole bug family or a mini garden scene!

This activity encourages kids to explore recycling through art and sparks curiosity about bugs and nature. It's a simple, hands-on way to connect creativity with caring for the environment.



**FEEL FREE TO SHARE  
ANY FEEDBACK!**

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