

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | JULY 2025

ON THIS MONTH

AROUND THE COUNTRY

- International Joke Day | 1st
- International Plastic Bag Free Day | 3rd
- NAIDOC Week | 6-13th
- National Pyjama Day | 18th
- National Lamington Day | 21st
- Christmas in July | 25th
- Tree Day | 27th
- National Step Families Day | 27th
- OSHC/OOSH Educators Day | 30th

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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

Rainbow Stretch Game

Reach for the sky and stretch through the rainbow!

Get ready to stretch your body from red to violet with the Rainbow Stretch Game! Imagine each color of the rainbow is a magical stretch waiting to happen.

Start with "Red—reach high like a red balloon!" Then move to "Orange—twist like an orange spiral!" Continue through yellow (big sunshine arms), green (bend like a leafy plant), blue (flow like the ocean), and purple (curl into a sleepy cat).

Hold each stretch for a few deep breaths. Encourage kids to think of things that match the color: "What else is green?" or "Can you float like something blue?"

Wrap it up by saying, "Now we're glowing with rainbow energy!" Have everyone lie down and imagine rainbows above them. A bright way to wake up or wind down!

KIDS IN THE KITCHEN

HULK FRITTERS

Recipe makes 25 fritters

INGREDIENTS

- 750g thawed green peas
- 4 tbsp fresh parsley
- 5 eggs 375g ricotta (low fat)
- 1 cup wholemeal flour
- 2 medium zucchinis
- Salt and pepper, to taste



METHOD

1. Smash peas and grate zucchini. Combine in bowl with parsley, egg and flour.
2. Add salt and pepper.
3. Mix through ricotta.
4. Spoon into frypan and cook on medium high for ~2 mins each side, or until golden brown.



COMMUNITY EVENTS

- **Roll, Not Scroll** – Thu, 10 July | 10:00 AM to 11:30 AM

\$15 | Registrations required | Vinegar Hill Memorial Community Centre, Henry Rooke Room, 35 Main Street, Rouse Hill, 2155

Unplug these school holidays with screen-free social fun!

Join us for a lively mix of classic and creative board games, teamwork, laughter, and real connections – no phones or tablets allowed. Come with a friend or make new ones as you Roll, Not Scroll! Let the games begin!

- **Eels Parra Play in the City** – Wed, 16 July | 9:30 AM to 12:30 PM

Parramatta Square, Parramatta

Kick off the fun at Parramatta Square!

Bring the kids for a morning of sports, creativity, and colour – with drill stations, face painting, colouring, hair braiding, and special appearances by Parramatta Eels NRL & NRLW players. Don't miss this action-packed community event!

- **Kids Camp 2025** – Mon, 07 July 9:00AM to Fri, 11 July 3:00 PM

\$440 Per Camper | Winmalee Christian Conference Centre | Private bus will leave from North Ryde Christian Church on Monday 7 July at 9 am.

Kids Camp is a fun-filled week away in the first week of the July school holidays, with activities like swimming, bush walks, a flying fox, oval games, a games room, basketball, crafts, Bible activities, singing, and more!

- **Plastic Free July 2025** – Sat, 05 July | 10:00AM to 1:00 PM

Free | Bookings required | The Granville Centre, 1 Memorial Drive, Granville

To kick off Plastic Free July®, the Council's Resource Recovery Team is hosting a free family-friendly movie event featuring a screening of Happy Feet (Rated G) at the Granville Centre. The event includes a short film, interactive stalls, and activities focused on reducing plastic pollution and protecting local waterways.

Children under 12 must be accompanied by an adult. The library will also be open with related displays.

SUSTAINABILITY CORNER

MAKE A NATURE BRACELET

Explore outside and collect tiny treasures with this eco-friendly craft! Wrap a piece of masking tape around each child's wrist, sticky side out.

As they walk around the yard or park, they press small leaves, flower petals, grass, or seeds onto their bracelet. No picking from live plants—just collect fallen pieces!

This gentle activity encourages kids to notice nature's beauty and use it respectfully. It's a simple way to connect with the outdoors and create wearable art.



SPECIAL DAY FOR OUR EDUCATORS

- Se Mi Park | 1st
- Eun Sil Park | 8th
- Eun Kyung Lee | 16th
- Qiang Man | 19th



**FEEL FREE TO SHARE
ANY FEEDBACK!**

POLARIS FAMILY DAY CARE

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