

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | SEP 2025

ON THIS MONTH

AROUND THE COUNTRY

- Early Childhood Educator's Day | 3rd
- National Child Protection Week | 7th-13th
- Father's Day | 7th
- R U OK? Day | 11th
- National Organic Week | 19-25th
- World Gratitude Day | 21st
- World Rhino Day | 22nd
- International Day of Sign Languages | 23rd
- Save The Koala Day | 27th

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@polaris_fdc

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

5 MINUTE MOVES

Dino Stomp Dance

Stomp, stretch, and roar with the dinosaurs! Welcome to Dino Stomp Dance! Each dino brings a mighty move for your body.

Start with "Egg—curl up round and still!" Then try "Hatch—stretch out slow and big!"

Next is "T-Rex—stomp and chomp with tiny arms!" Then "Stego—sway your spiky tail side to side!"

Now be a "Pterodactyl—flap and glide through the air!" And then a "Bronto—reach up tall and slow!"

Take a breath with each move. Ask: "What color is your dinosaur?" or "Can you roar even louder?"

End by saying, "Now the dinos are resting." Lie down and imagine a quiet, leafy dino land. A strong and calm way to play!

KIDS IN THE KITCHEN

FALAFELS

Recipe makes 10-15 balls

INGREDIENTS

- 1 medium carrot
- 1 small zucchini
- 1 420g tin chickpeas, well rinsed and drained
- 1/4 cup parsley, chopped
- 1 teaspoon oregano
- 1/4 medium red onion, chopped
- 1 teaspoon ground cumin
- 1/4 cup self-raising flour



METHOD

1. Preheat oven to 180 degrees Celsius. Line a baking tray with baking paper.
2. Grate carrot and zucchini. Strain to remove excess liquid.
3. In a food processor, combine the carrot, zucchini, chickpeas, parsley, oregano and onion until smooth.
4. Transfer the mixture into a bowl. Add remaining ingredients and mix until well combined.
5. Measure out a heaped tablespoon and shape your falafel into 10-15 even-sized balls.
6. Place falafel onto a prepared baking sheet and flatten slightly with a fork.
7. Bake for 20 minutes or until golden brown.
8. Remove from oven and leave to cool for 5 minutes before serving.



COMMUNITY EVENTS

- The Hills: E-Waste Plus Household Recycling Event** Saturday, 20 September 2025 | 9:00 AM to 3:30 PM | Free (proof of residence required) | Castle Hill Showground, Doran Drive, Castle Hill
 A practical and eco-friendly event where Hills residents can safely recycle household items—electrical waste, soft and hard plastics, polystyrene, textiles, cardboard, and more. A perfect way for families to responsibly declutter and support sustainability with no cost.
- City of Parramatta: Riverfest** Saturday, 20 to Sunday, 28 September 2025
 Free | Various locations along the Parramatta River, Parramatta
 Celebrate the river as part of Riverfest! The festival, running from World Clean Up Day through World Rivers Day, features a wide range of activities—river cleanups, nature walks, educational sessions, water-based adventures, and fun family programs. A lively week-long event connecting communities to Parramatta's waterways.
- City of Ryde: West Ryde Mini Trains** Saturday, 20 September 2025 | 1:00 PM to 4:00 PM
 \$6 adults, \$3 children, babies free (bookings essential) | Corner of Anthony Rd and Betts St, behind West Ryde Shopping Centre
 Great fun for all ages! Ride miniature steam locomotives on three charming tracks at this historic location. Enjoy a picnic (BYO rug/chairs), birthday parties, or just train-spotting. Prepayment and bookings required—no cash on site.
- Cumberland Council: Baby and Me Time** Thursday, 14 August 2025 to Thursday, 18 September 2025 | 10:00 AM to 11:45 AM | Free | 37 Collins Street, Pendle Hill, Cumberland Council
 Join Baby and Me Time for a bonding experience with your baby (non-walkers). Through songs, movement, and storytelling, this weekly program nurtures the parent-child bond and offers insights into child development. It's a supportive space for parents to connect and share experiences.

SUSTAINABILITY CORNER

STICK & CLAY STRUCTURES

Build amazing shapes and towers using just sticks and clay! Start by gathering small sticks from the ground—try to find ones that are about the same size. Then use bits of modeling clay like glue to connect the sticks together. Try making a triangle base or square walls, and build upward to create towers or tiny forts! If it wobbles, don't worry—test it, fix it, and try again! This activity gets kids thinking like engineers while they play. It's mess-free, fun for all ages, and a great way to mix nature with creativity and problem-solving.



SPECIAL DAY FOR OUR EDUCATORS

- Hoon Hee Joung | 1st
- Sojin Jeon | 6th
- An Na Ko | 26th
- Jung Im Choi | 27th



FEEL FREE TO SHARE ANY FEEDBACK!

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