

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | DEC 2025



ON THIS MONTH

Around the Country

- World AIDS Day | 1st
- International Day of People with Disability | 3rd
- International Human Rights Day | 10th
- International Animal Rights Day | 10th
- International Migrants Day | 18th
- December Solstice | 22nd
- Christmas Eve | 24th
- Christmas Day | 25th
- Boxing Day | 26th
- New Year's Eve | 31st

SPECIAL DAY FOR OUR EDUCATORS

- Sae Ra Kang | 16th
- Young Sook Kim | 17th
- Ja Young Leel 24th



KIDS IN THE KITCHEN

Strawberry Banana Santa Hats

Recipe makes 8 Santa Hats

Ingredients

- 1 banana, sliced
- 8 strawberries, hulled
- 30 grams white chocolate, melted
- 8 white chocolate chips



5 MINUTE MOVES

Summer Bushland Moves

Hop, flap, and sway like Aussie creatures! Welcome to Summer Bushland Moves! Each bush friend has a move to try. Start with "Kangaroo—bounce high with springy hops!" Then "Kookaburra—flap your wings and chuckle!" Next is "Lizard—scuttle low and swift!" Then "Koala—reach up high and climb your tree!" Now be a "Butterfly—float and flutter in the warm air!" And then a "Wave—swoosh and roll with your arms!" Take a breath with each move.

Ask: "What sound does your bush friend make?" or "What colour is your summer buddy?" End by saying, "Now the bush is calm."

Lie down and imagine warm sunshine and a soft summer breeze.

Method

1. Prepare by slicing your banana and hulling your strawberries. Then melt some white chocolate and set aside a few white chocolate chips.
2. Spread a small amount of melted white chocolate on a banana slice. Press a hulled strawberry into the melted chocolate.
3. Dip a white chocolate chip into the melted chocolate and place it on top of the strawberry.
4. Place the "Santa Hat" on a tray. Repeat with the rest of the strawberries and banana slices until all are complete.
5. Chill for 10 minutes to allow the chocolate to harden.

COMMUNITY EVENTS



- **The Hills: Mayor's Children's Christmas Party** Sunday, 07 December 2025 | 10:00 AM to 2:00 PM | Free Entry | Bella Vista Farm – Elizabeth Macarthur Drive, Bella Vista, 2153

Join Santa, his elves, and gingerbread friends for a festive day! Enjoy cookie decorating, face painting, crafts, and sing-along fun. Bounce on inflatables, try games, or explore the farm. Rides, snow cones, fairy floss, ice cream, coffee, and a sausage sizzle are at your expense. Sunflower lanyards, quiet spaces, Auslan Storytime, and a sensory-sensitive hour make the day inclusive.

- **City of Parramatta: Christmas Carols in the Park** Saturday, 13 December 2025 | 3:00 PM to 10:00 PM | Free Entry | Parramatta Park – Pitt Street & Macquarie Street, Parramatta, 2150

Sing along to classic carols and festive favourites under the summer sky! Bring your family and friends to a free Christmas concert with live performances and holiday cheer. Enjoy face painting, workshops, markets, and food stalls. See the nativity scene, visit the Christmas tree for photos, and join family-friendly activities. Bring a blanket, a smile, and your holiday spirit for a magical evening!

- **City of Ryde: Wharf Christmas Market** Sunday, 14 December 2025 | 9:00 AM to 3:00 PM | Free Entry | Anderson Park – Meadowbank, 2112

Celebrate the season at the festive Ryde Wharf Christmas Market! Explore boutique stalls, enjoy live Christmas carols, and meet Santa for a magical day. Browse artisan goods, tasty treats, and unique gifts you won't find in stores. Set on the harbourside, the market is perfect for families, friends, and last-minute shoppers. Bring your festive cheer and enjoy a fun day by the water!

- **Cumberland Council: Christmas in the Gardens** Saturday, 13 December 2025 | 5:00 PM to 9:00 PM | Free Entry | Auburn Botanic Gardens – 99 Chiswick Road, Auburn

Experience the magic as the gardens come alive with twinkling lights and festive cheer! Enjoy live entertainment, Christmas crafts, and meet Santa for a photo. Explore market stalls, taste delicious food, and join hands-on activities for little elves. Bring a picnic blanket, your family, and your Christmas spirit for a sparkling evening under the stars.



SUSTAINABILITY CORNER

Orange Peel Ornaments

Turn fruit scraps into decorations! Save the peels from oranges or mandarins after snack time. Use child-safe cutters or educator-cut shapes like stars, hearts, and circles. Lay the shapes on a tray and let them dry in the sun for a few days until firm. Thread a piece of string or yarn through each one to make a hanging loop. You can add beads or little bows if you like. Hang them on a Christmas tree, a branch, or in the window.

This activity teaches kids about reducing food waste, reusing natural materials, and celebrating with simple, earth-friendly crafts.

It's fragrant, hands-on, and beautifully festive—plus, each ornament becomes a sweet summer keepsake for families at Christmas time!



FOLLOW US ON INSTAGRAM

@polaris_fdc

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

FEEL FREE TO SHARE ANY FEEDBACK!

POLARIS FAMILY DAY CARE

polarisfamilydaycare.com.au

info@polarisfamilydaycare.com.au

02 9008 2270