

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | FEB 2026

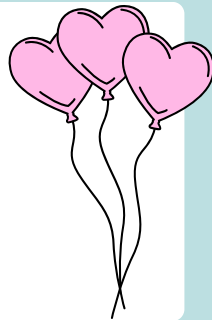
ON THIS MONTH

Around the Country

- Winter Olympics | 6th–22nd
- National Apology Anniversary | 13th
- Valentine’s Day | 14th
- First Day of Ramadan (Islam) | 16th
- Random Acts of Kindness Day, Lunar New Year, Shrove Tuesday | 17th
- Ash Wednesday | 18th

SPECIAL DAY FOR OUR EDUCATORS

- Eun Jeong Choi | 03
- So Young Ka | 03
- Young A Lee | 10
- Kyoung Ai Yun | 22



5 MINUTE MOVES

Morning Adventure Moves

Move, stretch, and wake your body for the day!

Welcome to Morning Adventure Moves! Each adventure friend brings a fun move to try.

Start with Puppy stretch reach your front paws forward and wag side to side.

Then Tree grow tall lift your arms up and sway gently in the breeze.

Next is River flow step slowly forward and back while moving your arms smoothly.

Then Frog jump softly bend your knees and hop in place.

Now be a Cloud float lightly on your toes and drift around the space.

Finish as a Rock stand strong and still.

Take a slow breath with each move.

Ask What will make today fun.

End by saying Now my body is ready.

Lie down and imagine a bright, happy day ahead.

KIDS IN THE KITCHEN

Mini Banana Boats

Recipe makes 4 boats

Ingredients

- 4 bananas
- 4 tablespoons cream cheese or yogurt
- 1/4 cup mini chocolate chips or raisins
- Optional: shredded coconut, granola, or small fruit pieces



Method

1. Slice each banana in half lengthwise.
2. Spread a little cream cheese or yogurt on top of each half.
3. Sprinkle mini chocolate chips, raisins, or small fruit pieces over the top.
4. Add a pinch of shredded coconut or granola if you like.
5. Serve on a small plate and enjoy!
6. Ask Which topping looks the yummiest?



COMMUNITY EVENTS

- **The Hills Shire Council: Powerhouse Materials: Paper** Saturday, 14 February 2026 | 10:00 AM to 4:00 PM | Powerhouse Castle Hill, 2 Green Road, Castle Hill, 2154

Powerhouse Materials: Paper invites families to explore the world of paper with objects selected from the Powerhouse Collection by children’s author Andy Griffiths. See everything from anatomical models to papier-mâché ventriloquist dolls, alongside typewriters, writing tools, and intricate paper-cut works. Pick up a free self-guided activity book designed with Andy, full of creative prompts to inspire your own illustrations and stories. Entry is free—perfect for fans of Andy Griffiths and curious minds alike.

- **City of Parramatta: DinoFest Sydney – Summer 2026** Sunday, 1 February 2026 | 10:30 AM to 3:00 PM | Blaxland Riverside Park, 1 Jamieson Street, Sydney Olympic Park, 2127

DinoFest is back with more than 30 life-size dinosaurs, including T. Rex, Triceratops, and baby dinos to touch. Explore the new Dino Trail, enjoy a 45-minute Dinosaur Encounter, and try hands-on activities like Dino Dig and arts and crafts. Tickets: AUD \$31 adults, \$28 children, free under 2, family of four \$107. Perfect for kids aged nine and under. Pre-book online at dinofest.com.

- **City of Ryde: Nocturnal Wildlife Show | 6yrs+** Saturday, 14 February 2026 | 10:30 AM to 11:30 AM | West Ryde Library, 2 Graf Avenue, West Ryde, 2114

Explore Australia’s nocturnal animals with Raptor Reptiles! See geckos, scorpions, frogs, snakes, and a tawny frogmouth up close, and learn how they thrive at night. Visit the Citizen Science Corner after the session. Tickets required for children 4+ and adults; free under 4.

- **Cumberland Council: Shockingly Simple: CPR and AED Awareness Session** Wednesday, 18 February 2026 | 10:00 AM to 11:30 AM | Cumberland City Council, 16 Memorial Avenue, Merrylands

Learn the simple steps of calling, pushing, and shocking in this free, one-hour session for adults 18+. Volunteer trainers will guide you through hands-on CPR and AED practice, teach how to recognise cardiac emergencies, and help you build the confidence to act in a life-saving situation. Free community program, spots limited—registration required.

SUSTAINABILITY CORNER

Nature Crown Creations

Turn leaves, flowers, and twigs into wearable art! Collect fallen leaves, small flowers, and flexible twigs from outside. Let children arrange them on a strip of cardboard or paper to make a crown shape. Decorate with crayons, stickers, or more natural treasures. Tape or staple the ends so the crown fits comfortably.

This activity teaches children about observing nature, using natural materials, and expressing creativity in a hands-on way. It’s fun, simple, and outdoorsy—plus each crown becomes a magical keepsake to wear or display!



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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

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