

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | APR 2026

ON THIS MONTH

Around the Country

- International Autism Awareness Day | 2nd
- Good Friday | 3rd
- Easter Saturday | 4th
- Easter Sunday, Daylight Savings End | 5th
- Easter Monday | 6th
- World Health Day | 7th
- World Heritage Day | 18th
- ANZAC Day | 25th

SPECIAL DAY FOR OUR EDUCATORS

- Gey Soon Shin | 01
- Stella Chung | 03
- Hae Chung Son | 05
- Soo Young Park | 08
- Younglan Lee | 20
- Young Ju Park | 20
- Youngmi Cho | 30



5 MINUTE MOVES

Tiny Seed Growth

Stretch, wiggle, and grow!

Welcome! Let's pretend to be a little plant waking up.

- Start as a Little Seed: Curl into a tiny, still ball.
- Then Warm Sun: Wiggle your toes in the cozy dirt.
- Next is Cool Water: Stretch your legs out long and straight.
- Then Sprout Up: Stand up and reach one hand high.
- Now be a Green Leaf: Wave your arms in the breeze.
- Finish as a Tall Flower: Stand on tiptoes and open wide.

Take a deep breath.

Ask: What color are your petals?

End by saying: I am strong and ready to grow. Imagine your garden filled with sunshine.

KIDS IN THE KITCHEN

Aloha Rice

Serves 25

Ingredients

- ½ carrot
 - 1 celery stick
 - ½ red or green capsicum
 - 2 spring onions
 - 1 can pineapple pieces (in natural juice)
 - 2 slices reduced fat / salt ham
 - 4 cups cooked brown rice
 - 4 tablespoons sweet corn
 - Pepper to season
 - 2 tablespoons reduced fat salad dressing (or make your own using olive oil, balsamic vinegar and lemon or pineapple juice)
- Tip – you can use frozen, diced vegetables rather than fresh.



Method

1. Grate carrot and put into a mixing bowl.
2. Slice the celery finely and add to bowl.
3. Remove the seeds from the capsicum. Cut into small squares and add to celery and carrot.
4. Cut and discard the root end of the spring onion. Slice finely, then add it to the bowl.
5. Drain the pineapple and add to the bowl.
6. Slice ham into small pieces and add to the bowl with remaining ingredients.
7. Using a spoon, mix thoroughly.
8. If not using at once, cover with cling wrap (or store in container) and refrigerate until needed.



COMMUNITY EVENTS

- **The Hills Shire Council: Mayor's Annual Easter Egg Hunt**

Wednesday, 08 April 2026 | 09:00 AM to 12:00 PM | Bernie Mullane Reserve, Kellyville
Celebrate Easter at Livvi's Place with the Mayor's Annual Egg Hunt! The first 850 children receive a Passport to collect sightings for chocolate treats. Enjoy the Easter Bunny, crafts, and bubble play. Entry is free, and more details are coming soon. Join the community at Bernie Mullane Reserve for a morning of family fun.

- **City of Parramatta: Alice in Easterland at Parramatta Park**

Monday, 06 April 2026 | 10:30 AM to 12:00 PM | Rumsey Rose Garden, Parramatta
Experience a magical Easter twist on a classic tale! Join Alice to help the Mad Hatter find his bonnet while outsmarting the Queen of Hearts. Children are encouraged to dress up for a joyful parade. This whimsical outdoor adventure includes a live show and bonnet decorating. Tickets are \$20 for a morning of festive surprises.

- **City of Ryde: Active Kids Art In The Park**

Wednesday, 15 April 2026 | 10:00 AM to 11:45 AM | Anderson Park, Ryde
Celebrate the seasons with a free outdoor watercolour class for ages 5-12! Meet at the top carpark near the purple banners. Two sessions are available: 10:00am and 11:00am. Registration via Bookable is essential. A guardian must remain on-site. Please cancel early if plans change to avoid exclusion from future holiday programs.

- **Cumberland City Council: Get Wild Reptile Show**

Tuesday, 07 April 2026 | 01:30 PM to 02:30 PM | Granville Library
Meet amazing reptiles and learn about their habitats at this free library activity! Open to all ages, this event offers a hands-on experience with unique creatures. Meet us at the library for a wild hour of fun. Bookings are essential and open exactly one week prior at 9:00 AM. Secure your spot early via the council website.

SUSTAINABILITY CORNER

Sorting Recycled Treasures

Learn to give old things a new life!
Set out three boxes labeled "Paper," "Plastic," and "Metal." Give children a pile of clean, safe items like cardboard tubes, plastic bottles, and empty rinsed cans. Let them touch each item and decide which box it belongs in. Watch as they learn to recognize different materials by how they feel and sound. Try timing them to see how fast the "Treasures" can be sorted.

This activity teaches children about waste reduction and the importance of recycling. It builds categorization skills and encourages a sense of responsibility for the planet. It's a hands-on, active way to turn "trash" into a fun game—plus it shows how everyone can help keep the Earth clean!

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