

# POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | MAY 2026

## ON THIS MONTH

### Around the Country

- World Laughter Day | 3rd
- Mother's Day | 10th
- National FDC Week | 11-17th
- National Families Week, Mental Health Awareness Week | 12-18th
- International Day of Families, Endangered Species Day | 15th
- National Simultaneous Storytime | 20th
- Food Allergy Week | 24-30th
- National Sorry Day | 26th
- National Reconciliation Week | 27th May – 3rd June

## SPECIAL DAY FOR OUR EDUCATORS

- Nan Hee Yeo | 25
- Jieun Park | 31



## 5 MINUTE MOVES

### Busy Little Butterfly

Flap, float, and fly!

Welcome! Let's pretend to be a beautiful butterfly exploring a garden.

**Start as a Cozy Caterpillar:** Curl up low on the ground and wiggle slowly.

**Munch the Leaves:** Pretend to nibble yummy leaves—move your head side to side.

**Build a Cocoon:** Wrap your arms around yourself and stay very still.

**Wake and Stretch:** Slowly stretch your arms out wide... your wings are growing!

**Flap Your Wings:** Gently flap your arms up and down.

**Fly Around the Garden:** Tiptoe and move around the space, floating softly.

**Land on a Flower:** Stop, balance on one foot, and hold still. Take a deep breath.

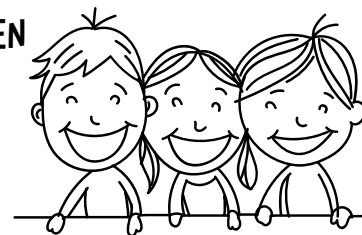
**Ask:** Where did your butterfly fly today?

**End by saying:** I am light, happy, and free! Imagine your garden full of colorful butterflies.

## KIDS IN THE KITCHEN

### Guaca-coli

Serves 10-15



### Ingredients

- ½ head of broccoli or 1 broccoli stem (cut into small pieces)
- 1 avocado • ½ lime (juiced)
- 4 cherry tomatoes or ¼ tomato, diced
- 1/8 of a red onion or 1 spring onion, finely chopped
- ½ bunch coriander leaves, finely chopped – (optional)
- ¼ teaspoon of ground cumin
- ¼ teaspoon of ground coriander
- ¼ teaspoon of paprika
- Pepper to season



### Method

1. Steam the broccoli or microwave until it softens (approx. 3-5min).
2. Place cooled broccoli in a blender and pulse until chopped well.
3. Roughly mash avocado and spices in a bowl.
4. Stir through all other ingredients to form chunky Guac-coli.

*Note – add extra lime and store in air tight container if you are serving later in the day.*



## COMMUNITY EVENTS

- **The Hills Shire Council: Cinderella presented by Hills Musical Theatre Company**

Friday, 22 May 2026 | 07:30 PM to 10:00 PM | Model Farms High School, Gooden Drive, Baulkham Hills | Tickets: Child \$35 | Concession \$40 | Adult \$45.

Step into a magical evening with Rodgers and Hammerstein's Cinderella, brought to life by Hills Musical Theatre Company. This much-loved classic is perfect for the whole family to enjoy in a relaxed, community atmosphere with cabaret-style seating. Bring along a cheese platter or snacks, or purchase treats and drinks from the on-site kiosk.

- **City of Parramatta: Mega Market – Mother's Day Special**

Saturday, 09 May 2026 | 11:00 AM to 05:00 PM | Centenary Square, Church St, Parramatta

Celebrate Mother's Day at this vibrant Mega Market, featuring a wide range of stalls with food, fresh produce, crafts, hobbies, plants, and pre-loved treasures. There's something for everyone to explore and enjoy. Don't miss the Mega Raffle, packed with great prizes, gift vouchers, and fun experiences. Bring the family along for a lively day out!

- **City of Ryde: Meet Matt Stanton: Best-Selling Children's Author**

Saturday, 02 May 2026 | 02:30 PM to 03:30 PM | Ryde Library, 1 Pope Street, Ryde

Join best-selling children's author Matt Stanton, creator of the Funny Kid series, as he launches his new book Duck: Look Who's Talking. This lively session introduces a fun new series with quirky animal characters kids will enjoy. Books will be available for purchase, with a signing after the event. Recommended for ages 7+, and children under 12 must be accompanied by an adult.

- **Cumberland City Council: National Simultaneous Storytime Celebration**

Wednesday, 27 May 2026 | From 10:55 AM | Merrylands, Greystanes & Lidcombe Libraries

Celebrate National Simultaneous Storytime with a fun session of stories, songs, and craft activities for children aged 3 years and up. Join the main session at Merrylands Library (Corner of Miller and Newman Street) at 10:55 AM, with additional sessions at Greystanes and Lidcombe Libraries at 11:00 AM. No bookings required—just arrive a little early to enjoy the fun!

## SUSTAINABILITY CORNER

### Saving Water Superstars

Learn how every drop counts!



Set up a simple water play or handwashing station with a small tub and cups. Encourage children to notice how much water they use and challenge them to use only what they need. Try catching leftover water from play to reuse on plants in the garden. Talk about why water is important and how we can avoid wasting it. Children can explore pouring, measuring, and reusing while learning to care for this precious resource.

This activity introduces the idea of conservation and helps build responsibility for the environment. It supports problem-solving and shows children that small actions—like saving water—can make a big difference!



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**FEEL FREE TO SHARE ANY FEEDBACK!**

**POLARIS FAMILY DAY CARE**

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