

JAN 2023 - MAR 2023

NEWSLETTER

Polaris Family Day Care Quarterly Newsletter



Important dates:

NEW YEAR'S DAY
- SUN, 1 JAN

CHINESE NEW YEAR - SUN, 22 JAN

AUSTRALIA DAY
- WED, 26 JAN

VALENTINES DAY
- TUE, 14 FEB

CLEAN UP AUSTRALIA DAY
- SUN, 5 MAR

HARMONY DAY - TUE, 21 MAR

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Get ready for mosquito season

As a result of the warm and wet weather conditions in many parts of NSW, the prevalence of mosquitoes in some areas has recently increased.

In some circumstances mosquitoes can transmit viruses such as Japanese encephalitis (JE). JE is a rare but serious disease spread to humans by mosquitoes and has been on the rise across the state.

NSW Health is currently monitoring the evolving situation in NSW concerning JE and notes that the best protection against mosquitoes and the viruses they carry is to avoid mosquito bites.

Here are five simple ways to prevent mosquito bites at your service:

1. Cover up while outside.
2. Wear and reapply repellent.
3. Install fly screens where possible to keep mosquitoes out, or close windows without fly screen protection during high-risk periods.
4. Remove items that might collect stagnant water to lower the chance of mosquitos breeding.
5. Encourage staff and families to ask their GP about the JE virus vaccination.

New Year's Party Horn Photo Props



Create unique New Year's photo booth props with giant mouths! They're so cute and easy to make. The kids will want to help out too!

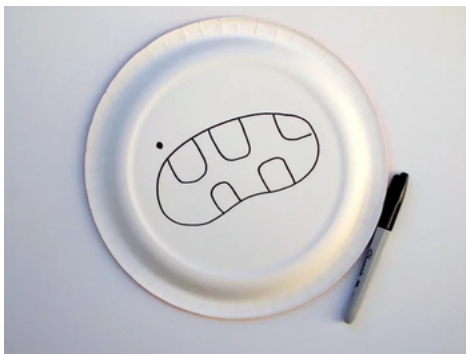
Skills Required: None. Both kids and adults of all ages can make these. You'll be drawing on paper plates and cutting them out, then inserting a party horn. It's simple and you're going to have a great time doing it.

To make these party horn props, you'll need:

- Paper Plates
- Scissors
- Craft Knife
- Cutting Mat
- Markers and crayons
- Party Horns!



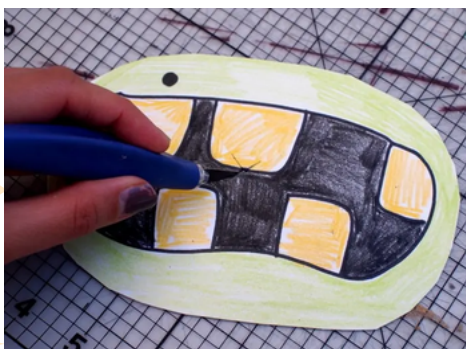
Step 1 Doodle a larger than life sized mouth on the back of a paper plate.



Step 2 Color your mouth in and cut it out!



Step 3 Use your craft knife to cut out an "x." Make it slightly bigger than your mouth piece. (You want the horn to fit snugly in place.)



Step 4 Push your party horn through. And now you're done! Once you're done, pop 'em into your mouth for a hilarious welcome to the New Years!



Australia Day Activities for Anyone

Australian Fairy Bread Recipe

This Fairy Bread recipe is Australia's favourite party snack for kids and nostalgic adults alike. Make this colourful treat in minutes with just three ingredients!



Kids love making fairy bread almost as much as they love eating it, and adults love it too because it's no-cook, no-fuss and no-mess... Okay maybe we lied a little bit on that last point.

What is Fairy Bread?

It's an old-fashioned Australian snack made from white bread, butter and sprinkles, more commonly known as 100s and 1000s (hundreds and thousands) in Australia. Most Australians grew up with this beloved sugary snack which, like the best things in life, was reserved for children's birthday parties and special occasions like Christmas or Australia Day.

What You'll Need

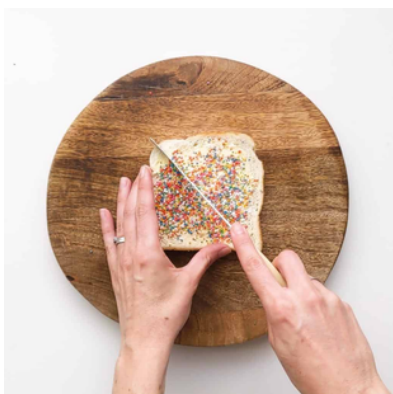
Just three ingredients are all you need for fairy bread! White bread, Butter, and 100s and 1000s.



How to Make Fairy Bread:



1. To make your very own fairy bread, coat each slice of white bread with plenty of butter.
2. Pour plenty of sprinkles / 100s and 1000s over the top of each slice.
3. Slice the bread into triangles and enjoy!



TIPS

- **Crust On or Off** – It's up to you.
- **Sprinkle or Dunk** – Sprinkle the 100s and 1000s over the bread, or pour them out onto a flat plate and gently press your bread slice, buttered side down, into the sprinkles.
- **Start with (Slightly) Frozen Bread** – This makes it waaaay easier to spread butter or margarine over the bread as it won't rip apart. If your bread is straight out of the freezer, let it defrost slightly first.
- **Play With Shapes** – Cut the bread into cute shapes like triangles, circles or use a cookie cutter for hearts or stars.

Valentines Day Activity

CHOCOLATE STRETCHY SLIME RECIPE

To make the slime you see here
(again NOT for tasting/eating),
you will need:

Clear Washable School Glue
Sta Flo Liquid Starch
Unsweetened Cocoa Powder
Brown Food Coloring/Liquid
Watercolors (optional)



First - and this is a big first - this recipe is NOT edible. Like not even a little. So if you have a toddler who might not understand that/might be tempted to taste something that smells chocolate-y and delicious.



To make a batch as big as ours, you will need two 120ml containers of clear washable school glue. I emptied two bottles into a bowl and added 3 Tbsp of Unsweetened Cocoa Powder and 1/8 tsp of brown liquid watercolors (this is optional - I just wanted to be sure that we got a nice rich brown color!). I stirred until the cocoa powder was completely mixed into the glue.

Next, I filled each of the glue bottles up with Sta Flo Liquid Starch and emptied them into the bowl. I stirred until it was completely combined. At this point we usually have our regular slime, but because of the added cocoa powder, I had to add even more Sta Flo than usual. Add 1/2 a glue bottle of Sta Flo at a time, stirring well in between. Once the slime no longer sticks to the sides of the bowl and instead begins clumping in the center of the bowl or on your spoon, reach in and start kneading it by hand. If it is sticking to your hands, add more Sta Flo. It should not be sticky (but it will be slippery!). Once you have a non-sticky, slippery and stretchy slime - you are good to play!

We find that warm water will easily rinse the slime off of any toys (or hands!). We store our slime in a Ziploc bag and find that it lasts for several weeks.



HARMONY DAY GARLAND

Celebrate Harmony Day with this activity which explores the cultural diversity of Australia in your own classroom.

You can explore cultural diversity in your classroom by starting up a conversation about the origins of each child's family. Research flags around the world and print out flags relevant to the cultures of the children in your room.

MATERIALS NEEDED

- Tiny pegs
- Jute twine
- Cardboard stars
- Paint

1

Take a photograph of each child in the class and print it out to the size of the template provided.



2

Hand out the stars and photograph to the children. Paint front of each star orange. Allow to dry. Paste the photograph onto the front of the star. Allow to dry.



3

Using the researched flags as a guide, paint the appropriate flag onto the back of the star. Allow to dry.



4

Using the tiny pegs attach each star to the jute twine.



Local community events

Ryde Council

SUN
22
JAN

RYDE WHARF MARKET

9:am - 3:00pm

Ryde Wharf Market is a fresh produce, international hot food, food products and artisan monthly market.

With 70+ stalls, held at Anderson Park, Meadowbank on the Parramatta River every second and fourth Sunday of the month, from 9am - 3pm.

THU
02
FEB

GO4FUN FREE NSW HEALTH PROGRAM FOR CHILDREN

4:00pm - 6:00pm

Go4Fun is a FREE NSW Health program for children aged 7-13 years who are above a healthy weight, and their families.

The program aims to help families learn about eating well, staying active and also helps to boost children's self-esteem and confidence. Families can register for the program by calling 1800 780 900

Strathfield Council

THU
26
JAN

AUSTRALIA DAY

04:00PM - 09:00PM

Join us on Australia Day at Strathfield Square as we reflect, respect and celebrate our nation, its achievements and most of all, its people. It will include a traditional Smoking Ceremony, digeridoo performance, free children's activities and a special screening of the movie Happy Feet.

Parramatta Council

THU
26
JAN

AUSTRALIA DAY POOL PARTY

11:00am - 05:00pm

Celebrate Australia Day and party with us at Epping Aquatic Centre.

Enjoy an Aussie Sausage Sizzle, DJ and Pool Inflatable. General Entry Prices for Australia Day at Epping Aquatic Centre.

The Hills Council

SAT
14
JAN

DISCOVERY WALKTHROUGH: RECYCLED IDEAS

11:00am - 03:30pm

Join a 30-minute guided tour and discover sustainable living innovations and habits from the past that are regaining popularity in the modern day. See former objects from home life, entertainment and transport.

Discovery Walkthroughs are free and you can register your interest when you arrive on the day subject to availability. Museums Discovery Centre 02 9217 0222.

THU
26
JAN

AUSTRALIA DAY 2023 AT BELLA VISTA FARM

04:00pm - 09:00pm

Fireworks, fun and a fantastic line-up of entertainment are in store when Australia Day celebrations return to Bella Vista Farm! There is also fun for the whole family, with Bluey and her little sister Bingo making a special appearance! Entry is free and limited parking is available onsite. We encourage attendees to take public transport and make use of the free shuttle buses that will take you between the Farm and Bella Vista Metro Station.

Cumberland Council

SAT
21
JAN

SEOLLAL IN THE PARK

02:00pm - 04:00pm

Celebrate the arrival of Seollal (Korean Lunar New Year) at Remembrance Park, Lidcombe. Enjoy visual entertainment including video stories from the Lidcombe community, music videos from local Korean-Australian creatives and learn about the traditions of Seollal. Grab a bite to eat from one of Lidcombe's excellent culturally diverse restaurants and bring it along to enjoy a picnic in the park.