

JULY 2022 - SEPTEMBER 2022

# NEWSLETTER

POLARIS FAMILY DAY CARE QUARTERLY NEWSLETTER



## TAKE A PEEK!

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## Important Dates

- NAIDOC Week / Sun, 3 July - Sun, 10 July
- World Chocolate Day / Thu, 7 July
- National Science Week / Sat, 13 Aug - Sun 21 Aug
- World Lizard Day / Sun, 14 Aug
- Keep Australia Beautiful Week / Tue, 16 Aug - Mon, 22 Aug
- Children's Book Week / Sun, 21 Aug - Sat, 27 Aug
- Father's Day / Sun, 4 Sep
- National Child Protection Week / Tue, 6 Sep - Mon 12 Sep
- Early Childhood Educator's Day / Wed, 7 Sep
- World Gratitude Day / Wed 21, Sep

## Dear educators and families,

NSW Health continues to report a steep increase in flu cases affecting children aged 0-4 years and a low flu vaccine uptake in children.

Influenza is contagious and can spread easily between young children, especially in early childhood education and care services, where children learn and play in close contact with each other. Young children who get the flu may be infectious for longer and spread it to adults.

Take simple steps to help protect staff, visitors and the children in your care:

- Remind parents to keep any sick children at home. Staff and visitors who are sick should also stay away from the workplace.
- Clean hands often and supervise young children when washing their hands or if using hand sanitiser.
- Play together where there's fresh air, if possible.

# NAIDOC WEEK ART AND CRAFT ACTIVITY

Appropriate age 2+

## NATURE BRACELETS

Collect and gather natural materials from the local environment and use them to decorate this bracelet. Aboriginal women gathered and arranged natural materials to make into tradition clothing, jewellery and cooking utensils. Clothing and jewellery that were made with these natural materials were worn by Aboriginal and Torres Strait Islander men and women during traditional ceremonies.

### Materials Needed:

- Assorted leaves
- Flowers
- Sticks
- Seeds
- Stapler
- Cardboard
- Glue

### What to do:

1. Cut the cardboard into 10 cm long thin strip.



2. Wrap it around child's wrist to create a bracelet, remove and staple it together.



### Hints and Tips:

- If glue doesn't stick the leaves/flowers etc. you could stapler to staple them on the cardboard bracelet. This enables it too last longer than using glue as the natural items won't fall off.

### EYLF Outcomes:

- 2.4: Children become socially responsible and show respect for the environment.
- 5.4: Children begin to understand how symbols and pattern systems work.

3. Encourage child to decorate and glue the leaves onto the cardboard bangle to create their nature bracelet.



4. The child has now created their very own nature bracelet!





## *Edible Chocolate Slime Goop Recipe*

Kids will go nuts over this edible chocolate slime recipe. You only need 2 ingredients to make this fun chocolate slime that will delight children of all ages from toddler, preschool, pre-k, kindergarten, first grade, and 2nd graders. Use this for a fun chocolate activity for kids any time you want to play with slime.



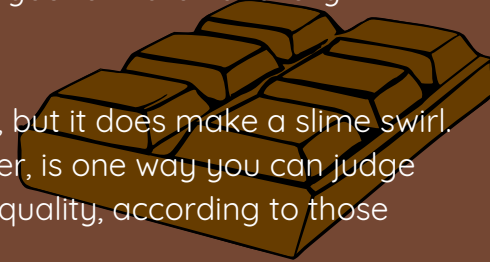
To make this chocolate slime, you'll need 2 simple ingredients you probably already have on hand:

- Chocolate Pudding (we used the kind in the cup)
- Corn Starch
- Chocolate Chips (Optional)



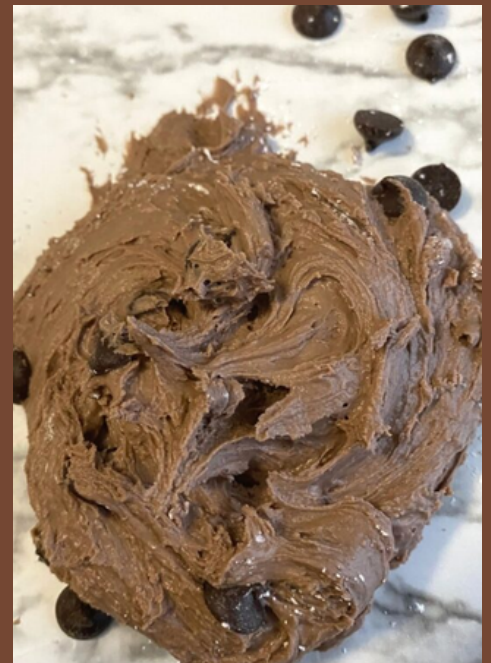
Start by putting two pudding cups worth of pudding in a bowl. Next add some corn starch. We ended up using about 1 ½ cups, so pour some in and mix. Once that is mixed, add some more corn starch in. You'll want to stir in between each time you add corn starch, to make sure you don't add too much. Continue to add corn starch until your slime is not sticky anymore.

You won't be able to mold it like playdough, but it does make a slime swirl. Which apparently, according to my daughter, is one way you can judge the quality of a slime. This one was a good quality, according to those standards.



After we played with the slime for some time, we added some chocolate chips. This added a fun texture, but is not required. The slime still smelled fantastic even without the chocolate chips.

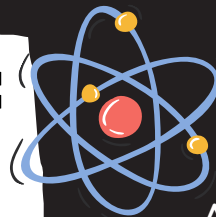
Slime is exciting to make and experiment with, but it is also a fabulous tool. Not only is it a great fine motor activity and a sensory focused activity but it can also work as a tool for calming down. It is soothing to stretch between your hands, squeeze and manipulate.





# NATIONAL SCIENCE WEEK:

## FIZZY SODA BLOBS

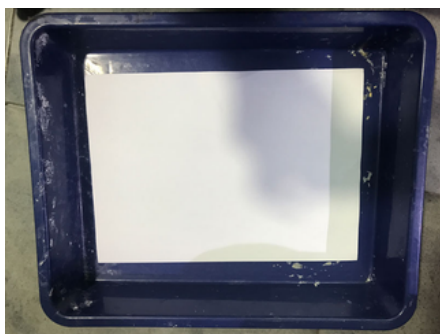


Appropriate age 2+

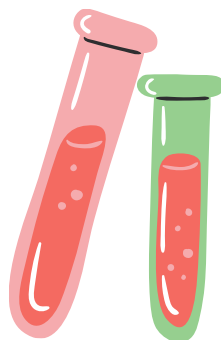
A fizzling science experience that creates art during a chemical reaction. A super simple science activity for children to do by themselves.

### What to do:

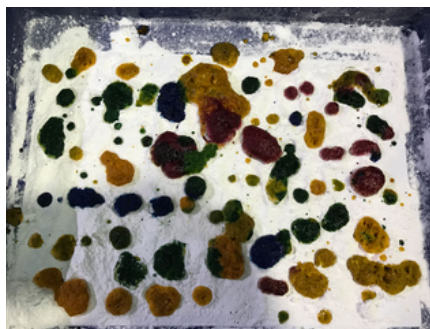
1. Lay the A4 sheet of paper onto the tray.
2. Cover it with baking soda.



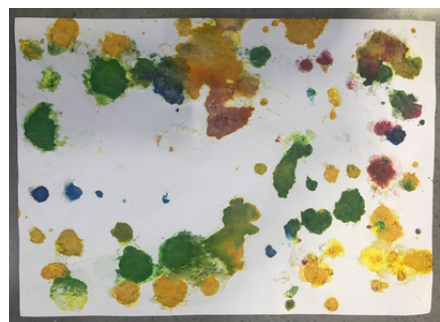
3. Add 2 tbsp of vinegar with a drop of food colouring into small cups (one for each colour). Use an eye dropper to squirt food colouring on top of the baking soda.



4. Experiment with lots of colours.



5. When finished, brush off baking soda to see "art" underneath.



### What you need:

- Tray
- A4 Paper
- Food colouring
- Eyedropper
- Baking Soda
- Vinegar
- Small Cups (one for each colour)

### EYLF Outcomes:

4.1 Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

4.2 Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.



### Hints and Tips:

- Hear the fizz and see the reaction when adding the vinegar to the baking soda.
- Create small volcano art by piling baking soda into a small pile before adding vinegar.
- Experiment with adding more/less baking soda and more/less vinegar
- Easy for children to do by themselves



# PAPER ROLL FATHER'S DAY CRAFT



Show dad, grandpa or another important male figure in your life how much you love him with an easy paper roll Father's Day craft.

Personalize it to look like dad by choosing craft paint that will match his hair color or something that sets him apart: colorful ties or a mustache or beard. This paper roll Father's Day craft leaves a lot of room to creativity. We painted ours and added a paper details and buttons

Kids can also add a little note to the craft. Write it a piece of paper, roll it up and place it inside the paper roll. Or fill up the paper rolls with some treats for dad. In this case you may want to add a bottom to the paper roll.

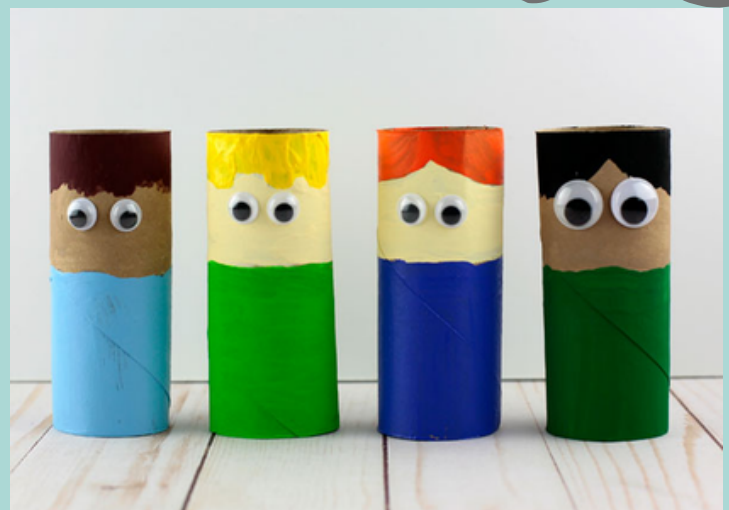
## Supplies:

- Paper roll
- Craft paint
- Googly eyes
- Colored craft paper
- Buttons
- Scissors
- Paintbrush
- Glue
- Black marker

## How to make a paper roll Father's Day craft



Start by painting the paper roll. We used three colors: one for the hair, the second for the face and the third for the shirt.



Glue the googly eyes.



Add a tie, bow tie or mustache made from paper and/or a couple of buttons. Use a black marker to draw a smile.

# WORLD GRATITUDE DAY

## MAKE A GRATITUDE TREE

“...Research suggests that grateful young adolescents, compared to their less grateful counterparts, are happier and more optimistic, have better social support, are more satisfied with their school, family, community, friends, and themselves, and give more emotional support to others.” (Froh and Bono, 2014)

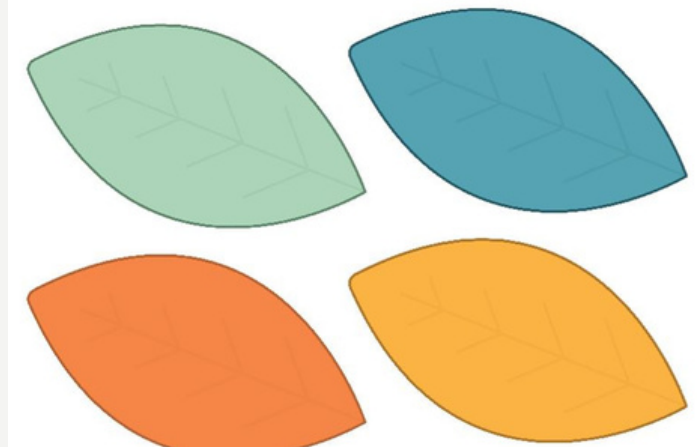
It's easy to see why making each day for your children to engage in gratitude activities is so worthwhile.

We'd suggest allocating 5 minutes at a routine time, perhaps first thing in the morning, perhaps after lunch, or the last 5 minutes of the day, and alternating gratitude, kindness and mindfulness activities.



A wonderful way to expose your children to a daily gratitude reminder is to create a gratitude tree. It's a simple and beautiful concept. children take a leaf-shaped piece of paper and write on it something they are grateful for. Then they add their leaf to the gratitude tree!

We created one using crepe paper for the tree trunk and grass, and then our Gratitude Tree Leaves Template for the leaves.



How to use this resource:

1. Create a tree trunk using paper on a display wall. Alternatively, you could use a real tree branch standing up in a pot.
2. Provide children with one of more of the leaves for them to write about something they are grateful for.
3. Stick the leaves onto the 'Gratitude Tree' wall display, or hang them up on the real branches using a hole-punch and string.
4. Children may also like to add photographs and pictures to the Gratitude Tree display.



Another great alternative to a wall display is to find a tree branch to stand up in a pot and get students to hang their leaves from the branches.

# WHAT'S ON

## Local Community Events

### Ryde Council

SAT  
09  
JUL

#### EASTWOOD NIGHT MARKETS

4:00pm - 10:00pm

Eastwood Night Markets offers handmade goods, fun kids activities, multicultural delicacies and community education sessions. Stalls offer everything from plants to fresh produce, handicrafts, tasty street food and more. Location: Eastwood Plaza, Rowe Street, Eastwood 2122

MON  
25  
JUL

#### STORY TIME AT LIVVI'S PLACE

10:00am - 11:00am

An inclusive hour of craft, stories, friends, songs and fun for all children and their parents, grandparents or carers to enjoy. Location: Yamble Reserve, 196 Quarry Road, Ryde 2112

### The Hills Council

FRI  
15  
JUL

#### KIDS NATURE ART WORKSHOP

12:00pm - 3:00pm

This fun, creative workshop is designed for kids from K-6 (ages 5-12 years). During the class, they will explore and then create their work from the inspirations they see in their local environment. They can then take home their art masterpiece, and hang it up on a wall or display in a room. All art materials will be supplied. Location: Community Environment Certe, Currie Avenue, Annangrove 2156

SUN  
07  
AUG

#### KENTHURST PRESCHOOL FETE

10:00am - 3:00pm

Come join all the family fun at the annual Kenthurst Preschool Fete. Pony rides, showbags, rides, food stalls, arts and crafts. Wander the stalls, rides and activities whilst enjoying a day filled with entertainment and laughter on stage in the park. Location: John Benyon Rotary Park, 135 Kenthurst Road, Kenthurst 2156

### Strathfield Council

MON  
18  
JUL

#### ENGLISH AND KOREAN BILINGUAL STORY TIME 10:30AM - 11:30AM

Come along to our bilingual story time and participate in songs, stories and craft activities in English and Korean. Suitable for 3-5 year olds. Every Second Monday: 18 July, 1, 15 and 29 August. Enjoy! Share! Learn! Location: Strathfield Council Library & Innovation Hub

### Parramatta Council

SUN  
10  
JUL

#### BURAMATTA NAIDOC

10:30am - 5:00pm

The event is a family-friendly celebration for the whole community featuring children's workshops, market stalls, delicious food as well as some great performances by Budjerah, Kobie Dee, The Merindas, Tilly Tjala Thomas, Castlereagh Connection and more.

### Cumberland Council

TUE  
19  
JUL

#### TODDLER TIME

11:00am - 11:30am

Tuesday, 19 July 2022 to Tuesday, 20 September 2022. For ages 1 to 3 years old. Be sure to book and bring your child to our fun and free toddler time sessions full of songs, rhymes, colouring and reading. Toddler time sessions are run fortnightly on Tuesdays, starting at 11am at Auburn Library, Wentworthville Library, Granville Library and Merrylands Library. Bookings are essential as places are limited.

WED  
10  
AUG

#### CHEMISTRY SHOW

3:45pm - 4:45pm

For Science Week, our library service is offering a fun and free bubbling activity for kids at Auburn Town Hall. For children aged 7 years and over. This is a free event but bookings are essential as places are limited.