

APRIL 2022 - JUNE 2022

# NEWSLETTER

POLARIS FAMILY DAY CARE QUARTERLY NEWSLETTER



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## Important Dates

- Good Friday / Fri, 15 Apr
- Easter Sunday / Sun, 17 Apr
- Easter Monday / Mon, 18 Apr
- Earth Day / Fri, 22 Apr
- ANZAC Day / Mon, 25 Apr
- National Family Day Care Week / Mon, 2 May - Sun, 8 May
- Mother's Day - Sun, 8 May
- World Environment Day - Sun, 5 June
- National Sausage Roll Day - Sun, 5 June
- World Day Against Child Labour - Sun, 12 June

## Dear educators and families,

Since the start of the COVID-19 pandemic, parents and carers have felt reassured by the knowledge that children have represented only a small proportion of cases worldwide. However, the arrival of the Omicron strains has resulted in more infections in children and young people. The good news is that evidence and our experience suggest severe illness from COVID-19 in children is still rare. That said, the world is still learning how to live with COVID-19, and it's important that we don't let our guard down. If your child develops any COVID-19 symptoms, particularly fever, cough, sore throat or shortness of breath, loss of smell or taste, they should be tested. If you have symptoms or questions about COVID-19, call the National Coronavirus Health Information Line on 1800 020 080.

# Healthy Easter Eggs

These healthy Easter eggs made from fresh fruit are fun, easy Easter treats you can make for, and with children.



## Why This Recipe Works

- Fruit based Healthy Easter treats
- Fun food Idea
- Simple Ingredients
- Easy to make

## Ingredients you will need

To make Healthy Easter Treats you will need: Greek-Style Yoghurt, Fresh Fruit, Honey and your favourite sprinkles.

## Step by step instructions

**Step one:** Mix the yoghurt and honey together. Put the sweetened yoghurt in the freezer for 10 minutes.

**Step two:** Slice your fruit into easter egg shapes.

**Step three:** Spread the fruit slices with the chilled yoghurt.

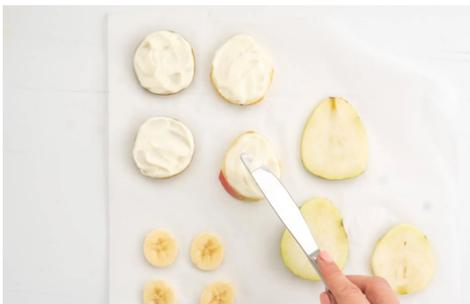
**Step four:** Add the sprinkles

## Ingredient Notes and Substitutes

- **Honey:** This can be substituted for maple syrup. You could also leave this out entirely.
- **Greek Style Yoghurt:** This recipe works with coconut yoghurt as well. You could also use your favourite flavoured yoghurt
- **Sprinkles:** If you would prefer a healthier option you could use freeze-dried fruit powders.



- **Fruit:** I used slices of pear, apple, banana and kiwifruit to make different sized Easter eggs. You could also use slices of Watermelon.



*Enjoy!*

# EARTH DAY CRAFT FOR KIDS: CUPCAKE LINER DAISY

Celebrate **Earth Day** with this adorable **daisy craft using cupcake liners**. These sweet Earth Day daisies are a great reminder of how important it is to take care of our planet. The page includes free printable inserts for the centre of your flower.



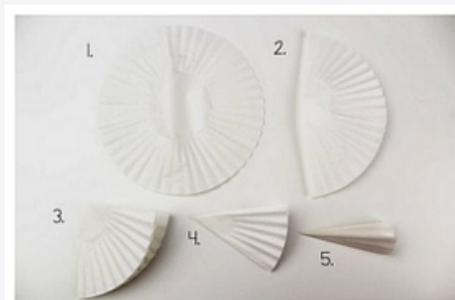
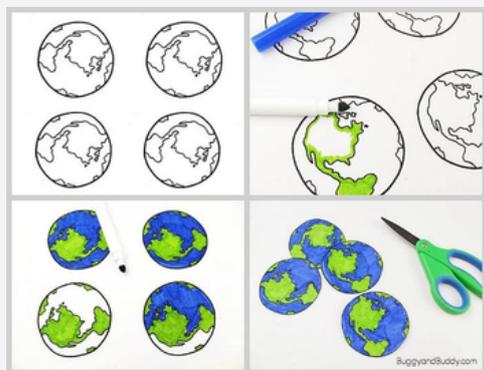
This simple daisy craft for kids using cupcake liners is a fun one for Earth Day! Children can color in their mini planet Earth and place it in the center of their daisy craft as a reminder to take care of our planet. (You can also do this craft any day of the year- simply place a colored circle in the center of your daisy or some pom poms or colorful buttons.)

## Materials for Earth Day Daisy Craft

- Green cardstock or construction paper
- Blue cardstock or construction paper
- Crayons, markers or colored pencils
- Scissors
- Glue
- White cupcake liners
- Paper straws
- Free Printable Earth Template (<https://drive.google.com/file/d/1Ua7fMYJsHKxwfnVF6h73lr-1jE8Sivzq/view>)

## Directions for Making Earth Day Daisy Craft

1. Print out the free template.
2. Use markers, crayons or colored pencils to color the Earth green and blue.
3. Use scissors to cut each Earth template. (You'll need one per daisy.)
4. Cut out small leaves from your green cardstock or construction paper.



5. Flatten a white cupcake liner and fold in half. Fold the cupcake liner three more times.
6. Round the top of the folded cupcake liner with your scissors.
7. Unfold the cupcake liner. Do this again with another cupcake liner.
8. Glue the two cupcake liners together, and then glue the Earth into the centre of your white daisy.
9. Glue a paper straw onto blue cardstock or construction paper.
10. Glue the flower onto the paper straw.
11. Glue leaves onto the cardstock, right against the paper straw.



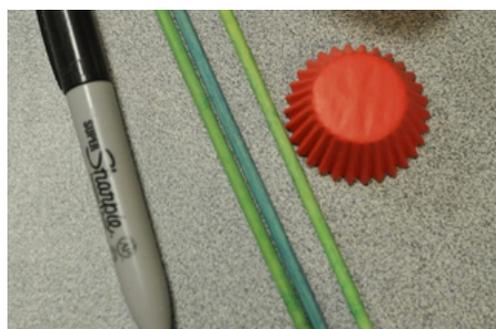
That's it! You've made an adorable **Earth Day daisy!** These look beautiful hanging up around the home or classroom.

# ANZAC DAY: HOW TO MAKE A PAPER POPPY

ANZAC Day is one of Australia and New Zealand's most important national days encompassing nationhood, love and loss, and the gratitude and honor given to our servicemen and women. The poppy has increasingly become a symbol for ANZAC Day, and one that children can easily relate to.

## Materials

- 2 x Red cupcake cases (or use white ones and colour them in red)
- Green bamboo craft rods or paddle pop stick/green straw (available from craft and discount stores)
- Permanent marker (or black texter)
- Craft Glue



## Instructions

1. Turn the two cupcake cases inside out.
2. Cut a wavy edge – in about 1 cm from the edge – around the first cupcake case.
3. Cut a wavy edge – in about 0.5 cm from the edge – around the second cupcake cases.
4. Draw a black centre inside the smaller cupcake case and small lines coming out from the centre to give that Poppy-Centre look (refer to the image of a wild poppy below).
5. Glue the smaller cupcake case inside the larger one.
6. Glue the flower on to the bamboo rod (or paddle pop stick/straw). If your rod or paddle pop stick is not already green (you can buy them coloured), simply colour in with texta or paint.
7. Make a few and display in a vase or cup, carry on a march or hold at a dawn service.



Tip: To display flowers in a vase, use shredded paper or pebbles in the base of the cup or vase and arrange the paper flowers.

# NATIONAL FAMILY DAY CARE WEEK

National Family Day Care Week recognises and promotes the important role family day care educators and services play in the development and wellbeing of more than 94,700 children across Australia.

National Family Day Care Week is integral in raising the image and profile of family day care. The annual celebration generates nationwide media, highlighting the many unique benefits of family day care and positioning our sector as a high quality, flexible early childhood education and care option for Australian families.

In 2022 National Family Day Care Week will take place from May 2 - 8.

In 2022 we will be encouraging all educator and services to hold their own National Family Day Care Week picnic during the week of 2 - 8 May.

FDCA members who register their National Family Day Care Week picnic will be able to have a media release published by FDCA and distributed to their local media outlets in the lead up to National Family Day Care Week.

## PROGRAMMING IDEAS:

The following ideas are simply suggestions to get you started, but don't be afraid to get creative and design your own event.

### A PICNIC UNDER THE STARS

Enjoy a picnic while gazing at the stars.

### FANCY DRESS PICNIC

Come dressed as your favourite movie, television, sports or rock star!

### ARTS & CRAFTS PICNIC

Show off your creative flair with a star-themed arts and crafts picnic.

### ALLSTARS SPORTS PICNIC

Get everyone active with an outdoor sports or games themed picnic.

**DON'T FORGET;**  
National Family Day  
Care Week is all  
about promoting and  
celebrating the many  
unique benefits of  
family day care.



To find out more about  
National Family Day Care Week visit  
[www.familydaycare.com.au/fdcweek](http://www.familydaycare.com.au/fdcweek)

# LOVEABLE MOTHER'S DAY CRAFT IDEAS FOR KIDS : I LOVE YOU TO PIECES CARD

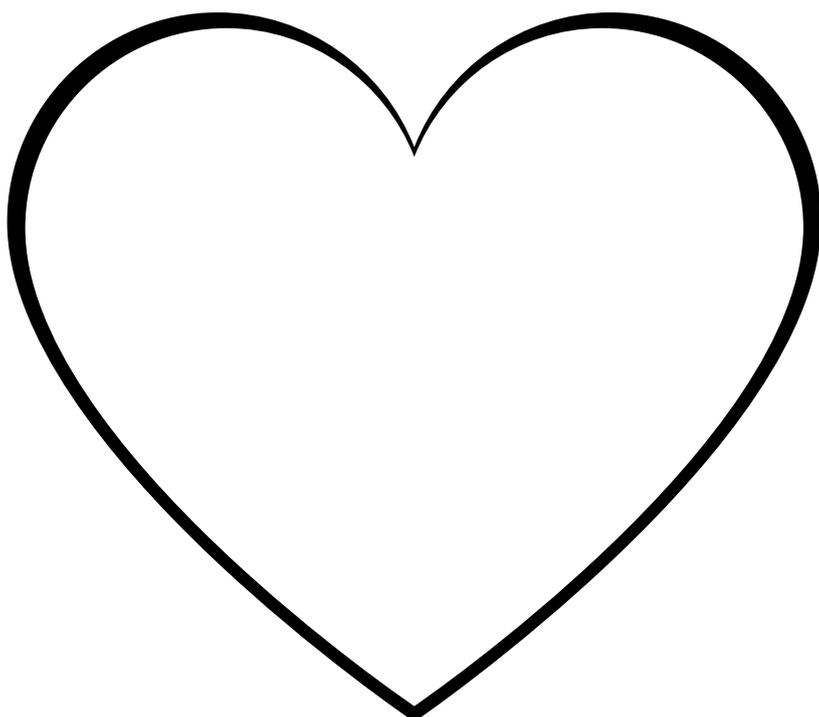
This is an oldie but a goodie! A fantastic hands-on, fine motor craft activity that is creative and fun. Print out the template and decide if you are just going to use the white background or have the students cut out the heart and 'I love you' words to stick on a coloured piece of card. Then use tissue paper cut into squares for the 'pieces' of the heart. Depending on the age of your students, you may like to have these pre-cut ready to go!

## What you need:

- White or Coloured cardboards
- Scissors
- Coloured paper or Coloured tissue paper
- Glue



I LOVE YOU



TO PIECES

## Instructions:

1. Print the template on thick card for increased durability. Alternatively, you may like to cut out the heart and I love you words to stick on a coloured piece of card.
2. Small squares can be created by cutting coloured paper or tissue paper in pieces. As another option the papers can be torn apart into pieces to create a variety of shapes and sizes.
3. These pieces are then stuck inside the heart with glue.



# WHAT'S ON

## Local Community Events

### Ryde Council

**SAT  
09  
APR** **WEST RYDE EASTER CELEBRATIONS**  
9:00am - 3:30pm

Come join in the fun with kids games and rides (\$20 + booking fee unlimited rides wristband), competitions, food trucks, ice-cream, and an Easter concert, with performances starting at 9.00am.

**SUN  
10  
APR** **RYDE WHARF MARKET**  
8:00am - 2:00pm

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 Sunday of the month.

**THU  
14  
APR** **KIDS COLLAGE WORKSHOP**  
10:00am - 11:00am

Get the kids hands on these school holidays and make a garden collage with talented artist Rmsina Daniel. This workshop is suitable for children 7 years old and over. Younger children are more than welcome to attend but will need constant parental assistance. Cost \$10

### The Hills Council

**WED  
13  
APR** **MESSY MAKERS**  
1:00pm - 2:00pm

Sensory fun! Get messy with lots of different sensory items and activities. Sand, slime, goop and lots more. Ages 5 months to 5 years with parents. Tickets cost \$5 and bookings are required.

**WED  
20  
APR** **ANZAC Storytime**  
10:30am - 11:00am

ANZAC day is a very important day in Australia. Books are a powerful way of introducing and explaining ANZAC Day to children. Join us as we read stories and remember our ANZAC heroes. A commemorative take home craft included. Free | Bookings essential online | Suitable for children in school years K-2

### Strathfield Council

**TUE  
12  
APR** **CHILD RESTRAINT FITTING DAY**  
9:00am - 1:00pm

Bring your child car seats, harnesses and booster seats for a free inspection by an Authorised Restraint Fitter. Due to COVID health regulations bookings are compulsory and social distancing protocols will be observed. Location: Strathfield Park

### Parramatta Council

**FRI  
08  
APR** **Skate and Play**  
11:00am - 10:00pm

Let the good times roll for the whole family at Prince Alfred Square. Feeling adventurous? The action will be jam-packed. Strap on some skates and glide along the roller-rink to some of your favourite tunes or get an adrenaline rush with the amusement rides on offer. For those wanting more chilled vibes, come immerse yourself in the larger-than-life interactive inflatable installation, Lost Dogs' Disco, or recharge your batteries with some live music and delicious offerings in our food village.

**FRI  
29  
APR** **Feed a family of 4 under \$10**  
12:00pm - 1:00pm

Learn how to feed you and your family fresh, nutritious meals without breaking the bank with Sue Lambert. Sue is a whole and natural foods chef in Sydney with a passion for sustainability and all things health. Location: Online, Bookings required

### Cumberland Council

**WED  
13  
APR** **Brick worx, for ages 5 to 12**  
1:30pm - 2:45pm

Kids will learn about the history of LEGO® and how to create many possibilities with a simple brick! This workshop will have both team-based and individual creativity challenges in which kids will let their imaginations run wild. Location: Auburn Central Shopping Centre