

JAN 2022 - MAR 2022

# NEWSLETTER

POLARIS FAMILY DAY CARE QUARTERLY NEWSLETTER



## TAKE A PEEK!

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## Important Dates

- **New Year's Day / Sat 1 Jan**
- **Additional public holiday for New Year's Day / Mon 3 Jan**
- **Australia Day / Wed 26 Jan**
- **Chinese New Year / Tue 1 Feb**
- **Harmony Day / Mon 21 Mar**

## Dear educators and families,

After another year of complex challenges it is a relief to be facing the new year with an almost fully vaccinated population and plenty more freedoms.

We hope you had spent plenty of time with your friends and family over the break and that this time was restorative and happy.

For the second year running, the early education and care sector has worked tirelessly to keep staff and families safe in the midst of the COVID-19 pandemic. You've enabled parents to work and children to learn in challenging times and for that we're all very grateful.

# CARING FOR CHILDREN IN THE COMMUNITY WITH COVID-19

Most children with COVID-19 can be safely cared for at home, even if they are not vaccinated.

If your child is under three months of age or has a chronic medical condition, Please call NSW Health COVID-19 Care at Home Support Line on 1800 960 933.

For information on how to safely care for yourself and child with COVID-19 at home please visit : <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-confirmed.aspx>



Chronic medical conditions include:

- Obesity
- Severe, chronic or complex medical conditions (e.g. cardiac, respiratory, renal, neurodevelopmental, congenital, genetic or metabolic)
- Asthma resulting in more than one hospital admission
- Diabetes
- Immunocompromised including malignancy
- Severe mental illness

You may not receive any direct calls from a NSW health COVID-19 team. If you have any concerns or questions call your GP or call 1800 960 933 between 0830 hours - 2030 hours, after these hours please call the National Coronavirus Helpline on 1800 020 080.

If you are concerned that you child is seriously unwell, has difficulty breathing, is severely dehydrated or fainting, please call 000 immediately.

Your child must isolate for seven days from test date. De-isolate on day seven, if no symptoms during the last three days. You do not need to wait for official notification that NSW Health will send in due time.

## Common symptoms (the way you feel)

Common symptoms include runny nose, cough, tiredness and fever. Resting up and having plenty of fluids, like you would with a regular cold or flu, can help. If you feel unwell, paracetamol and ibuprofen can also be taken to help with symptoms.

Most people with COVID-19 will have a mild illness and will recover in a few days or so. Some people will have no symptoms at all.

There are effective treatments available for people with COVID-19. Please contact the health team caring for you or your GP early if you have any health concerns, especially if you have any chronic health conditions.

## Severe symptoms

While most people will experience mild symptoms there are some who may develop serious illness. When isolating, you should look out for severe or worsening symptoms, particularly:

- Severe headaches or dizziness
- Shortness of breath/difficulty breathing
- Chest pressure or pain

If you have severe symptoms you should call Triple Zero (000) straight away and tell the ambulance staff that you have been diagnosed with COVID-19.



## SYDNEY HARBOUR BRIDGE CRAFT

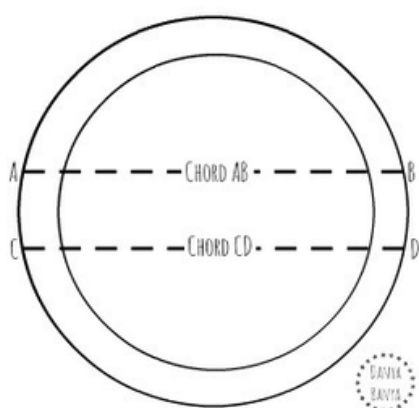
# AUSTRALIA DAY CRAFT

*Easy Sydney Harbour Bridge craft for kids – great way for kids to learn about one of Australia's most iconic structures, using everyday items you'll probably already have at your backyard BBQ!*

### How to make a paper plate Sydney Harbour Bridge

To make each of ours, we used:

- paper plate
- two paper cups
- scissors
- black marker
- toothpick
- Australian flag sticker
- tape
- knife (optional)



You can cut along chord AB to make one bridge, or cut along chord CD as well to make two.

Next you need to draw in the bridge details. Using a black marker, outline your segment, and draw an inner arch following the shape of the inner paper plate rim. Then draw evenly spaced vertical lines from the chord to the top of the arch. I made mine about an inch apart, but there's no need to be exact.

Then draw diagonal lines from the outer rim to the inner rim of the next vertical line, to make a pattern along the top of the bridge arch. Cut an inch long slit in the bottom of two cups. (It's easier if you do this with a knife, but scissors would probably work as well.) Slide the edges of your paper plate bridge into the slits, so that the cups look like pylons. Add window details with marker.



For the finishing touch, stick an Australian flag sticker onto a toothpick and piece of card (I used the discarded middle piece of the paper plate). If you don't have a sticker, you could try drawing an Australian flag instead. Then tape the toothpick to the back of your Harbour Bridge.





# BEEF AND TOMATO PATTIES

Prep time: 15 mins    Cook time: 15 min    Serves: 20    Serve Size: 1 Patty

## INGREDIENTS

1.4kg	Lean beef mince
6 tbs	Tomato paste
1 tsp	Dried mixed herbs
3 tsp	Seeded mustard
1 tsp	Minced garlic
1	Egg
2	Onions, grated
3 tbs	Olive oil, for frying
1	Zucchini, grated
1	Carrot, grated



## STEPS

1. Blend all ingredients in a food processor until smooth.
2. Shape mixture into round patties, using 3 tablespoons mixture for each patty.
3. Heat oil in a non-stick fry pan. Flatten and cook patties for approx. 4-5 mins on each side or until golden brown in colour and cooked through.

## SERVING SUGGESTION

- Serve with ½ cup of seasonal vegetables per child or serve in a wholemeal bread roll with 1 cup of salad per child

## Helpful Tips

- For variety or for young children, you could use 1 ½ tablespoons of mixture per patty and serve 2 patties per child.



# HARMONY DAY BOOKMARK

*What better way to show your support of Harmony Day than with this gorgeous bookmark! Beautiful, colourful and practical. Enjoy Harmony Day!*

## Materials used:

- Cardboard
- Ribbon pack



## STEP 1

To make your bookmark, cut out a rectangle from cover paper approximately 15cm x 5cm.

## STEP 2

Punch a hole in the bottom centre of your bookmark. This will be for the ribbons.

## STEP 3

Attach 3 or 4 ribbons and trim to your desired length.

## STEP 4

To make your heart decoration, dip your thumb into a small amount of brightly coloured paint and make a print onto your bookmark.

## STEP 5

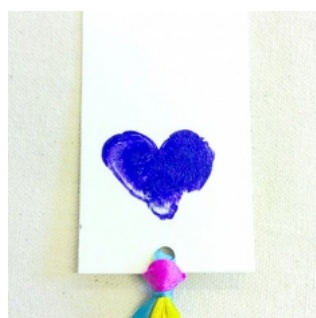
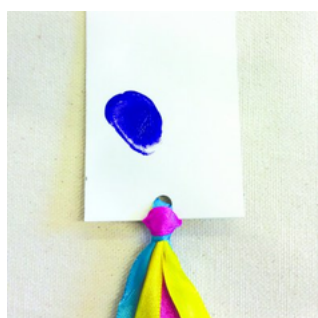
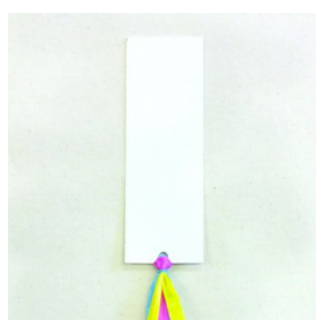
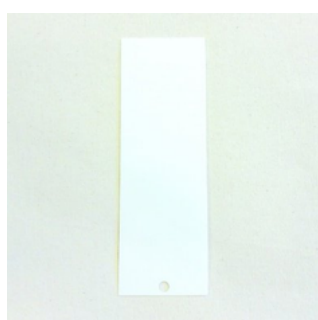
Repeat thumb print to create your heart design.

## STEP 6

Repeat your thumb print heart design to create 3 hearts on your bookmark. Allow to dry.

## STEP 7

Add detail to your bookmark using your Stay Anywhere Pen.





# REGGIO CHILDREN – AT HOME WITH THE REGGIO APPROACH

## A walnut Identities in transformation

### AT HOME WITH THE REGGIO APPROACH

PLAYING TOGETHER AT HOME

by Preschools and Infant-toddler centres – Istituzione of the Municipality Reggio Emilia, and Reggio Children

Lots of small objects 'inhabit' our daily lives without us realising their beauty, and their strangeness!

They pass through our fingers, and sometimes we even eat them, appreciating their aroma and taste. But have we ever looked at them closely, and turned them around in front of our eyes?

Have we ever tried to fully understand their 'identity' and how they might put it aside with the help of our imagination, and turn into something quite different?

Let's try and discover how many faces are hidden in these natural, seemingly commonplace objects. Let's take a journey into their world.

Don't you think it **seems like the skin** of a giant snail?  
Or else?

Instead...

### SOME SUGGESTIONS FOR CHILDREN

Hold on tight!

We're going to **get up close** to something very strange.



**Take a look** at this photograph.  
What does it look like to you?



And look at that shape...  
what does it remind you of?

It's as hard as...

And no one walnut is  
exactly the same as another.



it's a **walnut**!

Have you ever **studied** one closely before you eat it?

But they are delicious, aren't they?

# WHAT'S ON

## Local Community Events

### Ryde Council

#### AUS DAY SPLASH!

Wednesday 26 Jan

This event will run from 9.00am - 6.30pm on Wednesday 26 January 2022 at Ryde Park. Book your free ticket online to one of the four sessions and let your kids enjoy water inflatables, face painting, Aussie classic sausage sandwich and Ice-cream all for Free! (limited amount of free sausages and ice-cream at each session).

There will be plenty of fun with kids DJ, stilt walkers, hoola hooping plus bubble artists!

#### AUS DAY FIREWORKS AT MEADOWBANK AND RYDE PARK!

Wednesday 26 Jan / 9:00pm

Australia Day will end in a celebration of light and colour when fireworks will blast up from Ryde Park and Meadowbank Park.

### The Hills Council

#### CREATIVE CRAFTS - FAMILY WORKSHOP

Wednesday 19 Jan / 12:00 pm - 02:00 pm

Join Hills Community Aid staff & volunteers for our Creative Craft workshop.

You will be supplied with all craft needs. Staff will guide you through your craft session sharing ideas and demonstrating how to create some great craft designs.

You will also be able to get creative and share your own ideas and designs.

Tickets cost \$6. Bookings required.

#### Bella Vista Farm Tours

Sunday 06 Mar / 9:00 am - 02:00 pm

The historic homestead will be open for limited viewing. There's plenty to do at the Farm from relaxing in the gardens and saying hello to the Farm's resident sheep, to visiting the Trash & Treasure stall and watching a spinning demonstration.

You can also explore the heritage farm buildings and enjoy a Devonshire Tea or bring a picnic.

### Strathfield Council

#### STREET FESTIVAL 2140

Saturday 11 Feb - Saturday 19 Mar

12 Days and nights to surprise and delight! Rochester Street, Homebush and Henley Road, Homebush West

Experience a feast for your senses, as we take to the streets with live music, performers, kids activities, markets, food stalls and more. Homebush and Homebush West will be centre stage as locals and visitors discover all they have to offer, and the community joins together to reimagine their main streets.

### Parramatta Council

#### SOUND WEST Music + Tech Festival

Wednesday 30 Mar / 12:00am - 11:59pm

SOUND WEST Music + Tech Festival is coming to Parramatta this March 30 - Apr 3 2022. Over 5 big days, SOUND WEST will bring together the biggest brands in Music + Tech from around the globe, through live music throughout large and unique venues in Parramatta. and a 2-day conference at CommBank Stadium.

### Cumberland Council

#### Merrylands Community Garden, for ages 5 to 12 years

Wednesday 19 Jan / 10:15am - 11:00am

Get growing with fun, creative and practical hands-on gardening activities for little green thumbs. Free. Book online

#### Super Smart Play Bus - South Granville

Tuesday 08 Feb / 09:30am - 10:30am

Join our playgroup in the park at Ray Marshall Reserve, 2a Erie Street, South Granville NSW 2142 for children aged 0 to 5 years old, to help your child learn through play and experiences. To register or for more information please phone Angela, Azzi or Shirin on 02 9637 7600.