

OCTOBER 2022 - DECEMBER 2022

# NEWSLETTER

POLARIS FAMILY DAY CARE QUARTERLY NEWSLETTER



## TAKE A PEEK!

WORLD SMILE DAY : RICE  
CRACKER FACE  
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HALLOWEEN MOVEMENT  
GAMES : PUMPKIN RELAY  
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CLAY POPPY BOWL  
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## Important Dates

- Labour Day Mon, 3 Oct
- World Smile Day Fri, 7 Oct
- National Children's Week Sat 22, Oct - 30, Oct
- Halloween Mon, 31 Oct
- Remembrance Day Fri, 11 Nov
- World Children's Day Sun, 20 Nov
- Christmas Day Sun, 25 Dec
- Boxing Day Mon, 26 Dec

### Dear educators and families,

Moving into spring it is important that services are mindful of adverse weather conditions during this time to ensure children remain safe in outdoor environments. This includes both hot weather risks, but also, with the increased risk of heavy rains and flooding predicted by the Bureau of Meteorology, services should take time to review their processes.

# WORLD SMILE DAY



## HAPPY WORLD SMILE DAY! CELEBRATE WITH FOODS THAT ARE HAPPY TO SEE YOU

Here are some Rice Cracker "Face" Sandwiches to help you feel extra happy today! Rice Crackers are gluten free and depending on your toppings these can be nut free too!

### Ingredients

- 1 rice cracker
- 2-3 tablespoons spread of choice (nut butter, seed butter, hummus, refried beans, etc)
- circle and smile shaped fruit and vegetables of choice



You can spread anything on a rice cracker and get strategic with the toppings to make a face. Have your kids help you and see their faces light up! We spread these with sunflower seed butter, refried beans, peanut butter and hummus and then chose different eye and mouth shaped fruits and veggies to make the smile! There's no wrong way. Get creative and most of all have fun!



### Preparation

1. Spread favorite nut butter, hummus or other spread on rice cracker.
2. Add circle shaped fruit or vegetable for the eyes and a smile shaped fruit or vegetable for the mouth.
3. Enjoy!





**1**

**PACK A PICNIC** and go find a grassy place in the shade and enjoy a picnic lunch.



Children's Week is an annual event celebrated across Australia in October every year!  
Children's Week celebrates the right of every child to enjoy childhood and focuses attention on children, their rights and achievements.

So here are 6 THINGS to plan in the 10th month of every year to **CELEBRATE** the special kids in your life!

**2**

**PLAN A TRESURE HUNT**

Think about the clues you can give and the treats that will be included.



**3**

**DECORATE YOUR HOUSE OR FRONT GATE**

with balloons and signs. You can make your own bunting to hang.



**4**

**BAKE CUPCAKES TO SHARE**

for your children. Insert a Children's Week Flag in each of them.



**5**

**WRITE A LETTER TO CHILDREN**

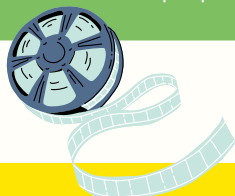
telling them what is so special about them. Remember to think of qualities about their personality and skills rather than physical attributes. Share your favourite memory of them and your wish for their future. If you like drawing or fancy yourself as a poet you can add more!



**6**

**ORGANISE A MOVIE AFTERNOON**

Use the films/ recording of the littlest people in your life, or share the old recordings of the big people when they were little! Don't forget to make popcorn, serve ice cream and dim the lights!



# PUMPKIN RELAY!

Pumpkins are the perfect them to add into gross motor play. The pumpkin relay is one fun way that gross motor can be incorporated

Needed: A Pumpkin or Something Round (A Ball) – We opted for an orange ball!



- Kids get into teams of 2-3 people.
- The kids line up in their teams
- Child one starts the relay.
- He or she rolls the pumpkin or ball to one end of the room (gym, field, sidewalk etc.) picks up a pumpkin card and returns back to their team.



- The child who just completed the relay tags the hand of the next student in line. Some children may participate in the relay twice in order to collect all of the pumpkin cards.
- When student has completed the relay they sit down.
- Play continues until the first team has completed the relay and all team members are seated. (Optional) The team must try to spell out the word pumpkin to win.

## Incorporating More Motor Skills

Other ways to play include:

- Moving the pumpkin/ball with your feet.
- Carrying the pumpkin.
- Hopping on one foot holding the pumpkin.
- Jumping with the pumpkin.
- Knee walking with the pumpkin.
- Crab walking with the pumpkin.
- Crawling and moving the pumpkin.
- Walking with the pumpkin between your legs (courtesy of my preschooler coming up with this one!)





# REMEMBRANCE DAY

## Easy Clay Poppy Bowl

### Materials

- a bowl (we had two different sizes)
- cellophane
- a rolling pin
- a glass or sall plate for shape cutting
- a nice lump of clay softened

### How to make a clay bowl poppy step by step instructions

1. Make sure you clay is nice and soft so it is easier to work with.
2. Roll out to approx 1cm in thickness
3. Cut out 3 circles with your glass. We used a normal glass for the small poppy bowl and a large glass for the large poppy clay bowl.
4. Smoothen down the edges - clay can have "hairy" bits in it - that give it strength and structure, smooth these sides down.



### Shape the poppy petals into a bowl

1. Lay flat against the side of bowl. Lay all three evenly apart and gently press against the bowl to give them the bowl shape.
2. Smoothen any edges or bumps in your clay poppy bowl with a wet finger.
3. Make a small ball by rolling it in your palm. Then flatten it and place it in the centre of the poppy flower. Gently press down.
4. Now take a tooth pick and add some poppy seed details.



### Paint your clay poppy bowls in vibrant red

1. Let dry over a few days.. then paint. We used bright red and black acrylic paints! - perfect for Remembrance Day.



# CHRISTMAS DAY

## POKE-A-TREE GAME IDEA

Are you looking for a fun game to play during your holiday party? Check out this awesome Poke-a-Tree Game Idea. This game is a fun activity for kids to enjoy at school, home, daycare and more.

1



Fold a stack of tissue paper into fourths and staple the outer edges to hold the paper in place.

2



Use a 5-6" round object and a pencil to trace a circle onto the tissue paper stack.

3



Cut out the circle from the stack of tissue paper.

4



Place a holiday toy, candy or other goodies inside the paper cups.

5



Place a matching tissue paper circle on top of the opening of a paper cup. Use a rubber band to hold the tissue paper circle in place.

6



Hot glue the cups to the foam core sheet in a Christmas tree shape. Cut a tree trunk shape from kraft paper and glue it directly under the last row of cups.

7



To play the game, poke your finger through the tissue paper to retrieve a prize. Have fun!



# WHAT'S ON

## Local Community Events

### Ryde Council

THU  
27  
OCT

#### CURIOUS KIDS CLUB

4:00pm - 5:00pm

Discover the wonders of STEM during this afterschool workshop!

Hosted by the Children's Discovery Museum, this hands-on workshop will explore dinosaurs and their fossils. Cost \$5. Bookings required.

SUN  
30  
OCT

#### HALLOWEEN WITH THE HORSES

5:00pm - 7:00pm

Join us this Halloween-eve as we create a safe environment for your kids to enjoy some trick & treating and celebrate a spooky and fun event! Tickets include trick or treating around the Centre, jumping castle, games and a cuddle with a pony.

Limited early bird tickets available so get in quickly!

### Strathfield Council

WED  
12  
OCT

#### PRE-SCHOOL STORYTIME

10:30AM - 11:00AM

Enjoy songs, rhymes and stories for 3 - 5 year olds at Strathfield Council Library & Innovation Hub.

Pre-school story time takes place on Wednesdays (excluding public and school holidays) from 10.30am - 11am.

For more information please phone 8762 0222.

### Parramatta Council

FRI  
14  
OCT

#### DIWALI, THE FESTIVAL OF LIGHTS

5:00pm - 10:00pm

Enjoy an evening stroll and follow the row of lights and flags at the City of Parramatta's stunning lighting installation along the Parramatta River Foreshore and on Wigram Street, Harris Park. Join us at Parramatta Lanes on 14 October at Centenary Square for our Festival of Lights celebration with traditional and contemporary Indian food, dance, and music.

### The Hills Council

FRI  
14  
OCT

#### THE HILLS ECO KIDZ - LET'S BUILD A TERRARIUM

10:00am - 11:30am

We will be having a close up look at some moss to discover what lives inside? Our little minds will get working as we draw and colour in what we saw inside the moss. Did we see and bugs or even some slugs? After the coloring activity, the kids will all get to make their own hanging moss terrariums to take home! This is a great activity for ages 2 -10 years. We will meet at the Community Environment Centre on Currie Avenue, Annangrove. Ticket prices range from \$0-\$11.50

THU  
24  
NOV

#### POSITIVE PARENTING - POSITIVE BEHAVIOUR STRATEGIES

10:30am - 11:30am

Early childhood educator, Dominique Baudet, will present a practical and informative talk on how to promote positive behaviour in young children. Parents will leave this session with strategies that can be applied at home. Free. Bookings essential.

### Cumberland Council

SAT  
29  
OCT

#### GRANVILLE PLACE SHOPPING CENTRE HALLOWEEN EVENT

11:00am - 2:00pm

Get into the Halloween spirit at Granville Place Shopping Centre.

Children are invited to come along, dressed up in their favourite costume and receive a free pumpkin bucket (limited to 50), explore the centre and trick and treat with more than 20 retailers.

There will also be FREE face painting, Halloween craft workshop and kids play area as well.

2 hours free parking via 31 East Street, Granville.