

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | JULY 2026

ON THIS MONTH

Around the Country

- International Joke Day | 1st
- International Plastic Bag Free Day | 3rd
- NAIDOC Week | 5th–12th
- National Farm Safety Week | 20th–26th
- National Lamington Day | 21st
- National Pyjama Day, Schools Tree Day | 24th
- Christmas in July | 25th
- National Tree Day, Parents' Day | 26th
- International Tiger Day | 29th
- International Friendship Day | 30th
- World Ranger Day | 31st

SPECIAL DAY FOR OUR EDUCATORS

- Se Mi Park | 1st
- Eun Sil Lee | 8th
- Eun Kyung Lee | 16th



5 MINUTE MOVES

Growing Seed Adventure

Let's pretend to be tiny seeds growing into beautiful, bright flowers!

- The Tiny Seed: Crouch down as small and round as a little seed, tucking your chin in.
- Waking Up (The Stretch): Slowly push your feet into the floor and stretch your arms up, up, up into the sky to catch the sunshine.
- Blossom Blast!: Jump straight up into the air and open your arms and fingers wide like a flower blooming!
- Waving in the Breeze: Stand tall, reach high, and gently sway your arms from side to side like petals in the wind.
- Sunsets & Sleep: Sit down slowly, fold your hands on your lap, and close your eyes.

Take a deep, gentle breath.

What color is your flower today?

I am brave, curious, and bright!

KIDS IN THE KITCHEN

Veggie Nuggets

Makes 15 serves



Ingredients

- 5 medium potatoes
- 5 medium carrots
- 1¼ cups frozen broccoli
- 1¼ cups corn kernels
- 1¼ cups peas
- 1¼ cups grated cheese (reduced fat if available)
- 3 eggs
- 2 cups breadcrumbs for mixing
- ⅔ cup breadcrumbs for rolling
- Pepper, to taste
- Cooking oil spray



Method

1. Preheat oven to 200°C (180°C fan-forced) and line a baking tray with paper or spray with oil.
2. Peel and chop potatoes and carrots into bitesized pieces, then boil for 5 minutes.
3. Add broccoli, corn, and peas, and cook until all vegetables are soft.
4. Drain and mash the vegetables in a large bowl. While warm, stir in the cheese until melted. In a separate bowl, beat the eggs, then mix them with the mashed vegetables, 2 cups of breadcrumbs, and pepper.
5. Place the remaining breadcrumbs in a small bowl.
6. Shape the mixture into small nugget sized balls, roll each in breadcrumbs, and arrange on the prepared tray.
7. Spray the nuggets lightly with oil for crispness.
8. Bake for 25–30 minutes, or until golden brown.



COMMUNITY EVENTS

- **The Hills Shire Council: Waves of Wonder: Discover Our Amazing Oceans**

Monday, 13 July 2026 | 10:30 AM to 11:30 AM | Dural Library, Pellitt Lane, Dural | Cost: Free (Bookings essential). Dive into World Ocean Day celebrations with Enviro Emma, brought to life by The Hills Shire Council's Environment Team. This engaging workshop is perfect for children in school years K-2 to enjoy in an interactive, educational environment. Explore the wonders of the sea, meet amazing marine plants and animals, or learn how to protect our oceans.

- **City of Parramatta: NAIDOC Week: Aboriginal Cultural Immersion Workshop**

Monday, 06 July 2026 | 10:00 AM to 12:00 PM | Wentworth Point Community Centre and Library, 10 Footbridge Bvd, Wentworth Point | Cost: Free (Bookings essential). Step into an authentic Aboriginal cultural immersion guided by highly trained Aboriginal Tutors. This engaging workshop is perfect for children aged 3-15 to enjoy in an interactive environment. Experience a traditional Sweeping Ceremony, handle handcrafted tools, or paint your own take-home journey stone.

- **City of Ryde: Friends of Lane Cove National Park: National Tree Day: Help Plant at Tunks Hill**

Sunday, 26 July 2026 | 10:00 AM to 02:00 PM | Tunks Hill Picnic Area, Lane Cove National Park, Macquarie Park | Cost: Free. Step into a green adventure by volunteering to restore local wildlife habitat. This engaging community event is perfect for all age groups to enjoy in an interactive, outdoor environment. Plant native trees to help protect the park, enjoy a free volunteer sausage sizzle, or learn how to make a big difference in your local environment.

- **Cumberland City Council: Hands-On Cooking: Spring Vegetable Pasta and Berry Yoghurt Tarts**

Wednesday, 08 July 2026 | 10:00 AM to 12:00 PM | Berala Community Centre, 98-104 Woodburn Road, Berala | Cost: Free. Step into a delicious kitchen adventure by learning to make simple, healthy recipes. This engaging cooking workshop is perfect for children aged 5-12 to enjoy in an interactive environment. Mix and measure fresh ingredients, build great kitchen confidence, or learn practical life skills while creating your own tasty dishes.

SUSTAINABILITY CORNER

The Waste-Sorting Wizards

Learn where our rubbish belongs!

Set up a dramatic play station with three colored tubs (green for food, yellow for recycling, red for landfill) and a basket of clean, empty packaging or toy food. Encourage children to put on their wizard hats and sort the items into the correct bins. Try placing simple picture labels on each tub to show exactly what goes inside.

Talk about how sorting our waste keeps our parks clean and how old things can turn into amazing new items. Children can explore role-playing, categorizing, and collaborating while learning how our daily choices protect our local environment.

This activity introduces the idea of recycling and helps build a sense of shared responsibility. It supports classification skills and shows children that being mindful of waste can make our world a cleaner place!



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FEEL FREE TO SHARE ANY FEEDBACK!

POLARIS FAMILY DAY CARE

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