

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | JUNE 2026

ON THIS MONTH

Around the Country

- Reconciliation Day (ACT), Western Australia Day (WA) | 1st
- Mabo Day | 3rd
- World Environment Day | 5th
- Queensland Day | 6th
- World Food Safety Day | 7th
- King's Birthday (except QLD/WA), World Oceans Day | 8th
- Men's Health Week | 9-15th
- National Vegemite Day | 16th
- Winter Solstice, International Yoga Day | 21st

SPECIAL DAY FOR OUR EDUCATORS

- Kyungmin Jang | 13
- Ji Eun Lee | 27



5 MINUTE MOVES

Blast off, float, and glow! Welcome! Let's pretend to be a rocket ship blasting off to explore space.

- Put the Helmet On: Make a big circle with your arms over your head and click it shut.
- Rocket Countdown: Crouch down low and count backward: 5, 4, 3, 2, 1...
- Blast Off!: Jump straight up into the air with your hands pointing to the sky!
- Zero-Gravity Float: Move around the room in slow motion, lifting your legs high and floating.
- Twinkling Stars: Stand still, reach high, and open and close your hands quickly like blinking stars.
- Safe Landing: Sit down slowly, lean back, and look up at the imaginary sky. Take a deep breath.

Ask: Which planet did your rocket ship visit today? End by saying: I am brave, curious, and bright!

KIDS IN THE KITCHEN

Sandwich Sushi

Makes 20-24 small serves



Ingredients

- 1 loaf wholemeal bread
- 1 small tub reduced fat cream cheese
- Medium (approx. 400g) can tuna in spring water, drained
- 1 medium avocado, thinly sliced
- 2 medium carrots Any other combination of ingredients and vegetables could be used such as capsicum, cucumber, lettuce, ham, chicken



Method

1. Place bread slices on chopping board. Remove crusts and flatten with a rolling pin.
2. Spread one side of each slice of bread with cream cheese.
3. Thinly slice avocado.
4. Peel and grate carrots.
5. Arrange tuna, avocado and carrot in rows next to each other on the bread leaving a 1cm border along one edge.
6. Roll up bread from opposite edge to enclose filling. Cut into bite size pieces and place on serving platter



COMMUNITY EVENTS

- **The Hills Shire Council: Little Eco Warriors: Nature's Recyclers**

Thursday, 18 June 2026 | 03:30 PM to 04:30 PM | Castle Hill Library, 14 Pennant Street, Castle Hill | Cost: Free (Bookings essential). Step into a green adventure with Nature's Recyclers, brought to life by The Hills Shire Council's Resource Recovery team. This engaging workshop is perfect for children in school years 1-6 to enjoy in an interactive, educational environment. Discover how to compost food scraps, meet amazing live worms, or learn how to make a big difference in your own backyard.

- **City of Parramatta: Opening of Somerville Park Improvements**

Saturday, 13 June 2026 | 12:30 PM to 02:30 PM | Somerville Park, 673X Blaxland Road, Epping | Cost: Free. Step into a fun-filled afternoon with the official re-opening of Somerville Park, brought to life for the whole community. This exciting celebration is perfect for the entire family to enjoy in a vibrant, outdoor atmosphere with upgraded play, fitness, and sports facilities. Enjoy a free sausage sizzle, get your face painted, or explore the giant bubbles and improved walking paths.

- **City of Ryde: Storytime and Performance with Mitch Tambo**

Saturday, 13 June 2026 | 10:30 AM to 12:15 PM | Ryde Library, 1 Pope Street, Ryde | Cost: Free. Step into a vibrant morning with Australian World Music Star Mitch Tambo, brought to life at Ryde Library. This inspiring cultural event is perfect for children aged 3 and over to enjoy in an inclusive, celebratory atmosphere. Experience a live reading of his picture book "I am Me", join an interactive musical performance that gets everyone dancing, or purchase a copy for Mitch to sign.

- **Cumberland City Council: Art Lab: Mirror Drawing and Friendship Portraits**

Saturday, 6 June 2026 | 10:00 AM to 02:00 PM | Granville Centre Art Gallery, 1 Memorial Drive, Granville | Cost: Free. Step into a creative morning with the Art Lab drop-in workshop, brought to life at Granville Centre Art Gallery. This hands-on experience is perfect for children and their families to enjoy in a relaxed, artistic atmosphere on the first Saturday of each month. Explore mirror drawing, create fun friendship portraits, or learn new artistic skills together at your own pace with no bookings required.

SUSTAINABILITY CORNER

The Energy Saving Detectives

Spot the ways we can save power!
Set up a dramatic play station with DIY "magnifying glasses" made from cardboard tubes and a checklist of appliances. Encourage children to look around the room for switched-on lights or screens and challenge them to "turn off" unused electronics. Try placing colorful reminder stickers near the light switches.

Talk about where electricity comes from and how giving our lights a rest helps the planet. Children can explore role-playing, searching, and collaborating while learning how our daily habits affect the environment.

This activity introduces the idea of energy conservation and helps build a sense of community responsibility. It supports observation skills and shows children that being mindful of power can make our world a brighter place!



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Stay connected with us for the latest updates, exciting events, and behind-the-scenes moments that bring our community together.

FEEL FREE TO SHARE ANY FEEDBACK!

POLARIS FAMILY DAY CARE

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