



POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | JAN 2026

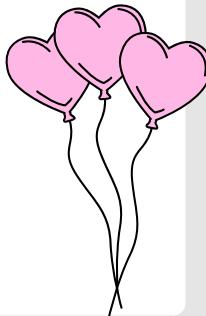
ON THIS MONTH

Around the Country

- New Year's Day | 1st
- Orthodox Christmas Day | 7th
- Earth Chakra Day | 12th
- International Kite Day | 14th
- Kids Inventors Day | 17th
- International Day of Education | 24th
- Australia Day | 26th
- National Lego Day | 28th
- Lunar New Year | 29th

SPECIAL DAY FOR OUR EDUCATORS

- Minji Ko | 14
- Kui-Young Seo | 16
- Young Youn Hong | 26
- Hye Il Jang | 27
- He Sug Park | 31



5 MINUTE MOVES

New Year Nature Moves

Move, stretch, and welcome a brand new year!

Welcome to New Year Nature Moves! Each nature friend brings a fresh move to try.

Start with Kangaroo bounce high and low as you welcome the new year.

Then Sun reach your arms up tall and stretch wide. Next is Ocean Wave sweep your arms side to side and roll your shoulders.

Then Bird flap your wings gently and turn in a slow circle. Now be a Butterfly float softly with light, quiet steps.

Finish as a Mountain stand still and strong.

Take a calm breath with each move.

Ask What new thing would you like to try this year. End by saying Now the new year is calm. Lie down and imagine sunshine and fresh air.

KIDS IN THE KITCHEN

Ham and Cheese Pinwheels

Recipe makes 6-8 pinwheels

Ingredients

- 2 large tortillas, look for "burrito size"
- 4 leaves lettuce, we used Romaine
- 10-12 slices deli ham, 1 small package
- 8 slices cheese (cheddar cheese, Swiss cheese, or Colby Jack)
- 4 tbsp cream cheese
- optional, Ranch Dressing (seasoning mix)



Method

1. Lay the tortillas flat and spread about 2 tablespoons of cream cheese on each.
2. Next, layer the ham onto the tortillas.
3. On top of the ham, add lettuce.
4. The last ingredient, add on the 4 slices of cheese to each tortilla.
5. Roll the tortillas tightly and slice into 2-inch sections.
6. Use a toothpick or reusable food picks to secure each wheel.
7. Serve these immediately or store in the refrigerator. Pack a school lunch with a cool pack.

COMMUNITY EVENTS



- The Hills: Australia Day Celebrations 2026** Monday, 26 January 2026 | 10:00 AM to 9:00 PM | Waves Fitness & Aquatic Centre and Bella Vista Farm, Bella Vista

The day will kick off at Waves Fitness and Aquatic Centre which will host its signature pool party from 10am – 3pm, featuring a live DJ, free sausage sizzle (limited availability), and roving entertainment. Normal entry fees to Waves apply. Then, The Hills Shire's blockbuster event, Fun at the Farm, will kick off from 4:30pm at Bella Vista Farm (entry is free) with performances from 2025 Australian Idol Winner, Sesame Street characters, and crowd favourites La Fiesta Sound System.
- City of Parramatta: Tina Green Circus Show (5–12 years)** Wednesday, 07 January 2026 | 10:30 AM to 11:30 AM | Carlingford Library – Lloyds Avenue, Carlingford, 2118

Enjoy an action packed comedy circus show with Tina Green at Carlingford Library. Children will be entertained by juggling, balance tricks, hula hoops, and incredible unicycle skills, with plenty of laughs and interactive moments throughout the performance. After the show, children will take part in a fun workshop to learn the fundamentals of basic circus skills.
- City of Ryde: Eastwood Park AFL Holiday Program (4–12 years)** Thursday, 22 January 2026 | 9:00 AM to 3:00 PM | Eastwood Oval – 1A Wingate Avenue, Eastwood, 2122

Registrations are now open for the Eastwood Park AFL Holiday Program. Children will enjoy a full day of AFL fun with skills, drills, and modified games, led by experienced coaches. Each participant will receive an activity booklet and an AFL football to take home. The program is open to boys and girls aged 4 to 12 years and costs \$55.
- Cumberland Council: Australia Day Celebrations 2026** Monday, 26 January 2026 | 5:00 PM to 9:00 PM | Holroyd Gardens

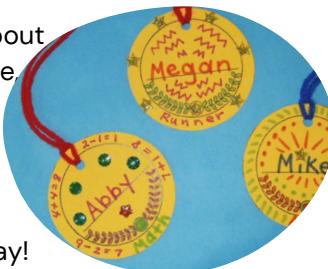
Celebrate Australia Day with an evening of fun, food, and community spirit at Holroyd Gardens. Enjoy live music, cultural performances, children's activities, and a variety of food trucks and market stalls for the whole family to explore. As the sun sets, relax on a picnic blanket and enjoy the festive atmosphere before a spectacular fireworks finale lights up the night sky, celebrating the stories, diversity, and spirit of Australia.

SUSTAINABILITY CORNER

Recycled Celebration Medals

Turn everyday recycling into something special! Save cardboard from boxes or packaging and cut out large circles to make medals. Let children decorate each medal with crayons, paper scraps, stickers, or recycled ribbon. Write or draw something meaningful like a smile, a favourite colour, or a simple design. Punch a hole and add string or ribbon so children can wear their medals with pride.

This activity teaches children about reusing materials, reducing waste, and celebrating achievements with simple, earth-friendly craft. It's hands-on, creative, and fun – plus each medal becomes a joyful keepsake to wear or display!



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FEEL FREE TO SHARE ANY FEEDBACK!

POLARIS FAMILY DAY CARE

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