

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | MAR 2026

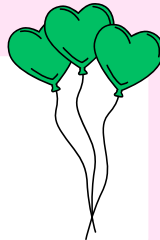
ON THIS MONTH

Around the Country

- Baby Sleep Day, Autumn Starts, Clean Up Australia Day | 1st
- International Women's Day | 8th
- International Day of Mathematics | 14th
- St. Patrick's Day | 17th
- Harmony Week | 17th-23rd
- World Poetry Day | 21st
- World Water Day | 22nd
- Neighbour Day, Palm Sunday | 29th

SPECIAL DAY FOR OUR EDUCATORS

- Youn Yi Oh | 02



5 MINUTE MOVES

Rainbow Weather Moves

Move, stretch, and shine for the day!
Welcome to Rainbow Weather Moves! Each weather friend brings a fun move to try. Start with Sun rise reach your arms up high and slowly open wide.

Then Wind sway stand tall and gently rock side to side.

Next is Rain tap lightly tap your fingers on your head and shoulders like soft raindrops. Then Thunder stomp stomp your feet slowly and strong.

Now be a Snowflake twirl spin gently with your arms out wide.

Finish as a Rainbow stretch your arms in a big rainbow shape over your head.

Take a slow breath with each move.

Ask What color will your day be.

End by saying My body is bright and ready.

Lie down and imagine a colorful happy day ahead. 🌈

KIDS IN THE KITCHEN

Cheesy Veggie Roll-Ups

Recipe makes 4 roll-ups

Ingredients

- 4 small flour tortillas
- 4 slices mild cheese
- 1/4 cup finely shredded carrots
- 1/4 cup finely chopped cucumber or bell pepper
- Optional: a spoonful of cream cheese to help it stick



Method

1. Lay each tortilla flat on a plate.
2. Spread a thin layer of cream cheese if using.
3. Place one slice of cheese on each tortilla.
4. Sprinkle shredded carrots and chopped veggies on top.
5. Roll up tightly like a wrap.
6. Cut into small pinwheels and serve.
7. Ask: Which colorful veggie will you add?



COMMUNITY EVENTS



- **The Hills Shire Council: Clean Up Australia Day at Ted Horwood Reserve**

Sunday, 01 March 2026 | 09:00 AM to 11:00 AM | Ted Horwood Reserve, Baulkham Hills

Join the community to help create a cleaner, greener Hills! Council will host a clean up at Ted Horwood Reserve and Stevensons Creek, with gloves and bags provided. Children are welcome but must be supervised. Bring water, a hat, and sunscreen. Park at the Ted Horwood Reserve South Parking Lot near the Bidjiwong Community Nursery. Enjoy a free BBQ after the clean up and be part of a national day of action.

- **City of Parramatta: Harmony Day: Celebration of Diversity**

Wednesday, 18 March 2026 | 11:00 AM to 01:15 PM | Parramatta Library, 5 Parramatta Square, Parramatta

Celebrate Australia's cultural diversity with music, dance, and hands-on activities! This family-friendly event encourages everyone to join in, try something new, and connect through creativity. No experience needed—just bring your curiosity and a smile.

- **City of Ryde: Ryde Easter Celebrations**

Saturday, 28 March 2026 | 09:00 AM to 03:30 PM | Anzac Park, Wattle Street, West Ryde, 2114

Celebrate Easter with the whole family at Anzac Park! Enjoy community performances, an animal farm and pony rides, food trucks, amusement rides, and a visit from a very special guest. This fun, family-friendly event has something for all ages.

- **Cumberland Council: Easter Extravaganza Fair**

Friday, 27 March & Saturday, 28 March 2026 | 4:00 PM to 9:00 PM | The Granville Centre, Granville

Join Granville's biggest Easter celebration! Enjoy live family-friendly entertainment, vibrant market stalls, delicious food trucks, exciting rides, car displays, and a petting zoo. Bring your family and friends for two nights full of Easter fun and community cheer.

SUSTAINABILITY CORNER

Rainwater Painting

Use rainwater to create earth-friendly art!

Place a clean bucket outside to collect rainwater. Give children paintbrushes and a cup of the rainwater. Let them "paint" on sidewalks, fences, rocks, or outdoor walls with just water. Watch the dark shapes appear and slowly disappear as they dry. Try drawing pictures, letters, or big patterns. This activity teaches children about saving water, observing weather, and exploring how materials change when wet and dry. It's simple, mess-free, and nature-connected—plus the disappearing art makes it feel magical every time! 🌧️



FOLLOW US ON INSTAGRAM

@polaris_fdc

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

polarisfamilydaycare.com.au

info@polarisfamilydaycare.com.au

02 9008 2270