

## POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | JUNE 2025

### ON THIS MONTH

#### AROUND THE COUNTRY

- World Environment Day | 5th
- Queensland Day | 6th
- World Oceans Day | 8th
- King's Birthday (except WA/QLD) | 9th
- National Vegemite Day | 16th
- International Day of Yoga | 21st
- Winter Solstice | 21st
- Insect Week | 23rd-29th

### FOLLOW US ON INSTAGRAM TODAY

@polaris\_fdc

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

### EXCELLENCE IN FAMILY DAY CARE AWARDS 2025



#### Nominations Now Open!

Know an educator who goes the extra mile? Appreciate the support your family receives through our service?

Now's the time to recognise their hard work and dedication. Nominations are open for the 2025 Excellence in Family Day Care Awards, and your voice matters. A simple nomination can go a long way.

우리 아이를 따뜻하게 돌봐주는 선생님, 늘 믿음이 가는 패밀리 데이케어 서비스. "고맙다"는 말을 어떻게 전할 수 있을까요? 지금 이 어워즈를 통해, 직접 그 마음을 전해보세요. 추천 한 번이 큰 응원이 됩니다.

Nominate Now | 지금 추천하기

[familydaycare.com.au/awards](https://familydaycare.com.au/awards)

### KIDS IN THE KITCHEN

#### VEGIE PIKELETS

Recipe makes 18 pikelets

#### INGREDIENTS

- 1 small zucchini
- 1 carrot
- 2 tablespoons oil
- 1 cup Self Raising flour (try using half wholemeal half white)
- 1 egg
- 1 tablespoon sugar
- ¾ cup low fat milk



#### METHOD

1. Finely chop or grate the vegetables.
2. Heat half the oil in the saucepan and cook vegies until soft.
3. Sift flour into a bowl.
4. Stir in sugar, egg and milk and mix to make a smooth batter.
5. Mix in vegetables.
6. Heat remaining oil in frypan on stove, and drop in tablespoons of mixture.
7. Cook until bubbles appear. Turnover and brown the other side.



## COMMUNITY EVENTS

- **Cultures of The Hills #4** – Wed, 4 June | 10:00 AM to 1:00 PM

**Free | Registrations required | Pioneer Theatre and Community Centre – 14 Pennant St, Castle Hill**

Following the success of our sold-out Cultures of The Hills event in 2024, we're excited to team up with CMRC and The Hills Multicultural Network for our third event. This year, we'll celebrate more cultures from The Hills Shire through stories, performances, and cultural activities. We're proud to showcase Japanese, Italian, and Irish cultures with panel talks, live performances, and cultural stalls.

- **Parramatta Public Art Tour** – Sat, 14 June | 11:00 AM to 1:00 PM

**Free | Registrations required | PHIVE – 5 Parramatta Square, Parramatta**

Join us for a free 2-hour walking tour starting at PHIVE!

Explore public art across Parramatta Square and the CBD—spot contemporary sculptures, heritage displays, murals, and hidden gems along the way. Learn about the artists, their stories, and the meaning behind the works. Bring your family, friends, and fellow art lovers for this inspiring stroll through the heart of Parramatta!

- **Pitch Black** – Fri, 27 June | 6:00 PM to 10:00 PM

**Suitable for kids, adults, beginners or professionals | Climb Fit Macquarie, 3 Macquarie Park**

We're celebrating big—and turning the lights off for one night only! Grab your headlamp and climb in complete darkness, with DJ beats pumping for the ultimate sensory experience. BYO headlamp, or grab one at a discount from our PETZL pop-up. Feeling hungry? The team from Kocagoz will be serving up fresh, tasty Gozleme to keep you fuelled. Don't miss this epic night of climbing, music, and celebration!

- **Bringing Up Great Kids (online sessions)** – Thur, 5, 12, 19, 26 June | 6:00 PM to 8:30 PM

**Free | For parents or guardians of children aged 0 to 12 years | Registrations required**

Cumberland City Council is offering 20 local parents the chance to join this award-winning program.

You'll learn how to better understand your child's development, communicate more effectively, and build a confident, positive parenting style. To join, you must live in Cumberland, have a child aged 0–12, and be able to attend all four sessions. Places are limited, so register now!

## SUSTAINABILITY CORNER

### CREATE A JUNK MAIL COLLAGE

Turn junk mail into colourful art instead of throwing it away! Gather old flyers, brochures, and catalogues. Use scissors to cut out shapes, letters, or pictures. Then, glue them onto cardboard or scrap paper to create a collage—make a nature scene, an abstract design, or even a story board! This activity helps kids see the creative potential in everyday waste. It's a fun way to reduce paper waste while exploring colours, textures, and storytelling through art.



*Happy Birthday!*

## SPECIAL DAY FOR OUR EDUCATORS

- Kyungmin Jang | 13th
- Eun Ok Choe | 16th
- Ji Eun Lee | 27th



**FEEL FREE TO SHARE  
ANY FEEDBACK!**

**POLARIS FAMILY DAY CARE**

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