

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | AUG 2026

ON THIS MONTH

Around the Country

- World Breastfeeding Week | 1st–7th
- NSW Bank Holiday | 3rd
- Dental Health Week | 3rd to 10th
- National Aboriginal & Torres Strait Islander Children's Day | 4th
- International Day of the World's Indigenous Peoples | 9th
- International Youth Day, World Elephant Day | 12th
- World Lizard Day | 14th
- National Science Week | 15th–23rd
- Book Week | 22nd–28th

SPECIAL DAY FOR OUR EDUCATORS

- Nan Young Lee | 1st
- So Mi Lim | 14th
- Yun Hee Hwang | 24th

HAPPIEST BIRTHDAY!

5 MINUTE MOVES

Rocket Ship Blast-Off

Let's pretend to be powerful rockets blasting off all the way to the stars!

- The Countdown: Squat down low like a rocket on the launchpad, holding your hands together above your head.
- Ignition (The Shaker): Start wiggling your body and making a quiet vroom sound, getting ready to blast off.
- Blast-Off!: Jump as high as you can, reaching your arms straight up and shouting "BLAST OFF!"
- Floating in Space: Step slowly around the room, swaying your arms like you are floating in zero gravity.
- Smooth Landing: Sit down softly on the carpet, place your hands on your heart, and take a long, quiet breath.

What color is your rocket today?

I am strong, fast, and adventurous!

KIDS IN THE KITCHEN

Veggie Quesadillas

Serves 30



Ingredients

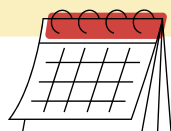
- 15 wholegrain tortillas
- $\frac{3}{4}$ cup Mexican salsa
- $1\frac{1}{4}$ cups canned kidney beans (rinsed and drained — about 1 x 400g can)
- $1\frac{1}{4}$ cups canned corn (1 x 400g can of corn, rinsed and drained)
- 2–3 medium tomatoes, diced
- 1 medium green capsicum, diced (about $\frac{3}{4}$ cup)
- $1\frac{1}{4}$ teaspoons coriander paste (about 1 heaped teaspoon)
- $2\frac{1}{2}$ cups grated reduced-fat cheese (about 250–300g)
- Cooking oil spray



Method

1. Preheat oven to 200°C (400°F).
2. Line 2–3 large baking trays with baking paper or lightly spray with oil.
3. Prepare filling: In a large bowl, mix kidney beans, corn, tomato, capsicum, and coriander paste.
4. Assemble quesadillas: Spread a thin layer of salsa over one half of each tortilla. Spoon some of the bean mixture over the salsa. Sprinkle with cheese and fold the tortilla in half to close. Arrange folded tortillas on the prepared trays.
5. Lightly spray the tops with oil to help them crisp.
6. Bake for 10–12 minutes, flipping halfway through, until tortillas are golden and cheese is melted. (If you have a fan-forced oven, you can bake multiple trays at once.)
7. Slice and serve warm with extra salsa, yoghurt, or guacamole if desired.

COMMUNITY EVENTS



- **The Hills Shire Council: The Stage Door Performing Arts: Kids Dance Classes**

Wednesday, 05 August 2026 | 10:00 AM to 10:45 AM | Bella Vista Pocket Park | Cost: Free (Bookings essential). Step into the fun with weekly pre-schooler dance classes, brought to life by qualified teachers from The Stage Door Performing Arts. This lively session is perfect for children aged 2 to 5 years to enjoy in a relaxed, outdoor environment. Explore music and rhythm, build confidence and social skills, or enjoy monthly dress-up themes.

- **City of Parramatta: Room On The Broom Live on Stage**

Thursday, 20 August 2026 | 06:00 PM to 06:55 PM | Riverside Live @ PHIVE, 5 Parramatta Square, Parramatta | Cost: From \$32 (Bookings essential). Hop aboard a magical theatrical adventure with the team behind The Gruffalo, bringing Julia Donaldson & Axel Scheffler's beloved picture book to life. Perfect for children aged 3+ and their grown-ups in an enchanting theatre setting. Fly with the friendly witch, sing fun songs, and see clever animal friends save the day from a hungry dragon!

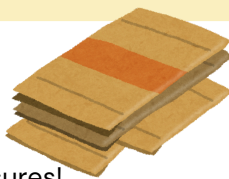
- **City of Ryde: Science Week | Our Amazing Bodies (8yrs+)**

Saturday, 15 August 2026 | 10:30 AM to 11:30 AM | West Ryde Library, 2 Graf Avenue, West Ryde | Cost: Free (Bookings essential). Put the human body to the test during National Science Week with this hands-on workshop supported by Inspiring Australia NSW. Perfect for kids 8+ in a fun, educational setting. Test your seven senses, explore how the brain processes world inputs, and use a melon to test helmet safety to see how to protect your mind!

- **Cumberland City Council: St Peter Chanel Catholic Primary School: Winter Festival 2026**

Saturday, 8 August 2026 | 04:00 PM to 08:00 PM | St Peter Chanel Catholic Primary School, 43 Regent Street, Regents Park | Cost: Free. Rug up and join the fun for a magical winter-themed evening packed with family-friendly entertainment. This festive community event is perfect for families and young children aged 5 to 12 years to enjoy together in a warm, welcoming environment. Arrive early to beat the queues, wander through the exciting stalls, or soak up the cozy winter atmosphere under the evening lights.

SUSTAINABILITY CORNER



The Eco-Builder Crafting Crew

Turn plain boxes into incredible treasures!

Set up a creative loose-parts station filled with clean cardboard tubes, egg cartons, fabric scraps, and child-safe tape. Encourage children to put on their builder hats and construct towers, rocket ships, or cozy animal homes out of everyday clean rubbish. Try adding real photos of recycled structures next to the bin to inspire their imaginative designs.

Talk about how using cardboard again keeps trash out of our oceans and gives old materials an exciting second life. Children can explore spatial reasoning, creative problem-solving, and teamwork while discovering the fun of upcycling. This activity introduces the idea of re-using materials and helps build a creative, resourceful mindset. It supports STEM construction skills and shows children that imagination can turn waste into wonder!



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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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