

POLARIS FAMILY DAY CARE | MONTHLY NEWSLETTER | NOV 2025

ON THIS MONTH

Around the Country

- Food Safety Week | 8th–15th
- Remembrance Day | 11th
- National Recycling Week | 10–16th
- World Kindness Day | 13th
- Geography Awareness Week | 13–19th
- International Day of Tolerance | 16th
- International Students Day | 17th
- International Men's Day | 19th
- World Children's Day | 20th
- Social Inclusion Week | 22nd–30th
- Computer Security Day | 30th

SPECIAL DAY FOR OUR EDUCATORS

- Yunmi Yun | 1st
- Eunjung Noh | 15th
- Kyungnim Cho | 20th



5 MINUTE MOVES

Ocean Motion

Swim, splash, and sway like sea creatures! Welcome to Ocean Motion! Each ocean friend has a move to try.

Start with "Starfish—stretch out wide and shine!" Then "Crab—scuttle sideways, click your claws!" Next is "Dolphin—jump high and dive down!" Then "Octopus—twist and wave all your arms!" Now be a "Turtle—glide slow with steady flippers!" And then a "Shark—swish and swoop through the sea!"

Take a breath with each move.

Ask: "What sound does your ocean friend make?" or "What colour is your sea buddy?"

End by saying, "Now the ocean is calm."

Lie down and imagine soft waves and warm sun. A peaceful end to our ocean time!

KIDS IN THE KITCHEN

Sunshine Cups

Recipe makes 12 cups (24 half cups)

Ingredients

- 1 Oil spray
- 2 cups mashed pumpkin (as dry as possible)
- 125 g frozen spinach, defrosted, water squeezed out
- 125 g low fat cottage cheese
- ½ onion, finely diced
- 2 eggs
- 2 tsp mild curry powder
- 1 salt reduced chicken stock cube
- 12 slices wholemeal bread



Method

1. Preheat oven to 180 degrees Celsius. Spray a 12 hole muffin tin with oil.
2. Combine all ingredients, except bread, in bowl.
3. Cut crusts off bread, flatten them with a rolling pin, then line each muffin hole with one slice.
4. Fill each bread cup with pumpkin mixture.
5. Bake for 60 minutes or until mixture is set.

COMMUNITY EVENTS



- The Hills: Princess Ariel High Tea** Saturday, 8 November 2025 | 2:00 PM to 3:30 PM | \$35 | STUDIO@104 – Grove Square, 375–383 Windsor Road, Baulkham Hills
 Make a splash with Ariel under the sea! Join Princess Ariel for a magical high tea made for little mermaids and ocean princesses aged 3 to 7. Enjoy dainty sandwiches, fresh fruit, “tea” (juice), and a slice of mermaid cake. Meet Ariel, learn a mermaid dance, sing along, play ocean games, and pose for a special photo. Dress in tails, tiaras, and sparkles for a sea-tacular afternoon!
- City of Parramatta: All Saints Christmas Community Market** Saturday, 15 November 2025 | 8:00 AM to 1:00 PM | Free | All Saints Anglican Church, 29 Elizabeth Street, North Parramatta
 Celebrate the season at the All Saints Christmas Market! Enjoy a festive morning filled with stalls, gifts, crafts, and sweet treats. Browse handmade ornaments, homemade jams, and special finds for family and friends. Savour freshly baked goods and our famous Devonshire Tea while soaking up the holiday cheer. Bring your loved ones and share in the joy of the season.
- City of Ryde: Denistone East Public School Spring Markets** Saturday, 15 November 2025 | 10:00 AM to 3:00 PM | Free | Denistone East Public School, 47–63 Lovell Road, Eastwood
 Celebrate spring with a fun day out for the whole community! Enjoy a lively mix of stalls featuring handmade goods, antiques, home décor, candles, jewellery, and delicious baked treats. Grab a sausage sizzle, sip on fresh coffee, and cool off with gelato. Kids will love the face painting, balloon animals, fairy floss, and petting zoo, while local music and dance groups take the stage.
- Cumberland Council: CPR and AED Awareness Session** Tuesday, 18 November 2025 | 10:00 AM to 12:00 PM | Free | Cumberland City Council, 16 Memorial Avenue, Merrylands
 Join our volunteer trainers for a free one-hour workshop and discover how calling, pushing, and shocking can save a life. Build confidence, learn the basics of CPR, and practise using an AED (defibrillator). Find out how to recognise cardiac emergencies and understand what to do when every minute matters. A practical and empowering session for adults 18 years and over.

SUSTAINABILITY CORNER

Seed Bomb Making

Grow flowers from a little ball! Mix clay, compost, and wildflower seeds in a bowl. Roll the mixture into small balls, about the size of a marble. Let them dry in the sun for a day or two. Then toss them in your garden, a park, or an empty patch of soil. Water when you can, and watch colourful flowers grow! This activity teaches kids about plants, pollinators, and the magic of growing things from tiny seeds. It's messy, hands-on, and super rewarding—plus, you're helping bees and butterflies!



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