

ON THIS MONTHS

AROUND THE COUNTRY

- Healthy Lunchbox Week | 04-10
- Lunar New Year | 10
- Valentine's Day | 14
- World Harmony Day | 21
- Tell a Fairy Tale Day | 26
- Summer's Day KidSafe | 28

Happy BIRTHDAY

SPECIAL DAYS FOR OUR EDUCATORS

- Eun Jeong Choi | 3
- Soyoung Ka | 3
- Young A Lee | 10
- Kyoung Ai Yun | 22



5 MINUTE MOVES

CHAIR BALANCE

Arrange chairs in a straight line with a bit of space between them. Each participant stands on one foot, placing the other foot on the seat of the chair in front of them. On the signal, everyone lifts their free foot off the chair, attempting to maintain balance. The goal is to hop from chair to chair in a line, ensuring the lifted foot doesn't touch the ground. Time each participant from the moment they lift their foot to when they successfully land on the last chair. Challenge yourself to improve your time in the next round and enjoy the fun balance workout!

KIDS IN THE KITCHEN

YUMMY FRUIT POPSICLES

PREP 5 mins | FREEZE 3 hours | ENJOY



INGREDIENTS

- Assorted fresh fruits (berries, kiwi, mango, banana slices)
- 100% fruit juice (orange, apple, or mixed berry)
- Popsicle molds or small cups Popsicle sticks

METHOD

1. Dice the fresh fruits into small, bite-sized pieces. Involve your child in the process, making it a colorful and engaging activity.
2. Fill each popsicle mold or cup with the diced fruits, creating layers of different colors and flavors.
3. Pour the 100% fruit juice into each mold, ensuring it covers the fruits. Leave a little space at the top to allow for expansion.
4. Insert popsicle sticks into the center of each mold, making sure they stand upright.
5. Place the molds in the freezer and let them freeze for at least 3 hours or until solid.
6. Once frozen, run the molds under warm water for a few seconds to loosen the popsicles. Remove and enjoy these refreshing, fruity popsicles!
7. Experiment with various fruit combinations to create different flavors and share the joy of homemade popsicles.

COMMUNITY EVENTS



- **Little Eco Warriors – Terrarium workshop for kids!** – Castle Hill | Thursday, 15 February | 03:30pm – 4:30pm

Create your very own miniature garden with pebbles, soil and small plants in this hands on terrarium workshop for kids! Learn how to assemble and care for a sustainable terrarium.

Free | Bookings essential online | Suitable for children in School Years 2-6 | Free

- **Junior Australian Multisport Program** – Strathfield | Wednesday, 21 February – 20 March | 05:00pm – 06:00pm

Strathfield Council has partnered with Australian International Sports Organisation to run a 5-week Junior Australian Multi-Sport Program. This program is for children aged 4 to 12 and will run weekly at Hudson Park Oval, Mitchell Rd, Strathfield. 5x Wednesday afternoon weekly sessions. COST: \$85 per participant. For more details and to register, please visit <https://www.juniorsport.com.au/home/>

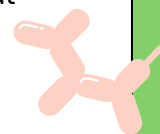
- **Lunar New Year 2024** – Parramatta | Saturday, 10 February | 04:00pm – 10:00pm

Join in the festivities of the Year of the Dragon during Lunar New Year! Bring your family and friends to experience a night filled with decorations, celebrations, delicious food and live entertainment. Soar into the New Year with fiery enthusiasm on Saturday 10 February at Parramatta Square and Centenary Square as we celebrate the auspicious and powerful dragon, the zodiac creature that brings blessings, prosperity and harmony.

- **Lunar Concert** – Auburn | Saturday, 25 February | 05:00pm – 09:00pm

Celebrate the Year of the Dragon at Auburn Park.

This FREE event will include a stage program featuring traditional and contemporary performances, lion and dragon dancing, lanterns, food and market stalls.



SUSTAINABILITY CORNER

TOY SWAPPING FOR A GREENER TOMORROW

Delve into the environmental impact of plastic toys, addressing concerns like carbon footprints, greenhouse gas emissions, and plastic accumulation in landfills and oceans. Advocate for sustainability by embracing toy swapping—a practice that reduces waste, lessens manufacturing demands, and instills environmental responsibility in children.

Check with your local council for details on this initiative, and contribute individually to mitigate the adverse effects of plastic toys on our environment.



FEEDBACK IS ALWAYS WELCOME

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