

ON THIS MONTHS

AROUND THE COUNTRY

- World Farm Animals Day | 1st
- Outdoor Classroom Day | 2nd
- Melbourne Cup Day | 7th
- Directors Day | 10th
- Remembrance Day | 11th
- Food Safety Week | 11th–18th
- Diwali | 12th
- World Kindness Day | 13th
- Recycling Week– Theme "What goes around comes around" | 13thp–19th
- World Diabetes Day | 14th
- White Ribbon Day | 17th
- International Men’s Day | 19th
- World Toilet Day | 19th
- Social Inclusion Week | 18th–26th
- Universal Children’s Day | 20th
- National Fairy Bread Day | 24th

Happy BIRTHDAY SPECIAL DAYS FOR OUR EDUCATORS

- Yumi Yun | 1st
- Eunjung Noh | 15th
- Kyungnim Cho | 20th
- Eui Jung Ku | 28th

5 MINUTE MOVES

BUBBLE POPPING FUN

Gather the children and provide each with a bubble wand or bubble solution. Explain that their mission is to pop as many bubbles as they can in 5 minutes. Let them dip their wands or blow bubbles and encourage them to pop the bubbles by clapping their hands together when they're nearby. You can keep track of how many bubbles each child pops or make it a group effort to see how many bubbles the whole group can pop.

KIDS IN THE KITCHEN

RAINBOW FRUIT KEBABS

PREP 10 mins | SERVES 10



INGREDIENTS

- 1/2 watermelon, peeled, cut into 2cm pieces
- 250g strawberries
- 200g gold Perino tomatoes
- 1/2 pineapple, peeled, cut into 2cm pieces
- 250g baby cucumbers, cut into 2cm lengths
- 125g blueberries
- 1 bunch red grapes
- Natural yoghurt, to serve
- Honey, to serve

METHOD

1. Ensure all fruits are clean and ready to use.
2. Slice fruits into bite-sized pieces.
3. Thread the watermelon, strawberries, gold Perino tomatoes, pineapple, baby cucumber, blueberries and red grapes onto bamboo skewers. Creating colorful and tasty combinations.
4. Serve with natural yoghurt drizzled with honey.
5. Enjoy the rainbow fruit kebabs together as a healthy and delicious snack.

BENEFITS

It promotes healthy eating habits and introduces kids to a variety of fruits, making it an engaging and nutritious snack option.

COMMUNITY EVENTS

- Sydney Edible Garden Trail** – Denistone | Saturday, 04 November | 09:00am – 04:00 pm
 Moss House garden (also The Habitat community garden at Quarry Road) will be one of dozens of gardens open for Sydney Edible Garden Trail this Spring! The Trail is a once a year urban edible garden trail run throughout Metropolitan Sydney, celebrating the many ways that Sydney residents are creating food security, building self-reliance, saving money and the environment, while enjoying the health benefits of homegrown fruit and veg.
- Movies in the Park** – Strathfield | Saturday, 04 November | Screenings commence at sunset
 It's back! From Wizardry adventures, to saving the world, to romantic comedies, there is something for everyone in the family. Bring along snacks, blankets, chairs and cosy up for Movies in the Park! Next up is Harry Potter and the Philosopher's Stone (PG).
- Story Time at Parramatta Library at PHIVE** – Parramatta | Each session runs for 30 minutes
 Experience the fun of Story Time. Let little minds marvel as some of our favourite children's books are brought to life.
 Monday & Friday, 10:30am: Preschool Story Time (3 – 5 years)
 Tuesday, 10:30am: Toddler Time (18 month – 3 years)
 Saturday & Sunday, 10:30am: Family Story Time (all ages)
- Children's Clothing and Toy Swap at Auburn** – Tuesday, 07 November | 10:00am – 11:30am
 Don't let good things go to waste! Pack up your unwanted kids' items and bring them to the Children's Clothing and Toy Swap. Residents can exchange clothes and toys your child has outgrown, for something more fitting. Bring along up to 5 items of clothing or toys (or both) to give away, and you can swap them for new treasures. All clothes must be in good, wearable condition and washed. Items that do not fit the criteria may not be accepted. Please note, items should be suitable for Children under 5 years old. Places limited, so be sure to register.

SUSTAINABILITY CORNER

THE WONDERFUL WATER WORLD

Have you ever thought about the incredible world of water all around us?

Water is not just for drinking; it's like a magical gift from nature. It helps plants grow, gives us a place to swim and play, and even cools us down on a hot day.

Here is a fun fact about water and how we can be water superheroes:

Water is like a plant's best friend. Just like we need water to stay healthy, plants need water to grow tall and strong.

They absorb water through their roots, and this magical process is called photosynthesis. Through photosynthesis, plants make their food and release oxygen, which is vital for us and all living creatures. By watering plants just the right amount, we help them flourish, turning our surroundings into lush and green spaces.

FEEDBACK IS ALWAYS WELCOME

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