

## ON THIS MONTH

### AROUND THE COUNTRY

- Start of Autumn | 1st
- Baby Sleep Day | 1st
- Clean Up Australia Day | 2nd
- Parks Week | 2nd-10th
- International Women's Day | 8th
- International Day of Mathematics | 14th
- St. Patrick's Day | 17th
- Harmony Week | 17th-23rd
- International Day of Happiness | 20th
- Ride to School Day | 21st
- World Water Day | 22nd



## SPECIAL DAY FOR OUR EDUCATORS

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



## 5 MINUTE MOVES

### Sock Wrestling

Short simple activities to get some active minutes in the day.

Try sock wrestling for a fun and physical challenge either indoors or outdoors. Trying to remove one another's sock isn't as easy as it sounds – it can be energetic and at times hilarious.

Mark out the wrestling area using soft items. Explain to your child that play is to be kept within the ring to keep everyone safe. You also need to agree how to stop the wrestling match at any time, e.g. by using a clear command word such as 'stop'. Explain the rules to your child – that the object of the game is to remove the other person's socks. Wrestlers must try to stay on their knees and not stand up at any time. The winner is the first person to get the other person's socks off. Sit opposite each other and put on your socks. Once ready, say: 'On your marks, get set, go!'

## KIDS IN THE KITCHEN

### SANDWICH SUSHI

Recipe makes 20-24 tasters

### INGREDIENTS

- 1 loaf wholemeal bread
- 1 small tub reduced fat cream cheese
- Medium (approx. 400 g) can tuna in spring water, drained
- 1 medium avocado, thinly sliced
- 2 medium carrots

Any other combination of ingredients and vegetables could be used such as capsicum, cucumber, lettuce, ham, chicken.



### METHOD

1. Place bread slices on chopping board. Remove crusts and flatten with a rolling pin.
2. Spread 1 side of each slice of bread with cream cheese.
3. Thinly slice avocado. Peel and grate carrots.
4. Arrange tuna, avocado and carrot in rows next to each other on the bread leaving a 1cm border along one edge.
5. Roll up bread from opposite edge to enclose filling. Cut into bite size pieces and place on serving platter.



## COMMUNITY EVENTS

- **THSC Clean Up Australia Day at Crestwood Reserve** – Sun, 02 March | 9:00 AM to 11:00 AM  
**Free | Crestwood Reserve opposite Chapel Lane, Baulkham Hills**

On the day, please remember to bring water, sun protection including a hat and sunscreen, gloves, and snacks. Some water will be available on the day, however please bring your own bottle or reusable cup. It's an easy and fun way to make a positive difference to our local environment and be part of a national day of action!

- **i4Give Festival 2025** – Sat, 01 March | 1:00 PM to 10:00 PM  
**Free | Prince Alfred Square Parramatta \*Tickets for amusement rides can be purchased at the event.**  
Gather with your local community for a day of family fun activities including amusement rides\*, food stalls, a petting zoo and a screening at 8pm of the smash-hit movie Mamma Mia! (PG). The i4Give Foundation seeks to engage all communities across Australia in a shared embrace of the universal good of forgiveness.

- **City of Ryde Harmony Day 2025: A Celebration of Cultural Diversity** – Wed, 08 Mar | 3:45 PM to 6:30 PM

**Free but spaces for interactive workshops are limited, so register early to secure your spot | Lachlan's Line Auditorium Jarvis Circuit, Macquarie Park, NSW**

An interactive, family-friendly event hosted by the City of Ryde, celebrating cultural diversity with activities for all ages. This vibrant event is designed for the whole community—from children to seniors—to come together and enjoy an afternoon of fun, learning, and cultural exploration. With engaging workshops, music, and art, there's something for everyone to enjoy.

- **Art Lab** – Sat, 01 Mar to Sat 07 Jun | 10:00 AM to 2:00 PM  
**Free | Granville Centre Art Gallery 1 Memorial Drive, Granville**  
Join us for a fun-filled, hands-on creative experience at Art Lab, our FREE monthly Drop-In Art Workshops on the first Saturday of each month at Granville Centre Art Gallery. First Saturday of each month, February to June 2025. No booking required—just drop in and join the fun! Make it a full day out for the family.



## SUSTAINABILITY CORNER

### KEEP YOUR SOIL HAPPY

The benefits of composting are endless. You can improve the structure, water retention and drainage of the soil in your garden, as well as increasing the retention of nutrients, resulting in happy and healthy plants. The best bit? Once you're all set up, your compost system will mostly look after itself.

Learning how to compost isn't difficult, Costsa Georgiadis has a very simple video explaining the steps to take to start composting at home. Find the video here <https://youtu.be/Uw5JVZSzMUA>

[FIND OUT MORE ABOUT COMPOSTING HERE](https://www.compostweek.com.au/)  
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FEEDBACK IS ALWAYS  
WELCOME

**POLARIS FAMILY DAY CARE**  
info@polarisfamilydaycare.com.au  
02) 9008 2270