

## POLARIS FAMILY DAY CARE | Monthly Newsletter | Feb 2025

### ON THIS MONTHS

#### AROUND THE COUNTRY

- Royal Hobart Regatta (TAS) | 10th
- Valentine's Day | 14th
- Random Acts of Kindness Day | 17th
- International Mother Language Day | 21st
- First Day of Ramadan | 28th
- Schools Clean Up Day | 28th

### SPECIAL DAYS FOR OUR EDUCATORS

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



### 5 MINUTE MOVES

#### THE SUPERHERO TRAINING

A fun, easy activity for some active minutes at home or daycare.

Blow up a balloon and challenge the kids to keep it off the ground by bouncing it with their hands, feet, or heads. The balloon is light and slow, making it easy for little hands to hit, but it can become challenging as they try to keep it in the air. To add excitement, set rules like no hands or only using feet. This game helps with hand-eye coordination, balance, and focus. It's a great way to keep kids moving and have fun, whether indoors on a rainy day or outdoors in the sun! You can even turn it into a team game by having them work together to keep the balloon from touching the floor. This activity can be done anywhere and is perfect for kids of all ages.

### KIDS IN THE KITCHEN

#### FRUIT AND CHEESE KABOBS

**PREP** 10 mins | **MAKES** about 6-8 kebobs

#### INGREDIENTS

- Cheese cubes (cheddar, mozzarella, or your choice)
- Grapes (red or green)
- Apple slices
- Strawberries
- Pineapple chunks
- Wooden skewers



#### METHOD

1. Set up a station with fruit, cheese cubes, and skewers.
2. Give each child a skewer and encourage them to alternate threading fruit and cheese onto it, creating their own colorful kabobs. They can start with a piece of cheese, followed by a grape, apple slice, and other fruits.
3. Once they've made their kabobs, you can serve them as a fun and healthy snack.

**TIP:** Let the kids explore patterns or create fruit shapes on their kabobs! These fruity and cheesy treats are a great way to get kids excited about healthy snacks while practicing their fine motor skills.



## COMMUNITY EVENTS

- **Hills Lunar Festival** – Saturday, 08 Feb 2025 | 2:00pm to 9:00pm  
**Free | Arthur Whitling Park, Castle Hill**

Castle Hill will come alive with the vibrant beats of drums, traditional Chinese dancing, and delicious Asian eats for Hills Lunar Festival. Arthur Whitling Park will once again host thousands of residents and visitors to celebrate the Year of the Snake, and the Shire's rich cultural diversity and vibrant community spirit, with a seven-hour feast of the senses.

- **Lunar New Year 2025** – Saturday, 01 Feb 2025 – Sunday, 26 Jan 2025 | 4.00pm to 10.00pm  
**Centenary Square, Church St, Parramatta**

Celebrate the Year of the Snake with delicious food and festivities this Lunar New Year! Join in the festivities of the Year of the Snake during Lunar New Year! Bring your family and friends to experience a night filled with decorations, celebrations, delicious food and live entertainment.

- **Lunar New Year Festival** – Saturday, 08 Feb 2025 | 4:00pm to 9:00pm  
**Free | Eastwood Oval, 1A Wingate Ave, Eastwood**

The festival features amusement rides, market stalls, food trucks, cultural performances, fireworks and an incredible lion high pole performance.

- **International Mother Language Day** – Thursday, 20 Feb 2025 | 10:00am to 2:00pm  
**Free | Redgum Function Centre Wentworthville**

With 67 different languages spoken across Cumberland, it's the perfect opportunity to embrace our cultural richness and heritage. Join us for a vibrant day of:

- Cultural art & stalls
- iPad demonstrations
- Fun activities for kids and adults

This FREE event is open to all, with no bookings required! Come along and celebrate our vibrant cultures, community and array of languages!

## SUSTAINABILITY CORNER

### DIY NATURE COLLAGE

This New Year, engage the kids in a creative and eco-friendly craft by making nature collages! Head outdoors (or gather items like leaves, twigs, and flowers from the garden) and encourage the children to collect natural materials. Use these to create beautiful and colorful collages on recycled cardboard or paper. They can arrange the items in fun shapes or patterns, such as stars, hearts, or even animals. To add a personal touch, let the kids draw or paint around their nature materials. This activity helps children connect with nature while learning the value of reusing and recycling. Plus, it's a wonderful way to create art without using plastic or non-renewable resources!



FEEDBACK IS ALWAYS  
WELCOME

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