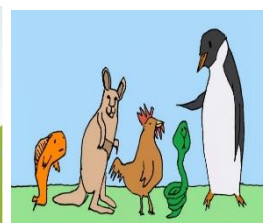




6th to 24th January 2020

School Holidays



My OSHC Prescott - VACATION CARE SERVICE

To contact staff - 0402 737 051 or 0466 832 389

Welcome to our Vacation Care program, please read the following information carefully.

The Vacation Care program will run from 6.30am until 6.00pm Monday to Thursday and on Fridays from 6.30am until 5.30pm. This will include breakfast for children arriving before 8.00am and a complimentary fruit/vegetable platter accompanied by a small snack, served for afternoon tea, for all to enjoy.

Please have the children pack a healthy and nutritious lunch, a fridge is available to store labelled drink bottles and/or food. My OSHC is a nut free zone, thus no nut products are to be packed in lunch boxes or brought into the service. Also, a friendly reminder no fizzy drinks or drinks with caffeine are allowed. Additional water is freely available.

It is important that you read the handouts provided so you are aware of what your children will need to bring each day they attend our program.

Your child is to wear clothing that is appropriate e.g. jumpers for cold days, shorts and t-shirts for hot days, (no tank tops or shoestring tops please, due to OH&S reasons). Please no thongs or other fancy shoes. Sneakers or sandals are best. Please be aware of when your child must bring a hat by following the SunSmart procedures & UV Rating numbers. This information can be found on the SunSmart mobile app.

VACATION CARE – SCHOOL HOLIDAYS

**PLEASE DOUBLE CHECK THE DAYS YOU HAVE BOOKED YOUR CHILD IN.
IF YOU BOOK AND CANCEL WITHIN 7 DAYS PRIOR TO THE SESSION, YOU WILL
BE CHARGED.**

Hats:

For the protection of all children the Vacation Care Program will enforce the same policy and procedures as the school. Based on the SunSmart procedures, UV ratings from 0 to 2 will not require hats to be worn however, a UV rating of 3 or higher will mean hats must be worn. Staff will be checking the rating twice a day. Please discuss further information of SunSmart procedures with staff if you have any questions.

Items brought from home:

Please ensure that all items brought from home are clearly labelled as they will be the sole responsibility of your child. It is not necessary for mobile phones to be brought to Vacation Care. If you need to contact your child, please use the My OSHC Prescott mobile **0402 737 051 or 0466 832 389**. We will be only too happy for you to speak with your child. If we have programmed a technology day, please ensure all children's technology items from home are clearly labelled and fully charged.

Food:

Reminder to families about our nutrition policy (D2). My OSHC Prescott follows the same healthy eating guidelines as Prescott Primary Northern. We also follow the Rite Bite Healthy Food and Drink Supply Strategy. This has been developed by the Government of South Australia and the Australian Dietary Guidelines to enable our school, preschool and OSHC communities to improve the health and wellbeing of all young South Australians. We believe lifelong habits are formed in the early years of childhood. Healthy nutrition involves not only the use of healthy foods, but also the avoidance of unhealthy foods.

Spending Money:


Spending money will no longer be accepted. However, on movie days, My OSHC will supply a bottle of water and a small popcorn for each child attending. This keeps in line with our healthy eating policies and guidelines.

Fees:

The cost of a full day home based is \$52.00. The cost of a full day Incursion or Excursion day will be \$60.00.

My OSHC Prescott Vacation Care Program January 2020

<p>Monday 6th January Home Based</p> <p><u>Making Puppets & Jumping Origami Frogs</u> Puppets for the afternoon <i>talent time!! Look Out....</i></p>  <p>Don't forget we'll be making our own <u>Frog in a Pond</u> for afternoon tea.... With yoghurt or custard.</p> <p><u>Electronics</u> from home 12.30pm</p>	<p>Tuesday 7th January Home Based</p> <p><u>Garden Day & Recycle</u> To the OSHC shed – It's just like a Garage Sale, some to recycle, some for the garden and some to keep!</p>  <p><u>Teacup Feeders</u> To recycle & make some special old kitchen pieces that becomes part of our garden.</p>	<p>Wednesday 8th January Home Based</p> <p><u>MasterChef</u> Making our own morning Tea <u>AND</u> Afternoon Tea.. YUM!</p>  <p>Then, creation of <u>3D Scrapbooks</u></p> 	<p>Thursday 9th January Incursion</p> <p><u>Indoor Nemo Castle</u> Plus, a HUGE size game of Tic-Tac-Toe</p>   <p><u>Starting 9am</u> <u>Finishing 3pm</u></p> <p>Afternoon includes a Treasure Hunt with prizes</p>	<p>Friday 10th January Home Based</p> <p><u>Wheels Day</u> Minute to Spin it! And many more games to play</p> <p>Bring your own</p>  <p>Wheels</p>  <p>Afternoon in the School Library for craft, movies or computers</p>
<p>Monday 13th January Home Based</p> <p><u>Science Morning</u> A range of many scientific questions to try</p>  <p><small>shutterstock.com • 1094313458</small></p> <p>Stress Balls to make</p>  <p><u>Electronics</u> from home 12.30pm Or Cooking in the Kitchen for afternoon tea</p>	<p>Tuesday 14th January Excursion</p> <p><u>Waterslide at Semaphore Beach</u> Including, Mini Golf, Jumping Castle & more</p>  <p><u>Bus Departing 10.30am</u> <u>Bus Arriving Back 3pm</u></p>  <p><u>Session Start 12pm</u> <u>Session Stop 2pm</u></p>	<p>Wednesday 15th January Incursion</p> <p><u>A Tropical Water Castle</u></p>  <p>Bring your bathers, dry clothes & a towel. Will also include water sprays, water bombs and more.</p> <p>Making your own <u>Shrink-it</u> jewellery or key rings</p>  <p><u>Visitor Session Start 9am</u> <u>Session Stop 3pm</u></p>	<p>Thursday 16th January Incursion</p> <p><u>Animals to Cuddle</u> We'll have some big & small animals to touch and a few scary insects too!</p>  <p><u>Visitor Session Start 10am</u> <u>Session Stop 12pm</u> <u>Games to Play</u> -Charades -Celebrity Heads -Bingo -Flagpole</p>	<p>Friday 17th January Home Based</p> <p><u>Rangoli Art from India</u></p>  <p>An outdoor activity including chalk & coloured sand or, indoor with paper plates instead.</p>  <p>Afternoon in the School Library for craft, movies or computers</p>

<u>Monday</u> <u>20th January</u> <u>Incursion</u>	<u>Tuesday</u> <u>21st January</u> <u>Excursion</u>	<u>Wednesday</u> <u>22nd January</u> <u>Incursion</u>	<u>Thursday</u> <u>23rd January</u> <u>Excursion</u>	<u>Friday</u> <u>24th January</u> <u>Home Based</u>
<u>Water Spray, hose & Castle</u>  <p>If it's a warm day we'll bring out the water balloons!</p> <p>Plus, Painting with Nature, try leaves, feathers, pebbles or flowers.</p>  <p>Starting 9am Finishing 3pm</p>	<u>Xtreme Inflatables</u> <p>Let's exercise – we've got 2 hours of jumping, sliding, pulling, pushing and much more.</p>  <p>Bus Departing 9.30 Bus Arriving Back 12.30</p> <p>Session Start 10am Session Stop 12pm</p>	<u>Little Picasso Workshop</u> <p>Do you fancy yourself as a budding artist? Our Art Teacher Ann will be helping our creativities</p>  <p>Visitor Session Start 10am Session Stop 12pm</p>  <p>Electronics from home 12.30pm</p>	<u>Semaphore Cinema</u>  <p>A bus to Semaphore, watch a movie at the cinema then lunch at the playground</p> <p>Bus Departing 9.15am Bus Arriving Back 2.30pm</p> <p>Session Start 10 Session Stop 12.30</p>	<u>Games Day</u> <p>Come and join us for the final day of the school holidays and celebrate with a fun day of games & activities</p>  <p>School Library for the afternoon Craft, movies and computers</p> 

My OSHC Prescott – Vacation Care Booking Sheet

Child's name _____

Child's name _____

Child's name _____

Emergency Contact _____

Mobile Number _____

Name of Children	Monday 6/1/20 Home Based	Tuesday 7/1/20 Home Based	Wednesday 8/1/20 Home Based	Thursday 9/1/20 Incursion	Friday 10/1/20 Home Based

Name of Children	Monday 13/1/20 Home Based	Tuesday 14/1/20 Excursion	Wednesday 15/1/20 Incursion	Thursday 16/1/20 Incursion	Friday 17/1/20 Home Based

Name of Children	Monday 20/1/20 Incursion	Tuesday 21/1/20 Excursion	Wednesday 22/1/20 Incursion	Thursday 23/1/20 Excursion	Friday 24/1/20 Home Based

I,am aware that cancellations must be done

no less than 7 days prior to the booking or else will be charged

(parent signature)

Reminder

- Are you aware of what your child/ren need to bring each day?
- Have you labelled all your child/ren's items that they will bring to Vacation Care?
- Are you sure that you have booked the correct dates? (as a charge can occur if you cancel)
 - Do you know your child/ren need to bring packed lunches?

Hats - for the protection of all children the Vacation Care program will enforce the same policy and procedures as the school. Hats A. & B. can be worn but C. Will be rejected.



A-Yes



B-Yes



C-No

Transport Authority

<p>Tuesday 14/1/20 Semaphore Beach Waterslide</p>	<p>I, _____ parent of _____</p> <p>Consent my child/ren to participate in an excursion to Semaphore Beach Waterslide. Travelling with a 1:10 ratio on School Bus transport, leaving the hall at approximately 10.30am and arriving back to the OSHC hall at approximate 3pm.</p> <p>Signed _____</p>
<p>Tuesday 21/1/20 Xtreme Inflatables</p>	<p>I, _____ parent of _____</p> <p>Consent my child/ren to participate in an excursion to Xtreme Inflatables. Travelling with a 1:11 ratio on School Bus transport, leaving the hall at approximately 9.30am and arriving back to the OSHC hall at approximate 12.30pm.</p> <p>Signed _____</p>
<p>Thursday 23/1/20 Semaphore Odeon Cinema</p>	<p>I, _____ parent of _____</p> <p>Consent my child/ren to participate in an excursion to Semaphore Odeon Cinema. Travelling with a 1:11 ratio on School Bus transport, leaving the hall at approximately 9.15am and arriving back to the OSHC hall at approximate 2.30pm.</p> <p>Signed _____</p>



****REMINDER****

With vacation care fast approaching we wanted to remind families about our nutrition policy. My OSHC Prescott follows the same healthy eating guidelines as Prescott Northern Primary School. We also follow the Australian Dietary Guidelines and the Rite Bite Healthy Food and Drink Supply Strategy that has been developed by the Government of South Australia to enable our school, preschool and OSHC communities to improve the health and wellbeing of all young South Australians.

We believe lifelong habits are set when an individual is still young. Healthy nutrition involves not only the use of healthy foods but also the avoidance of unhealthy foods. Unfortunately, too many young South Australians do not have a healthy diet and this has a negative effect on their growth, weight, development and learning. The Right Bite strategy helps address this challenge.

My OSHC Prescott encourage you to choose healthy options, this is a requirement if we are at Home Base or on an Excursion. We do not allow children to bring in or purchase energy drinks or soft drinks. We do not allow fast foods to be brought in. If any of these are brought into the centre staff will confiscate these items and return to the children on the collection of the parent. The children will be offered a healthy option by the staff.

Below is a copy of some ideas to help you to provide a successful lunch box for your children. We encourage you to read this and adapt to your child's individual tastes. Donuts, muffins or cookies are not suitable for your child as their main lunch meal. Remember My OSHC Prescott provide a healthy and nutritious afternoon tea which follows these healthy eating options. Please ask us if you need any clarification as to what is allowed at OSHC and what is not.

Thank you and we look forward to another fun filled vacation care with your children!

choose HEALTHY SNACKS

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

- vegetables • fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

TIPS TO PLAN HEALTHY SNACKS

- Include a vegetable and fruit snack each day
- Keep a range of healthy snacks in the Fridge and pantry
- Get your kids to help prepare snacks
- Cut up vegetables and fruits so they are easier to eat
- Show kids you enjoy eating healthy snacks

WHAT IS A HEALTHY SNACK?

INCLUDE FRESH FOODS & WHOLEGRAIN VARIETIES AS SNACKS

HIGH FAT AND SUGAR SNACKS

• no more than 1 a day • only a small serve

NSW MAKE IT NORMAL

This information has been developed by the Department of Health, New South Wales. It is for general information only. It is not intended to be used as a substitute for professional medical advice. © 2015

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.

