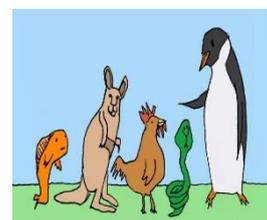




# my OSHC PRESCOTT

12<sup>th</sup> to 20<sup>th</sup> December 2019

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 December 2019

<u>Monday</u> <u>9<sup>th</sup> December</u> <b>School Term</b>	<u>Tuesday</u> <u>10<sup>th</sup> December</u> <b>School Term</b>	<u>Wednesday</u> <u>11<sup>th</sup> December</u> <b>School Term</b>	<u>Thursday</u> <u>12<sup>th</sup> December</u> <b>Incursion</b>	<u>Friday</u> <u>13<sup>th</sup> December</u> <b>Home Based</b>
School Term	School Term	School Term	<p style="text-align: center;"><b><u>Blue Wave &amp; Double Slide</u></b></p> <p>Bring along your bathers, towel &amp; more dry clothes to wear later</p>  <p style="text-align: center;">Making our own Kites, can yours stay up the longest?</p> <p style="text-align: center;"><b><u>Inflatable Slide</u></b> <b>Starting 9am</b> <b>Finishing 3pm</b></p>	<p style="text-align: center;"><b><u>DIY Slime &amp; How to Draw Santa</u></b></p> <p>Making your own slime! And making posters or Christmas cards all about Santa</p>  <p style="text-align: center;">Afternoon in the School Library for craft, movies or computers</p> 
<u>Monday</u> <u>16<sup>th</sup> December</u> <b>Home Based</b>	<u>Tuesday</u> <u>17<sup>th</sup> December</u> <b>Excursion</b>	<u>Wednesday</u> <u>18<sup>th</sup> December</u> <b>Incursion</b>	<u>Thursday</u> <u>19<sup>th</sup> December</u> <b>Incursion</b>	<u>Friday</u> <u>20<sup>th</sup> December</u> <b>Excursion</b>
<p style="text-align: center;"><b><u>Making Wind Chimes &amp; Gifts for Xmas</u></b></p>  <p>Some for craft &amp; some in the kitchen to fill up a beautiful gift for a beautiful friend.</p>  <p style="text-align: center;"><b>Electronics from home – 12.30pm</b></p>	<p style="text-align: center;"><b><u>Gumeracha Animal Wild Life</u></b></p> <p>Session starts 11am</p>  <p style="text-align: center;"><b>Woodside Chocolate Factory</b></p> <p>Session starts 1.30</p>  <p style="text-align: center;"><b>Bus Departing 9.30</b> <b>Bus Arriving 4pm</b></p>	<p style="text-align: center;"><b><u>Karaoke Machine &amp; Minute to Win it Games</u></b></p>  <p>We will have Microphones, Guitar, Tamborine, Metal Triangle and Minute to Win it Games to Play.... Who will finish it?</p>  <p style="text-align: center;"><b>Session 9am</b> <b>Session 3pm</b></p>	<p style="text-align: center;"><b><u>A-Mazing Race</u></b></p> <p>Check points &amp; challenges</p>  <p style="text-align: center;"><b>Woodwork</b>, many shapes, nails &amp; hammers.</p> <p style="text-align: center;"><b>Cooking</b> in the Kitchen for Afternoon tea!!</p> <p style="text-align: center;"><b>Visitor</b></p> <p style="text-align: center;"><b>Session 10am</b> <b>Session 12.30pm</b></p>	<p style="text-align: center;"><b><u>Adelaide Botanic Garden</u></b></p>  <p>Games &amp; Lunch at the Garden. Will Santa Visit us on our last day? Or maybe leaving a little gift for being helpful workers</p> <p style="text-align: center;"><b>Bus Departing 9.30</b> <b>Bus Arriving 2pm</b></p> <p>School Library for craft, movies and a <b>Santa Claud Quiz</b></p> 

My OSHC Prescott – Vacation Care Booking Sheet

Child's name \_\_\_\_\_

Child's name \_\_\_\_\_

Child's name \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Mobile Number \_\_\_\_\_

Name of your Children	Monday 9/12/19	Tuesday 10/12/19	Wednesday 11/12/19	Thursday 12/12/19 Incursion	Friday 13/12/19 Home
	SCHOOL	SCHOOL	SCHOOL		
	TERM	TERM	TERM		

Name of your Children	Monday 16/12/19 Home	Tuesday 17/12/19 Excursion	Wednesday 18/12/19 Incursion	Thursday 19/12/19 Incursion	Friday 20/12/19 Excursion

I, .....am aware that cancellations must be done

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

(parent signature)

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**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?
  - 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><b>Tuesday 17/12/19</b> Gumeracha Rocking Horse &amp; Woodside Chocolate Factory</p>	<p>I, _____ parent of _____</p> <p>Consent my child/ren to participate in an excursion to Gumeracha Rocking Horse &amp; Woodside Chocolate. 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 4pm.</p> <p>Signed _____</p>
<p><b>Friday 20/12/19</b> Adelaide Botanic Garden</p>	<p>I, _____ parent of _____</p> <p>Consent my child/ren to participate in an excursion to Adelaide Botanic Garden. 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 2pm.</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 A HEALTHY CHOICE

The Australian Government is funded by the Department of Health and Human Services, Canberra, Australia, 2015

# Australian Guide to Healthy Eating

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

