



16-30 April 2018 VACATION CARE

PERFORMING ARTS CENTRE | 6:30AM TO 6:00PM

\$52.00 PER DAY (less CCB)

\$63.00 PER EXCURSION (less CCB)



**St Columba College
OSHC Vacation Care**

President Avenue, Andrews Farm SA 5114
Phone: 8254 0603
Mobile: 0408 840 106

Email: oshc@stcolumba.sa.edu.au

Week 1
APRIL VACATION CARE 2018

Monday 16/4/18	Tuesday 17/4/18	Wednesday 18/4/18	Thursday 19/4/18	Friday 20/4/18
Explore the wonders of the sea. Let's make creatures that have 8 legs, a paper plate walrus and bottle cap fishes.	We are going to the Gawler Cinema to watch SHERLOCK GNOMES Water and popcorn will be provided.	Exploring cultures and traditions with Henna hand craft, making masks & designing your very own family tree.	Lets go  we are off to the Adelaide Aquatic Centre	Lets get creative with <u>Mosaics</u> We will make paper mosaics tile mosaics and pebble plaques.
				
PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE	PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE	PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE	PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE	PLEASE BRING YOUR HAT RECESS DRINK BOTTLE
	EXCURSION BUS LEAVING TBA BUS RETURNING TBA		EXCURSION BUS LEAVING 9:30 AM BUS RETURNING 2:30 PM	LUNCH PROVIDED IS Baked Potato

Excursion Details

Children must be at the service 1/2 hour before departure for safety instructions

Date	Excursion	Activity	Transport	No of Children	No of Staff	Ratio	Cost
17/4/2018	Gawler Cinema	Movie	Chartered Bus	50	8	1 to 8	\$63.00
Leaving Time To Be Advised. Need to bring- Hat							
19/4/2018	Adelaide Aquatic Centre	Swimming	Chartered Bus	45	10	1 to 8	\$63.00
Leaving at 9:30am. Returning approx 2:30pm. Children to bring hat, recess, lunch and drink bottle.							
27/4/2018	Gorge Wildlife Park	Visit the animals	Chartered Bus	50	8	1 to 8	\$63.00
Leaving at 9:00am. Returning approx 3pm. Children to bring hat, recess, lunch and drink bottle.							

No hat No play.

If your child arrives without a hat they will be unable to play outdoors and participate in outside activities.

If your child arrives without a hat on excursion days one will be provided and the cost added to your account.

One of these things is not like the others



SunSmart hats protect the neck, ears, temples and sides of the face. Broad brimmed, bucket and legionnaire hats all offer very good protection to these vulnerable areas. Baseball caps and sun visors do not provide adequate protection to these areas which are common sites for skin cancer.

Sunscreen is provided

THINGS TO REMEMBER

To assist your child having a great day at OSHC please bring the following;

- A bag to carry your things.
- A refillable DRINK bottle.
- A SunSmart Hat (St Columba College Junior School bucket, legionnaire or broad brim hat are best).
- Lunch (unless otherwise stated on program).
- Healthy snacks.
- Suitable clothing (shoulders must be covered).
- Suitable shoes (no thongs, slip on shoes or shoes with heels).
- Medication (Medication plans must be in place and up to date).

Please make sure that all items are named.

What NOT to bring

We recommend children do not bring the following items;

- Mobile Phones.
- Game Consoles.
- Spending Money.
- Lollies or chocolate bars.
- Soft drinks or energy drinks.



Week 2 APRIL VACATION CARE 2018				
Monday 23/4/18	Tuesday 24/4/18	Wednesday 25/4/18	Thursday 26/4/18	Friday 27/4/18
 TREE DAY Grow a tree or 2 with us with thanks to Trees For Life plus we have other tree craft & activities <hr style="width: 20%; margin: auto;"/> PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE 	 <i>Jazz up your shirt</i> Thinking of being a fashion designer? Bring in a shirt you can draw or write on, stick things on or cut out designs. <hr style="width: 20%; margin: auto;"/> PLEASE BRING YOUR HAT RECESS DRINK BOTTLE OLD T SHIRT LUNCH PROVIDED IS Pasta Bake	<div style="font-size: 4em; font-weight: bold; letter-spacing: 0.5em;">DMSOFC</div> <hr style="width: 20%; margin: auto;"/> April 25th Lest We Forget 	<div style="font-size: 2em; font-weight: bold; color: orange;">Basketball</div> With Dwayne Nelson  Dwayne will be coming to OSHC to teach us some basketball skills. <hr style="width: 20%; margin: auto;"/> PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE INCURSION START 10am FINISH 12 noon	 We are off to The Gorge Wildlife Park to visit the animals  <hr style="width: 20%; margin: auto;"/> PLEASE BRING YOUR HAT RECESS LUNCH DRINK BOTTLE EXCURSION BUS LEAVING 9AM BUS RETURNING 3PM

Pupil Free
Day

Monday
30/4/18

WILD
&
WINDY

Let's
investigate
how strong the
wind is blowing



We will create
a windsock,
a windmill
and
wind chimes
to
find out

PLEASE
BRING YOUR

HAT
RECESS

DRINK BOTTLE

LUNCH
PROVIDED

IS
Vegie
Burgers

Healthy Eating at OSHC

At OSHC we promote healthy food choices.

BREAKFAST

Breakfast is available until 8am and consists of Toast (both white and wholemeal breads available). Cereals (Weetbix, Weeties and Sultana Bran). Fruit and Yoghurt with Water and Milk to drink.

AFTERNOON TEA

Afternoon Tea is available everyday. Fresh fruit and vegetables are served everyday. We provide a variety of choices to accompany the fruit and vegetable platter. These include sandwiches, cous cous, fruit and custard, crackers and dip and much more.

LUNCH (DURING VACATION CARE)

Once a week OSHC provides lunch for children during Vacation Care. Please check the program for these days. When providing lunch we plan meals such as vegetable pasta bake, stir fry noodles, baked potatoes, home made soup during cooler months and vegie burgers.

Please help us by providing your children with a healthy well balanced lunchbox for recess and lunch.

A healthy lunchbox should include:

1. A wholegrain bread and cereal food
2. A meat or meat alternative food
3. A piece of fruit
4. Crunchy, colourful vegetable(s)
5. A dairy food
6. Water to drink



For more information visit the Australian Guide to Healthy Eating
<https://www.eatforhealth.gov.au/2013/06/06/healthy-eating-for-children-healthy-lunchbox.pdf>

NSW Health
From Children's Services
Your Health Partner

PLEASE NOTE

A child who has been
diagnosed as at risk of
anaphylaxis,
is enrolled at this service.



Please be mindful when
packing your child's lunchbox.

We have children attending the service
who have severe life threatening allergies to
DAIRY, NUT, EGGS, KIWI FRUIT AND SESAME SEEDS.

Family Involvement

We would love families to be involved with children here at OSHC.
Here are some ways you can help out

How can you help?

- Your input/ideas/feedback for the OSHC program;
- Working together and providing information on your child/ren's interests;
- Share a skill or cultural experience;
- Donating items such as scrap paper, cardboard, dress ups or natural resources.
- Reviewing Policies and documents.

We really value your input into our service.

Thank you!