

OSHC NEWS!

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TERM 4 2019

It's Term 4 already. This year seems to have gone by so fast!

This will be the last newsletter for the year. So I want to remind you all that this term we will always need a hat for outside play. Our Sun Smart policy is in this edition of the newsletter. We just want to remind you that we buy Coles brand 50+ Sunscreen. If your child has a sensitivity to sunscreens please provide one.

There is a school closure day coming up on November 29th. Make sure you book in.

Another important thing to be mindful of is dates for Vacation Care and our service closure. We will be closing at 3pm on Friday 20th December for two weeks, and then reopening for 2020 on Monday 6th January.

Karen Willis
Director



Dates to remember:

OSHC Advisory Mtg:
Monday 11th November

Student Free Days:
Friday 29th Nov

End of Term 4:
Friday 13th September

Summer Vac Care:
Monday 16th December
to 3pm Friday 20th
December.

Monday 6th January
2020 to Friday 24th
January 2020

2020 Term 1:
Tuesday 28th January



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Changes to the OSHC Team!

We have had a couple of changes this year to the OSHC team. Olivia Smith left us to pursue a Full time administration role. Barb resigned from the team after being a part of the team for the most part of 15 years. Jo has also stepped down from her role for a full time employment.

We may have some new members join us for the Summer Vac Care period.

The team members are:



Karen Willis
Director



Sharon Norris
Assistant Director



Sam Cubitt



Taylah
Willis



Naomi
Goldsworthy



Olivia
Mortimer



Renae
Walker

OSHC Sleep Over!

On Thursday 10th October we held our first ever Sleep Over! It was a great success. I am very proud of how well it all went. We all had a great time, and got some sleep.

We started out by working together to set up our beds with Taylah and Liv while Sam cooked the BBQ and I prepared everything else for dinner. We had Sausages, chicken strips, pasta bake, potato bake, bread and cucumber and cherry tomatoes.

We learnt how to play Charades and we played Chinese Whispers.

Dinner time we all sat and ate together. Then we cleaned up and prepared for a night time walk around the grounds. It's very different seeing the school in the dark.

After our walk we prepared for bed, while I had a couple of helpers to make Milo or Chocolate milk with popcorn.

Then it was time to brush our teeth and hop into our beds to watch Secret Life of Pets 2. Taylah & Liv did bedtime hairstyles for the girls, while the boys were chilling out on the iPads and playing games.

Some of us fell asleep during the movie while others watched the movie till it was finished and lights out at 11.

Most of the children slept through the night with a few waking and going back to sleep.

Karen got up with a few children at 7am, and cooked breakfast while waiting for the others to wake up. At 8.30am breakfast was ready so we woke everyone that was still sleeping for a yummy pancake breakfast with strawberries, blueberries, maple syrup and cream. We all had a fruit box to drink.

Then everyone got dressed and packed up their beds.

The children all did a fantastic job of being responsible for their own things, and helping each other and the adults. It was a great relationship building time. I'm sure they all had a great time.





Term 3 activities at OSHC

Birthday Celebrations!

We always try to celebrate birthdays. This term we had two very special birthdays with Sam and Liv both turning 21!

Outdoor Activities!

As Winter ended and Spring begun we were able to enjoy some outdoor fun. With the weeds over grown and needing some TLC, little helpers we wanted to be!



Student Free Days

We had two Student Free days this term so we made them special.

The first one we had as a party day with Balloons galore. We played games and had many challenges. We even made people out of our balloons.

Our next Student Free Day was during Show week. So we had our own show day, with carnival games, we won prizes and all went home with a show bag.



Obstacle Course!

We had an obstacle course set up with Challenges!



FAMILY FEEDBACK AND INPUT

We use Suggestion Box, Surveys, Facebook and SeeSaw for children and families to provide us with feedback and suggestions



SPRING

Vacation Care



So many different activities and perfect weather to enjoy inside and outdoor games





As outdoor activities are an integral part of any child's day, skin protection measures must be a part of their daily routine.

Implementation

In line with the Department for Education and SunSmart guidelines, this policy is implemented at the following times:

- Before school care:** sun protection is not required as UV radiation levels are rarely 3 and above at this time
- After school care:** sun protection is required in terms 1 and 4, and whenever the UV is 3 and above at other times.
- Vacation care:** sun protection is required for all outdoor activities during terms 1, 3 and 4, and whenever the UV is 3 and above at other times.

Staff will access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au/uv/index.shtml to assist with implementing this policy.

If the UV levels are below 3, no sun protection measures will be implemented so as to receive & maintain adequate vitamin D from the sunlight which is vital for the development & maintenance of strong, healthy bones. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

UV radiation differs from infrared radiation that we feel as heat. UV levels are determined by the angle of the earth to the sun, and are therefore unrelated to temperature, and levels can be high on a cool and cloudy day. Damage from UV radiation is cumulative and irreversible.

This OSHC will implement the following sun protection measures:

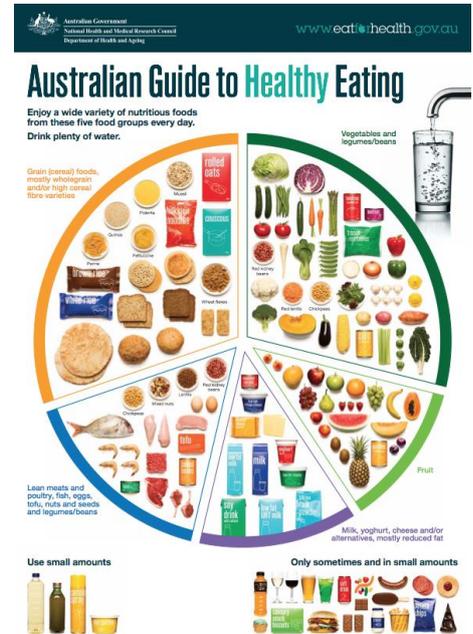
- Slip: Clothing:** children are required to wear clothing loose fitting clothing that protects the skin. It includes tops with collars and elbow-length sleeves and longer-style shorts, skirts & dresses. Rash vests or T-Shirts must be worn for outdoor water activities. Children wearing singlet tops or dresses are required to wear a shirt or t-shirt over the top before going outdoors.
- Slop: Sunscreen:** SPF 30 or higher, broad spectrum & water resistant sunscreen is available for children & staff. It is applied 20 minutes prior to outdoor activities & reapplied every 2 hours and more often if outdoors for extended periods or during water activities.
- Slap: Hats:** Children & Educators are required to wear a bucket hat or broad brimmed hat for all outdoor activities. If children don't provide one from home or school, the service will provide them with a hat to keep at OSHC.
- Seek: Shade:** Shade audits are conducted. We will actively encourage children to use available shade as much as possible. The availability of shade is considered when planning excursions and outdoor activities. Children without appropriate clothing and hats will be required to play in an area protected from the sun.
- Slide: Sunglasses:** Children are welcome to bring & wear sunglasses that comply with Australian Standard AS/NZS 1067 (lens category 2, 3 or 4). Novelty tinted glasses do not protect against UV radiation and are not recommended. Children will be responsible for their own sunglasses.



Nutritious eating at OSHC

Our bodies cannot function properly without nutritious food. Inappropriate and/or inadequate diets have a very big impact on a child's growth and development. It can affect children's behaviours and dental health, as well as, leading to deficiencies or childhood obesity. This term at OSHC we are putting our focus towards children and their eating. This means that we will be taking extra care in providing nutritious and delicious food for afternoon tea and breakfast time to ensure children are getting the energy they need to feel well and healthy. We are also promoting healthy eating through group time games and discussions.

Nutrients	<i>The goodness in food that our body can use.</i>
Energy	<i>The power we get from food that makes us able to work and grow</i>
Fat	<i>A part of food that gives us energy</i>
Fibre	<i>A part of food that helps the body get rid of waste</i>
Carbohydrates	<i>A part of food that keeps us warm and gives us energy</i>
Protein	<i>A part of food that we need to help us grow and repair our bodies</i>
Vitamins	<i>A part of food that helps our body grow and stay well</i>
Minerals	<i>Natural substances, such as calcium and iron, that help us stay healthy</i>



Well done CELEBRATING 25 Years Karen

Karen first came to OSHC as a volunteer in 1993. The position for Assistant Director was advertised early in 1994. In October 1994 she began her employment. There have been many changes over time that she has worked through. In 2003 Karen was appointed as the Director and she's been in that role ever since.

**CONGRATULATIONS
ON 25 YEARS AT OSHC**
**Thank you for all of your dedication
and hard work. You've done an
amazing job helping the community
become a better place.**

The banner features a central photo of Karen in a wheelchair, a photo of her on a blue and yellow inflatable slide, and several colorful balloons (purple, orange, green, pink, blue) and blue hearts.