



# News Update

## 31<sup>st</sup> July 2015

As we are now in the second half of the year things tend to speed up a little around the school with sporting commitments and events. Children become more independent and also more tired keeping up with their busy schedules. At after school care we aim to offer a home away from home. During your child's time here they can engage in a variety of different activities offered during the sessions in one of our many different play environments. Some activities offered are structured and educator initiated such as cooking and creative experiences and others are child initiated such as construction and role / dramatic play in MOD 12. Every day children are offered quiet relaxing spaces so they can rest and relax with books or watch a DVD or play a game on the Xbox or computers. This allows children to wind down from their busy day at school. Many children can spend a very active day at school with time on the ovals at lunch or a physical education lesson in last session before the school bell. We also offer those that want to have a more active time here opportunities to engage in sports such as football, soccer, structured sports games or less active games such as handball and hula hoops or playing on the playground equipment. As you can see we try to offer something that everyone will enjoy and make them feel at home. If you have any further suggestions please speak with one of our friendly educators or add any suggestions you have to our communication book just found near the sign in folder in the room.

August brings many colds, flu and bugs to us and our children. We ask that if your child is not feeling 100% to please keep them at home. We also find that sometimes children can become unwell whilst in care. If this occurs and we believe that children will be better at home we will contact you directly and ask you to come and collect your child from care. We are mindful of contagious illnesses and diseases and believe that best outcomes for children's health is a priority not only for the sick child but also those around them where sicknesses can be exchanged. If we are advised of a contagious illness that does require notification and exclusion from the service we will write it on the sickness notification sign on the main OSH room door.

We have had an amazing past month with some wonderful learning moments that have been captured in a learning story or snapshot. These are moments where an educator records the learning experience for that child or group of children in an activity or experience that has occurred. From this the educator then links this to our professional framework 'My Time Out Place' and looks at possible extensions for further activities or learning. Please take the time with your children to reflect upon their times here at the service and read some of the learning stories or snapshots on display. We have a folder where all old stories and snapshots are placed so you can go back and reflect at a later date if you miss them when they are on the back of the kitchen cupboard. The folder is situated on the table under the window.

### **Booking and Cancellation Requirements:**

We attempt to cater to all families with days needed for care. It helps in our planning for staff and activities if you book children in on regular days according to your needs. We understand that some families will be unable to predict days needed due to shift work and rotating rosters and will need to book on a casual basis. We ask families that book on a casual basis to book in advance preferably by 6pm on the day prior to care required. We also ask families to cancel care as far in advance as possible if they no longer require care. This will allow us to ensure we have the correct staff for the shift, as well as the available space in accordance with our approved capacity for care.

**We ask that bookings for all care be in writing.** This assists us in complying with staff / child ratios. **All cancellations must be received in writing by the bookings and cancellation book at the service or via email. If your child will be absent from before school care please email or call the service on the morning to notify us of their absence.**

Fees will not be incurred for care if you give an absence notice by the following times:

- By 6 pm the previous afternoon for following day Before School Care
- By 9 am same day for Afternoon School Care

A very big thank you to all of the wonderful families that took the time to complete our vacation care survey. From the amazing response received it seems that using survey monkey is a convenient and also much better way to gather feedback from families. Your feedback was extremely positive and will allow us to reflect upon our last program and what suggestions you have for the upcoming program in September. We have already started to plan the next program and can't wait.

### Accounts:

Accounts must be kept up to date. Accounts are sent out for the current week of care usually on a Monday. As we receive bookings or cancellations your accounts will be amended on a daily basis.

Please ensure that regular payments are made to ensure that accounts do not go into arrears past the current week of care. Payments for accounts can be made by direct deposit into our account or by eftpos at the office. Don't forget to reference when making a direct deposit by using the account name on the top of your statements.

Accounts that are considerably overdue and do not have a current payment plan in place and being met **will** have their care suspended until all monies have been received.

### Children's Belongings:

At times children like to bring items from home to school to show their friends or play with at lunch times. We do not encourage this practice as other children do at times play with these items which can lead to items being broken or lost. Please discourage your children from bringing in items from home. We will not accept responsibility for items brought from home that go missing or get broken. Recently we have had some children bringing in Pokémon cards to the service. We strongly discourage these being brought in as many children are trading these cards and at times fighting and disputes regarding trades can occur. We have a strict "No Trading" rule at the service.

## DONATIONS

A4 paper for children's drawings and crafts required urgently.

## Service Closed

Ekka Holiday  
Monday 10<sup>th</sup> August.

*The service will operate as normal on  
Wednesday 12<sup>th</sup> August.*

## Recipe of the Month

### Caprese Lettuce Cups

Courtesy NAQ Nutrition

#### Ingredients (serves 8)

- 3 tablespoons pine nuts
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon mustard
- 1 teaspoon honey
- 4 baby cos lettuces
- 2 punnets of cherry tomatoes cut in halves
- 160g grated light mozzarella cheese
- 1 ripe avocado diced
- 1 bunch fresh basil



#### Method:

1. Slowly roast pine nuts in a dry frypan over medium heat for about five minutes or until they are a golden brown colour. Transfer pine nuts onto a plate to cool and set aside,
2. To make the dressing, combine the olive oil, balsamic vinegar, mustard and honey. Mix well
3. Cut off the base of the cos lettuces and carefully separate the leaves. Rinse leaves, then place all of the leaves on a serving tray
4. Divide the tomato, avocado, mozzarella and pine nuts between the leaves, filling them like "cups"
5. Drizzle some of the dressing onto each cup
6. Garnish each lettuce cup with a basil leaf.

*Serve immediately and enjoy 😊*

#### Reminders

- Label all items of clothing;
- Update contact details as soon as they change so we can contact you in cases of emergencies;
- Extra-curricular forms need to be completed if your child is attending any activities held on the school grounds during afterschool hours. These activities may include but not limited to – gymnastics, Aus Kick, Tennis, Shake & Stir etc. These activities are arranged separately through the school and booked directly with the providers of the activities.

#### Exciting News

We are currently in the process of having a website done for the service. This will enable all re-enrolments forms, newsletters and current events to be posted. Stay tuned for further updates.

Educators and Management  
Albany Hills OSHC.