

Thornleigh West OOSH Newsletter

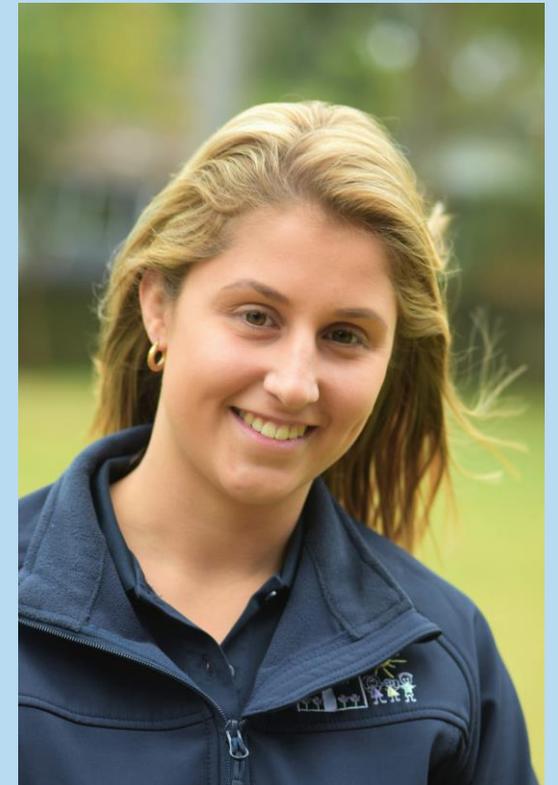
Term 2, 2019

New OOSH Educators..

Dani - Permanent

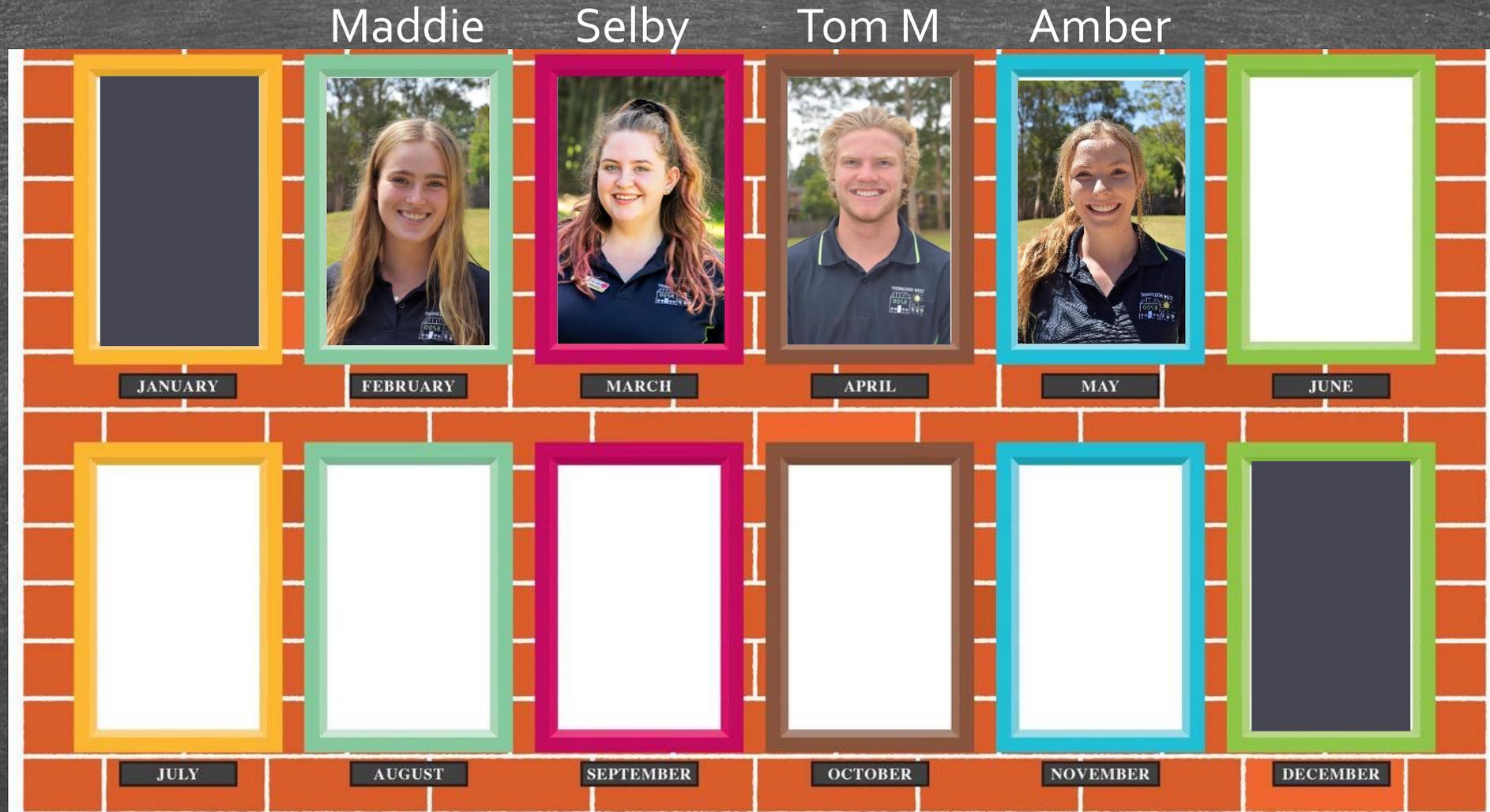


Natalie - Casual



Educator wall of fame

Educator of
the month



BEEES...



This year we have moved our sustainable approach one step further by adding some Australian Native Bees to our TWOOSH family! Bees are a vital part of our survival as they pollinate crops, trees and flowers as they search for pollen to take back to their hive. The children first developed an interest in bees during our sustainability week and have been doing some research into the difference between all the bee species in Australia. We discovered during our research that the black sugarbag bees are one of the species which are native to our region and looked into where to buy the bees and how to care for them. When the day finally arrived the children were elated to see them being set up and flying around our garden and are very excited to try some of our yummy honey later on in the year!

Maybe some of you might have noticed that due to the cold weather our little bee friends don't like coming out as much. Not too much longer to go until the warmer months will be upon us and we'll see our little friends again.

The juniors have created a Bee garden and did some research on what were the best plants to plant to attract the bees to the pollen. These have now been planted and will be ready for when our little Bee friends come out in the next couple of months.



FOOD DRIVE



Thank You



Wow, what another huge success this was, a huge thank you to all the wonderful families who contributed to helping the unfortunate and disadvantaged within our community. As mentioned, this year we focused on collecting foods and toiletries that these families are in desperate need of. We are providing these donations to the North Ryde Community Aid and Information Centre. This centre offers a variety of Commonwealth Home Support Programs, Community Hub services and assistance to the age and socially and financially disadvantaged within our community.

So well done to all of OOSH families working together to help a community in need. It is very much appreciated. We believe that every little bit counts and really does put a smile on these families or individuals faces.



CHRIS TOBIN – INDIGENOUS INCURSION



Chris Tobin is an indigenous representative who came to visit us on 24 June 2019, spoke to the children about tools they used for hunting, only killed what they needed for food as there was no refrigeration, the food they ate, medicines they made, houses they lived in and how they moved around, how the children were brought up and their traditions. They engaged in aboriginal story time, dancing and traditional aboriginal face painting. The children seemed to really enjoy Chris' visit and were able to gain a wealth of knowledge from him in regards to the Indigenous culture and traditions.



WESTLEIGH FIRE BRIGADE VISIT



15 May 2019

Westleigh Fire Brigade came to visit OOSH. They split the children into two groups. One group engaging in discussion about fire safety and what to do during a fire e.g. stop, drop and roll. The children had the opportunity to ask questions about things they wanted to know.

The other group had the opportunity to engage in a demonstration of the fire truck, roll the hose out and turn the water on and learn how the equipment of the fire truck works. They were able to take a tour of the truck too. And then swapped over. The children were so excited with the fireman's visit and being able to participate in discussions and demonstrations.

POLICE VISIT



10 April 2019

The Hornsby Police Education Team came to visit us. The children were so so excited about their visit.

The children learnt about stranger danger, the police uniforms, who to call and the number. There was also plenty of opportunity for question and answer time.



Lizard bones – Mini archaeologists



During term 1 the children have been working on a lizard project which began when early on in the term we went for a dig in the garden and found the bones of our lizards, Lizzie and Maxie. We spent a lot of time in the garden digging and pulled up a lot of bones, this encouraged a discussion about how archaeologists work in the field to find and extract dinosaur bones from the soil. For some of the children it was their first time to touch and handle real bones and they were very intrigued at the idea of putting them back together again.

Mr Kosnik kindly allowed Olivia to take the bones into the palaeobiology lab at Macquarie university where they were washed and photographed so that we could keep a record of what we had found. Libby from the biology museum pulled out a bearded dragon from one of the display cases and allowed me to take photographs of it from every angle so that the children had a reference to look at when trying to figure out where all of the bones go.



GREEN THUMBS



The TWOOSH garden has been coming along well this term, the children have developed a love for all things gardening and have been involved in making seedling pots, planning and planting new crops and flower beds and weeding our gardens. We have three different mini gardens which we have been working on through out term 1, our two big beds which grow us lots of veggies to use for our afternoon teas, a herb garden and a garden dedicated to Australian native flowers to feed our native bees. During OOSH hours the children are welcome to come in and do some work whenever they want to and there are enough jobs to go around so that everyone gets a go. They have been learning invaluable skills for when they are older and have a garden of their own and have been learning about what it takes to grow your own food.

MINI COMPOSTORS



Our garden is fed by compost from our worm farm compost bins. To make sure that our compost is mixed and aired regularly we have created a roster for the children based on year groups. So far this has been a great both for our garden and to educate children on how to environmentally dispose of food scraps!

OOSH FAMILY FUN BBQ

A BIG THANK YOU TO ALL THE FAMILIES JOINING IN!!
SUCH A WONDER AFTERNOON TO FINISH OF THE TERM.

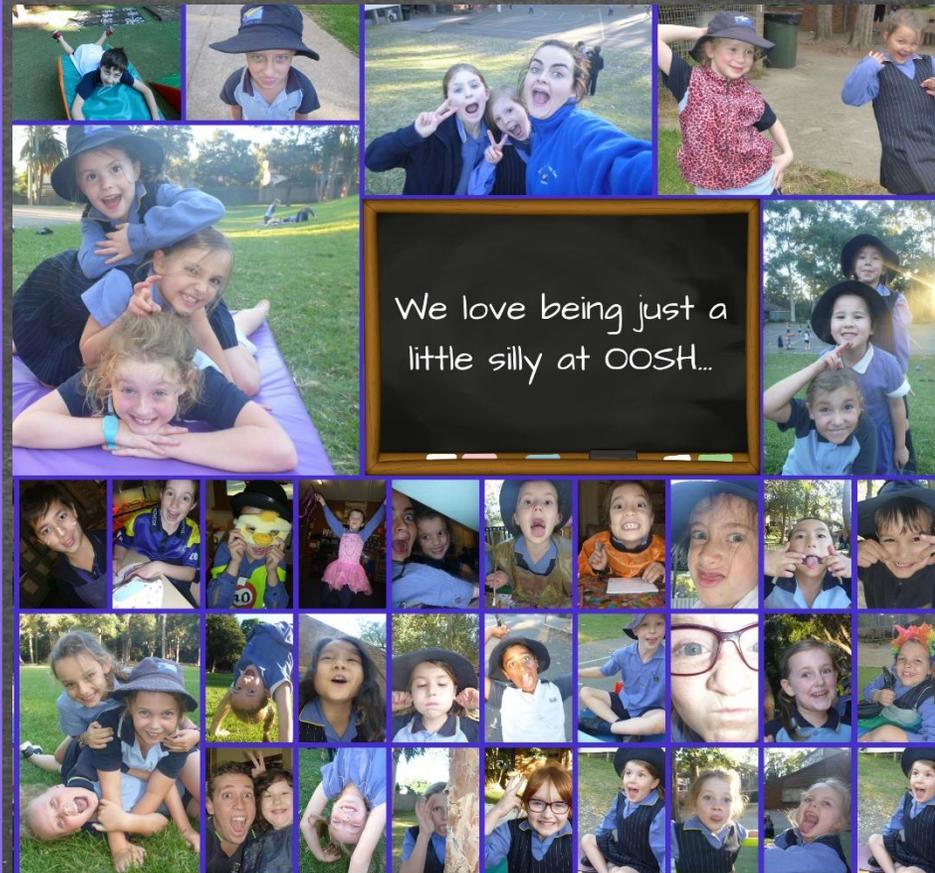






- ~~Finish enclosing second side of veranda~~
- Renovation of fairy garden, accessing Bunnings or community services where possible
- ~~Start the process for Applying for 'Excellent' rating later in the year~~
- ~~Close leadership, mentoring and training of new staff by both Director and educational leader including more hand's on guidance, interactions and feedback day to day.~~
- Work closely with the inclusion support team to ensure best outcomes for all children with additional needs
- Look at centre resources and providing additional resources to make the service more fun, enjoyable, and flexible for the children each day. Looking more closely at the senior program
- Continue to organise end of term fun days for families, with the implementation of breakfast FRY-DAYS each term
- ~~Community and giving: This year we are putting a big focus on this and focusing on some bigger picture initiatives. We are also looking at donating the wrapped with love blankets, and working on a 'boomerang bags' initiatives~~
- Working on the bee project with the school and sustainability team. Building our focus on sustainability and the environment and ensure it's embedded into our program
- ~~Getting more involved in the community, making stronger connections with local businesses, police/fire, etc~~
- Stronger focus on sun safety – Sun Smart ambassador for OOSH
- ~~Eat smart, play smart planning team to look over the menu and physical activity aspects of service~~
- BYOU – Beyond blue's mental health initiative for children. We are looking to focus on the mental health in children and how we can support and emotional coach them through tough times for better outcomes.
- Follow up on feedback from parent and staff surveys and implement any necessary changes

Goals for the next 12 months



Term 2 – In the OOSH kitchen

TOP AFTERNOON TEA

VEGGIE LASAGNE

Ingredients

- 1 Tbsp oil
- 1 Onion, Finely diced
- 3 Cloves of Garlic
- 1 Medium carrot, grated
- 1 Medium zucchini, grated
- 4 Medium mushrooms, finely diced
- 400g tin chickpeas, drained
- 2 x 400g tinned chopped tomatoes
- 4 Tbsp Tomato Puree
- 1 Tsp dried oregano
- 1 box lasagne sheets
- 1 cup mozzarella cheese
- 400ml light cream
- ½ cup parmesan cheese

Method

1. Preheat oven 200 °C
2. Heat oil in frying pan, add onion, garlic, carrot, zucchini and mushrooms. Cook over medium heat for 5-10mins until all veggies are completely soft.
3. Add Chickpeas to food processor and blend for a few second until coarsely chopped
4. Once veggies are soft, add tomatoes, tomato puree, chickpeas, oregano, salt & pepper. Simmer and allow to cook for 10mins until sauce is rich and thick.
5. Add a few spoons of mixture to the bottom of the baking dish then layer with pasta sheets. Add more spoons of mixture to the top of the pasta, then drizzle sour cream over the top with a sprinkle of parmesan.
6. Repeat step 5 until 3 layers are reached
7. Top with mozzarella and parmesan cheese
8. Bake in the oven until cheese is slightly browned and pasta is soft. (15-20mins)

ENJOY!



Term 2 – In the OOSH kitchen

TOP AFTERNOON TEA

GOZLEMES

Ingredients

- 4 Tortilla wraps
- 2 cups cheddar cheese
- ½ onion, finely diced
- 1 packet of Frozen spinach, defrosted
- 1 Tbsp Oil
- 1 clove garlic
- Sprinkle of parmesan cheese.

Method

1. Brown the onion and garlic over a medium heat, add spinach and stir through.
2. Take off the heat, add parmesan cheese and stir through.
3. Spread, mixture over ½ of a wrap
4. Sprinkle cheddar cheese over the top
5. Fold wrap in half
6. Brush both side with oil
7. Cook in sandwich press until toasted and cheese has melted
8. Cut into 3 triangles and serve.

ENJOY!



Term 2 – Top cooking recipes

SHEPHERDS PIE 'MUFFINS'

Ingredients

- 2 tsp olive oil
- 1 brown onion, diced
- 1 carrot, diced
- 2 garlic cloves, crushed
- 500g potatoes, peeled, chopped
- 50g butter
- 1/3 cup milk
- 1 slice white bread
- 400g beef mince
- 2 tbsp tomato paste
- 2 tps Worcestershire sauce

Method

1. Heat oil in a large frying pan over medium heat. Add onion, carrot and garlic. Cook, stirring, for 5 minutes or until softened. Set aside to cool completely.
2. Boil Potatoes in a pot until soft (approx. 20 mins), season with salt. Drain. Return to pan. Cook over low heat for 1 minute to evaporate any liquid. Remove from heat. Add 30g butter and 1/2 the milk. Using a potato masher, mash until smooth.
3. Place bread on a small plate. Drizzle with remaining milk. Stand for 1 minute. Squeeze out excess milk. Tear into small pieces. Place bread, mince, tomato paste, Worcestershire sauce and cooled onion mixture in a large bowl. Season with salt and pepper. Mix to combine.
4. Preheat oven to 180°C fan-forced.
5. Line muffin trays with patty cases. Divide beef mixture among trays. Press down with the back of a spoon to compact. Place pan on a baking tray lined with foil. Bake for 20 minutes. Remove from oven.
6. Top with mashed potato. Brush with butter. Increase oven to 200°C fan-forced. Bake for 20 minutes or until cooked through and mashed potato is golden.



Nutrition Topic of Term 2



Healthy alternatives to our favourites

As we are coming into the colder months, we all turn to our favourite comfort foods to warm us up and make us feel good from the inside out. Food should not only be seen to nourish the body but the soul as well, and everyone has those foods that they just can't give up. Just because most of our yummy soul foods aren't quite the healthiest, it doesn't mean we can't make a delicious healthier alternative so we can still nourish our soul whilst also nourishing our body. Not only is it great for us but if we get the kids involved in the preparation then it will teach them valuable life lessons about nutrition and health.

Yummy Favourites	Delicious Alternatives
<ul style="list-style-type: none">▪ Mac and Cheese▪ Hot Chips▪ Cookies▪ Muffins▪ Pizza▪ Pasta▪ Curry▪ Mexican nachos	<ul style="list-style-type: none">▪ Homemade wholemeal Lebanese bread pizzas▪ Veggie Based Curries with long grain rice▪ Wholemeal berry Muffins▪ Hidden Veggie Mac and Cheese▪ Wholemeal pulse-based pasta with tomato-based sauces lean meats.▪ Toasted Lebanese bread broken into triangles and topped with lean nachos mince with added beans <p><i>So many more healthy alternatives can be found online and in amongst yummy health blogs too!</i></p>

Mornings at OOSH



We love our mornings at OOSH, its such a great time that allows for more one on one interactions between our educators and children as well as time for our juniors and seniors to collaborate in games, construction and craft. We are also love all our helping hands, its always great to see the children getting involved in setting up for the rest of the day, helping to prepare afternoon tea, write up the white boards or looking for any way to help out and get involved.



Star Wars Week

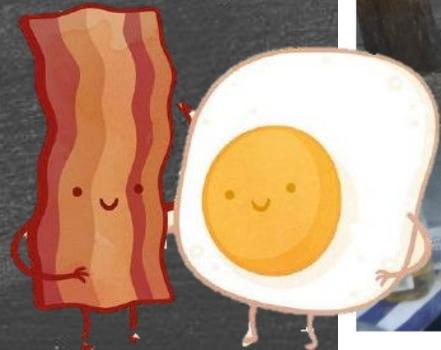


Due to a huge amount of suggestions from the children, this term we decided to make a whole week of Star Wars activities. It was a huge hit across all three programs with the children absolutely loving experimenting painting Chewbacca with tooth brushes, Lego spaceship construction, colouring in and star wars origami characters. The children also loved getting amongst our star wars sports with Jedi training obstacle courses and lightsaber duels.



FRY-DAY!

This term saw the introduction of our very first 'FRY-day' breakfast fry-up at TWOOSH. Which will continue to be held every third Friday morning each term. Our first FRY-day was a massive hit, it was a great opportunity for us to get to know more of our TWOOSH families with many joining our children and educators for breakfast, a game or even just a chat. A great morning was had by all and we hope the next one is even bigger and better.



Marvel Week

With the children taking a big interest in all things marvel and super hero's thanks to the recent movie releases, we couldn't not have a Marvel week this term. The children got right on board with the theme making their own shields and armour with cardboard construction, space and city dioramas to recreate some marvel movie sets, mini marvel character hama bead designs and some super hero battle in the amphitheatre.



Reconciliation Week

National Reconciliation week this year provided us with a great opportunity to start exploring and imbedding indigenous culture into our program. We began by researching native plants and different types of bush-tucker that we could plant in our TWOOSH garden. The children then helped to plant and create our indigenous gardens, planting some native grasses, kangaroo paw and our favourite the finger lime tree, that we can't wait to have a taste when they grow. The children also started to familiarise themselves with different aboriginal symbols and crafts, making symbols out of clay, decorating boomerangs and varying weaving activities. The most popular activities across the week were definitely the indigenous games Wana and Buroinjin. Both the staff and children absolutely loved having a go of these and have requested we play them more often.



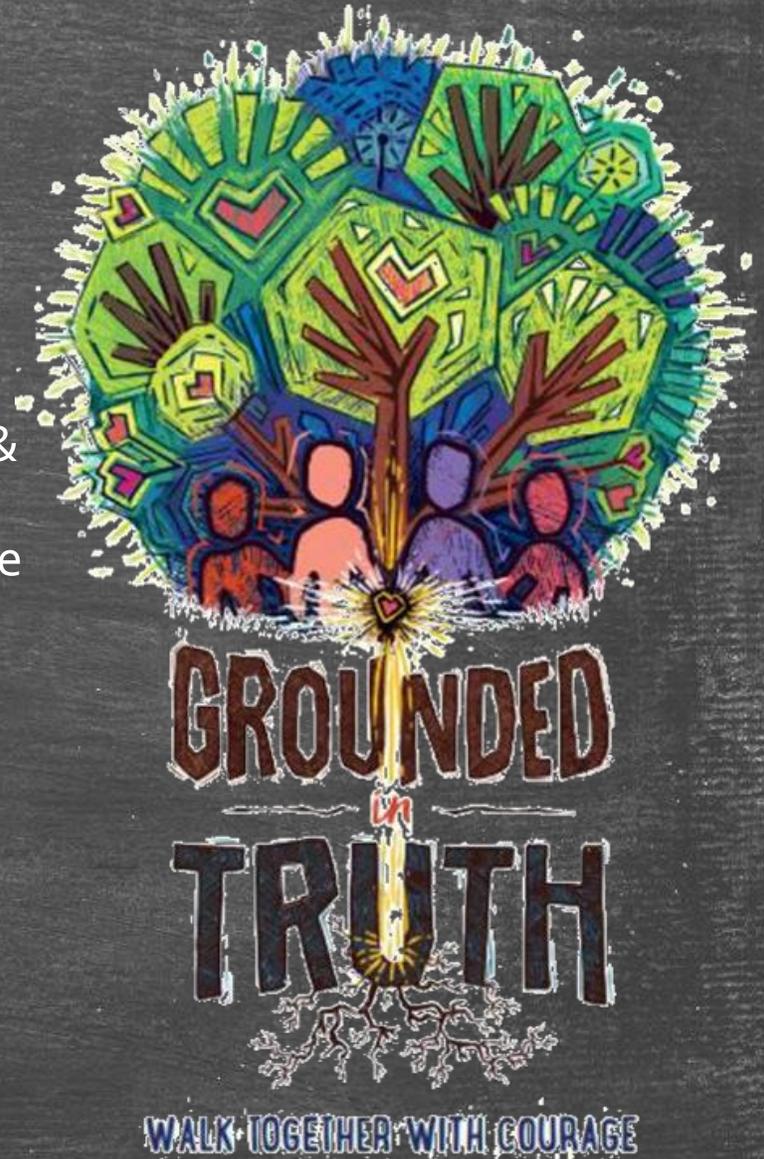
That's a – RAP!

This term we have embarked on our centres journey to reconciliation with the introduction to our RAP (Reconciliation Action Plan) in week 5.

Reconciliation week was a great starting point for us, allowing us to start looking into and exploring indigenous culture more but it also highlighted the lack of knowledge surrounding the topic and the importance of it.

This term we have put together a team of educators (Courtney. K, Alex, Oli & Claire) to form a 'RAP' group that focuses on imbedding the culture into our program, everyday practices and our environment. Our first steps as a centre have included changes to our environment, making and displaying both the Aboriginal and the Torres Strait Islanders flags, doing an acknowledgement of country at the commencement of meetings and group times and finding ways we can explore the culture further through sports, craft and cooking experiences. We also had the pleasure of an aboriginal elder coming to visit us this term sharing stories, music and dance, which the children and staff absolutely loved being a part of.

We aim to do everything as respectfully as possible but do realise this is an ongoing task and both educators and children are learning as we go. It's all about sharing knowledge and we are always open to any assistance or guidance you might have.



Important Reminders

- If your child is diagnosed with anything from food allergy, disability, anxiety, depression or any other health condition, it is really important that this is communicated to OOSH. As per service policies, it is parent responsibility to disclose this information to us. It is not a nice situation to be in; finding out from the school or much later on from families. The more information we have, the better we can care and plan for your child so we please encourage you to keep line of communication open with OOSH
- Please do not give your mobile number and pin to any other family member or friend to use to sign out your children on your behalf. Your number and pin is your electronic signature, and therefore giving it to anyone else to use is considered forgery. This system feeds directly to government systems so everyone needs to be signed out the correct way. If you need to add anyone to the pick up list, please email us their name, relation, and contact number so they can set up their own electronic signature.
- The Kiosk is used as an important part of our communication processes here at OOSH, if you log in and there is a message to be actioned before signing your child/ren in or out, please see the relevant staff member to discuss the message with them
- It is extremely important that we are notified of any afternoon absences for your child BEFORE 3pm.
- All casual bookings must be made via email or by completing a request slip and handing it in. 2 weeks cancellation applies to these bookings once they are confirmed by TWOOSH

Learning Stories

Our learning stories are available to be looked at in the OOSH room at any time!

They are located in the big visual art diaries in the parent area just behind where you sign in/out on the tablets

Menus are always
available at www.twoosh.com.au/menu

Winter/Autumn Menu

Breakfast		Wholemeal toast, raisin toast, oats, cereal or yogurt. On occasion: fresh fruit, pancakes				
Drinks		Water or milk will be available, on occasion milo milk in the mornings				
Fruit		4.30pm - mixed platter of fruit. Including apples, pears, melons, oranges, and other seasonal fruit				
Afternoon Menu						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A	3-3.30pm Afternoon tea	Wholemeal cheese toasties & fruit	Meat free Bolognaise scrolls and veggie sticks	Pizza scrolls and veggie sticks	Mexican brown rice cucumber & tomatoes	Meat free lasagne and veggie sticks
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Food from cooking activity	French onion dip and carrot sticks	Popcorn and capsicum sticks
Week B	3-3.30pm Afternoon tea	Wholemeal apple crumble, custard, fruit	Anzac biscuits and fruit	Honey soy noodles, tomatoes & cucumber	Wholemeal scones with jam/ cream, and fruit	Wholemeal cheese toasties, veggie sticks
	5.30pm Late snack	Jatz and cheese	Food from cooking activity	Cruskits with spreads	Food from cooking activity	Food from cooking activity
Week C	3-3.30pm Afternoon tea	Brown rice sushi and veggie sticks	Brown fried rice, spring rolls, veggie sticks	Sweet potato/ lentil rolls, veggie sticks	Banana bread and fruit	Pumpkin soup, herb/ garlic bread, carrot/celery sticks
	5.30pm Late snack	Food from cooking activity	Corn thins with cream cheese and tomato	Food from cooking activity	Food from cooking activity	Jatz and cheese
Week D	3-3.30pm Afternoon tea	Risotto and veggie sticks	Gozleme melts and veggie sticks	Meat free bolognaise bake and tomato wedges	Veg packed potato bake and veggie sticks	Coconut and orange muffins and fruit
	5.30pm Late snack	Hummus and sakatas	Food from cooking activity	Dried fruit and jatz	Mexican dip & sakatas	Food from cooking activity

From the Educational Leaders Desk...

Another jam packed term was had in term 2 with our theme weeks including Star Wars, Mother's Day, Marvel, Reconciliation week and seniors week. Throughout these weeks and across the term we've had a strong focus on getting the children's ideas and strengths to drive the program. Providing them with opportunities to take on leadership roles and challenge their thinking and physical skills.

With the introduction of the our Reconciliation Action Plan (RAP) this term we have begun embedding indigenous culture into both our program and everyday practices. As we've just begun scratching the surface of these topics we've quickly realised the lack of knowledge that our children and staff have surrounding it and the importance of educating them as well as acknowledging the land we live on and the people who walked on it before us.

Looking to term 3 we are wanting to continue embedding cultural inclusiveness into our program and would love to have the input of our families, sharing your own cultural traditions whether it be through a craft, cooking or even a sport experience. If you have any ideas that you would like to see on the program or if you would be happy to come in and run an activity with the children please let me know!

Wishing you all a very enjoyable holidays, whether you'll be joining us for a fun filled vacation care or spending time relaxing with family and friends! Don't forget if you are joining us for week 1 vacation care we will be celebrating NAIDOC week with some great experiences throughout the week that will provide us with some insightful take aways and stories to share next term.

Up coming events:

Term 3:

INTERNATIONAL DAY FOR WORLD
INDIGENOUS PEOPLE
NATIONAL SCIENCE WEEK
FATHER'S DAY WEEK
SPRING WEEK

THEME WEEKS AS THEY ARISE

And many more.....

If your children have anything that they would like to share with us during these weeks please feel free to bring their show and tell in....

Or if there is a particular craft, sports or cooking activity that they would like to be involved in please email me or come and have a chat

As well as many other planned and spontaneous activities!!!!



Courtney King

From the Director's desk..

We are now half way through 2019, time is just flying by!

Thanks everyone for another wonderful term

Can you believe it is time to start thinking about your family's needs for 2020? In August we will be sending out information regarding reenrolment and additional requests for 2020. We have already started receiving expressions of interest for 2020 kindy children, if you have children starting in kindy but have not completed this request, we ask that you do that as soon as possible. All families will be guaranteed bookings that they hold from the date indicated on the letter that will go out, any additional requests will be waitlisted. We recommend you start thinking about your requirements for the new year.

Family FRY-Day was a huge success last term, thanks to all those who came along! We will be running it again in Friday week 3 (Friday the 9th of August), so please come along to enjoy a yummy breakfast at TWOOSH with your children.

As always, if you have any questions, concerns, or feedback, please contact us at any time!



Jena Sheather

Dates to remember..

Staff development day:
Monday 22nd April – Open for VAC (bookings only)



Term 3 commences:
Tuesday 23rd July 2019



FRY-DAY Family breakfast
Friday 9th August, 7.15am – 8.45am



October Vacation care:
30th September – Friday 11th October
Program released: Wed 21st August
Bookings open: Monday 2nd September



'Are you OK?' day
Thursday 12th September



Family Fun day:
Friday 27th September 3.15pm