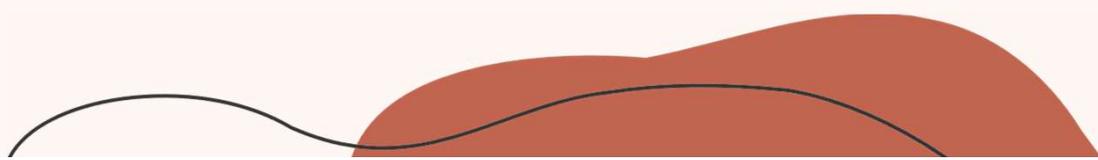




Thornleigh West OOSH Newsletter

TERM 1



Farewell!

Its sadly time to say goodbye to 4 of our lovely educators, moving on to their next adventures in life

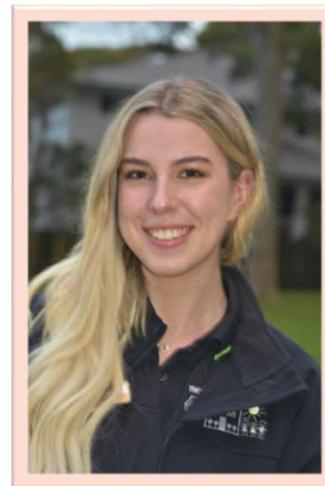
Pippa



Cam



Simonne



Jeremy



New OOSH Educators

Welcome to our new TWOOSH educators:



Declan



Gabrielle



Ashleigh



Elise



Will

Xplor Home

- View your child's participation in the program, photos, etc
- View any incident reports of health records for your child
- Sign in and out from OOSH – Contactless!
- Request casual places
- Mark absences
- View/update your billing details
- Add Pick up contacts so they can sign your child in/out
- Receive important communication from OOSH to your device. This includes VAC releases, changes, updates, closures, emergencies, etc



REMEMBER:

Turn on your notification settings for Xplor, so you don't miss any important notices that may affect your family/child

Please ensure privacy is maintained, please do not screen shot or share photos containing other children.

We appreciate your assistance with this and hope you are enjoying the APP!

BREAD TAGS for wheelchairs

Aussie Bread Tags for Wheelchairs collects bread tags nationally in Australia. The tags are recycled locally, raising funds to buy wheelchairs for disadvantaged people in South Africa.

We collect bread tags at TWOOSH for the Aussie bread tags collection. Please drop them off at the OOSH room any time or send them into OOSH with your children!



Lunar New Year



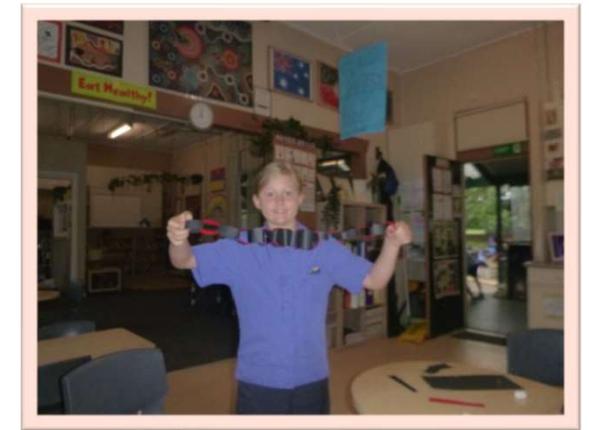
This year to celebrate Chinese new year and the year of the Ox the OOSH children did a variety of crafts across the 15 days of celebration, including making their own scratch art and cellophane lanterns, dragons, suncatchers and origami.



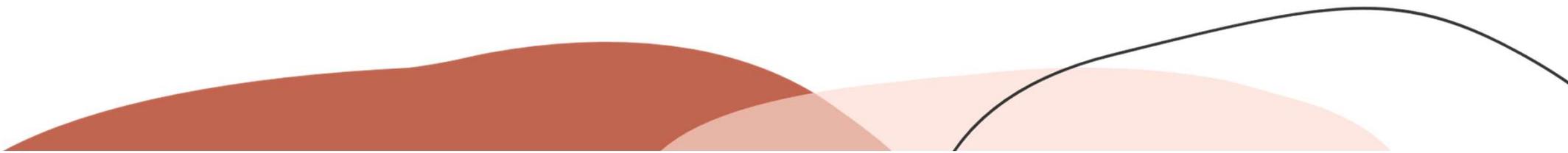
Reptile Week



This term the children have taken a keen interest in all things reptile related. For Reptile Week the children got involved in making origami frogs, paper chain snakes, paper plate dinosaurs and plasticine reptiles. The favourite activity of the week was making peg puppet dinosaurs, which the children went on to perform a puppet show for the children before school.



Sport Week



Easter Week



In The OOSH Kitchen

Top Afternoon Tea

Smoothie bowls & muesli

Ingredients:

BOWLS:

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or [almond milk](#) (plus more as needed)
- 1 tsp vanilla essence

TOPPINGS

- 1 Tbsp shredded unsweetened coconut (desiccated)
- 1 Tbsp [chia seeds](#)
- 1 Tbsp hemp seeds
- [Granola](#) (optional)
- Fruit (optional)



Method:

•Add frozen berries and banana to a blender and blend on low until small bits remain - see photo.

•Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency (see photo).

•Scoop into 1-2 serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired

toppings (optional). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or [seed butter](#) would be great here, too!

•Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

•ENJOY!

In The OOSH Kitchen

Top Cooking Experience

Tofu San Choy Bow

Ingredients:

- 1/4 red onion diced finely
- 1 Tbsp ginger finely chopped
- 150g firm tofu crumbled
- 1 carrot julienned (I use a grater attachment with my food processor)
- 1 spring onion chopped
- 4 baby corns chopped
- 1/4 cup water chestnuts roughly chopped
- 1 Tbsp mint chopped
- 1 Tbsp peanut oil
- 1 tsp sesame oil
- 1 tsp Tamari
- 1/2 tsp chilli flakes
- 1 tsp fresh lemon juice
- 1 Tbsp kecap manis
- 1/4 cup bean shoots
- 3 cups of iceberg lettuce



Method:

- 1.Heat the peanut oil in a nonstick frying pan. Fry the red onion and ginger in a fry pan for a few minutes
- 2.Then add the tofu, carrot, spring onion, baby corns and water chestnuts
- 3.Add the sesame oil, tamari, chilli flakes, lemon juice and kecap manis (sweet soy sauce). Mix through well and cook for around 5 minutes
- 4.Add the mint and toss through for a minute or so. Turn off the heat
- 5.Get your lettuce cups ready in bowls or on a plate (use the inner, crispier leaves of the iceberg lettuce). Spoon the tofu mixture into the lettuce cups evenly and top with bean sprouts
- 6.ENJOY!

Healthy Lunchbox Swaps!

Sometimes we just don't have time to make our own home baked organic superseded bars on a Sunday for a week of school lunches! This is when knowing how to read a food label is a vital skill to choose the best products from an oversaturated supermarket with sneaky marketing called 'greenwashing' to make us think something is healthy when its not. Here are some tips and examples to help!

1. **The Ingredient list:** When you are looking at the ingredients, they will be listed in descending order based on the percentage of inclusion. When looking through ingredient lists, if you don't recognise it as a 'food' (or it sounds more like it should belong in a science laboratory), best leave that on the shelf.
2. **Comparing Products:** When looking at nutritional tables and comparing foods, it's always a good idea to make sure you use the 'per 100g' column. This makes sure you are comparing 'apples with apples' as the serving size will more than likely differ from product to product.
3. **Fat:** We have some a long way from thinking fat is bad, and we now know its vital for brain function, healthy skin, nails, and nutrient absorption. The main thing you should check is the amount of saturated fats as they cause a rise in blood cholesterol levels. Try to make sure that the amount of saturated fat per 100g is no more than 2-3g.
4. **Sugar:** When it comes to making healthy choices, try not to go over anything that has more than 15% sugar (that is, 15g of sugar per 100g).

SWAP THIS

FOR THIS



FLAVOURED YOGURT

- 8g protein
- 22.4g sugar

NATURAL GREEK YOGURT

- 11.6g protein
- 8g sugar

milk, milk solids, skim milk, water, sugar, gelatine, corn starch, natural flavour, acidity regulator (citric acid), vanilla bean seed (0.01%), natural colour (carotene), yoghurt cultures: s.thermophilus & l.bulgaricus.

Organic Pasteurised Milk, Organic Milk Solids, Organic Cream, Live Yoghurt Cultures (incl. L. Acidophilus, Bifidobacterium)

SWAP THIS

FOR THIS



PROCESSED INGREDIENTS

- Low protein (2.8g)
- High sugar (12.4g)
- High fat (7.5g)

WHOLEFOOD INGREDIENTS

- High protein (4g)
- Low sugar (2.6g)
- Low fat (4.2g)

SWAP THIS

FOR THIS



PROCESSED INGREDIENTS

- Inflammatory vegetable oils
- Low protein (1.8g)
- High fat (10g)
- High sodium

REAL FOOD INGREDIENTS

- High protein (12g)
- Low fat (6g)

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. 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
- It is extremely important that we are notified of any afternoon absences for your child BEFORE 3pm (via the Xplor Home APP).
- All casual bookings must be requested via the Xplor Home APP. We will approve that request via Xplor if we have places and you'll receive a notification on Xplor

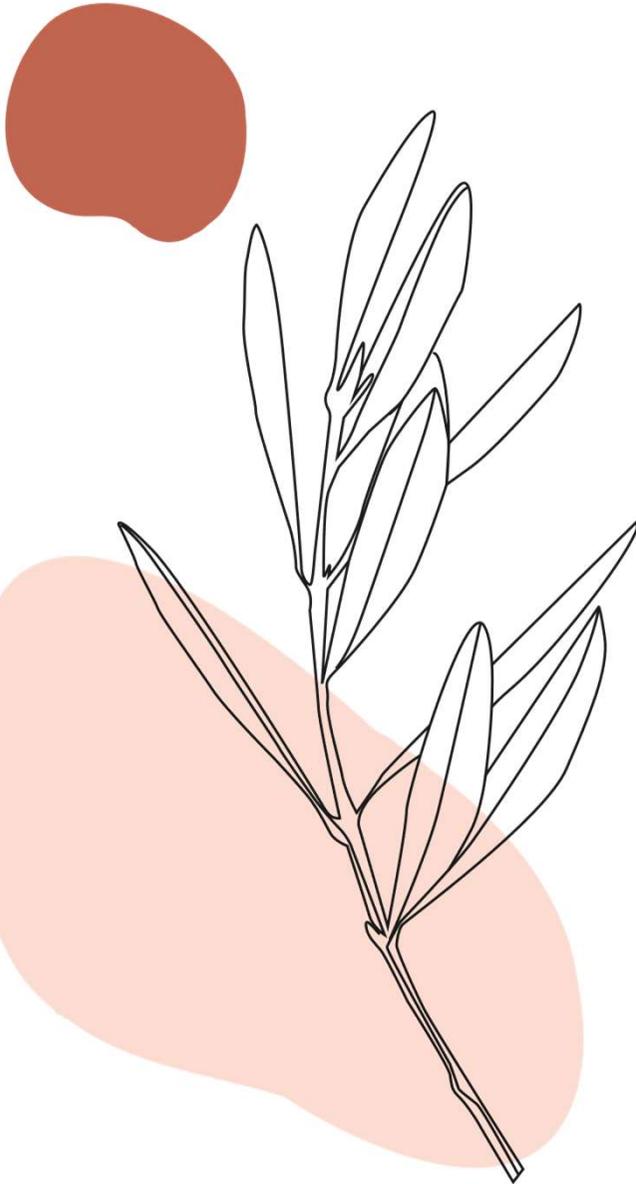


SUMMER – SPRING MENU

Drinks	Water or milk will be available, on occasion milo milk in the morning
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	Wholegrain crackers, Cheese and veggie sticks	Sandwiches with cheese/tomatoes	Banana NiceCream, crumble, and fruit	Pizza scrolls and veggie sticks	Toasted muesli, yogurt, frozen oranges
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Corn thins and spreads	Food from cooking activity	Jatz and Cheese cubes
Week B	3-3.30pm Afternoon tea	Apricot and oat slice and fruit	Beetroot or hummus dip with garlic/herb bread & veggie sticks	Savoury popcorn and veggie sticks	Brown rice sushi and veggie sticks	Corn fritters and veggie sticks
	5.30pm Late snack	Food from cooking activity	Jatz and Cheese cubes	Food from cooking activity	Mexican dip & saktas	Food from cooking activity
Week C	3-3.30pm Afternoon tea	Wholemeal tuna roll-ups and veggie sticks	Wholegrain crackers, Cheese, veggie sticks	Banana bread and fruit	Savoury popcorn and veggie sticks	Coconut and apple muffins and fruit
	5.30pm Late snack	Popcorn and dried fruit	Food from cooking activity	Cruskits with spreads	Food from cooking activity	Food from cooking activity
Week D	3-3.30pm Afternoon tea	Scones, jam, cream and fruit	Cheesy-mite scrolls and veggie sticks	Wholegrain crackers, French onion dip and veggie sticks	Choc-Fruit frozen yogurt Bars and fruit	Smoothie bowls with fruit, toasted muesli and coconut
	5.30pm Late snack	French onion dip and carrot sticks	Food from cooking activity	Food from cooking activity	Food from cooking activity	Popcorn and dried fruit

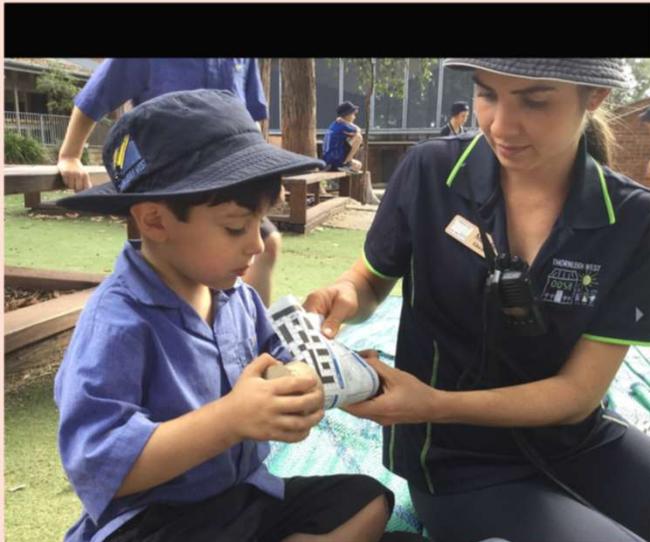


Learning Stories

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

They are also now available on **Xplor** so you can view them at any time from home too. Please contact us if you haven't set up your account to access the APP to see what your children have been doing at OOSH



EMMA PRIVETT
Making Garden Pots with Maddie and Emma

Today on FOB some children sat down on the mat to create some garden pots for our new seeds. The children showed great initiative in rolling up the newspapers and then squishing them down to make our pots. After we finished our pots we visited the garden to try and find some soil for our plants. While gathering our soil, the children thought about some of things that we could plant. We decided to try planting some carrots, cucumbers, and silver beets. All of the children are excited to visit our plants in the next week to see if they have grown!

Future Planning - Wednesday, 9 March
Creating ceramic pots for our seeds :)

Learning Outcomes

- ✓ 1.1 Children feel safe, secure, and supported
- ✓ 2.4 Children become socially responsible and show respect for the environment
- ✓ 4.1 Children develop dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
- ✓ 5.1 Children interact verbally and non-verbally with others for a range of purposes

From the Director's Desk

DATES TO REMEMBER

Term 2 Commences:
20th April



FRY-Day Family Breakfast
7th May (pending restrictions)



July Vacation Care:
28th June -12 July
Program released 26th May
Booking open 7th June



Family Fun Day:
25th June (pending restrictions)

And just like that, term 1 has flown by and come to an end!

What a massive term it's been for TWOOSH, with some big changes taking place. As restrictions have begun to disappear and our families have been returning to OOSH you may notice some different faces in the office, with Thomas and Rebecca in the Assistant Director roles and myself (Courtney) in the Acting Director role, whilst Jena is off having the first OOSH Baby!

We hope all the Kindy children and new children in all other grades have settled in nicely and are enjoying their time at OOSH. If there is anything we can do to make their time more enjoyable, please do not hesitate to speak with us

We have had an exciting start to the year which you can see from the program documentation in our newsletter and our Xplor APP; the kids and educators have been busy learning, exploring, playing and experimenting! The relationships between our educators and the children are absolutely amazing

This term we have welcomed new educators to the team, welcomed new parents to our Management Committee and also as mentioned, made changes to our leadership and management team.

It has been a positive term of changes and growth for the whole TWOOSH team and I want to give a huge thanks to the entire team here and all our families for continuously supporting us and me on this journey.

We have some HUGE goals this year in particular, restarting our community initiatives post covid, mental health, and family engagement.

With the new leadership team, and some wonderful goals for 2021, we can't wait to see what the rest of the year brings us.

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



From the Educational Leader's Desk

What a start to 2021!

We have absolutely loved seeing parents back on site and the feeling of things slowly returning to normal.

Term 1 at TWOOSH has been filled with a range of theme weeks and special days; Reptile Week, Sports Week, Chinese New Year, Valentine's Day, Clean up Australia Day, St Patrick's Day and in the final week of term, Easter!

Our year group leaders have been working hard each week to program activities based on child interest, themes or suggestions during roll call and we strive to continue offering a variety of activities catering to all children at TWOOSH. The Mental Health team have also programmed activities to help the children identify their emotions and needs, focusing on expressing their emotions freely and supporting each other – this has been a big focus for the term!

The front of the TWOOSH building has had a little makeover in the secret garden, with the addition of a deck and astro turf to facilitate all kinds of activities regardless of the weather!

You may have also noticed our whiteboard at the parent table asking for your feedback! This is so we can ensure we're including parent perspectives in the way we operate TWOOSH. There will be a range of questions over the coming months, so please take a couple of minutes at pick-up/drop-off time to have your say!

We hope you all have a safe and happy Easter and enjoy the break.

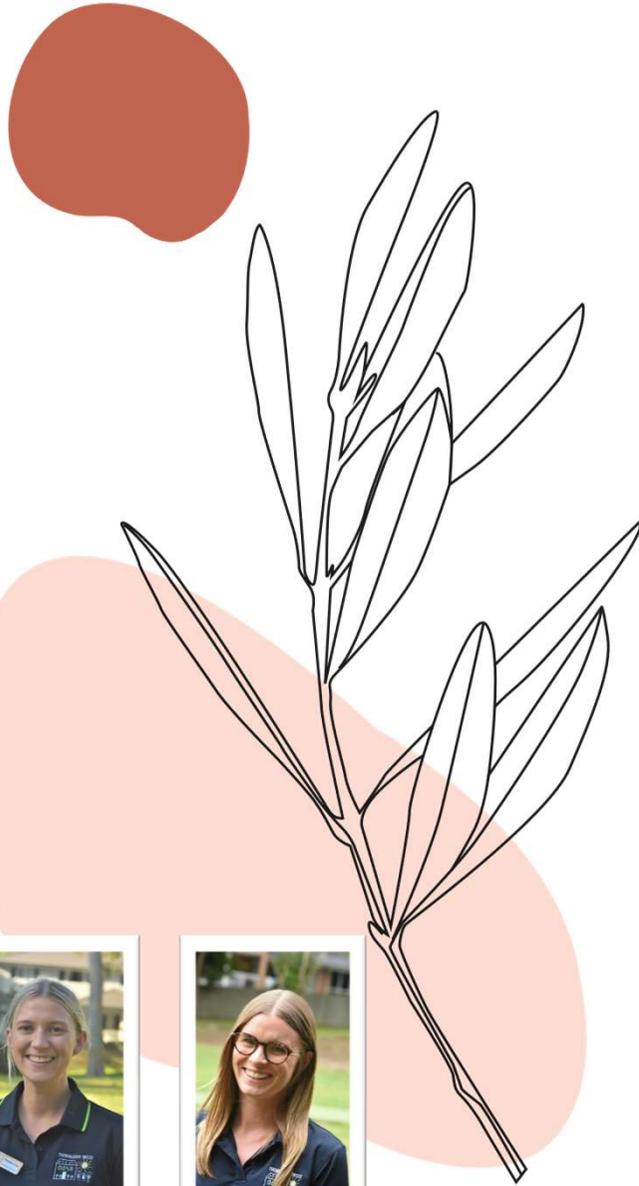
Upcoming events Term 2:

- May the 4th (Star Wars Day)
- Mother 's Day
- National Reconciliation 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!!!!





Kindy & Year 1

Term 1 2021



KINDY 2021

This Term we welcomed all of our new Kindy's to OOSH! Entering a new environment can be a little scary but our new Kindy's have all been super excited to explore our OOSH centre and meet all their new OOSH educators and peers!



Year 1 2021

Year 1, with their new year group leaders Izzy and David, have been exploring the benefits of team-work, learning about accountability, responsibility and being kind to our planet. Every roll call they choose to go around the school and collect rubbish before they start to play. They have all bonded and made new friendships in their roll call groups; the Lorikeets, the Kookaburras and the Cockatoos.

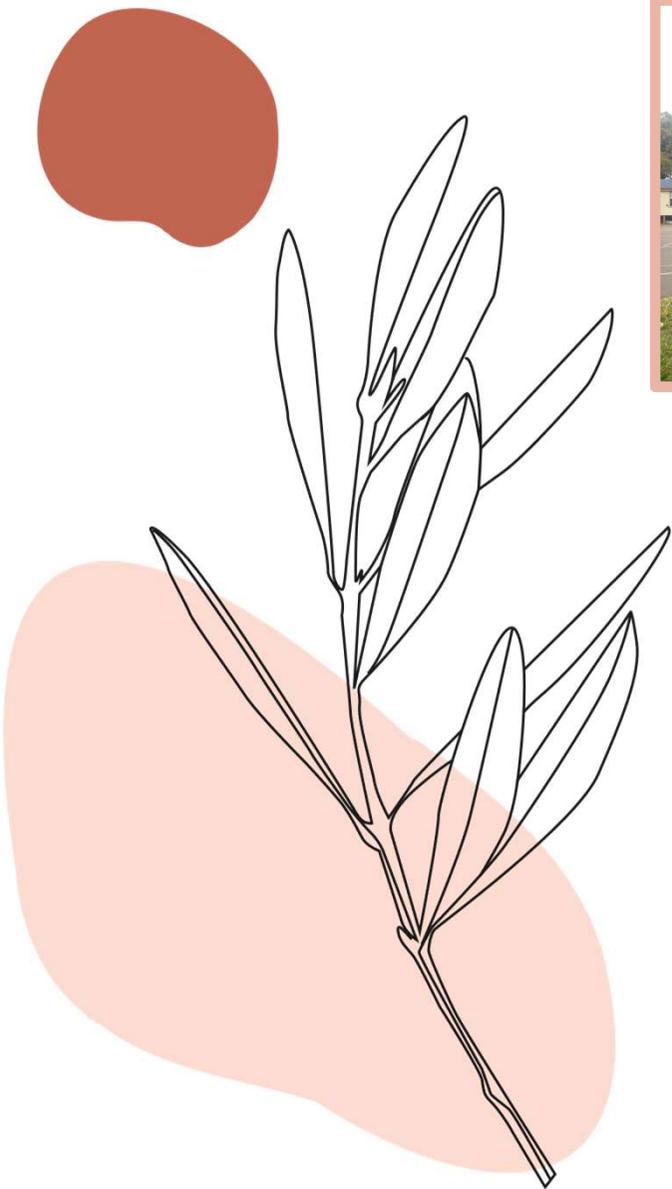




Clean up Australian Day!

Sustainability

This term our Kindy's and Year 1's have been major utilisers of our recycling draw. There were consistent suggestions during our roll calls to construct bugs, bug houses and origami with the recycled materials they could find. This interest was extended by Earth Week and Clean Up Australia Day where we all adventured around OOSH to source our crafts and keep our school clean!



Health & Wellbeing

This term the Kindy's and Year 1's have really loved engaging their gross motor skills here at OOSH through sports such as pool noodle hockey, gymnastics, scooters and basketball. On the other hand, they have also enjoyed learning about healthy eating while helping cook a variety of different yummy foods in the kitchen!

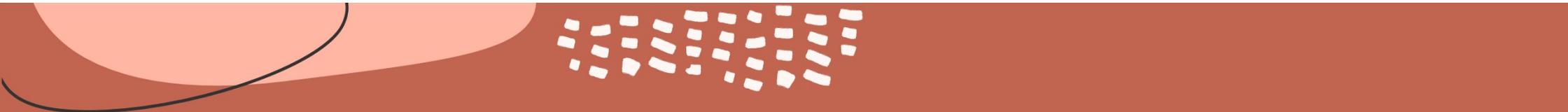




Building Friendships

As we welcomed lots of new faces in both Kindy and Year 1, this term has been full of fun games and tasks that encouraged team building such as Lego and sandpit constructions. We saw the benefits of this through their happiness, eagerness and the wide range of interactions observed. It was great to see all the Junior's break out of their shells and practice their social/conversation skills while building friendships around OOSH ☺



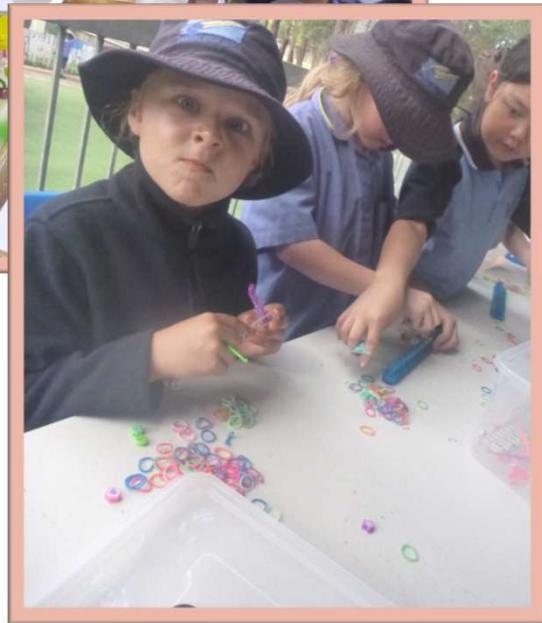


Years 2-3 Newsletter

Term 1 2021



Crafty Children



Craft this term was akin to a crazed scientist just chucking what ever they could find (sticks, leaves, glitter, wool) into a mixing pot and seeing what would explode out of it. The children enhanced their environmental responsibility by scavenging in the dirt like a Tasmanian Devil for supplies to use for creation. We even had crafts to celebrate National Vegetable week- a strategic move to awaken children to the delights of all vegetables! We discovered a new passion this term for creating gifts and crafts for others to enjoy! The look on your family or friends face as you give them a carefully made craft they can never throw away is priceless!

Kicky Kids



Due to the children picking up a sport or two as the year has roared into life, the children have been more active in pursuing sports that haven't even been planned.

We have been using the exercise ball to recreate some high intensity soccer/ afl hybrid whilst the basketballers have honed their skills on the court.

The children have continued to enhance their gymnastics skills as they have bridged their way through many an afternoon.

Ball of the Term: Exercise Ball

For the curveball that it supplies with it's buoyant charm and bouncing ability.

Consuming Chefs



The chefs this term really harnessed their cooking prowess as they expanded their repertoire with some vegan treats and an Otai smoothie.

The children developed their understanding of other cultures as we gave our tongues a tour of the world.

We harnessed our slicing, dicing and prepping skills as we learn to prepare healthy and delicious foods that we could all enjoy.

Recipe of the Term: Buffalo Cauliflower

Ingredients

- ¾ cup all-purpose flour(95 g)
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup non-dairy milk(180 mL)
- 1 head cauliflower
- ¼ cup sweet chilli sauce(70 g)
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

Preparation

- 1.Preheat the oven to 230°C. Line a baking sheet with baking paper.
- 2.In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.
- 3.Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.
- 4.Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.
- 5.Enjoy!

Recipe Adapted from: <https://tasty.co/recipe/buffalo-cauliflower>

Dani Shaves Her Head

One of the fantastic things about our educators is that they show a passion for modelling what they believe in to the children. Our very own Dani shaved her head to raise money for blood cancer at OOSH! The enthusiasm in the room was palpable as the children craned for a view of her slowly balding head. Together, we raised over 3400 bucks for the cause. I am so proud to have Dani as a leader of the Middle Team at OOSH; she really showed the children what it means to stand up and do something for what is important.



SENIOR NEWSLETTER

TERM 1 2021



WELCOME TO 2021!



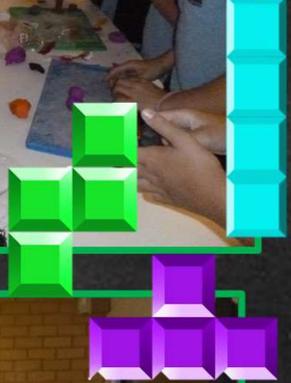


GAMING WEEK

Week 4 saw the senior program transformed into all things gaming! We tailored our activities to suit some of the gaming suggestions we've received from the kids such as creating Minecraft clay characters, Fortnite Hama beads, recycled/cardboard tanks and designing our own Super Mario Hats.



This week tied in quite nicely with the Year 6's introduction to Playstation privileges – in which our Year 6's can help out around OOSH in order to earn "points" to gain access to the Playstation in the AV Room. This was a great week for the kids to explore and share their interests with one another, and provide our Year 6's with the opportunity to develop their independence and responsibility.



GETTIN' CRAFTY

Term 1 saw the introduction of some brand new TWOOSH crafts mixed in with our timeless classics. Slime, paper planes and hama beads are a must have for an enjoyable craft program and were met with their usual enthusiastic reception. But it was the inclusion of crafts such as hydro dipping and creating our very own TWOOSH diorama, which stood out in Term 1. They enjoyed experimenting with different colours/dipping techniques and enjoyed using tiles as the base for their hydro dipping. The diorama allowed the children to think spatially and envision the layout of the TWOOSH surroundings. They also loved the textural element of this craft as we used actual leftover synthetic grass to make our turfed spaces. We can't wait to see what the children make in Term 2!





SMILES ALL ROUND!



...mostly!





SENIORS IN THE KITCHEN

This term has been a cracker for seniors in the kitchen! We've had a very health focus approached this term, with predominantly vegetarian (and even some vegan) recipes! Some of the standouts included Pumpkin Pancakes for Shrove Tuesday, Tofu Lettuce Cups and Avocado Brownies. By putting a twist on these classics and cooking with some uncommon ingredients, we got the seniors to think inquisitively, be creative in their approach and collaborate with each other and educators to solve any cooking hurdles that they faced.



EASTER WEEK



Hoppy Easter! To round out the term and get us into the Easter long weekend spirit we had a week full of Easter activities! These included bunny hand painting, Egg peg puppets and some egg, spoon and sack races! All these activities got the children (and perhaps the educators) really excited for their Easter plans as they discussed all things holidays and chocolates! The crafts this week were designed to develop their fine motor control and precision, with the organised sports hopefully getting out any end of term energy ready for a relaxing break!

