

Thornleigh West OOSH Newsletter

Term 3, 2019

FAREWELL!

goodbye
thankyou
regards
farewell
cheerio
ciao
sayonara
cheers
adieu
see ya
toodle-oo
conclusion
culmination
so long
Arrivederci
Au-revoir
leave-taking
Auf-wiedersehen
bye-bye
coda
envoi
godspeed
adios

Owen



Odette



Val

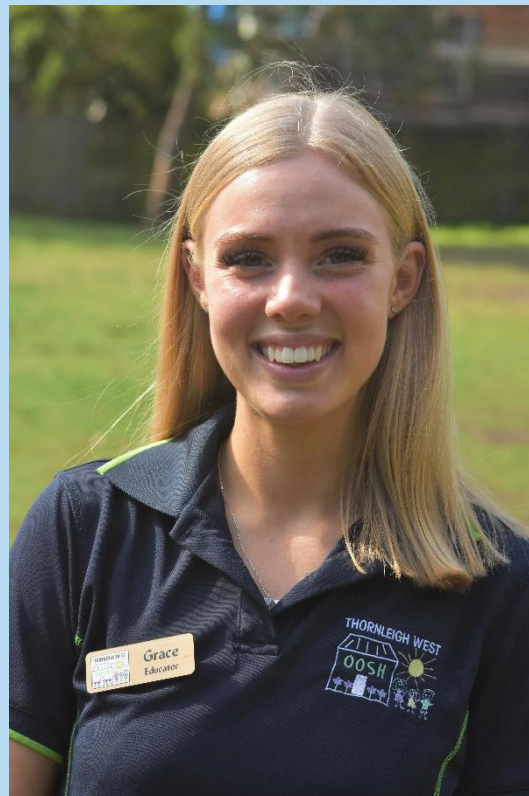


Julia



New OOSH Educators..

Grace - Casual



Izzy - Casual



Management structure Changes

Parent Management Committee

Alex

Assistant
Director



Jena - Director



Courtney K

Assistant
Director/
Educational
leader

Thomas

3IC/
Senior
program
leader

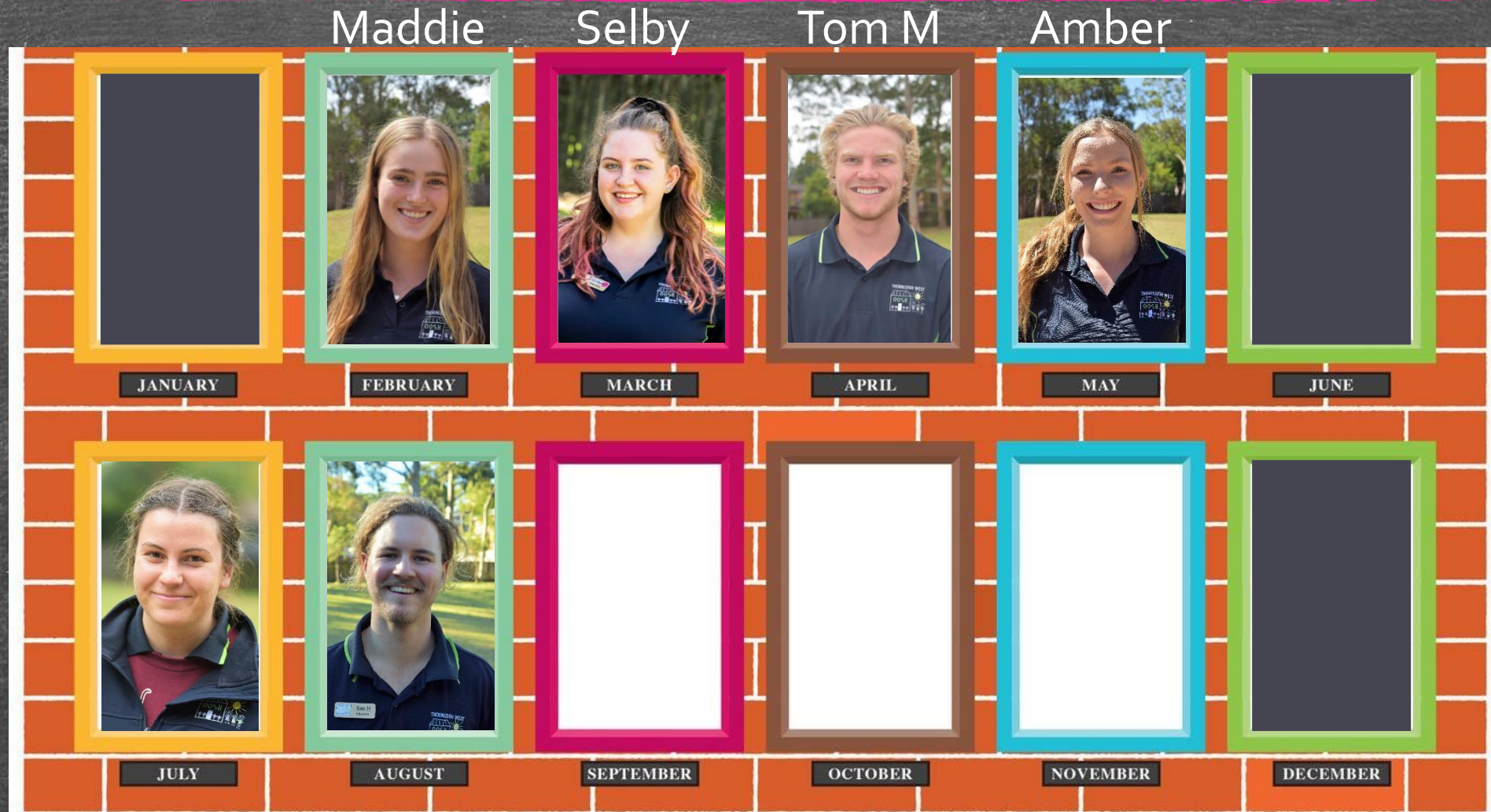


Court B

3IC/
Junior
program
leader

Educator wall of fame

Educator of
the month



Claire

Tom H



On the 19th of August we were treated to a very special visit from our local SES legends! We heard an awesome talk about what they do in our community in emergency situations and had some super interesting stories – especially ones from last years huge storms. The kids got put into groups and had to complete a scavenger hunt, to learn some survival tactics and information. This was made up of lots of different things that you would need in case of a flood or fire etc. There were things such as dried food, first aid kits, walkie talkies, drink bottles and blankets. Each child even got their own little care package at the end which had some great little tools of information and some practical SES gloves. The kids loved it!



GREEN THUMBS



This term at oosh as spring approaches, the kids have really been getting involved in the garden. Last term the children had planted tomatoes and beans, and the time has finally come to pick the fruits of our hard labour! The kids have been lending a hand watering the garden and when they get a little hungry grab a yummy snow pea or 2 to munch on.

Each year group is assigned the responsibility of helping stir our compost bins at different times. Kids have really enjoyed jumping on board with this responsibility.

The kids have also loved making their own worm farms out of recycled material and exploring the garden to find all the worms they can!

They have been busy planting an array of summer flowers, corn, zucchini and cucumber. We are excited to watch the flowers bloom and veggies grow to use them in our fun cooking activities!



BREAD TAGS FOR WHEELCHAIRS!



As of Term 3 we have joined an initiative to help provide wheelchairs to those in need in South Africa. We have been collecting bread tags to be made into door knobs, and sold to raise funds for the wheelchairs.

We have had such an amazing response and collected so many from families and teachers (Ms Johnson in particular) and have already made a couple deliveries of bread tags to a local collection point.

If you haven't heard about it our collection jar is located in the parent area, whether you donate 1 tag or many, all contributions are appreciated.



EMBEDDING INDIGENOUS CULTURE IN OUR ENVIRONMENT



As our RAP (reconciliation action plan) is taking off, we have been embedding the indigenous culture into our program. We have been working towards broadening the children's understanding and awareness of the indigenous culture. The children have explored dreamtime stories and drew what they learned on a giant rainbow serpent. The have also explored indigenous painting, and each year group has developed a acknowledgement to country to read aloud at afternoon tea.



Sustainability

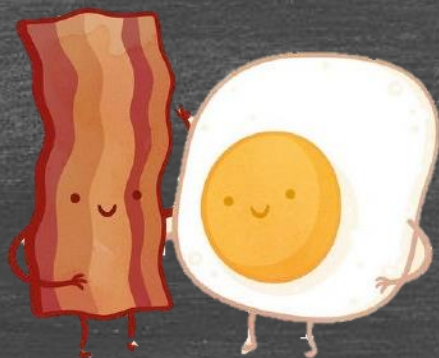
At TWOOSH we are always looking for ways to reduce our waste and be more sustainable with our programming and practices. Particularly with craft this term there has been plenty of opportunities for kids to use all recyclable materials. The kids have made robots, cars, dioramas and much more! Our sustainable practices have rubbed off on a lot of the kids, as they often run straight to our box of recyclable goodies for spontaneous play. A popular creation to make out of recycled materials has been worm farms!



FRY-DAY!

FRY-day this term was even bigger and better than our last. It was great to see so many families join us, and even a few of the teachers this time! Lots of fun was had by all, with plenty of games & activities, yummy food, lots of happy faces and tummies.

We can wait for FRY-day next term and we look forward to seeing you there, on the third Friday of the term!!



A cartoon illustration of a barbecue grill on a green lawn under a bright sun. Smoke is rising from the grill, and there are small red flowers and a yellow object on the grass.

Huge thanks to Carl Nicoll and Cameron Sautelle for leading a game of soccer with the kids
Always such a wonderful afternoon to end the term!



Term 3 – In the OOSH kitchen

TOP AFTERNOON TEA

Orange & Coconut Muffins

Ingredients

- ½ cup granulated sugar
- 2 large oranges
- 1 ½ cups white whole wheat flour
- ¾ cup desiccated coconut
- 1 Tsp baking soda
- ½ Tsp salt
- 2 Large eggs
- ½ cup non-fat plain Greek yoghurt.
- ¼ cup non-fat milk
- 3 Tbsp unsalted butter melted and cooled
- 1 ½ Tsp pure vanilla extract

Method

1. Preheat oven to 180°C
2. Place sugar in bowl and zest both oranges directly into it and run together with fingertips, until sugar is light orange.
3. Add flour, coconut, baking soda and salt to the sugar and stir.
4. Juice zested oranges and leave aside 1/3 cup and 1 tablespoon for muffins.
5. In another bowl, whisk together eggs, Greek yoghurt, milk, butter, vanilla and orange juice.
6. Add wet ingredients to dry ingredients and mix gently until just combined. Do not over mix
7. Divide mixture between muffin tins, filling approximately ¾ of the way.
8. Bake 12-14 minutes until tops are dry and spring back when touched.
9. Let cool in pan for 3 minutes then remove and serve.



ENJOY!

Term 3 – In the OOSH kitchen

TOP AFTERNOON TEA

Veggie Potato Bake

Ingredients

- 6 medium potatoes, sliced
- 1 Onion, finely diced
- 3 cloves garlic, minced
- 3 pieces broccoli, broken into florets
- 3 pieces cauliflower, broken into florets
- ½ medium zucchini
- ½ carrot
- 35g French onion soup mix
- 500ml cream
- 1 ½ cups cheese grated
- ½ packet parmesan cheese

Method

1. Preheat oven to 200° C
2. Soften potatoes in boiling water on stove top until easy to skewer with a fork. Drain then cut into slices.
3. Heat oil in frying pan, add onion, garlic, and cook over medium heat until soft.
4. Add broccoli, cauliflower, zucchini, carrot, soup mix, cream, onion and garlic to food processor and blend until smooth.
5. Layer potatoes in oven dish, and top with cream mix and parmesan cheese.
6. Alternate for 3 layers and top final layer with cheese.
7. Cover with foil and cook for 10 minutes.
8. Remove foil and continue to bake in the oven until cheese is slightly browned.

ENJOY!



Term 3 – Top cooking recipes

Mini Quiches

Ingredients

- Puff Pastry
- 5 Large Eggs
- 130mL Cream
- Salt and Pepper to taste
- ½ to 1 cup of cheddar cheese
- Your choice of filling

Method

1. Preheat oven to 180°C.
2. Cut puff pastry into squares and slowly push into a muffin tin so the pastry comes up the sides. Then prick the bottom of the pastry lightly with a fork.
3. Bake puff pastry for 5-7 minutes (or until only slightly cooked) and remove from oven to cool.
4. Prepare desired filling by dicing ingredients.
5. Whisk together eggs, cream and salt and pepper.
6. Sprinkle a bit of each filling and cheese onto each of the puff pastry bases and top with egg and cream mixture.
7. Bake in the oven for 15- 20 minutes or until top is browned slightly.
8. Remove and allow to cool



ENJOY!

Nutrition Topic of Term 2



Keep Hydrated!

As we are getting into summer, there is nothing like being outside, soaking up the sun and running around with family and friends. However, as the weather gets warmer it's very important to stay hydrated! Especially ensuring kids are staying hydrated. We know kids love to run, jump, skip and play games with friends and as the weather becomes warm, they sweat a whole lot more, which means their need to hydrate becomes even more important.

When not properly hydrating, we can experience headaches, lethargy, tiredness, weakness and in more extreme cases confusion and hallucinations, and if not treated could lead to death. As we all would like to avoid feeling any of that, it's important to get to know how much water a day we should be drinking. The amount of water each person should drink comes down to our height, weight and gender, however a general guide should be about 1.2L to 1.6L in primary age children, 1.6 to 1.9L in high school age children and roughly 2.1L to 2.6L for adults. Although these amounts need to be increased if you or your child/ren are quite physically active.

More information can be found here:

<https://www.betterhealth.vic.gov.au/health/healthyliving/water-a-vital-nutrient>.



- ~~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



Science Week

We have found the kids at OOSH love a bit of scientific investigation (especially if it is messy!), so we decided to make a whole week of fun and inquisitive crafts and cooking. We looked at chemistry through surface tension experiments and explosive lemon volcanoes. We also explored physics through balloon rocket experiments. The children loved discussing the questions they had about the experiments and then testing out their hypotheses. This week will definitely make a re-appearance soon!



Father's Day Week



We know just how much our little twooshies love their dads and grandads, so this week was all about creating amazing gifts to show how awesome we think our dads are. The kids really got around all the crafts on offer this week and we saw so many fantastic presents, from colourful noughts and crosses boards, beautiful mugs, creative plates, fantastic frames and of course some funny cards! We hope all our OOSH dads and grandads had a great day!





Spring Week



As the weather has begun warming up for spring so has our program. This week the children explored all things spring, testing out different art mediums, using bubbles, collaging, origami and painting. We also learned about the life cycle of a chicken and how many animals have their babies during spring time.

RAP- Progress!

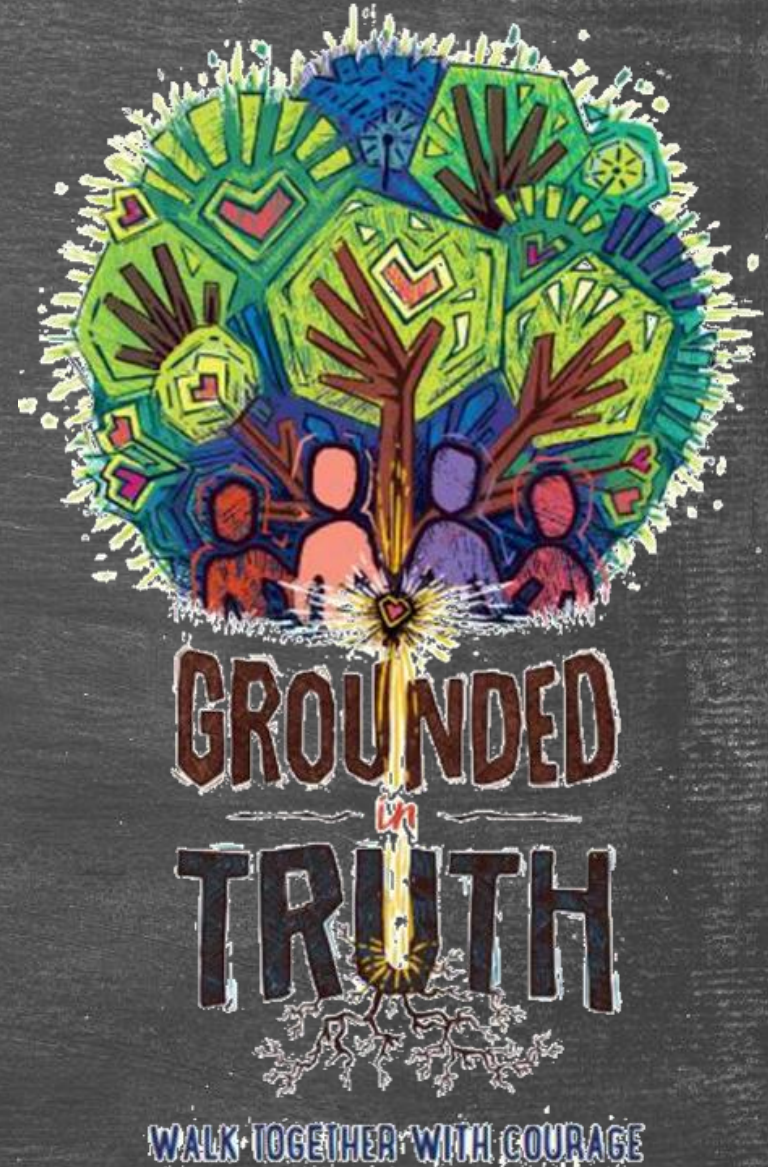
This term together with our RAP team we have began working on achieving some of our RAP actions. You can view our progress and our Rap on the Narragunnawali website by looking up Thornleigh west OOSH. We also have a display in the OOSH room with some of the exciting actions that we have been a part of.

This term the team has also worked on writing our centre's vision statement in regards to reconciliation, which reads:

At Thornleigh West OOSH, we would like to acknowledge the Dharug and Guringai Nations, who have nurtured and cared for the land before us. We wish to embrace the Aboriginal and Torres Strait Islander peoples past, present and emerging.

We are a diverse community and want to respond to Country by knowing that it is growing and changing. We aim to work collaboratively with local Aboriginal and Torres Strait Islander Peoples to access their knowledge and share as well as further educator our children, educators and the wider community.

Our vision is to embed Aboriginal and Torres Strait Islander culture into our everyday program and practiced. We aim to plan and provide respectful experiences that explore fairness, justice and equity. We understand that our Reconciliation Action Plan (RAP) is a living document, that is constantly growing and we are committed to continuous learning throughout this process.



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
- 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

They are also now available on Xplor so you can view them at any time! Please contact us if you haven't set up your account

2020 Fee increase

Due to the rising cost of rent, services and wages, the decision has been made that we need to increase our fees to cover ongoing costs in 2020. We have made the decision well ahead of time so we could give all our TWOOSH families plenty of notice.

- 50 cent increase applies to BSC (before rebates)
 - \$1 increase to ASC (before rebates)
 - No change to Vacation Care

The following fees will commence at the start of 2020:

<u>2020</u>	<u>Permanent fee</u>	<u>Casual fee</u>
Before school care	\$15.50	\$17.50
After school care	\$25.50	\$27.50
Vacation care	-	\$59 - \$88 (based on activities booked)

Electronic Documentation, do you have access?

Please be aware that we need to ensure privacy is maintained, so please do not screen shot or share photos which contain other children.

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



Welcome to Xplor

All the information you need. All in one place.



We have started using 'Xplor' to document your children's participation in the program. If you have not set up the APP, please ensure you contact us so we can re-set your password and send you a new email so you can get set up. You'll be able to see photos and documentation of your child on the APP.

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

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

Spring/Summer Menu

MENU – Spring/Summer 2019 - 2020

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	Wholegrain crackers, Cheese and veggie sticks	Sandwiches with cheese/spreads and fruit	French onion dip, wholegrain crackers and veggie sticks	Pizza scrolls and veggie sticks	Spring rolls and brown fried rice
	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	Carrot cake cookies and fruit	Brown rice sushi and veggie sticks	Taco cups and veggie sticks
	5.30pm Late snack	Food from cooking activity	Jatz and Cheese cubes	Food from cooking activity	Mexican dip & sakatas	Food from cooking activity
Week C	3-3.30pm Afternoon tea	Pizza scrolls 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	Build your own wrap (Mexican bean filing)	Apple and cinnamon scrolls and fruit	Mixed bean salad and saladas
	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

2020 – Changes and enrolment offers

- We have started planning for 2020 and there will be some changes coming next year.
- Due to our huge waiting lists, the management team have decided to apply for a OOSH waiver (just released by the government) to allow for additional places.
- We have been working closely with the school to ensure we are able to do this safely and effectively.
- Letters of offer will be slightly later this year as we wait for approval from the department for the additional places. We will get these sent out as soon as we can. We are hoping to have everything confirmed by the end of October
- If you no longer need any of the sessions you have already requested, please email us ASAP
- We are working on securing an additional OOSH space/demountable in early 2020
- Our program will change in 2020; it will be split into 3 (Junior K-1, Pre-senior 2-3, Senior 4-6). We will have a program coordinator responsible for the development of sport, cooking and craft for each group. This will ensure there is enough on offer for all children, and all activities are age appropriate and can develop and build on the children skills and interests appropriately.

If you have any questions about 2020, please email Jena

From the Educational Leaders Desk...

Our program always aims to reflect our constantly changing community and environment, that impacts the children's interests and ever growing curiosities. This term has been no different, with a strong focus on mirroring Indigenous culture and practices, incorporating an increasing use of natural and sustainable resources as well as learning some traditional skills and crafts.

Indigenous inspired crafts have been seen throughout all 3 of our programs this term from creating artworks to put on display in our environment, to familiarising ourselves with different natural resources and traditional techniques. Building on these ideas we have also had a strong focus on sustainability from craft and cooking activities to recycling and reducing our waste as much as possible.

As usual term 3 has also been fun filled with many themed weeks such as science week, Incredibles, spring, father's day, seniors and favourites week.

Looking forward to term 4 and the end of the year in sight, we aim to continue the build on our indigenous and sustainable practices as well as look to further develop the children's independence and leadership skills. Preparing our year 2 children to move up to the senior room next year, for our year 5s to step up as our leaders and to send off our year 6s to high school. At the end of term 3 we began our walk to Westleigh shops with our year 6s and our preschool visits with our year 5s, which will continue throughout term 4.

Remember we would love to have the input of our families by 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!

Up coming events:

Term 4:

DIWALI
HALLOWEEN
MELBOURNE CUP
SUMMER
CHRISTMAS

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..

Thanks to all our wonderful TWOOSH families for supporting us throughout term 3, especially as we experienced some changes within the service management structure. We are glad that we could continue operation as usual with little disruption. Information about the staffing changes are available in this newsletter for your reference.

Please refer to the information in this Newsletter about 2020 changes. We will be recruiting new educators to ensure we are well prepared for the new year, so look out for all those new faces at TWOOSH. We will be sure to keep you informed of any other changes and appreciate your patience during this time of change.

But looking to Term 4; it is full of fun events! The program is looking great! We hope your children enjoy what is on offer in term 4.

Please remember, if you do not wish for your child to participate in any of the Spooky week or Melbourne cup activities, please ensure you speak with your child and prepare them for this.

Our summer vacation care program is also coming along very nicely and we are very excited about some new activities on offer. In January we will also be trialling 'Kindy club' on different days throughout the month to help orientate the new children to OOSH/school. We look forward to how this new addition to our program benefits those new children and families.

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



Jena Sheather

Dates to remember..

2020 Letters of offer:
Approximately early Term 4



December/January Vacation Care:
Program released: Monday 11th November
Bookings open: Wednesday 20th November



December / January VAC opening dates:
Thursday 19th, Friday 20th, Monday 23rd December
Thursday 9th January – Tuesday 28th January 2020



Public holiday closure:
Monday 27th January 2020



Regular term time resumes (years 1-6)
Wednesday 29th January 2020



2020 Kindy children commence:
Monday 2nd of February 2020