

# SCHOOL HOLIDAY PROGRAM

## APRIL 2022

**Healthways Recreation Centre** - We have a large range of activities that are all ON-SITE, and all INCLUDED in the price, including: Tenpin Bowling, Art & Craft, Swimming, Building Cubby-houses, Outdoor Activities & Games, Ball Games, Racquet Games, Cooking, Science Experiments, Board Games, Structured Play, Special Workshops, Special Incursions, Dress ups, Writing and Performing plays, Educational Themes, And lots more!!

### Program Dates:

- Mon 11/04/22 – Thurs 14/04/22
- Tues 19/04/22 – Fri 22/04/22
- (No program Fri 15/04/22 & Mon 18/04/22, due to Easter.)

### Program Time:

- Structured program 9.00am-4.30pm
- 3 activity sessions in the morning
- 3 activity sessions in the afternoon
- (Social grouping 7.45-9.00am & 4.30-6.00pm)

### The aim of the program:

Healthways School Holiday Program aims to provide children with activities during the school holidays that are:

- Physically active and engaging;
- Creative;
- Stimulate lateral thought and problem solving skills;
- Make educational concepts fun! eg. STEAM activities;
- Encouraging of social interaction between the children, to develop a sense of community and skills in team-work;
- And that throughout the day, and throughout the holidays that the activities are varied to cater for different children's interests and capabilities.

**Theme Days:** Each day has a theme attached to it, where the activities on the day relate to a particular concept. Across the program, we try to provide a range of pursuits to encourage the next generation of modern renaissance boys and girls. "The term Renaissance person is used for a very clever person who is good at many different things." We hope you and the children enjoy the range of activities we organise! We have lots of fun putting the ideas together and welcome your feedback and input. If you have any suggestions for themes please email us at [healthways@healthways.com.au](mailto:healthways@healthways.com.au).

**ENROLMENTS OPEN NOW. Enrol online at:**

<https://www.healthways.com.au/boxhill/other-programs/school-holiday-program/>

### Mon 11/04/22 **Spells & Sorcery – Mythical Worlds**

In the world of Witches, Wizards, Sorcerers and Conjurers anything is possible. Magic can be called to perform all sorts of amazing feats. This is a wonderful space for children to play and explore.

Today we'll be looking at mythical worlds and choosing what powers we'd like in them. Each of the children will be able to make a glass and metal amulet on a leather necklace to take home. The children may choose for their glass amulet to be endowed with special powers to protect them or to be the source of their powers. The choices are endless.

We'll also be creating powers of our own in the real world – using static electricity to move objects at our will and amaze our families.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Tues 12/04/22**

## Quiz Shows...

Quiz shows have a long and popular history. Whether you enjoy 'Spicks & Specks', 'Who wants to be a Millionaire', or classics like 'Family Feud' and 'Wheel of Fortune' there is a quiz show for everyone.

The show 'Letters and Numbers' is the inspiration behind our Art & Craft session today, with Scrabble-style art. And we'll be making Alphabet soup in a cooking session in the afternoon.

The show 'Double Dare' is the inspiration for our Sport session in the afternoon with obstacles and challenges.

Today we're going to have fun with some quiz show games.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Wed 13/04/22**

## A Shark's World. Marine Biology Day

Marine biology is much more than just swimming with dolphins (*or saving whales from golf balls if you're George Costanza or a Seinfeld fan 😊*). It is the key to understanding important issues facing our planet. Marine biologists study ecological principles and develop the management strategies that keep our oceans healthy.

Today we'll be looking at a day in the life of a marine biologist. We'll be making some 3D shark Art & Craft kits, and doing science experiments for how sound travels underwater.

In our swimming session today we'll be bringing in all our swim school's snorkels and masks and having a go at snorkelling in the pool.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Thurs 14/04/22**

## Quirky Critters. A Drama Day.

Today we'll be making a menagerie of quirky critters for a 'Punch and Judy' style drama performance.

The children will be able to make any number of characters for their story. They'll be able to set their scene and backdrop, and workshop a drama plot start, middle, and conclusion.

Where will your critters live? Will they be farm animals? Or aliens? Or a human family? Anything is possible and your only limit is your own creativity.

We look forward to seeing what stories the children come up with.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Fri 15/04/22**

## No Program. Good Friday.

**Mon 18/04/22**

## No Program. Easter Monday.



**Tues 19/04/22**

## **Geography: New Zealand**

New Zealand was first settled by the Maori people as early as 1300 AD. After claiming independence from Britain in 1835, New Zealand was the world's first country to grant women the right to vote in 1893. We'll be holding our own vote today, with a Kahoots game variation. Maori dancers manipulate poi (balls on strings) with great skill. We'll be making our own poi and having fun with poi tricks. The national game of New Zealand is rugby, which will inspire our sport session. And Maori tattooing, which is linked to a sense of pride and prestige, will inspire our Art & Craft.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Wed 20/04/22**

## **A Miniature World**

Today we'll be having fun with miniature worlds, where either we're small and the things around us are massive or where we're huge and the things around us are tiny.

In Art & Craft, we'll use modelling clay to make some mini-items for our mini-dinner tables – breakfasts, fruits, dinners and treats.

We'll be playing some giant games of tic-tac-toe, snakes and ladders, and connect 4.

In sport we'll be going mini with a mini-olympics, and also going huge with some giant games using a giant dice.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Thurs 21/04/22**

## **Art after Dark**

Melbourne's leading galleries and museums will all open at night in mid-May 2022 for 'Art After Dark'. Inspired by Europe's Night of Museums, the event will open up some of Victoria's finest cultural institutions all night, and is the inspiration for this day.

We'll be making some negative space canvas art work for you to take home and hang in your home gallery. We'll be playing some dark games with torches and block-out goggles. And we've got glow sticks for games in the sport session.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

**Fri 22/04/22**

## **Science: Solar Power**

Did you know... Healthways has 90 solar panels on the roof! During daylight hours the whole centre's electricity needs are from solar generated power. We're dedicated to renewable energy!

Today we'll be looking at solar panels and how solar power is generated. And then we'll have a go building a solar powered model.

In pairs the children will be able to build one of 6 different solar models to see how they work and how they generate electricity.

A great exercise in understanding how this technology works, as it becomes one of the renewable energy sources that powers the world.

As it's the last day of the holidays, the bowling sessions will include our traditional end-of-holidays disco and glow-in-the dark party lights.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!



## Program Information

### Eligibility to attend:

As per the national regulations, children can attend vacation care as of 1st January in the calendar year that they are attending primary school OR once they have turned 6 years old. So if your children are going to primary school in 2022, they can attend as of 1<sup>st</sup> January 2022.

### Please note the following general extra info in the times of COVID:

- Ventilation:
    - We've had the ventilation in the whole building tested over this time. Every room in the main building has it's own 100% fresh air ventilation, including the offices. At 80% the air turns over every 2.5 minutes, at 30% the air turns over every 5 minutes. The Art & Craft room is ventilated by opening windows and doors to outside. We're really pleased to share this information with clients and staff. We're doing everything we can to respond to the current times.
    - Please make sure the children have warm clothes with them each day so that ventilation can be maximised.
  - Vaccination:
    - 100% of all staff in the school holidays are fully vaccinated.
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- The last 18 months of COVID have given us lots of experience to be able to pivot as needed and respond fully to the COVID restrictions of the day.
    - Bookings will be limited to the numbers permitted as per government direction. Please book as soon as possible to avoid disappointment and so we can plan accordingly. Thank you.
    - The number of adults permitted past the foyer will reflect the government's COVID restrictions of the day. When you arrive at the centre please sign-in/out in the main reception area and kindly follow directions about how drop off and pick-up needs to happen.
    - Re: Activities. The activities offered each day will reflect the government's COVID restrictions of the day. We always monitor the situation daily and adjust activities accordingly if needed.
  - We will be ensuring regular hand cleaning and reducing the amount of shared equipment in the program. As such, could you please bring with you for personal use:
    - A pencil case, with any textas/pencils/scissors/glue stick that the children might like to use in Art & Craft sessions.
    - Any small toys, that the children might like to play with during social grouping time (ie. 7.45-9.00am & 4.30-6.00pm) while students are being dropped off and picked up.
  - As per all previous communications since the beginning of COVID-19, we would like to continue to reassure all clients that we will honour any services you have paid for. In the event that you book, and then restriction levels mean that you are unable to attend due to restriction levels we will give you a full credit for any services you have paid for. Credits may be used for any services in the future. For cancellations due to other reasons, the normal cancellation policies will apply as normal. Thank you.
  - We look forward to showing the children a good time these holiday.

### Daily Routine:

7.45am-9.00am: Social grouping & free-play.

9.00am-9.30am: Daily Welcome and Ice-breaker games.

9.30am-4.30pm: Structured Program – your children will be active and engaged all day. We have 3 activity sessions before lunch and 3 activity sessions after lunch. The activities in each session change depending on the day's themes, but usually the morning includes Tenpin Bowling, Art & Craft, and Physical Education; and the afternoon includes Investigation and Discovery, Creativity and Problem Solving, and Physical Education.

4.30pm-6.00pm: Social grouping & free-play.

### **Children's Groupings:**

The children are organised into groups of 15-20ish for their activities and then all groups come together at meal times – just like school. There are 3 activities in the morning and 3 activities in the afternoon, so we have a maximum of 3 groups of children at any time. The groups rotate through the days activities, so children participate in all 6 activity sessions over the course of the day. In the afternoon, the older children are invited to participate in 'Kids Club' which is a grouping for them to extend their abilities and knowledge, and the younger children are invited to participate in 'Little Legends' which is a grouping for them to have a more relaxed pace as their energy levels are slowing down for the afternoon.

We're able to group friends or family members together as needed. In the morning the children can let us know themselves that they want to be together, or parents can let us know in the mornings too.

### **Daily Fees:**

- Base Fee \$64.90 + Experience Fee \$25.00
- Total Fee = \$89.90
- (With Maximum CCS = \$13.49 out of pocket)

There are NO EXTRA CHARGES. Included in the above prices are ALL ACTIVITY COSTS, ALL SPECIAL EVENTS/ THEMES/ INCURSIONS and ALL MATERIALS for the daily Art and Craft, Science and/or Cooking sessions.

### **Leaders:**

We have an industry-leading staff ratio of 1:10. All leaders are experienced in working with children and have all their required qualifications. Most leaders are school teachers and/or arts teachers (eg. drama, music, etc) and/or sports teachers (eg. swimming, cricket, football, basketball, dance, etc) during the term and then work with us in the holidays.

### **What to bring:**

- Clothing:
  - Socks & Closed-in shoes
  - On sunny days (and all days Sept-April): Sun Hat, Sunscreen & Clothing that covers the shoulders
  - On cold days: Jumper and warm clothes to wear outdoors
- Food:
  - NO NUTS OR NUT PRODUCTS – WE HAVE CHILDREN ATTENDING THE CENTRE THAT ARE AT SEVERE RISK OF ANAPHYLAXIS!
  - Morning play lunch
  - Lunch / Lunch order
  - Afternoon play lunch
  - Water bottle
- We will be ensuring regular hand cleaning and reducing the amount of shared equipment in the program. As such, could you please bring with you for personal use:
  - A pencil case, with any textas/pencils/scissors/glue stick that the children might like to use in Art & Craft sessions.
  - Any small toys, that the children might like to play with during social grouping time (ie. 7.45-9.00am & 4.30-6.00pm) while students are being dropped off and picked up.
- Maximum \$3.50 to spend at the canteen (optional)
- Any medication, personal requirements, etc.

### **Forget something?:**

We're parents too and we know that life is busy!! So if you've forgotten something we have done our best to organise options to be available on the day for your child. For example:

- Forget your socks? Children need socks so that they can go bowling. We have organised socks to be available. They're just \$2.50 from reception.
- Forget your lunch? We have lunch orders available. Order at reception in the morning when you drop-off.
- If you've forgotten something else, let us know and we'll try to help!

### **Children with additional needs:**

We support all children including children with additional needs. If you would like to provide additional information about your child and his/her needs or require inclusion support funding, please contact us 6 weeks prior to program commencement on [healthways@healthways.com.au](mailto:healthways@healthways.com.au) for staffing purposes.

**Claiming the 'Child Care Subsidy' (CCS):**

When you book a day at the holiday program, you pay \$30/day upfront. Over the course of the holidays we submit your attendances to Centrelink. Centrelink calculates your applicable CCS and applies it to your holiday program account. On your enrolment form there is a place for you to fill in your CRN details to claim CCS. Every day we send your enrolments to Centrelink. Once you have approved your enrolments at Centrelink via your MyGov account, Centrelink will apply your CCS.

At the end of the holidays, if your CCS doesn't cover the balance of the day's fee, the remainder will be charged to the credit card that made payment. If your CCS covers more than the balance of the day's fee, the surplus will remain as credit on your account and can be used towards any future bookings. You will be emailed invoices detailing any CCS payments that Centrelink has made for your children.

For more information about how CCS works, please see the information from the Australian Government at

<https://www.humanservices.gov.au/individuals/services/centrelink/child-care-subsidy>.

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**See you in the holidays!**



**Healthways Recreation Centre**

◆Gym ◆Tenpin ◆Swim ◆Recreation

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**[www.healthways.com.au](http://www.healthways.com.au)**