

SCHOOL HOLIDAY PROGRAM

JUNE/JULY 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 27/06/22 – Fri 01/07/22
- Mon 04/07/22 – Fri 08/07/22

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.

ENROLMENTS OPEN NOW. Enrol online at:

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

Mon 27/06/22 **Amazing Bugs**

Did you know that fruit flies were the first living creatures to be sent into space? They were also used over 100 years ago to study genetics, chromosomes, and how organisms function and develop. Humans have 23 pairs of chromosomes. Fruit flies have only 4. Bugs are amazing! Today we'll be setting up science experiments that will run for the duration of the holidays to observe the life cycle of fruit flies and observe under the microscope their genetic traits.

Everyone on the day will also receive their own insect fidget toy to

create a habitat for and take home to play with. And we'll be setting up the big screen for a bug-themed movie, including making popcorn.

Don't be a fly on the wall. Be like Frank Sinatra and come [fruit] fly with us! 😊



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

Tues 28/06/22

Go for GOLD!

The Commonwealth Games are beginning soon! From 28th July to 8th August 2022 athletes from Australia will be joining other athletes from the Commonwealth of Nations in Birmingham, England. And they've all got gold in their sights.

Gold is the inspiration for our theme today.

In art and craft we'll be decorating shimmering gold mandalas, and making gold infused bath bombs.

In our sport session we'll be holding our own mini-Commonwealth games. And we'll be having a go panning for gold.



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

Wed 29/06/22

Age of the Dinosaurs

The 'Age of Dinosaurs' (the Mesozoic Era) included three consecutive geologic time periods: the Triassic, Jurassic, and Cretaceous Periods. Today we'll be learning about the evolution of dinosaurs into their different species, and how scientists know what they sounded like and what their skin looked like.

Did you know that scientists now think that T-Rex may have had feathers?! We'll be painting our own dinosaur skin colours on plaster dinosaur moulds today in art and craft and making some dinosaur 3D sculptures.



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

Thurs 30/06/22

Science: Sound Waves

Today we'll be looking at the science of sound.

We'll conduct some experiments to investigate how sound waves travel through the air. And then start changing those sounds to see how the sound waves change.

We'll be travelling sound waves through different objects, and experimenting with how we can change the sound by moving air passages. We'll be breaking the sound barrier, and we'll be creating an experiment that confuses your brain about which direction the sound is coming from.



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

Fri 01/07/22

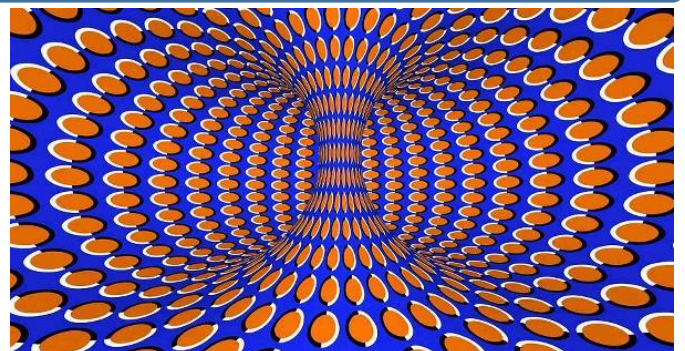
Illusions and other ways to trick our Brains!

Today, we'll be tricking our eye on the 1st of JULIEYE! (Hehehe... 😊)

We'll be having fun with lots of ways to trick our brains over the day. We'll play with a heap of optical illusions and have a go making our own optical illusions and 3D art.

We'll also be looking at the tricks that our brain misses with magic and the amazing colour changing card trick.

We'll be learning some slight-of-hand brain-defying tricks that we can do to amaze and wow our family. And we'll be making a floating dice illusion.



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

Mon 04/07/22

Clowning Around

Friday 12th August 2022 is Red Nose Day. We're going to celebrate by being a clown for a day. We're going to learn how to make balloon animals, flowers, swords and other shapes, and see if we can make a few to take home. What will you make?

We're going to play some carnival games like 'target throwing' and 'knock down the pyramid'. We're going to have a go learning to juggle and hula-hoop. And as a group activity we're going to make funny carnival cut outs, where there's a picture of a body with the face cut-out and you put your face there. Sure to be loads of laughs.

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



Tues 05/07/22

Geography: Venice, a city on water

Famous for its canals, Venice consists of 118 islands that appear to form a 'floating city'. There's no cars, only boats. Today, we'll be celebrating this unique city.

Murano island, located in the Venetian Lagoon, is known as a glassmaking hub. We'll be making glass creations in art and craft today. Venice's Carnival celebrations are an annual event too. We'll be making masks and disguises.

The main sports in Venice revolve around water and boating. We're going to borrow the swim school's boats and have some fun with real boats in the pool for our swimming session today.



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

Wed 06/07/22

Science: Shapes. Tessellations. Symmetry.

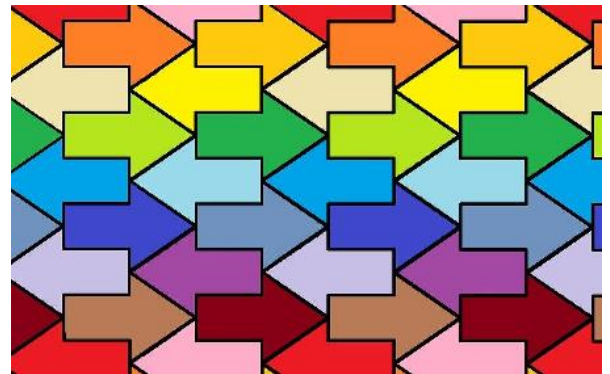
The world is organised all around us into different shapes that fit together. Anyone put something together from Ikea recently? Lots of shapes in there! Today we're having fun with geometry.

We'll be doing activities to build 3D shapes of all different sizes. And doing experiments on them to test for strength and capability.

We'll be having fun with tessellations. That's when the same shape can be repeated and they fit in to one another perfectly.

And we'll be having fun with symmetry. Creating one half of a structure only, and then replicating it on the other side.

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



Thurs 07/07/22

Into Outer Space

Today, we're going to imagine that our holiday program has been recruited by the 'Australian Space Agency'. (Yes, that's a real agency! 😊)

We're going to develop our STEM skills while completing a 'Space Lander Mission'. Lots of experimenting and fun design to crash land two aliens safely.

We're also going to do a NASA activity to grow your own space seeds at home. And we'll make some star inspired artwork in art and craft.

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



Fri 08/07/22

Textiles. From Farm to Fashion House.

The process that it takes for a TShirt to turn up in your wardrobe is completely mechanised. Today we'll be looking at the journey that cotton takes to get from a farm to a fashion house, and answering the question 'how is the fabric in our clothes made?'

We'll be designing and making your own cotton tea towel to take home to use in your kitchen. And we'll be making some kitchen creations to take home too.

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. Always a fun party day!

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 1st 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 its 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've gone this extra mile to provide extra confidence to our Healthways community.
 - Please make sure the children have warm clothes with them each day so that ventilation can be maximised.
- Face-coverings:
 - Whilst it is not mandated, it is still recommended to wear a face-mask indoors. As such staff will be wearing face-masks indoors where possible. And we kindly ask that parents and children do the same.
- Vaccination:
 - 100% of Healthways staff are fully vaccinated.
- 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 day's 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 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 payment method on file. 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>.

ENROLMENTS OPEN NOW. Enrol online at:

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

See you in the holidays!



Healthways Recreation Centre

◆Gym ◆Tenpin ◆Swim ◆Recreation

1-11 Arcade Rd, Mont Albert North 3129, Ph. 9895 2300

www.healthways.com.au