

SCHOOL HOLIDAY PROGRAM

SEPTEMBER 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 19/09/22 – Thurs 22/09/22
- Mon 26/09/22 – Fri 30/09/22

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 19/09/22

Busy Buzzy Bees

Did you know that bee's wings beat 230 times per second? Or that they can't see the colour red? Today we will learn all about the amazing world of bees!

As the sun starts to shine with the start of spring, we will make our own seed bombs to help create pollinator-friendly gardens. We'll also be designing our own honeycomb craft with bee pins. Bee hives demonstrate excellent teamwork – everyone has a job to do. In our sport session we'll live in our own Healthways hive with lots of teamwork games!

We will get to practice living like bees as we go on a flower scavenger hunt. Finally, we will get to cook up our very own delicious honey joys in the Healthways kitchen.

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

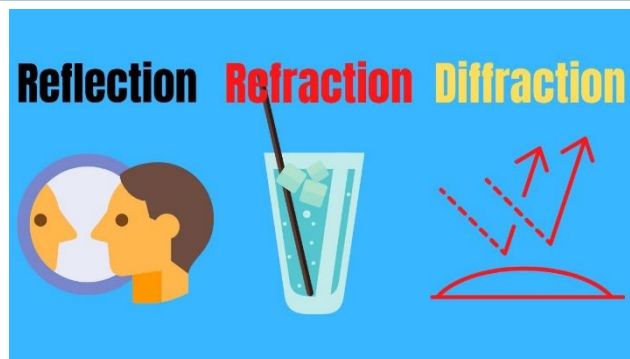


Tues 20/09/22 Science: Bending Light. Reflection, Refraction and Diffraction

Come with us today as we learn about making light bend using reflection, refraction and diffraction.

We'll do some science experiments to explore whether objects are opaque, translucent or luminescent. Also, to explore how light bends through water and reflects on shiny surfaces. In art and craft we'll be making our own kaleidoscopes!

We will also run experiments to see if we can make rainbows appear with refraction. We'll also be crafting some rainbow art to take home. In sport we'll have some fun with torches and shadows, colour and mirror games.



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

Wed 21/09/22 Inventions and Ideas that change the world

Today we'll be celebrating inventions and ideas that changed the world, and we'll be inviting all our young visionaries to think about how they can change the world.

What invention can you create? What problem can you solve? What robot can you design? Let your creativity run free as we see what could be possible. We'll be making some prototypes of our ideas to test and develop.

We'll also be thinking about future us, and what we might be achieving when we grow up. With some 'future me' art and craft. In sport the children will have the opportunity to invent their own games with aims, equipment and rules.



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

Thurs 22/09/22 Sporting Superstars

To celebrate the AFL Grand Final, today we'll be hosting our own sporting carnival! Wear all your favourite team clothes as Melbourne prepares for the first AFL Grand Final to happen here in 3 years!

In art and craft we'll be designing and creating a brand-new sporting team with their own original flag, banner and mascot.

In the afternoon we'll be making mini finger athletes to play with and take home.

In the physical activity sessions today we'll be practicing all our favourite sporting games and skills, including balls, racquets, goals and nets. In the bowling session today we'll be having a game of 'steal the strike' with prizes and fanfare!



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

Fri 23/09/22 AFL Grand Final Public Holiday - No program.

Mon 26/09/22

Woodworx. Build it yourself.

Today we'll be trying our hand at woodworking with large Woodworx storage rack kits to each make and take home. Make a wine-rack for Mum and Dad, or a water bottle rack for the kids. Come join us today as we piece together a fun project with pre-drilled wooden pieces, dowl pieces, sandpaper, screws and screwdrivers.

We'll also be trying our hand at some engineering challenges, including how high can you make a structure out of just toothpicks and marshmallows? In the afternoon, the children will be able to complete their construction themed day building the ultimate cubby houses. How many rooms will your cubby house have?



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

Tues 27/09/22

Geography: Iceland

Today we will be exploring all things Iceland! We're going to recreate one of Iceland's many volcanos in our own Duct tape volcano experiment! We'll also be capturing the beauty of the Northern Lights with our own frame artwork inspired by the natural phenomenon created when solar wind particles interact with the Earth's magnetic field. Did you know that Iceland has over 100 words for wind?!

In the sports session we'll try our hand at Iceland's national sport of Handball, a holiday program favourite in its own right. We'll also play some traditional Viking games in honour of Iceland's first settlers.



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

Wed 28/09/22

Superheros in Training!

Unleash your inner superhero as we transform into superhuman versions of ourselves!

We'll be honing our skills and having some fun with superhero physical training games in the sports sessions!

In art and craft we'll be designing and making our own superhero wrist accessories. Spiderman has web shooters, Batman has the gauntlet winch, Wonderwoman has the bracelets of submission, Ben10 has the Omnitrix watch.

Oooooo... so much inspiration! What will your super power be?

We'll also be honouring Superhero history by making flying superhero cartoons and creating our own comic book art.



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

Thurs 29/09/22

Science: Defying Gravity

Come join us as we try to trick gravity today! Normally, gravity pulls us towards the centre of the earth, but today we're going to experiment with activities that hover or move us away.

We'll make some straw rockets that will blast off into the sky, and spinning cups that can miraculously hover mid-air! We will also be making snow globes with suspensions in water, and we'll see if we can beat some balloon and floating challenges.



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

Fri 30/09/22

Once Upon a Time...

Today we will embrace our love for reading as we celebrate our favourite literary characters and create some new characters of our own!

In art and craft we will be designing and decorating our own book bag to carry our book treasures in from library to home.

We will also be exploring the art of story telling making shadow puppets and having fun performing with our friends.

The afternoon will include some drama and dress-up games, a holiday program favourite.

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 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'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.
- 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. Payments are processed on the second Thursday after the end of the holidays. 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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<https://www.healthways.com.au/boxhill/other-programs/school-holiday-program/>

See you in the holidays!



Healthways Recreation Centre

◆Gym ◆Tenpin ◆Swim ◆Recreation

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www.healthways.com.au