

SCHOOL HOLIDAY PROGRAM

DECEMBER 2021 / JANUARY 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 20/12/21 – Thurs 23/12/21
- Tues 03/01/22 – Fri 28/01/22
- (No program Wed 26/01/22, due to Australia Day Public Holiday.)

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/onlinepayments/school-holiday-program-on-line-booking-form/>

Mon 20/12/21 **Fireworks and Light Shows**

As we get closer to Christmas, houses are stringing up their Christmas lights and some of them are amazing. Have you ever been to Ivanhoe Boulevard? Or maybe there's a spectacular house near to you. Events around town are also getting ready for NYE firework displays.

Today we'll be celebrating all the fireworks and fabulous light shows that happen around this time of year.

We'll be learning about how fireworks are set-up and how they work. Don't worry we don't have any fireworks on site, but we do have some experiments we'll be doing with cake sparklers.

We'll be using oil pastels to make some firework artwork, and in the lead-up to Christmas we'll be doing some Christmas art & craft in the afternoon.



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

Tues 21/12/21 A Sticky Situation

It's so much fun sticking things together. Between sticky tapes, glue sticks, craft glue, glue guns, stickers, there's so many ways we can join two things together. Today we'll be using lots of them!

We'll be using stickers to make our own invitations which we can use next year to invite friends to an event/play date. That's something to look forward to!

We'll be playing a sticky game in our sport session... hockey! 'Stick'... get it? Hehehe. 😊

We'll be making our own clag glue from flour and water and using it to make some papier-mâché art in the afternoon. Includes Christmas themed craft.

And we'll have a laugh about some awkward sticky situations we've been in. What's brown and sticky? A stick, silly!

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



Wed 22/12/21 Science: Heat Transfer

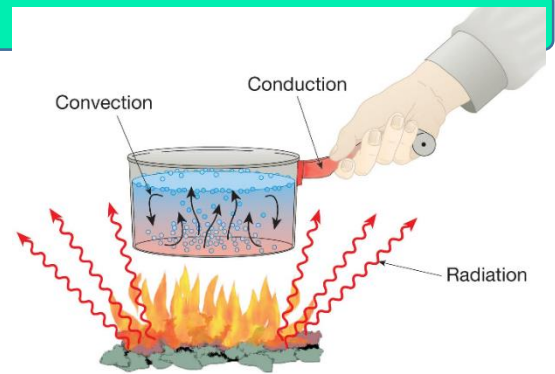
As the temperature gauge starts going up for Summer we're going to look at the science of why things get hot, and explore some ways that heat is generated and transferred.

We'll be doing a number of science experiment generating heat from friction, from the sun in a greenhouse, and from our own bodies.

We'll also be looking at how heat transfers differently into light versus dark colours, into metal versus plastic, into air versus water.

For our art & craft we'll be decorating candles and candle holders. Our candle wick creates heat that warms up the scented oils in the candle wax, which turns it into a gas that we can then smell.

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



Thurs 23/12/21 What's got your attention?

If you could raise money for anything what would it be? This question is quite philosophical and we've saved it for the end of the year when we've got our oldest cohort of students. Would you clean up the oceans? Would you help plant trees? Would you help someone with food or education? Would you look after injured wildlife? Christmas is the time for giving, and there are so many good causes to get behind. What's got your attention enough that you want to do something about it?

Today, the children are going to pick one good cause and make some merchandise to help tell people about it; bags, posters, badges, keyrings, etc.

Many causes have merchandise and today the children are going to create their own. For the last day of the year, we are also having a glow-in-the-dark disco bowling party.

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



Fri 24/12/21 No Program. Christmas Eve.

Mon 03/01/22 No Program. New Years Day Public Holiday.

Tues 04/01/22

There's a party on the hill...

It's a new year and it's time to have a party! Today we'll be having a day of party games, with all the favourites like: pass-the-parcel, pin the tail on the donkey, musical chairs, limbo. We might even have a pinata! (Assuming that the glue and papier-mâché making from before Christmas all goes well.) 😊 So get your good vibes and fun times happening. It'll be like it's everyone's birthday on the same day!

The afternoon will include a kitchen session, making fairy bread and jelly to keep with the party theme.

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



Wed 05/01/22

Science: Kitchen Science

Calling all our crazy scientists! The kitchen is a wonderful place to watch science in action. Today we'll be using lots of things from the kitchen cupboards to watch reactions occur.

We'll be separating the fat molecules in cream to make our own butter in a jar. We'll play with oobleck, a mixture of corn flour and water that creates a non-newtonian fluid. That is, something that can be both a solid and a liquid. And we'll be making sherbet that will react with the liquid on your tongue to fizz and sizzle.

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



Thurs 06/01/22

Under the sea. A drama day.

Today our resident drama teacher will be running a drama workshop based under the sea. These sessions give the children opportunities to extend their creativity, develop character ideas and plot lines. Together small groups of students can rehearse their performances, make the props they want to use, and then perform their pieces in the afternoon.

After the performance, there will be time for some turtle and jelly fish art & craft, and a good PE session for lots of fun and games.

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



Fri 07/01/22

Loop-the-loop!

We're so excited about this theme. Today we'll be doing all things that loop-the-loop. Woohoo!

Today we've got foam stunt aeroplane gliders for everyone. With two positions for the back wing you'll be able to choose straight flying mode or go for a loop-the-loop. See if you can pull off a full rotation!

You can decorate it, make it yours, and continue the challenges with it at home.

We'll also be bringing out the marbles to see if we can make some loop-the-loop tracks for them too. A great STEM activity! If you can do the marbles, we'll see if you can upgrade to the matchbox cars.

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



Mon 10/01/22

Potato Power

Down in the dirt, a little starchy vegetable grows that holds great power. So much so that it can provide electricity to a clock! Yes, you heard correctly. Today we are going to switch on a clock using the electrical power of two potatoes. "No way" I hear you say. "Yes way" we reply. "Not only are they delicious, but they are powerful too."

And that's why once they've powered the clock, we are going to eat them. 😊 Today we'll be doing a science experiment looking at the chemical reaction that happens when the acid in a potato reacts with a positive and negative electrode. Very cool! We'll also be using our potatoes for some art and craft, and we'll finish the afternoon in the kitchen making some potato ghosts. You'll never look at potatoes the same again. They'll be like they were before, but even more awesome!

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



Tues 11/01/22

"You're on mute!" Communication through the ages.

"I think you're on mute". We've all said it over the past 2 years. It's been a point of laughter and frustration 😊. It's happened in parliament, workplaces and schools. But before there was zoom, teams and webex, what was there? What other ways have we used to communicate?

Today we'll be looking at methods of communication that have stood the test of time, including flags and morse code; and that have made communication accessible for more people, including braille and auslan. As well as some fun languages like pig-latin. We'll also be making some string and cup communicators to see how sound waves travel. How do you think we'll be communicating in the future?

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



Wed 12/01/22

Make your move

The World Boardgaming Championships are currently calling for registrations for their event in the middle of the year. This is the most eclectic collection of gamers and enthusiasts from around the world. What game could you come up with that could wow and delight them? And us?

Today we'll be making our own games and rules for board games, sports games, and inclusive play.

What 'house rules' do you play with at home? We'll be running a little gaming tournament so the kids can try out other people's games too.

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



Thurs 13/01/22

Twisting and Weaving

Whether it be on the sports field where players twist and weave to win a point, or in a design studio where artists twist and weave to create great designs, there's beauty in the chaos of things moving haphazardly around each other.

We'll be putting our twisting and weaving skills to the test in the sports sessions with lots of fun and games.

We'll also be putting our twisting and weaving skills to the test in the art and craft sessions with a selection of paper weaving, net twisting, and twine weaving activities.

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



Fri 14/01/22

Back to the Future

Everything old is new again! Today we'll be getting out the scrunchies, leg warmers, puffy sleeves, high waist pants, mullets and heading back to the 1980s when the Mums and Dads were all kids. All of which are back in fashion by the way! There'll be some musical games with Madonna classics, and MC Hammer won't be able to touch anything, including your cool 1980's extreme yo-yo toy.

We've got extreme yo-yo's for everyone, and we'll have a workshop learning some yo-yo tricks to wow your family and friends. We'll also be having a glow-in-the-dark bowling party to celebrate the middle point of the school holidays.

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



Mon 17/01/22

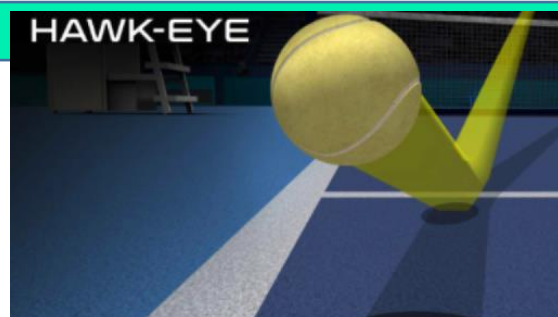
Science: Hawk Eye. Zoom-In.

The Australian Open Tennis Championship is starting today. Melbourne will settle in to watch the best tennis players in the world hit the ball from left to right. Quiet please.

But the ultimate referee is Hawk Eye. With numerous linked cameras around the court, Hawk eye can track a ball precisely. Often zooming in to millimetres to see if a ball was in or out.

Today we are going to use our own zoom-in technology with binoculars and microscopes to enlarge the world around us. We'll investigate how zoom lenses work and inspect grains so small to the human eye. In art and craft the children will decorate their own sport binoculars to take home. And in PE they'll have the opportunity to play tennis.

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



Tues 18/01/22

The Secret Life of the Zoo

Life as a zoo keeper never stops. There are animals to feed, enclosures to clean, vet visits to do, and visitors to show around. Zoos bring animals and their stories to our lives that we would otherwise never see. They are breeding grounds for endangered species, and safe havens for injured wildlife. Today we'll be looking at life as a zoo keeper.

We'll be designing enclosures that keep our animals happy and healthy. We'll be making diaramas to show their natural habitats. In the afternoon we'll have fun making child-scale habitats with our big selection of cubby squares and materials. Always a favourite for the children!

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



Wed 19/01/22

Geology: A Rocky Road

We're on one big rock hurtling around the solar system with a smaller rock hurtling around us. Rocks brought back from the moon in 2020 were confirmed in November 2021 to show that the moon's volcano activity finished later than previously known.

Today we're going to have fun with some little rocks. The children will be able to make rock houses, villages and even some rock pets.

We'll also be making some rocky road food in an afternoon kitchen session.

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



Thurs 20/01/22 Kings and Queens.

Come today and learn some card games and card tricks to confuse and amaze your friends and family. "Off with their heads". Watch out for the Queen of Hearts, she's a doozy!

Ask your family to pick a card, and learn how in 3 quick moves you can know what their card was! Turn 4 cards into 4 aces before their very eyes! You'll be the talk of the town. Today we've got packs of cards for everyone to learn and practice with.

We'll also learn some favourites like 'Go fish', 'Solitaire', 'Spoons' and 'Rascals and Royalty'. What other card games do you know?



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

Fri 21/01/22 Special Treasures

Everyone's got some special things that hold particular meaning in their heart. A favourite toy. A first blanket. A secret diary. They're things that are unique to you and your life.

Today we'll be honouring the special things in your life that you enjoy and love. It might be special people. It might be special things. But they're all your treasures. We'll be making a special treasures box, and having a special treasure hunt.

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



Mon 24/01/22 Create your own TShirt

This theme has become somewhat of a January tradition in the past few years... because the kids love it!

Today the children will be designing and making their own T-Shirts.

Using textile markers and paints the children will take home a personalised cotton T-Shirt designed and made by them to enjoy and wear. Children will decide on a design and start the outline of their design in the morning, and finish the details in the afternoon. Please wear old clothes on the day. The children will be wearing smocks while they do their art and craft, but please don't bring the children in their best clothes... just in case! 😊

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



Tues 25/01/22 Famous Australian Landmarks

We begin today by acknowledging the Wurundjeri people, Traditional Custodians of the land on which we gather, and pay our respects to their Elders past, present and emerging.

How many Australian Landmarks do you know? Australia's got big things, little things, natural wonders and human-made delights. Do you know where they all are? Today we'll be celebrating Australia Day by learning some more about all the wonderful places in our vast country and where they are on the map.

The children will each go home with an Australia Map poster to put on their wall. You might even be able to use it to plan your next holiday! Fun times!



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

Wed 26/01/22

No Program. Australia Day Public Holiday.

Thurs 27/01/22 Science: Make it grow...

Farming is big business. Our food comes from all over the world and the technology advances to make things grow is amazing. Calling all green thumbs (and brown thumbs too). Our science focus is on Horticulture and Botany today. What makes different plants grow? Each child will prepare a seed germination tray to take home, and learn about how it grows. Additionally, everyone will be able to decorate their own pot planter set to take home ready to transfer any plants to.



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

Fri 28/01/22 Year of the Tiger

The 1st of February 2022 is Chinese New Year, and marks the beginning of the Year of the Tiger.

Tigers are the biggest cats in the world, but did you know that unlike their smaller feline cousins they actually like water and often cool off in ponds or streams. People born in the year of the tiger are said to have character traits like the animal. Calm but rebellious. Fearsome but affectionate. Free spirits but fiercely territorial. Some of our students will be born in the last year of the tiger in 2010. Does that sound like you?

Today we'll be celebrating tigers and Chinese new year. We'll be doing some tiger art work, and decorating large paper lanterns.



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 in Dec 2021 / Jan 2022:

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'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.



- 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 for staffing purposes.

Child Care Subsidy (CCS):

Our services are registered with Centrelink, so you will be able to claim Child Care Subsidy (CCS) on your fees. When you enrol in the School Holiday Program, you pay a deposit of \$30.00 per day. At the end of the holidays your account is reconciled with Centrelink. Any remaining balance will be charged to the credit card that made payment. Any amount that has been overpaid will be refunded to the same credit card that made payment.

For further information about CCS please visit <https://www.education.gov.au/new-child-care-package-frequently-asked-questions> and/or <https://www.healthways.com.au/boxhill/files/2018/08/INFORMATION-about-the-Child-Care-Subsidy.pdf>

ENROLMENTS OPEN NOW. Enrol online at:

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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