

# SCHOOL HOLIDAY PROGRAM

## JANUARY 2023

**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:

- Tues 03/01/23 – Fri 27/01/23
- (No program Thurs 26/01/23 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](mailto:healthways@healthways.com.au).

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

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

**Mon 02/01/23**

**No Program. New Year's Day Public Holiday.**

**Tues 03/01/23**

**Dr. Seuss**

One Fish, Two Fish, Red Fish, Blue Fish. The stories of Dr. Seuss are classics and have endured for generations. Today we'll be imitating some of the creativity of Dr. Seuss. Did you know Dr. Seuss's father ran the local zoo? Dr. Seuss liked to visit his Dad at work and when he got home he would try to draw the animals he saw on his walls. We'll be making some Dr. Seuss-style animal rhymes, and Dr. Seuss-style tree craft. Day includes setting up the big movie screen and making popcorn.

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



**Wed 04/01/23**

## **Science: Feeling your nervous system**

Today is World Braille Day. Braille is a system of raised dots that can be read by touch with the fingers.

Every second of every day your nervous system is sending messages around your body, helping you to feel and move.

Today we'll be doing experiments to test how our nervous system works. Can you feel if your hand is being touched in one place or two? Can you find the double items by touch, without looking at them? Can you test different parts of your body for nerve sensitivity?

We'll also have a go making and reading Braille.



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

**Thurs 05/01/23**

## **What's your perspective?**

Are you big? Or are you little? It's all a matter of perspective. As all our students move up a grade at school they'll be changing their big-little perspective, and we're going to have some fun with it today.

We're going to do some perspective drawing in art & craft. We're also going to make some shrink art.

We're also going to play some fun games with perspective photography. We're going to use our perspective to make ourselves appear big and little in relation to the objects around us and create some funny photo effects.

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



**Fri 06/01/23**

## *Circus in the Big Tent*

Today we're going to make our own circus tent and try our hand at some circus skills. Come have some fun juggling – can you do one hand, can you do the other hand? You might even be able to do both hands.

We're going to learn some hoop tricks, and play some parachute games.

The balance skills are coming next... we've got a bunch of balancing games and balancing fun to challenge your fine and gross motor skills.

"Roll up, roll up. Ladies and gentlemen, boys and girls. Welcome to the Healthways circus!"

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



**Mon 09/01/23**

## **1923: Time-travel 100 years**

The Myer Christmas windows were a celebration of 100 years of Disney this year. We're going to take that as inspiration and go back in time to when Disney was first created. All the way back to 1923.

We're going to have Disney art & craft, chequers, jacks, and make dominoes. We're going to have hopscotch, action rhymes, and skipping rope games. Comics were also popular in the 1920's, like they are now. Everything old is new again! We're going to make some comic strips.

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





**Tues 10/01/23**

## **Beach Holiday**

The Summer months are a time for beach fun. We're going to pretend we're at the beach today! We're going to fly kites, play frisbee, blow bubble mix, play beach musical towels, and other fun beach and summer inspired games.

We've got the beach volley ball net to put up to for those who enjoy ball and balloon options.

For art and craft we're going to decorate shell and sealife wall hooks to take home, and we'll also be doing some 3D shell art.



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

**Wed 11/01/23**

## **Geography: Denmark Day**

The European Handball World Cup starts today. As the two-time defending world champions, Denmark has high hopes to win the crown again. Today we'll be celebrating this sporting achievement by playing some handball in our sport sessions.

Denmark also loves renewable energy. Their wind energy per capita exceeds that of any other OECD country, almost doubling the closest country. We'll be making some windmills in art and craft.

Did you know that the Danish language has no word for 'please'? We'll be making some Danish 'thank you' cards to use instead.

And in the afternoon we'll be making some Danish pastries in the kitchen.



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

**Thurs 12/01/23**

## **Drama Day: Fables on Stage**

Today our resident drama teacher will be running a drama workshop based on scripts of popular children's fables. 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 art & craft, and a great PE session with 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 13/01/23**

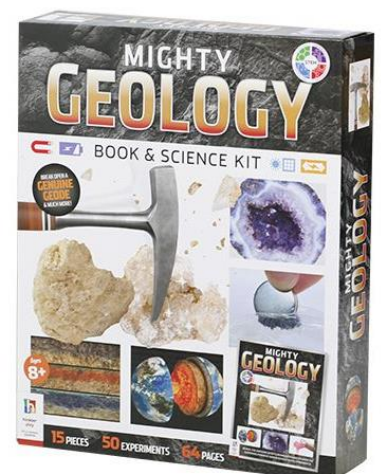
## **Science: Mighty Geology**

This science theme day will focus on the history of the earth as recorded in rocks. We've got lots of 'Mighty Geology' science kits that the children will be able to work through in small groups. With 50 experiments to do in each kit there'll be a morning and an afternoon science session today. Lots to learn and do!

In art and craft we'll be making some rock inspired artworks, and in the PE session we'll be including some musical games with a 'Rock and Roll' flair. (Get it?! 'Rock and Roll' music, on a rock themed day. It'll be a good laugh.)

As the half way point of our holidays, today will also include glow-in-the-dark bowling.

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



**Mon 16/01/23**

## **Spy Kids**

Calling all spy kids. We need you for a top secret mission to save the world! Today we'll be sending secret messages and cracking all sorts of codes. We'll be learning how to speak pig-latin and playing with Mr. Mystery Invisible Ink.

We'll also be setting up a spy obstacle course complete with laser beams that the children have to get through without touching. But don't forget your mission. Once you've got through the laser beams, in the afternoon we'll be having a top secret treasure hunt. This message will self destruct in 5... 4... 3... 2... 1... boom!



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

**Tues 17/01/23**

## **Geography: The Bahamas**

Located in the Atlantic Ocean, the Bahamas consists of 700 tropical islands. Only about 30 of them are inhabited by people. Turtles, parrots, iguanas and the world's largest colony of pink flamingos all migrate to the warm climate – where the temperature rarely drops below 15.5°C! The most popular sport in The Bahamas is cricket.

We'll be taking inspiration from The Bahamas today, including making pom-pom wild animals in art and craft, playing cricket, playing migratory games, and having fun with a special flamingo pinata.

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 swimming pool.



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

**Wed 18/01/23**

## **Wish upon a Star**

The start of a new year is a time to think about what we want the year to bring, our hopes and dreams, and setting some fun goals and expectations.

We're going to think about our future and the people that we want to be. What do we want to be when we grow up? What are we looking forward to this year? What wishes do we have for our future selves?

We're going to write some time capsule letters to ourselves, that will be sent to our houses in 2 months time. Something to look forward to! We're going to make some future-selves body match-up art. And we're going to make a 'Wishing Tree' group artwork piece for the foyer of Healthways.

Sometimes our wishes need to involve compromise. In sport, we're going to have a democratic vote for your favourite PE games and activities that we'll play today.



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

**Thurs 19/01/23**

## **Kids in Space**

We will be looking at the science of space and what allows man's exploration of the universe. We will recognise those men, women, dogs and chimps who have travelled to space, and think about what life might be like on other planets.

Did you know that scratch-resistant lenses were invented as a result of space exploration? Today we'll be doing some scratch surprise alien art and craft. In the afternoon we'll be building space station cubby houses. And there's stomp rockets to incorporate into the sport sessions.



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



**Fri 20/01/23**

## **Design your own T-Shirt**

This theme has become a January tradition... 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!!!!



**Mon 23/01/23**

## **Lunar New Year. Year of the Rabbit.**

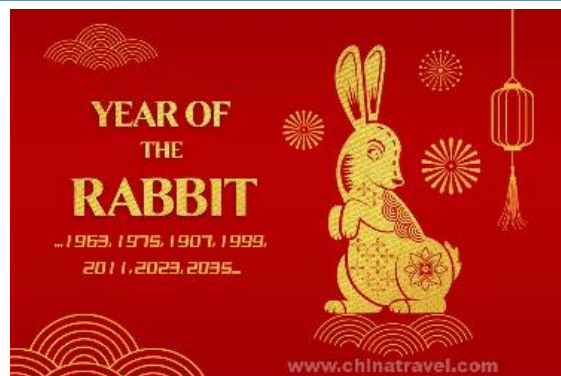
This Chinese new year is the year of the rabbit. Today we'll be having fun learning about and doing activities to celebrate these furry friends.

Did you know that rabbit's teeth never stop growing? We'll be having a hilarious false teeth challenge with teeth lollies. (We've done this once before and it was so funny!)

Rabbits are also very social creatures that live in groups. At Healthways team work is always encouraged, and today we'll be doing it even more with team and social games in the sports sessions.

Did you know rabbits have impeccable hearing? They can turn their ears 180 degrees to pin point the direction of sounds. We'll be doing some hearing challenges and experiments today.

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



**Tues 24/01/23**

## **Science: Build your own motorised woodwork**

Today, we'll be putting our STEM skills to work to build our own motorised woodwork kit to take home.

There's motorised woodwork kits for everyone. These activity kits engage student's science skills, with process driven experimentation, mechanical connections, electrical connections, construction concepts, and fine motor skills. And the end result is so fun to see and play with.

In the sports sessions of the day there'll be lots of movement to keeps our brains working at their best!

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



**Wed 25/01/23**

## **Back-to-School Fun.**

The holidays are almost over, and we're going to have some fun getting ready to go back to school.

We're going to decorate some lunch boxes to take home, ready for the school year to start. We're going to make our own name stickers, ready to bring our own style and unique flair to our 2023 school books.

In the sport sessions we're going to have fun with memory, number and alphabet games. You'll have some holiday laughs and be in tip-top shape for next week!

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



**Thurs 26/01/23**    *No Program. Australia Day Public Holiday.*

**Fri 27/01/23**      **The Block**

To celebrate International Lego Day being on 28/01/23, we're playing with all sorts of blocks, lego and cubism today.

Have you seen what speed-cubers can do with a rubiks cube? We'll be having a go learning some rubiks cube solving techniques.

We'll also be bringing out the lego, including a lego watch for everyone to build on and take home. You can start some lego creations on it at holiday program, and then take it home to add to it with your own lego. What will your watch become?

In art and craft we'll be doing some cubism style art. And in Sport we'll be building cube cubby houses. It's hip to be square!

As the last day of the holidays we'll also have our traditional end-of-holidays glow-in-the-dark bowling party.

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 2023, they can attend as of 1<sup>st</sup> January 2023.

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

- Ventillation:
  - 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 great 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 \$66.90 + Experience Fee \$26.00
- Total Fee = \$92.90
- (With Maximum CCS = \$13.94 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 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>.

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