

SCHOOL HOLIDAY PROGRAM

APRIL 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 11/04/23 – Fri 21/04/23
- (No program Mon 10/04/23 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.

ENROLMENTS OPEN NOW. Enrol online at:

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

Mon 10/04/23

No Program. Easter Monday Public Holiday.

Tues 11/04/23

Hop-Along... Easter Fun & Movie Day!

The fun of Easter continues for one more day on this Tuesday after Easter Monday.

In the sport sessions we'll have a laugh with chicken themed games and funny squeaky chicken toys. Art will include a variety of Easter themed crafts. And we'll of course have an Easter Egg hunt!

The day includes setting up the big screen for an afternoon movie. We'll make popcorn and enjoy a family comedy film.

Have you seen bunnies swim? We'll have some hopping fun in the swimming pool too.

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



Wed 12/04/23

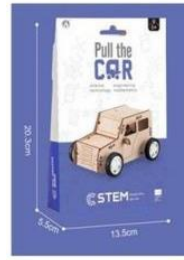
Fast Cars & Automobiles

Inspired by the upcoming Melbourne Grand Prix, we'll be looking at the technological advances that have made cars faster, safer and more environmentally friendly over recent years.

We'll be putting our STEM skills to work building a pull-back car from parts. These STEM kits are engaging and fun, and there's one for each child to make and take home.

We'll be having car themed games in our sport sessions. We'll be bringing out the hotwheels tracks and the train track sets.

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



Thurs 13/04/23

Under the Sea

The sea is a continued source of research and discovery. At the end of last year the CSIRO announced that Australian scientists have found that a genus of seaweed native to Australian coastal waters could provide a global solution to methane emissions from livestock, and are taking it to competitive markets this year.

Today we are learning about our aquatic eco-systems and some of the most remarkable discoveries that were made in 2022. We'll be making aquariums in art and craft. We'll be playing under the sea games in our sport sessions. And we'll be having fun with novelty blow up toys in the pool session. Lots of fun under the sea!

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



Fri 14/04/23

Science: Kinetic Energy

Whenever something is in motion, it has kinetic energy. Today we'll be learning about kinetic energy and doing science experiments to show it in practice. Including, one of the fun experiments will be with a Toroflux Kinetic Spring. As seen on youtube, these slinky style toys can travel up and down your arm, but as soon as it stops moving, it collapses into a flat circle. We'll have fun experimenting with our Kinetic Springs, and then we'll be able to learn some tricks with them. Everyone will be able to take your Toroflux Kinetic Spring home to continue the fun. Additionally, we'll be taking some of our helicopter drones to the park to play with and see how the propellers use kinetic energy to fly.

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



Mon 17/04/23

Immersive Art

Immersive art galleries have become very popular recently. Have you been to The Lume and/or ArtVo? These galleries overwhelm your senses to enable viewers to enter the work of art and become a subject within it.

Today we're going to make our own immersive art pieces. In the morning, each student will receive their own sketch-it books and learn some sketch techniques and progressive skills with our resident art teacher.

In the afternoon the students will put themselves in their artwork and build a scenery around their character.

In the sport sessions we'll have some fun 'statue' and 'night at the museum' style games. We'll also be using our body as a canvas with some fun temporary tattoos.



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

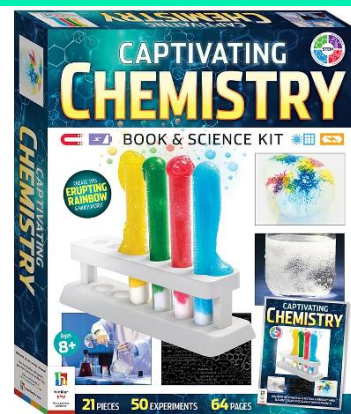
Tues 18/04/23

Science: Captivating Chemistry

Get switched on to the simple science behind chemistry with Captivating Chemistry. We've got lots of 'Captivating Chemistry' science kits that the children will be able to work through in small groups. There's lots of fun experiments that use kitchen items. Learn about liquids and solutions, acids and alkalines, bubbles and fizz, making materials, wicked water, colour chemistry and kitchen chemistry.

We'll have two chemistry sessions, one in the morning and one in the afternoon. There'll be lots of games in the sport sessions to get everyone active and moving too.

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



Wed 19/04/23

Surviving in Outback Australia

The new SBS Australian series of 'Alone' is the inspiration behind today's theme. These remarkable individuals went deep into the Tasmanian wilderness to survive on the land by themselves.

Today we're going to have some fun learning what it takes to survive in outback Australia. Including making a compass by magnetising a pin, and making bush tucker damper. We'll be learning about the flying doctors, and we've got some outback themed scratch art for our art and craft session.



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

Thurs 20/04/23

Geography: Scotland

Today we'll be celebrating the lush beautiful country of Scotland. Bursting with green spaces, lush forests, towering mountains and vast lochs (the Scottish word for lakes!) the capital city is celebrating the Beltane Fire Festival soon on 30th April 2023. This festival is a modernisation of an ancient Gaelic ritual and is held in Edinburgh on one of the prominent hills that looks over the city.

We'll be playing Gaelic football in our sports session and also make some Celtic themed artwork in our art and craft sessions.

We'll be holding a sparkler challenge out on the grass to celebrate the fire festival, and we'll have some fun with the Loch Ness Monster mythology.



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

Fri 21/04/23

Celebrating Mateship

With ANZAC Day coming up next week, we celebrate the mateship that two people can share, and that two countries can share. 'Lest we forget.' We'll be encouraging the children to get to know each other by playing 'get-to-know-you' games and team building games.

In our sport sessions we'll have a go improving our cricket batting and fielding skills. In art and craft we'll be making some poppy creations.

And we'll be making up some ANZAC biscuit recipe packs to take home, cook and share with your mates.

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 1st January 2023.

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 in certain circumstances. We kindly ask that parents and children wear face-masks where recommended.
- 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 your student tests positive for COVID within 7 days of your booking, we will give you a full credit for any holiday program bookings 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 holidays!

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 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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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