

SCHOOL HOLIDAY PROGRAM

JUNE/JULY 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:

- Mon 26/06/23 – Fri 30/06/23
- Mon 03/07/23 – Fri 07/07/23

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 26/06/23 Gravity and Balance

Will you wobble or will you balance? Today we're going to play with lots of different ways that gravity and balance affects our bodies and items around us.

We have balancing games for the children to play with; How tall can you make your toy chair tower? How many pieces can you put on the balancing tree before it topples over?

We'll also be having fun in the sports session with gymnastics and martial arts and how lower or higher centres of gravity affect someone's balance. In art & craft we'll be making balancing platforms with different sized weights on each side. Can you make yours stay balanced?

Today includes setting up the Healthways big screen, and making popcorn for a fun movie.

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



Tues 27/06/23 A Piece of the Puzzle!

Today's focus on how many parts make a whole. Sometimes the further you zoom in the more pieces you can see!

We're going to use our microscope and magnifying glasses to zoom in to precious crystals and stones and see the smaller pieces and crystals that make up the bigger stones.

In art and craft we'll be making puzzle inspired art pieces. There's also mosaic craft to create bigger pictures from smaller pieces.

In sport we'll be playing team games, working together so that each person's contribution makes up a bigger achievement.

And ofcourse there'll be lots of puzzles puzzles puzzles!



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

Wed 28/06/23 Carnival Day

Roll up, roll up, come one, come all to the Healthways Carnival Day!

We'll be putting our STEM skills to use building a mechanised carousel from wooden kits. These STEM kits are engaging and fun, and there's one for each child to make and take home.

In our sport sessions we'll be playing carnival style games with some carnival prizes.

And we'll be playing with mirrors to make our own mirror fun house. Can you make yourself look tall/short, wide/skinny? Will be a good laugh.

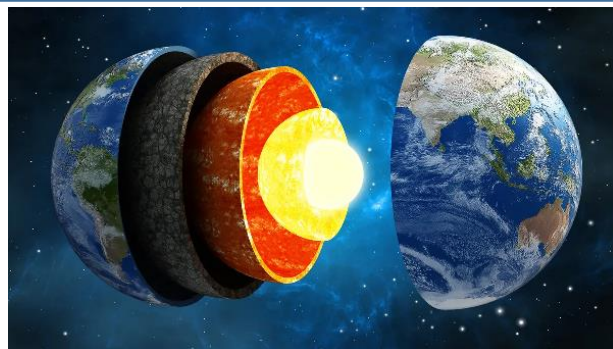


Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, Physical Education/Games, Little Legends, Kids Club, Swimming AND MORE!!!!

Thurs 29/06/23 Science: The Earth's Crust

Earth has three layers: the crust, the mantle, and the core. The crust is made of solid rocks and minerals and contains all known life in the universe. Today we're going to learn about this top layer of our planet. We'll be making some earth layer art pieces in our own test tube containers to take home. We'll also make some earth layer balls in art & craft.

The entirety of Australia sits on the Australian tectonic plate, so earthquakes are not common. However we'll learn about other places in the world where earthquakes are more common, and we'll be playing lots of games games games in the sport session of the day.



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

Fri 30/06/23 Harry Potter Day: Healthways School of Witchcraft & Wizardry

Inspired by 'Harry Potter' and 'Hogwarts School of Witchcraft and Wizardry' Healthways will be opening a school in Witchcraft and Wizardry today.

We'll be making 'Harry Potter' inspired wands in Art & Craft. "The wand chooses you." We'll be playing the real-life game of Quidditch in PE – Yes! That's a thing!

There's a real game of Muggle Quidditch played around the world with international Quidditch tournaments!

In the afternoon we'll have Potions class – but don't worry, it's not with Professor Snape!

And we'll have team games with all the houses of Gryffindor, Hufflepuff, Ravenclaw, and Slytherin. Lots of magical fun! Dress up as your favourite Harry Potter character if you want to look the part too!



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

Mon 03/07/23

A Rainbow of Colours

This winter the Royal botanic gardens will be lit up in a rainbow of colours with Lightscape 2023. This event is our inspiration today as we have fun with all the colours of the rainbow.

In bowling we're going to see how light is absorbed differently by different colours. Watch as colours disappear before your eyes! We'll be using dispersing paper to make some wonderful blended colour creations, and we'll be using some quilling techniques to make some rainbow craft.

In the sport session today we'll be using all the colours of the rainbow for our equipment, themes and games. And play some colour bingo.

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



Tues 04/07/23

Medieval Worlds: Fantastic Fantasy

If you could have any power in the world what would it be? In the medieval legends of King Arthur there were dragons, sorcerers, warriors, magicians, and gods.

Today, we're going to stretch our imaginations and enter the fantastic world of medieval fantasy. We'll be creating our own characters and powers, and decorating dragons.

We'll be playing games popular in medieval times. We'll also be making some medieval catapults and having some challenges to see how far and accurately we can catapult small objects. The kids will love it!

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



Wed 05/07/23

Around the World

Countries from around the world are gathering in Australia and New Zealand later this month for the Women's Soccer World Cup. In addition, this week is Naidoc Week. Today we'll be taking inspiration from both these events and celebrating cultural heritage, diversity, and inclusivity.

We'll be making heritage flags in art and craft, and rainbow serpent mobiles to take home. We'll also be taking the soccer balls to the park and having a soccer skills workshop.

And we'll all be contributing to a group art work piece for Healthways' foyer to celebrate inclusivity.

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



Thurs 06/07/23

Geography: Japan Day

Today we'll be exploring the Land of the Rising Sun, Japan.

We'll be having a morning workshop of how to draw the popular style of anime (the Japanese cartoon style of drawing).

Throughout the day we'll be exploring the peaceful arts of meditation, origami, and cherry blossom art. And we'll also have some fun with Samurai and Ninjas.

Badminton is a popular Japanese sport. In the afternoon we'll be setting up the badminton net and having a go with the badminton racquets. And we're going to head to the kitchen for a traditional Japanese tea ceremony.

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



Fri 07/07bal/23

Science: Opposites Attract

Today we'll be entering a topsy-turvy world, and looking at all the things that are opposites. We'll be using mirrors to get opposite images, changing night and day to get opposite times of the day, swapping up and down to have things upside down, and swapping left/right and front/back to tie ourselves in knots.

We'll be exploring the science of magnets, that have north and south poles, and why they stick together.

We'll also be exploring the science of batteries, that have positive and negative charges, and why they allow electrical charge to pass through them.

And we'll be playing games where we have to work out what the message in opposite's day is actually trying to say. "GNOLA EMOC!" (Come along!)



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:

- 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 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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<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