

SCHOOL HOLIDAY PROGRAM

SEPTEMBER 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 18/09/23 – Fri 22/09/23
- Mon 25/09/23 – Thurs 28/09/23

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 18/09/23 **Dinosaur Dig**

Even though dinosaurs lived more than 66 million years ago there are still new species of dinosaurs being discovered today. Dinosaur fossils have been found on all seven continents, and in July 2023, a new species of dinosaur was discovered in Thailand. Named 'Minimocursor phunoiensis' experts said it was "one of the best-preserved dinosaurs ever found in South east Asia.

Today we'll be learning about dinosaur fossils and painting our own dinosaur plaster fossils for you to take home. We'll be making some dinosaur footprints and dinosaur scratch art.

We'll be building some dinosaur nests in the afternoon and seeing if we can hatch some super cool dinosaur eggs. A stomping good time!

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



Tues 19/09/23 Science: Make-it-Grow

Our food comes from all over the world and technology is advancing to make things grow in new environments. Calling all green thumbs (and brown thumbs too), our science focus today is on how we make different plants grow faster and bigger!

Each child will be able to make their own grass-head to take home today and watch them grow. We'll also be setting up some seed science experiments to enjoy and observe over the holidays.

In the afternoon we'll be doing some cooking in the kitchen with grains from around the world. Incl. Delicious treats made from wheat and gluten-free corn. Yum yum!

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



Wed 20/09/23 Book Week Drama Day

With the excitement of book week still running hot in everybody's minds, we'll be getting our creative hats on, bringing out the dress ups, and opening up the ideas board!

Today, our resident drama teachers will be running some build-a-story and performance workshops. The children will be able to create stories for our characters as they go through the day, building up to an afternoon performance.

Also includes making a 3D pop up story board in the afternoon. What crazy characters will we have in the shows today and what fun shenanigans will they get up to?

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



Thurs 21/09/23 Construction Craze!

Construction sites are popping up everywhere and they would not be possible without hydraulic power. The vast majority of equipment found on construction sites across the world are now propelled by hydraulic power. That includes hydraulic final drive motors that convert hydraulic power to torque to enable track loaders, bulldozers, diggers, and backhoes to carry or push heavy loads!

Today we'll be learning about hydraulic power and building our own wooden construction sets to take home, including hydraulic lifting platforms.

You will never look at a scissor lift working up and down the side of a building the same way again... they are amazing!

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



Fri 22/09/23 The Festival of Lights, India

Diwali, the Festival of Lights, is India's biggest and most important holiday of the year and it happens in Term 4 on 12th November 2023. The festivities celebrate the victory of good over evil and light over darkness. The importance of Diwali for Indians is like Christmas's for Westerners.

Today we'll be celebrating the 'Festival of Lights' and learning about Indian culture. We'll be making a candle holder ready for use at Diwali. We'll be trying out some henna art and looking at Bollywood dance moves.

We'll be doing some sand art, and ofcourse we'll be playing India's most popular sport... cricket! Cricket players are some of the biggest celebrities in India!

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



Mon 25/09/23

Down on the Farm... A Movie Day

Imagine your back fence was 5km away! When Mum told you to "go play in the backyard" it would mean riding quad-bikes around, being the only person within cooee, and being gone for hours. Life on a farm for a kid is very different to being in the big city.

Today we'll be looking at life on the farm. We'll be making some scarecrows to scare off the birds. Do you think we can make one that's life-sized? We're going to try and I reckon we'll get close!

We'll also make our own farm animal crafts, and build our own mini windmills to take home. 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 26/09/23

We're Counting on YOU!

"Oh hello, it is I, The Count. I'm called the Count because I love to count. Ah ha ha!" The Count from Sesame Street is the best! Today we'll be channelling some of the Count's love for counting and having art, craft, and sport fun with numbers through the day! We've got beautiful 'Paint-by-numbers' art kits, the artists in you will be able to create some beautiful art work by colouring the numbers. We've got stunning mosaic sticker-by-number books, the kids will be able to create some stunningly complex mosaics by following the code. We've got Spy Kids activities, where the kids will have to crack the code to win the prize. And we'll have lots of games/games/games in our sports sessions today. Why does tennis score 15, 30, 40? Come along and find out! We'll be playing some tennis too!



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

Wed 27/09/23

Science: Through the looking Glass

Glass is made from sand and is 100% recyclable. Did you know it's able to be formed by lightning... very cool. Today we'll be having fun learning about how glass is made to look through and also how it's made to look back at ourselves. We'll do science experiments with glasses of water, glass prisms, and glass mirrors that show off some amazing physics principles.

We'll be playing games with reflections in our sport sessions, and making some belated Father's Day mirror gifts in afternoon craft.

In morning craft, the children will be able to paint their own glass item to take home too.



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

Thurs 28/09/23

Happy Healthy Hobbies...

If AFL is your hobby, this weekend is going to be one of the biggest days of the year! Today we're celebrating all the hobbies and personal interests that we have in our lives that keep us happy and healthy, and try some new ones. Each child will receive a special 'Diamante Art' kit to work on in Art & Craft today and take home. This hobby has taken the art world by storm! You'll be able to get one today!

In the PE sessions we'll be bringing out all the sport equipment so the kids can choose what sports are their favourite hobbies.

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



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

Fri 29/09/23

No Program: AFL Grand Final Public Holiday

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.

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 6 activity sessions every day - 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.

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.

Daily Fees:

- Base Fee \$66.90 + Experience Fee \$26.00
- Total Fee = \$92.90
- (With Maximum CCS = \$9.29 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.

Claiming the 'Child Care Subsidy' (CCS):

When you book a day at the holiday program you'll pay a deposit upfront, of up to \$30/day. (Where Centrelink estimates that your out-of-pocket fee is going to be less than \$30/day, you'll only pay the estimated amount at the time of booking.) 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 from Centrelink about CCS, go to <https://www.servicesaustralia.gov.au/child-care-subsidy>.

A note about CCS and Absences on the first or last day of your enrolment:

Please note that as part of the new CCS rules, legislated in July 2023, Centrelink will cover more CCS for more people. This is very welcome for working parents!

However, please note that as part of the new rules, if you are absent on the first or last day of your enrolment, Centrelink will not pay any CCS for that day. This is a rule that the industry has argued needs to change, but it has now been legislated. If you are going to be absent on the first or last day of your enrolment and you want to claim CCS, you do need to come in to the centre and sign-in and sign-out such that you then either don't have an absence or that your absence is not on the first or last day of your enrolment. If this applies to you, please contact us and we'll do our best to help you navigate this rule. For more information from Centrelink about the rules around absences, go to:

<https://www.servicesaustralia.gov.au/child-care-subsidy-if-your-child-absent-from-child-care?context=41186>.

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.

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!

(An Optional Extra) Holiday Swim Lessons

Healthways' award winning Swim School also runs swimming lessons during the school holidays. Did you know that if you're attending the Holiday Program at Mont Albert North we can take the children to their swimming lesson each day!

Use your holidays to learn swimming too! Classes run in the mornings. This allows your children to consolidate and build on their swimming skills every day.

- Max. 4 students in group classes!
- 3yrs-School Age levels!
- Private lessons also available!

Enrol at reception by phoning 98952300 or CLICK HERE to log into the swim school client portal and book online:

<https://www.healthways.com.au/boxhill/swimming-pool/swimming-lessons/book-now/>

More information about the swim school can be found here:

<https://www.healthways.com.au/boxhill/swimming-pool/swimming-lessons/>

(Note: Swimming lessons and the School Holiday Program are booked via different software solutions. Please book them in separately and on the day just let the holiday program know that you're attending swimming lessons too. Easy!)

Holiday Swim Intensives



Use your holidays to learn!

Programs available for: • 3-5 years • School age

Max 4 Students per class. Group or Private Lessons available!

Classes run in the mornings for consecutive days. This allows your children to consolidate and build on their skills every day.

Week 1: Mon 18/09/23 - Fri 22/09/23 **Week 2:** Mon 25/09/23 - Thurs 28/09/23.
Weeks can be booked individually.

Go to app.iclasspro.com/portal/healthways to book.

 **Healthways Swim School**
www.healthways.com.au

Two locations... Ringwood and Mont Albert Nth
Ph. 9879 5777 / 9895 2300