

SCHOOL HOLIDAY PROGRAM

APRIL 2024

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 02/04/24 – Fri 05/04/24
- Mon 08/04/24 – Fri 12/04/24

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/>



HAPPY EASTER!! No program Easter Monday 01/04/24



Tues 02/04/24

Kid's Secret Club House

Have you ever dreamed of having your very own Secret Club House? Think of the '13 Storey Treehouse' Series for inspiration. Anything can happen in that fantastical world, where there's even a secret underground laboratory and a marshmallow machine! Today we're going to imagine what our Secret Club House would include. We're going to make a door-knob message board and wall decal's that you can take home to decorate your own clubhouse or bedroom. We're going to build cubby houses, and make a time capsule. The day includes an Easter egg hunt to celebrate the Easter weekend.



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

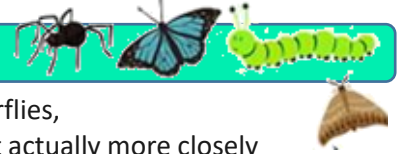
Wed 03/04/24 Science: Kitchen Chemistry

The kitchen is a great place for science! There is a myriad of ingredients that when mixed together make fantastic fun! We'll be running all sorts of experiments, including making oobleck (a suspension of cornstarch and water that can behave like a solid or a liquid depending on how much pressure you apply). Also, watch what happens when you mix milk with dishwashing liquid! Plus more! We'll be looking at how dishwashing liquid works, and trying our hand at making our own bath bomb kits to take home. Choose your own scent and style and enjoy taking it home to watch how the ingredients work to help clean our skin in the bath.



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

Thurs 04/04/24 Mini-Beasts



"Mini-beasts" is a term for arthropods and other invertebrates, including spiders, ants, butterflies, bees, wasps, flies and many others. Did you know that the humble slater is not an insect, but actually more closely related to lobsters? We look at the small critters that live alongside us.

We'll be making mini-beast insects out of pipe-cleaners in our Art & Craft session. And we'll be going on a nature hunt to see what mini-beasts we can find.

In our kitchen session this afternoon we'll be seeing what research and development goes into making insect repellent. Then we'll be putting our science hats on and having a go mixing up our own natural mosquito repellent with sorbolene, eucalyptus oil, tea tree oil, and vanilla extract. And we'll be making some winged art and craft creatures that can move in response to static electricity.

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

Fri 05/04/24 Build-a-Robot

This day is inspired by the 'BattleBots World Championships' making a welcome return to TV in 2024 after pausing in 2023 due to Hollywood's writer strikes. This super fun reality game show gets some of the best engineers and creative minds to make robots and challenge opposing robots to duels. Today, over two fun-filled construction sessions, we'll be building our own battery-powered wooden robot kits to take home. These kits engage children's STEAM skills and develop their cognitive and fine-motor skills. Plus the finished products are very cool! In our sports sessions we'll be playing lots of games to stay physically active too.



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

Mon 08/04/24 Under the Sea

With three quarters of our planet under water there is so much that we don't know about our oceans. Today we'll be looking at all things under the sea. We'll be making under water scenes in our art & craft session; We'll be learning about some of the creatures that live in the depths of the ocean; and in our swimming session today, we'll be including a special snorkelling workshop. We'll be bringing all our snorkelling equipment (from the snorkelling workshops that the swim school does during the year) over to the holiday program. The children will have the chance to try using a snorkel and breathing underwater. We'll also be learning how fish breathe underwater and doing a science experiment to demonstrate how gills work.

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



Tues 09/04/24

Around the World in a Day!

At any point in time, there is a part of the world waking up to the dawn and a part of the world settling down for the night as the sun sets at dusk. Today we're going to learn about the world's timezones, and prepare for any future travels. We'll be making some world timezone clocks in our Art and Craft session, and we'll also be decorating some luggage tags and/or keyrings for the kids to use on their next holiday. Did you know that if you put a line from Melbourne through the centre of the earth to the other side, you'll land around Horta, Azores. A group of Portuguese islands in the middle of the North Atlantic Ocean. In our sports session today we'll be playing Portugal's most popular sport... Soccer! And we'll be incorporating some world music games in our afternoon sessions.



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

Wed 10/04/24

Higher and Higher!

The world record for the tallest matchstick structure was broken in Feb 2024! The 7.2m tall model of the Eiffel Tower used more than 700,000 matchsticks. Ours might not be that high, but we're going to see how high we can go!

Today, we're going to have fun with a number of different construction challenges. Including matchstick constructions (without the match part), paper constructions, foam constructions, and many more!

We've also got 'Mega-Structure Sticker & Activity Books' for each child to do activities with at the program and then take home. How high do you think you can go?



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

Thurs 11/04/24

World Radio Day (a Drama Day)

On Tues 13th Feb 2024 it was World Radio Day. We're celebrating by bringing some of the radio drama to the holiday program. Great fun!

Healthways productions proudly presents... This drama day, the children will have the opportunity to host a radio show. They will be performing as if on the radio – having listener competitions, having prizes, answering talk-back callers, hosting special celebrity guests, cutting over to radio advertisements, checking traffic and weather reports, hosting news bulletins, etc. Drama workshops will be guided by our qualified teaching staff.

We'll also be doing a science experiment with sound-waves and spoons to see how sound-waves travel differently between the air and solid objects.



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

Fri 12/04/24

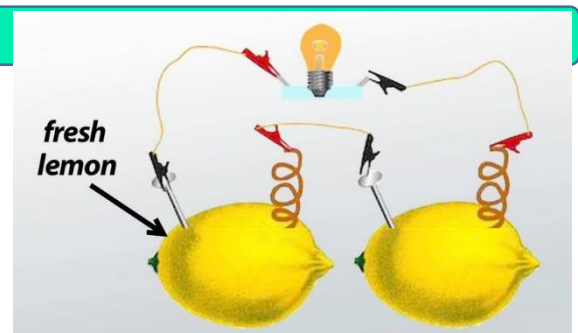
Science: The Battery Buzz

Did you know that the biggest battery in the Asia Pacific region is currently being constructed 25km North West of Melbourne. It will store the extra energy generated by solar panels on Victorian roofs, that can then be drawn down on in peak periods to power whole cities.

Today we'll be looking at how batteries work. How is the electricity in batteries created? Why do some batteries last longer than others?

We'll be doing some science experiments to see if we can make batteries by creating an electrical circuit from lemons. Will our light globes light up?!

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!!!!

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 2024, they can attend as of 1st January 2024.

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 \$68.90 + Experience Fee \$27.00
- Total Fee = \$95.90
- (With Maximum CCS = \$9.59 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.servicessaustralia.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 socks available for purchase from the bowling area for \$4.00.
- Forget your lunch? We have lunch orders available. Order at reception in the morning when you drop-off.
- Forget your towel? We have towels available for purchase from the swim shop for \$10.00.
- Forget your drink bottle? We have drinks available for purchase from the fridge at reception for \$3.00.
- If you've forgotten something else, let us know and we'll try to help!

Any items supplied to your child during the day will simply be added to your family invoice and paid at the end of the holidays. No worries.

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. Every room in the main building has its 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 intensive 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 to 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: Tues 02/04/24 - Sat 06/04/24, **Week 2:** Mon 08/04/24 - Fri 12/04/24
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