

SCHOOL HOLIDAY PROGRAM

JULY 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:

- Mon 01/07/24 – Fri 05/07/24
- Mon 08/07/24 – Fri 12/07/24

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/>

Mon 01/07/24 **Science: Incredible Earth**

The kids will love discovering the wonders of the earth today as they make their own earthquakes and experiment with gravity!

We've got 'Incredible Earth' kits for our science sessions where we'll be making earthquake tables in small groups and experimenting with how tall buildings are built. Whose building will stand up to the ground shaking beneath it? Oooooo...

We'll also be playing with gravity in our sports sessions – including games with the big parachute, so fun!; getting out the stomp rockets that defy gravity when they shoot into the air; and challenging ourselves with gravity defying feats of juggling with tissues versus balls versus bean bags.

In art and craft we'll be playing with the balancing trees, and building our own balancing tree if they can!

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



Tues 02/07/24

Recycled Treasures

Whether it be on the catwalks of Milan, where fashion designers are finding treasures in OpShops and upcycling them into haute couture masterpieces; or in Canada's Rust Valley, where mechanics are finding cars rusting in fields, and restoring them into unbelievable collectible vehicles... Recycling and upcycling has (rightfully so) become very cool!

Today we're going to see how we can take one thing and turn it into something totally different. In our art and craft sessions today we'll be turning plastic bottles into planter boxes, turning stickers into magnets, and making recycled versions of board games to take home. In sport we'll be turning back time and recycling some favourite games from the last 100 years, such as limbo, marbles, hopscotch, knuckles and elastics. Everything old is new again!

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



Wed 03/07/24

Engineering: How Aeroplanes Changed the World

With the invention of the aeroplane in 1903, the Wright brothers changed the world. After 4 years of research and development, they successfully designed a powered winged craft that could lift itself off the ground. Today we're going to learn about how aeroplanes fly, and think about how we can change the world.

We've got amazing wooden single propeller aircraft kits for each of the children to construct and test. Across 2 sessions of the day, the children will be able to build their own aeroplane, install a motor, and see if their propeller can turn with battery power. So great!

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



Thurs 04/07/24

Christmas in July

On the 25th June the calendar crossed the mid-point in the year where we're half way to Christmas! Can you believe it! We're going to celebrate that milestone today, imagining what it would be like if we were on the other side of the world and Christmas was in winter.

We've got Christmas ornaments to decorate in art and craft. And we're going to be having fun with the Northern hemisphere's tradition of ugly Christmas sweaters. Winter is also a time for snow – we'll build snowmen and igloos. We'll also have some fun minute-to-win-it style games in our sports sessions, and there's a hilarious game of throw the ring on the antlers where the children can wear big blow-up antlers on their heads to catch their team's rings!

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



Fri 05/07/24

Pokémon Festival

"I choose you!" The Pokemon phenomenon started in 1995 and has grown to be a favourite with kids and adults, and a big part of popularising Japanese anime for a new generation. The Pokemon Go Festival was in Madrid and New York City on 7th June 2024. Today we're going to celebrate Japanese anime culture and the world of Pokemon.

In art and craft we'll be making our own awesome pokemon terrariums, with miniature pokemon, foliage, and imaginative art. There are over 1000 species of Pokemon, so there's many different worlds that can be created!

We'll also be making some hatching pokemon to take home and watch them bubble or crack out of their shells. Have you caught a Pokemon before? We'll have a Pokemon treasure hunt, and in sport there'll be lots of games games games!

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



Mon 08/07/24

Stop Motion

Stop motion is a style of cinema production where multiple photos of characters are taken with small movements between them, so that when it's played fast it looks like the figures are moving.

We'll be starting today by making character puppets that have special removable facial features so that we can change their facial expressions during stop motion if we want to. Then in the afternoon we'll be trying our hand at making our own stop motion films.

In sport we'll be including freeze-frame games to continue the theme, and in afternoon art we'll be making some stop motion books.

Day includes making popcorn and setting up the big screen to see how the professionals do stop motion.

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



Tues 09/07/24

Taco Tuesday – Mexico Day

Olah! Welcome to colourful Mexico with its vibrant culture!

Pinatas are the central component to any Mexican birthday celebration. Traditionally made of a clay pot filled with fruit, candy or small toys, now they're made of paper and streamers. Today we'll be making pinata's in art & craft. In the afternoon we'll string some up in the trees outside to have fun with. The afternoon includes a cooking session and making some Mexican food – gluten free and vegetarian options will be available. Mexican food is fabulous to make, the children will be able to combine their own flavours and textures of ingredients. We'll also be making some 'Cinco de Mayo' style art and craft to celebrate the Mexican national festival that happened in May.

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

HAPPY TACO TUESDAY



Wed 10/07/24

Science: Exo-Skeletons

Exo-skeletons were once only in the realm of science fiction, but progressively exo-suits are becoming real! The cartoon fantasies of 'Transformers', 'The Power Rangers' and 'Iron Man' are part of our future. Exosuits are metal frameworks fitted with motorized muscles to multiply the wearer's strength. The suit makes lifted objects feel much lighter, and sometimes even weightless. They're helping people with mobility issues walk again, and they're being used on construction sites for workers to lift heavy materials. Amazing! Today we're making our own exoskeleton experimental hands. The skeleton fingers can move inline with when our human fingers move. In the afternoon we'll be doing games and activities with the 'Transformers', making robot suits, and playing with our new bionical toy sets.

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



Thurs 11/07/24

Hip Hop & The Paris Olympics

Following its outstanding success in global competitions, break-dancing or 'breaking' (a style of Street Hip Hop dance) is making its debut at the Paris Olympics in July 2024. And is the only new sport joining the 2024 Olympics! Today we'll be learning some 'breaking' moves in a Hip Hop dance session. You'll be able to add some cool moves to your next dance floor boogie!

In our afternoon sport session we'll be holding a mini-Olympics with various challenges, and in our art & craft sessions today we'll be making some pieces inspired by street art culture and the Olympic traditions. Aussie, Aussie, Aussie! Go, Go, Go!

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



Fri 12/07/24

Mirror Mirror on the Wall

Have you ever been to a fun house and played with the distorted reflections shining back at you? It's pretty funny! Mirrors are all around us. Used for safety in cars, magnifying far off galaxies in telescopes, and checking that we don't have anything in our teeth! Today we'll be looking at reflections, how light can be distorted, and the principles of opposites.

We'll be doing some science experiments with convex and concave reflections, watching how the light distorts the reflected image, sometimes even making it turn upside down! We'll also be doing some experiments with magnets and how opposites can attract and repel.

In art and craft we'll be decorating our own wooden mirrors to take home, and making some reflected crafts using the left and right hemispheres of our brains.

As it's 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.

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.

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 (eg. early education, primary, secondary) and/or arts teachers (eg. painting, 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.

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.

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 then 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 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 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 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!
Group classes run in the mornings for consecutive days. This allows your children to consolidate and build on their skills every day.
Or Private Lessons can be booked on individual days.
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