

SCHOOL HOLIDAY PROGRAM

SEPTEMBER / OCTOBER 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 23/09/24 – Thurs 26/09/24
- Mon 30/09/24 – Fri 04/10/24

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/>

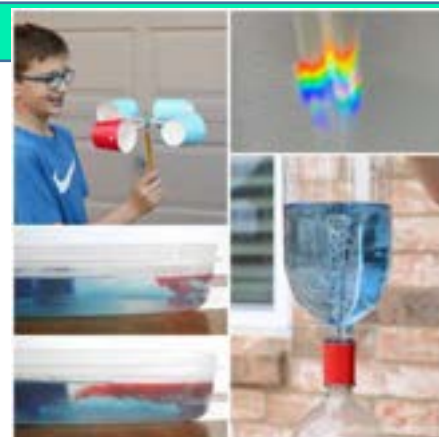
Mon 23/09/24 Science: Weather Stations

Melbourne is known for having 4 seasons in one day. The weather can change within minutes – any time of the year there can be sun or storms or both. And it often feels like the storm comes right at school pick up time, doesn't it?! 😊

Weather stations help scientists to predict the future. Today we'll be looking at the science of weather stations and weather patterns. We'll be conducting our own science experiments including: measuring wind speed, measuring temperature, making clouds, and making a temperature transfer weather system.

In art and craft we'll be making decorative foil coils that turn when heat from a candle rises. There's candles to take home too. And we'll be making hurricane's in a bottle.

FUN FACT: According to the World Meteorological Organisation there are over 22,166 weather data collection stations in the world! Wow!



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

Tues 24/09/24 Alphabet Soup: Brilliant Books

Book Week is one of the biggest dress-up parties in Australia! In August each year, school grounds are full of people sharing their magnificent costumes. Today the fun and brilliance of Book Week is our inspiration! In art and craft we're going to decorate book bags with elaborate mandalas to take home. We're also going to be making some wooden book marks to use in your favourite books. We are going to be making group creative-writing mash-ups, a game that always gets great laughs. In the afternoon we're going to get the dress ups out and let our creativity run wild. Today also includes a cooking session in the afternoon, making alphabet soup. This delicious snack is so fun to eat! You can come dressed in a book week costume if you wish.



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

Wed 25/09/24 Animal Hospital - A Drama Day

In the spirit of 'Bondi Vet', the Australian TV show that ran for 10 years until recently, we are going to use a veterinary hospital as the scene for our drama session today. Our teaching staff will be running a drama workshop where the children will script a scenario of an animal coming into the vet for medical care. Including making props, and leading up to a performance in the afternoon. What animal will it be? Mythical or real? And what help will they need? We'll also be looking at a day in the life of a veterinary doctor as part of our exploration of 'What do I want to be when I grow up'. Vets keep all our beloved domestic pets and wild animals healthy and thriving.



The afternoon includes an art sessions to decorate and take home a stunning diamante bird feather. Maybe it fell off one of the beautiful birds that visited our animal hospital today! 🐦

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

Thurs 26/09/24 Sporting Superstars!

With the excitement of the Olympics still fresh in everyone's mind, we're also about to celebrate another Australian sporting event – the AFL Grand Final. Today we'll be hosting our own sporting carnival to celebrate all our sporting superstars from the past few months!

Who are your favourite sporting superstars? Wear your favourite team clothes or country colours!

In the bowling session today we'll be having a game of 'steal the strike' with prizes and fanfare! In art and craft we'll be decorating our own travel sporting binoculars to take home and use on the field to see all the action.

In the afternoon we'll be making mini finger athletes to play with and create challenges. In the physical activity sessions today we'll be practicing all our favourite sporting games and skills, including getting out the balls, racquets, goals and nets.



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

AFL GRAND FINAL PUBLIC HOLIDAY. No program Friday 27/09/24.



Mon 30/09/24

Ecosystem Food Chains

Sharks are at the top of the ocean food chain. They play an important role in the ecosystem by maintaining the species below them and serving as an indicator for ocean health. We'll be looking at a number of ecosystems and food chains today. We'll be doing a nature hunt, and seeing if we can make some insect catchers. To celebrate the place that sharks hold in the food chain, we'll be building our own 3D foam sharks to take home. And we'll be asking what if there were no sharks? The answer for the ecosystem is surprising!

The afternoon will include a fun mini-pizza cooking activity where we'll consider where all our food comes from and our place in the food chain.

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



Tues 01/10/24

Finding a needle in a Haystack

Today we'll be putting our detective hats on. The children will need to fine-tune their sharp eyes, and be alert to search for clues to solve the mysteries. We'll be doing lots of search and solve activities today, including a fun treasure hunt. We'll also be bringing out our microscope to zoom in and see tiny details unseen by the bare eye.

Plus, in our art and craft session today we'll be taking this theme literally. The children will get their own stitch & sew activity kit to put together with a needle and thread to make and take home. There's beginner to advanced skill activity kits for the children to choose from.



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

Wed 02/10/24

Science: Laws of Motion

Sir Isaac Newton's laws of motion explain the relationship between a physical object and the forces acting upon it. Understanding this provides us with the basis of modern physics. Wow!

Today we'll be building our own Newton Pendulum that beautifully showcases the principles of conservation of energy, momentum, and friction. And it's so much fun to play with and watch.

We'll be doing some other science experiments too, using: soccer, tennis and pingpong balls; and playing cards, cups and coins. We'll also be having a balloon-rocket experiment challenge. Whose rocket will go further?

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



Thurs 03/10/24

Balloons, balloons, balloons (World Smile Day)

Today is World Smile Day – and something that always makes us smile is... Balloons! For birthdays, congratulations, weddings, births and more, balloons are often a mark of festivities. Today, we'll be trying our hand at making balloon animals, flowers, etc, and we'll be looking at techniques they use to make life-size balloon sculptures.

We'll also be using balloons for our sport sessions – including balloon tennis and very funny balloon relays. Sure to bring a smile on your face!

For our afternoon art session, we'll be making 'balloon juggling balls' and try our hand at juggling techniques.

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



Fri 04/10/24

Engineering: Inventors Club

Every great invention starts as an idea, then goes through development, trial and error, prototypes, and then fine-tuning and improvement. We'll be having fun today playing with the invention process.

No invention is too silly. Lots of inventions were accidental discoveries when trying to invent something else!

We'll be making our own inventions from recycled materials in the morning and then trying to sell it to the Healthways "Shark-tank" in the afternoon! What will our inventors come up with?

Also in the afternoon, we'll have a 'Stop the Drop' challenge, where the children can make a serviette parachute for our toys and throw them off the 1st floor balcony. There's a template to get you started, but the children will be able to trial and error their own designs. Who can 'Stop the Drop'?

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