

# SCHOOL HOLIDAY PROGRAM

## JANUARY 2025

**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:

- Thurs 02/01/25 – Tues 28/01/25
- (No program Mon 27/01/25 public holiday)

### 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](mailto:healthways@healthways.com.au).

**ENROLMENTS OPEN NOW. Enrol online at:**

<https://www.healthways.com.au/boxhill/other-programs/school-holiday-program/>

### Thurs 02/01/25 A Miniature World: Zoom in!

Today we'll be having fun with miniature worlds, where either we're small and the things around us are massive or where we're huge and the things around us are tiny.

In Art & Craft, we'll use modelling clay to make some mini-items for our mini-dinner tables – breakfasts, fruits, dinners and treats.

We'll be playing some giant games of tic-tac-toe, snakes and ladders, and connect 4. In sport we'll be going mini with a mini-Olympics, and also going huge with some giant games using giant dice.

And we'll be doing some perspective photography where we shrink and grow in relation to each other and our surroundings. Can you look like your standing on someone else's hands, or about to be stood on by a giant's foot. It's all a perspective illusion!



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

**Fri 03/01/25**

## **"I like to Move-it, Move-it!"**

As King Julien (the funny Lemur King from the Madagascar movies) always says "I like to Move-it, Move-it!" Today we'll be exploring all the different ways we 'move-it'!

Including vehicles and machinery that help us 'move-it'. In art and craft we're going to make plaster kits and moulds of vehicles that help us move around cities and countries.

We're going to bring out our best dance moves with 'Just Dance' songs and challenges. So much fun!

We've got afternoon science experiments to 'make-it-move'! Can you make things move without touching them? We're going to show you how using static electricity, magnets, and air pressure. And of course we've got some Madagascar and King Julien colouring in. "We like to... Move-it!"

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



**Mon 06/01/25**

## **Top of the World**

Today we'll be celebrating the Himalayan country of Nepal, most well known for being home of the highest mountain in the world (Mount Everest). Did you know that there are more than 123 languages spoken in Nepal? We'll be making a group art piece today, based on welcoming people with many languages. Nepal also uses a traditional Hindu calendar that's different to our Gregorian calendar. We'll be making 2025 calendars to take home. We'll also be making mandalas. Volleyball has been declared the national sport of Nepal, so in our afternoon sport session we're going to get out the volleyball nets.

And, Nepal has the only triangle flag in the world – we'll be having some triangle construction challenges too!

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



**Tues 07/01/25**

## **Memorable Pictures**

The UK's Natural History Museum is currently running a competition for Wildlife Photographer of the Year. There's 25 images shortlisted, with voting for the People's Choice Award open until the end of January 2025. And the photos are AMAZING! Today, we're going to celebrate memorable pictures. We're going to look at the shortlisted wildlife photos and put in a vote from Healthways School Holiday Program. We're also going to make and decorate wooden photo frames to take home. There's chalk drawings to have fun with on the concrete outside, and we're going to set up our own photo booth and make funny props to take silly photos of ourselves!

In our sport sessions today we'll be testing our memories with lots of fun memory challenges and games.

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



**Wed 08/01/25**

## **Superheros in Training!**

Unleash your inner superhero as we transform into superhuman versions of ourselves!

We'll be honing our skills and having some fun with superhero physical training games in the sports sessions!

In art and craft we'll be designing and making our own superhero wrist accessories. Spiderman has web shooters, Batman has the gauntlet winch, Wonderwoman has the bracelets of submission, Ben10 has the Omnitrix watch. Oooooo... so much inspiration! What will your super power be?

We'll also be honouring Superhero history by making flying superhero cartoons and creating our own comic book art.

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



## Thurs 09/01/25 **Back to the Future**

Everything old is new again! Today we'll be getting out the scrunchies, leg warmers, puffy sleeves, high waist pants, mullets and heading back to the 1980s when the Mums and Dads were all kids. All of which are back in fashion by the way! There'll be some musical games with Madonna classics, and MC Hammer won't be able to touch anything, including your cool 1980's extreme yo-yo toy.

We've got extreme yo-yo's for everyone, and we'll have a workshop learning some yo-yo tricks to wow your family and friends. We'll also be making some Mario Carts to race and take home, in honour of one of the first video games ever!

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



## Fri 10/01/25 **Bluey Bonanza!**

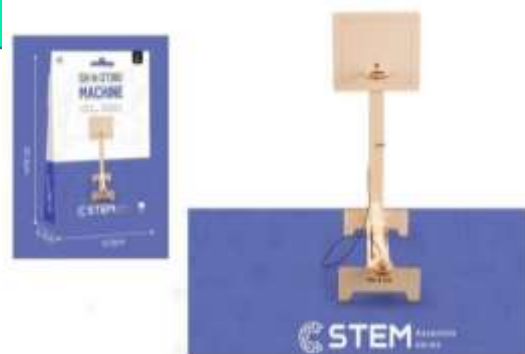
OMG who doesn't love Bluey?! We have searched through the episodes to choose some of the best bits to bring to real life today! Who remembers the fun Bluey's had with these games? We're going to play 'Keepy Uppy' with balloons. We're going to play 'Shadowlands' at the oval too. Who remembers 'The Claw'? We're going to make a toy machine challenge with chop sticks. And we'll re-create 'The Pavlova'; we'll be making pavlovas in the kitchen and then coming up with some excellent foreign words to describe connoisseur foods. And what about 'Featherwand' where normal objects suddenly appear too heavy to lift? You'll be able to take your own 'Featherwand' home to continue the fun.



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

## Mon 13/01/25 **Take your Best Shot**

Today, our focus will be on a STEM project to build a basketball-style shooting game. These wooden STEM kits are a favourite of Healthways kids. Two of the six sessions of the day will be spent building our catapults and backboards, decorating and starting to play with them. There's one each to take home! We'll also be playing lots of goal shooting games in our sports sessions today. "Roll-up, roll-up" have you ever played target games at circus carnivals? We'll be setting up our own carnival games to see how many points you can get. There's beanbags, hopscotch, carnival fishing, ball target points, and of course tenpin bowling. Come and give us your best shot!



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

## Tues 14/01/25 **My Favourite Things**

It's a new year and a new you! You've never been this age before! Time to take stock of all the special things that make you who you are. We're going to be making time capsules today full of our favourite things. There's big time capsule boxes to build, decorate and take home so that you can add special things from home to it too.

We're going to write letters to our future selves, and also to our future parents, family members and other special people.

Did you know that pizza is the most favourite food in the world! We're going to be making some mini-pizza's for afternoon tea. We'll also be having a glow-in-the-dark bowling party to celebrate the middle point of the school holidays.



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



**Wed 15/01/25**

## **Lantern Festival**

In exactly 4 weeks time, on Wed 12<sup>th</sup> Feb 2025, it's Kuala Lumpur's Lantern Festival. Streets and homes are decorated with colourful lanterns, celebrating the end of Chinese New Year celebrations. Today we're going to celebrate Malaysia and it's capital city, Kuala Lumpur (KL).

In art and craft, we're going to make and decorate our own lanterns.

Also, Malaysia's traditional form of puppetry is shadow theatre. We're going to try learning how to make shadow puppets using our hands and other props.

Did you know that Malaysian Table Tennis players caused an upset in Oct 2024 by defeating the top-ranked players at the Asian Table Tennis Championships.

We're going to be setting up the table tennis today. And in the afternoon we're going to make some delicious noodles in a cooking session. Yummy!



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

**Thurs 16/01/25**

## **Friendship Fever**

"A good friend is like a rainbow—bright, beautiful, and full of colour."

Today is all about team work, making friends, hanging out with friends, and being a good friend. We're going to play lots of team-building games, including hot-favourites 4-Square and down-ball. We're going to make a group art installation using all of our finger prints.

In honour of Taylor Swift's Era's tour coming to an end in Dec 2024 you'll also be able to make a heap of friendship bracelets. We've got thousands of beads and cotton waiting for your creativity to abound! Learn some knotting techniques. Swap them at your next party or maybe even swap them with your new holiday program friends.



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

**Fri 17/01/25**

## **SimCity – Construction IRL**

The houses and buildings all around us are engineered for their location's conditions. Unlike in the game, SimCity, it's not a good thing if a tornado comes through and blows them all down. Today we're looking at engineering and construction IRL (in real life).

We're going to build some elaborate cubbies in the afternoon, you might be able to make 2 and 3 room cubbies with connecting tunnels. And we're going to try our hand at a STEAM construction challenge using pasta and marshmallows. In art and craft we're going to make a wooden city picture each to take home. Plus we've got construction scratch-art sheets for everyone. Our magnetic building sets are great for construction concepts – we're going to bring out the magnetic kits and see what you can create.



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

**Mon 20/01/25**

## **Reptile Research: Heat Sources**

Reptile Awareness Day is observed on 21<sup>st</sup> October every year, promoting education, conservation, and appreciation for reptiles. Coincidentally, 2025 is also the year of the Snake. So, today we're celebrating all things reptilian.

We are going to learn about cold-blooded animals and do a super cool science experiment, making heat-sensitive colour-changing play dough.

Yes, it changes colour with the heat from your hands or from the sun. Just like reptiles do! So cool!

We're also going to be making bubble snakes in the kitchen, and doing some snake inspired spiral art and craft.



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

**Tues 21/01/25**

## **Colour Quest**

Today we're going to have fun with all the colours in the rainbow. We'll be doing some science experiments to make colour wheels that mix the colour when they move fast but are different colours when they move slow. Plus we've got some light prisms for science experiments to split white light. Wow!

We're also going to be doing some 'Colour Quests' in afternoon art and craft. What colours will you choose? And there's stationery organisers for everyone to decorate and take home for their desks. You'll be able to keep all your coloured pens and pencils in order at home.

In sport we'll be playing some classic school PE games to get ready for the return to school.

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



**Wed 22/01/25**

## **Spoonville Village: A Drama Day.**

Today starts like any other day in Spoonville. Everyone is going about their usual business. Until... [Dramatic music... fade to black...]

What will the writers of this story come up with next? Today our drama team of educators will help the children to come up with stories for Spoonville, and then make all their Spoonville characters. Will there be aliens, wizards, shapeshifters, or regular muggles? Our characters are only limited by our imaginations.

And while we're having fun with spoons we're going to learn some spoon tricks! We'll do a science experiment to make spoons sing, and magic tricks to make spoons bend. The humble spoon will never be the same again 😊. We'll also be making a seed planter to add to your Spoonville gardens at home.

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

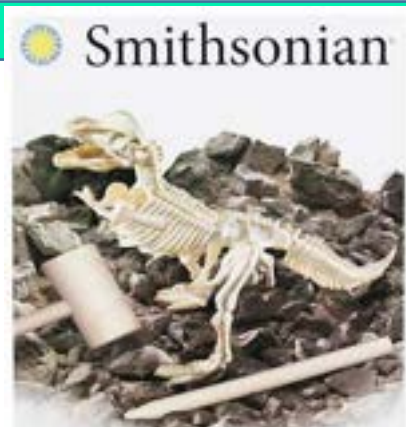


**Thurs 23/01/25**

## **Digging Up Dinos**

Did you know that Melbourne Museum is home to the most complete Triceratops in the world? Today we're going to look at a day in the life of Palaeontologists, who find, excavate, study and preserve dinosaurs. We'll be making some dinosaur footprints in clay. And we've got Smithsonian 'Digging Up Dinos' kits for the children to do in small groups. These kits require the children to carefully dig out all the dinosaur fossils and then see if they can construct the fossil. Who will be able to get a complete T-Rex? Plus for a bit of extra fun, we've got some glow in the dark dinosaur tattoos for all our budding Palaeontologists to apply or take home. A stomping good time!

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



**Fri 24/01/25**

## **Design your own T-Shirt**

This theme has become a Healthways School Holiday Program January tradition... because the kids love it!

Today the children will be designing and making their own T-Shirts.

Using textile markers and paints the children will take home a personalised cotton T-Shirt designed and made by them to enjoy and wear. Children will decide on a design and start the outline of their design in the morning, and finish the details in the afternoon.

Please wear old clothes on the day. The children will be wearing smocks while they do their art and craft, but please don't bring the children in their best clothes... just in case! 😊

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





**No program Monday 27/01/25. PUBLIC HOLIDAY.**

## **Tues 28/01/25      The Block**

To celebrate International Lego Day being on 28/01/25, we're playing with all sorts of blocks, lego and cubism today.

Have you seen what speed-cubers can do with a rubiks cube? We've got some expert cubers in the house, and we'll be having a go learning some rubiks cube solving techniques.

We'll also be bringing out the lego, including a lego watch for everyone to build on and take home. These are a great addition to every lego collection. You can start some lego creations on it at holiday program, and then take it home to add to it with your own lego. What will your watch become?

In art and craft we'll be doing some cubism style art. And as the last day of the holidays we'll also have our traditional end-of-holidays glow-in-the-dark bowling party.

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 2025, they can attend as of 1<sup>st</sup> January 2025.

### **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 \$70.90 + Experience Fee \$29.00
- Total Fee = \$99.90
- (With Maximum CCS = \$9.99 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 \$3.20.
- 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](mailto: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.

### (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](https://app.iclasspro.com/portal/healthways) to book.**


**Healthways Swim School**  
[www.healthways.com.au](http://www.healthways.com.au)

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