

SCHOOL HOLIDAY PROGRAM

APRIL 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:

- Mon 07/04/25 – Thurs 17/04/25
- (No program Fri 18/04/25 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.

ENROLMENTS OPEN NOW. Enrol online at:

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

Mon 07/04/25 Healthways Comedy Festival

The Melbourne International Comedy Festival comes to town every March & April. To celebrate this year's festival we're bringing the laughs and silliness to Healthways today. We'll be making our own balloon whoopie cushions – an oldie but a goodie to make anyone giggle. We will be making a joke book of all our favourite jokes, and will have an open mic for comedy routines. "What's that?! Is that dog poop on the ground? Looks like dog poop, smells like dog poop, tastes like dog poop. Whatever you do, don't step in it!..." Wait! What? Did you just taste the dog poop?!...

Hahaha. Today in our afternoon session, we're going to make some hilarious edible dog poop for you to use to trick your family. Lots of fun to take home and share with your loved ones. The day also includes watching some comedy on the big screen and seeing how the professionals do it. We'll make popcorn to enjoy during the comedy routines.

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



Tues 08/04/25

Gold at the end of the Rainbow: Irish Mythology

Saint Patrick's Day is Ireland's official national holiday and was celebrated a few weeks ago on 17th March. Ireland's mythology is rich with fantasy tales and characters. Today, we're going to have fun with Leprechauns and making gold at the end of the rainbow. We're also going to make some good luck charms with beautifully detailed horse shoe wind-chime kits. In the afternoon we'll also be learning how to draw Celtic knots. Our sport session today is going to include the game of rounders. The earliest rules of rounders as a sport were devised in Ireland in 1884, and it has evolved into a popular Irish game. It's played a lot in Australian primary school sports events too. In the afternoon we're going to make baked potatoes, a staple of Irish cuisine and totally delicious! There'll be a range of toppings for you to enjoy!



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

Wed 09/04/25

Amazing Bugs!

Did you know that fruit flies were the first living creatures to be sent into space? They were also used over 100 years ago to study genetics and chromosomes. Bugs are amazing!

We have some fantastic mini-lego kits today, and we'll be

making our own lego animals to take home. In the afternoon we'll be building and making nests for our lego animals to live

in. We'll be playing bug inspired games in our sports sessions and looking at bug habitats outside. We'll also be decorating some insect rock pets with special paints and googly eyes that can live in our garden or in our bedrooms.

Today will include bringing out the microscope for a special science session, looking up close at some real bugs and leaves.

Under the microscope you'll be able to see all their tiny fibres and cells. Wow!



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

Thurs 10/04/25

Science: Opposites Attract

Today we'll be entering a topsy-turvy world, and looking at all the things that are opposites. We'll be using mirrors to get opposite images, changing night and day to get opposite times of the day, swapping up and down to have things inverted, and swapping left/right and front/back to tie ourselves in knots. "GNOLA EMOC!" (Come along!) We'll also be exploring the science of magnets, that have north and south poles, and why they stick together. In the afternoon, we'll be using magnets to build a magnetic maze. And we'll have some special photo-sensitive paper that we'll be using to make negative space art. This paper reacts with light to change colour and create opposite images.



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

Fri 11/04/25

Terrific Tessellations!

Federation Square is a Melbourne icon! Adorned with a complex web of shapes of the same size all fitting together, these are called tessellations. Tessellations form the basis of many construction techniques, and also occur in nature to help organisms expand and grow.

Today, we'll be doing activities to build 3D shapes of all different sizes, and doing experiments on them to test for strength and capability.

We'll be making tessellation origami, and in our sport sessions today we'll be including court based games where different shapes form the

zones of the court. In the afternoon we have some super fun sticker kits where intricate images are formed by piecing together different coloured tessellation stickers. The image will magically start forming in front of you. We'll also be having a shape treasure hunt in the afternoon, with prizes!



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

Mon 14/04/25

Rock Stars: A Music Day

Rock on dudes! Today we're turning up the tunes and enjoying music in all its forms. What music genre is your favourite? If you've got some favourites we'll have song requests running throughout our sessions today.

We'll be making some instruments in our craft sessions. There's a number of instrument options to choose from, ranging in complexity including tune and pitch capability. We'll be learning about what alters the pitch of instruments, and doing some science experiments to explore how they can play a tune.

In our sport sessions we'll be having some music/dance games and we'll be throwing in some karaoke hits for fun! As we explore our personal musical tastes right now we'll be imagining our own music albums and designing some Top 40 album covers.



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

Tues 15/04/25

Time Travelling Kids!

The new Fantastic Four movie 'First Steps' is being released in July 2025. Marvel is relaunching the series with a time-travelling adventure. Today we're using this as our inspiration and exploring what the world would look like if your future self travelled back in time to visit you today! Whoa! What would your future self tell you about what's happening in the future? We're going to have fun making rockets and imagining a future when humans travel into space. We'll be getting the robot toys out and building some walking robots too. In the afternoon, we'll be thinking about what we want to be when we grow up and making some older versions of ourselves. And whatever the future holds, let's start preparing and put some money away for the future. We'll be decorating some money boxes to take home!



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

Wed 16/04/25

Science: Propellers Make it Move

Propellers are used in many exciting ways! They help boats to sail smoothly through water and planes to fly in the sky. Even helicopters and drones depend on them to hover! Today we'll each be getting a wooden propeller powered wind-boat kit to make. The kits include electric circuits to wire together a motor and battery to power the propeller. A wonderful opportunity to get hands-on with STEAM skills and concepts.

In our visit to the oval today we'll be taking foam planes to fly. And in our sport sessions we'll be bringing out the parachute and playing fun parachute games. In the afternoon, we're going to be trying our hand at making and sailing paddle-pop stick rafts and paper boats. Will our boats last the distance and sail their cargo to their destination?



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

Thurs 17/04/25

Where's Wally?

'Where's Wally?' is a beloved series of children's puzzle books, where the challenge is to find Wally amongst a crowded scene where people are in all sorts of funny situations! This beloved character is our inspiration today. In art, we're going to make our own crowded scene artworks and hide people we know in it. Who are you going to hide in yours? Easter is around the corner so we're also going to go Easter egg hunting! Yay! Wally's fourth book takes him to Hollywood, so today includes a drama and theatre games session. Sometimes Wally can be very very small, so in our afternoon craft we've got some special shrinking paper and we're going to make some shrink art. Lastly, as it's 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!!!!

No program Friday 18/04/25. PUBLIC HOLIDAY.

Program Information

Eligibility to attend:

As per the national regulations, children can attend vacation care as of 1st January in the calendar year that they are attending primary school OR once they have turned 6 years old. So if your children are going to primary school in 2025, they can attend as of 1st 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 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 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 to book.

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

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