

# SCHOOL HOLIDAY PROGRAM, JANUARY 2019

**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!!

## Jan 2019 Program Dates:

- Wed 02/01/19 – Fri 04/01/19
- Mon 07/01/19 – Fri 11/01/19
- Mon 14/01/19 – Fri 18/01/19
- Mon 21/01/19 – Fri 25/01/19
- Tues 29/01/19

## Program Time:

- 7.45am-6.00pm
- (Social grouping 7.45-9.00am, Structured Program 9.00-4.30pm, Social grouping 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/onlinepayments/school-holiday-program-on-line-booking-form/>

## Wed 2 Jan 2019 The cat's out of the bag (& Movie Day)

Have you ever had someone let 'the cat out of the bag' and spoil the end of a story? Today we'll be playing games that try not to reveal hints and facts that are meant to be hidden. Get ready to keep guessing right up until the end of the games.

We'll also be watching a movie on the big screen in the afternoon where we won't have any spoilers (keep the cat in the bag!) – movie TBC. We'll make popcorn for the movie. We'll also be celebrating our feline friends and all the funny things that they do. Have you seen what happens when a cat sees a cucumber?

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



## Thu 3 Jan 2019 Science Fiction

Today we'll be combining our understanding of science with our imagination to see what weird and wonderful worlds we can create. How will science help us in the future? Will it be like Star Wars, Star Trek, or Lost in Space?

With the recent Mars landing and Elon Musk saying he wants to start a colony there in 2024 – living in space may be something that happens in our lifetime! Includes a re-boot of our really popular electric robots from last holidays, for the children to build and play with.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Fri 4 Jan 2019**

## Circle of Life

The Lion King celebrated the 'circle of life' so well... today we'll be looking at the life cycles of animals that we see every day. What processes happen to change a caterpillar into a butterfly? How long does it take? How many dog years to a human year? Here's a clue... it's not a straight line of 1 human year to 7 dog years. It changes over the dog's life cycle! We'll also be looking at the circle of life of plants and preparing some seeds to germinate and sprout, and propagating some plants from cuttings to make a terrarium.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Mon 7 Jan 2019**

## Secret Messages

Today we'll be trying to hide our messages while at the same time trying to crack the code of other messages, like spies do. Includes code breaking games and activities, making invisible ink, & treasure hunts. We'll be making a cup telephone and seeing how long we can get the string while still being able to hear it. We'll be synchronising our watches at the beginning of the day and using code words for our activities that happen through the day.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Tues 8 Jan 2019** "In the wings" – A Drama Day!

"The wings" are the names for the backstage parts of the theatre where actors wait before coming on stage. They're also parts of a bird and parts of an aircraft. "Wings" can also be parts of a building, eg. "The South Wing", or describing a particular political view, eg. "Left Wing". The word can also describe acting without preparation, eg. "I'm going to wing it." Healthways' fabulous theatre productions are happening today with the children coming up with a "wings" inspired performance today. With so many definitions that the children can take inspiration from, these performances could go in so many different directions. How exciting! Drama sessions will be guided by our qualified teaching staff. Videos of the performances will be emailed to parents.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Wed 9 Jan 2019** Egypt – Pharaoh's, Pyramids & Mummies

Today we'll be looking at the land that houses some of the greatest wonders in the world. Our holiday program friend and colleague, Matilda, has been travelling through Egypt in December 2018 and we'll be learnings about some of the amazing things that she saw. We'll be 'dancing like an Egyptian', making our own pyramids and mummies, and writing in hieroglyphics. Mummies were prepared with lots of salt to preserve them for the after life. The children will try their hand at preserving items with salt today too.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Thu 10 Jan 2019** Everyday Heroes

Today we'll be celebrating the people in our community who help us. We'll be trying to make a difference in our community too. Being an everyday hero can be helping someone carry their groceries to their car, or just giving directions to someone who is lost. This day will particularly encourage teamwork and social skills between the children. They'll have to work together to complete a number of group challenges. Will hopefully include a visit from emergency services... pending them being called out to an emergency!

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Fri 11 Jan 2019**

## *Healthy Mind, Healthy Body*

Today we'll be looking at how our body works and how to keep it working in a healthy way. We'll be looking at athletes and how they achieve peak performance, and we'll be looking at what we do with our bodies every day and how it improves our life.

Includes a visit from one of Healthways' personal trainers, and a lesson in anatomy. We'll be looking at what vitamins and minerals are in different foods and how they affect different body functions, including a cooking session at the end of the day.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Mon 14 Jan 2019**

## **Construction: Build it, Race it**

There are some great Australian traditions of building transport and racing it – including the speed of the 'Salt-lake' speed races at Lake Gairdner in South Australia and the silliness of the 'Bird-man' challenges in Melbourne at Moomba.

Today we'll be looking at construction and making lots of items and activities that we can race. Includes a construction workshop learning about considerations for weight, wind, etc and how to include reinforcements and safety features.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Tues 15 Jan 2019**

## **Spaghetti Day – Italy theme**

Today we'll be doing lots of activities with this iconic Italian food. We'll be using spaghetti and pasta in our art and craft activities. We'll be cooking different pastas in the afternoon – gluten free option available if needed. And we'll be learning about Italian culture.

We'll also be using spaghetti to build bridges and towers to test our understanding of construction. These construction activities are a great way of demonstrating the considerations for large scale construction.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Wed 16 Jan 2019**

## **Surf and Sand**

Today we'll be heading to the beach with beach games and kite flying. We'll be doing some beach 'life-saver' races, and playing some volleyball, frisbee and other beach-games. We'll be making our own kites and taking them to the park to see if we can get them to fly.

We'll also be looking at seaweed and how it's farmed, prepared, and used. Seaweed is eaten in some cultures, but did you also know that gels extracted from seaweed are used as thickeners in anything from shampoo to ice-cream. We'll be using seaweed sheets to make sushi in the afternoon.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Thu 17 Jan 2019**

## **Science: Polar Bears**

Today we'll be looking at the largest living carnivore on Earth and how they have adapted to live in their harsh environment. Did you know that a polar bear's fur isn't white? It's actually transparent with a hollow core that reflects light. This helps the bears blend in with their surroundings. We'll be doing some transparent art & craft experiments today. Polar bears also have black skin under their glistening coat, which helps them soak up the Sun's rays and keep warm. We'll do some experiments with how different colours absorb heat. Bears can also smell prey from 16km away, and we'll be doing some experiments with our sense of smell.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



**Fri 18 Jan 2019**

## ***Stop Motion Cinematography***

Today we'll be using stop motion to make a story/film/book. This is the cinematic method that has made hit movies like 'Wallace & Grommet', 'The Lego Movie', 'Fantastic Mr. Fox', 'Chicken Run', etc.

We'll be trying our hand at the techniques in the morning – including drawn stop-motion, sculpture stop motion, and paper cut-out stop motion, and then seeing how the professionals do it in the afternoon on the big screen. Photographs of stop-motion will be emailed to parents.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



## **Mon 21 Jan 2019 Belly Laugh**

The sound of laughing and uncontrollable giggles is like music to our ears! Today we'll be engaging our silly side and finding lots of different things that make us laugh.

Bring your best jokes - Chris will supply the 'dad' jokes!

We'll also be making a photo booth with our own props and taking some fun photo-booth photos. Photos will be emailed to parents.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



## **Tues 22 Jan 2019 Opposites Day**

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 upside down, and swapping left/right and front/back to tie ourselves in knots.

We'll be playing games where we have to work out what the message in opposite's day is actually trying to say.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!

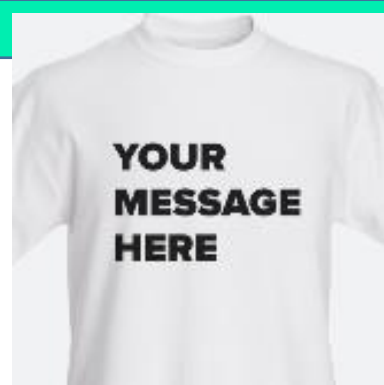


## **Wed 23 Jan 2019 Making your own T-Shirts**

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 & 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, PE, Little Legends, Kids Club, AND MORE!!!!



## **Thu 24 Jan 2019 Where in the World?**

Our free-to-air TV is flooded with travel shows that introduce us to some wonderful travel locations around the world. Today we'll be making our own travel agency and helping each other decide where they're going to go on their holiday on the long weekend.

For fun, we'll also be coming up with some reasons and advertisements to try to convince travellers to visit some more undesirable locations. Eg. A garbage tip, a toothpick factory, a lawn farm (where you can literally watch grass grow), etc. 😊

The children will be making a family tree for where our families all came from, and we'll be making photo frames to celebrate the cultural diversity in Australia.

Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!



Fri 25 Jan 2019

## Australian/Melbourne Animals

Today we're celebrating our unique Australian Animals. Some are soft and fluffy, some are highly poisonous – we have it all!

We'll particularly be looking at the bats that fill Melbourne's skies at dusk. These wild animals give Melbourne its 'Gotham City' nickname. We'll be making our own bat mobile to hang in your bedroom (Get it...? Not bat-mobile, the car. Bat-mobile, the hanging art! ☺). Our bat mobiles will be made using some metal work techniques that the children can try.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!

Mon 28 Jan 2019 **Australia Day Public Holiday – No program**

Tues 29 Jan 2019 **Science: Up Up and Away!**

This science theme day will look at the science of flight. We'll be looking at hot air balloons and how heat rises. We'll also be looking at winged aircraft and how they stay up in the air with the combination of thrust and lift. And lastly looking at rocket launched aircraft, such as those that go up into space.

We'll be trying our hand at making our own air craft and we'll launch some rockets propelled by the chemical reaction between vinegar and bicarb soda.



Full program with 6 activity sessions, incl: Bowling, Arts & Crafts, PE, Little Legends, Kids Club, AND MORE!!!!

## Program Information

### Daily Routine:

7.45am-9.00am: Social grouping & free-play.

9.00am-9.30am: Daily Welcome and Ice-breaker games.

9.30am-4.30pm: Structured Program – your children will be active and engaged all day. We have 3 activity sessions before lunch and 3 activity sessions after lunch. The activities in each session change depending on the day's themes, but usually the morning includes Tenpin Bowling, Art & Craft, and Physical Education; and the afternoon includes Investigation and Discovery, Creativity and Problem Solving, and Physical Education.

4.30pm-6.00pm: Social grouping & free-play.

**Children's Groupings:** The children are organised into groups of 15-20ish for their activities and then all groups come together at meal times – just like school. Children can be grouped with their friends or family members as needed. 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.

**Leaders:** All leaders are experienced in working with children and have all their required qualifications. Most leaders are school teachers and/or arts teachers (eg. drama, music, etc) and/or sports teachers during the term and then work with us in the holidays. We have a staff ratio of 1:10.

**Pool Session (Optional):** In the pool sessions, children are in smaller groups of max. 8 for 5-7yrs, and max. 10 for 8+yrs. All pool sessions are supervised by qualified swim teachers. The sessions usually go for 40mins each and are fun and full of games. We have a staff member allocated to helping children get changed before and after their swimming session.

*(\*\*PLEASE NOTE: Our swimming pool is closed for renovation in the January 2019 school holidays. No other activity is affected, just the pool. There are still 6 activity sessions that happen in the program every day! Three before lunch, and three after lunch. We have organised a replacement activity for each afternoon in place of where the swimming session would normally happen. The afternoon activities we have planned are exciting and different each day, depending on the theme of the day. We look forward to having a great program.)*

## Daily Fees:

- Base Fee \$57.90 + Experience Fee \$22.00
- Total Fee = \$79.90
- (With Maximum CCS = \$11.99 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.

## What to bring:

- Bathers, towel & goggles (\*\*PLEASE NOTE: Bathers, towel & goggles are not needed in the January 2019 school holidays as our swimming pool is closed for renovation. No other activity is affected, just the pool. There are still 6 activity sessions that happen in the program every day! Three before lunch, and three after lunch. We have organised a replacement activity for each afternoon in place of where the swimming session would normally happen. The afternoon activities we have planned are exciting and different each day, depending on the theme of the day. We look forward to having a great program.)
- 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
- 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 organised socks to be available. They're just \$2.50 from reception.
- Forget your lunch? We have lunch orders available. Order at reception in the morning when you drop-off.
- Forget your goggles? We keep lost property goggles as spare goggles for the children to borrow during their swim session.
- If you've forgotten something else, let us know and we'll try to help!

## 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.

## Child Care Subsidy (CCS):

Our services are registered with Centrelink, so you will be able to claim Child Care Subsidy (CCS) on your fees. When you enrol in the School Holiday Program, you pay a deposit of \$30.00 per day. At the end of the holidays your account is reconciled with Centrelink. Any remaining balance will be charged to the credit card that made payment. Any amount that has been overpaid will be refunded to the same credit card that made payment.

For further information about CCS please visit <https://www.education.gov.au/new-child-care-package-frequently-asked-questions> and/or <https://www.healthways.com.au/boxhill/files/2018/08/INFORMATION-about-the-Child-Care-Subsidy.pdf>