

FORREST OUT OF SCHOOL HOURS CARE 2019 APRIL SCHOOL HOLIDAY PROGRAM

Keep this page to know what is on each day

Monday 15 th April \$80	Tuesday 16 th April \$110	Wednesday 17 th April \$90	Thursday 18 th April \$110	Friday 19 th April:
Tie Dye Workshop Cooking: Sushi	EXCURSION: THE COTTER 9am – 3:30pm	Milkshake Candles Reptile Show 1pm	Stick-On & Henna Tattooing Excursion: Inflatable World 12.15pm-3.30pm	CLOSED: PUBLIC HOLIDAY Good Friday
Screen Time: 3.45-6pm	Screen Time: None	Screen Time: 3.45-6pm	Screen Time: None	
Monday 22 nd April	Tuesday 23 rd April \$110	Wednesday 24 th April \$110	Thursday 25 th April	Friday 26 th April \$110
CLOSED: PUBLIC HOLIDAY Easter Monday	Puppet Show (under 8yrs) 12.30pm Excursion: Indoor Rock Climbing 12.30-3.30pm (over 8yrs)	Excursions: Movies at Manuka (under 8yrs) & Freak Shakes (over 8yrs) *Excursion Times TBA	CLOSED: PUBLIC HOLIDAY Anzac Day	Minute To Win It Challenge Excursion: IPlay 12.15-3.30pm
	Screen Time: None	Screen Time: None		Screen Time: None

About the Program

Forrest Out Of School Hours Care (FOOSHC) provides a safe and welcoming environment for the children and their families. We believe children are capable, competent and creative learners that are entitled to participate in a program that facilitates their engagement in risk-taking, experimentation and exploration of indoor and outdoor spaces.

Our program is child led with a play-focused environment which is reflective of the children's needs and interests. Children will have the opportunity for rest and relaxation and can move between activities, inside and outside environments. In addition to the experiences detailed on the cover page, all the fabulous FOOSHC resources will be available daily.

Our Philosophy

Everything we do is in the best interests of the child. We honour and respect their rights, views and 'being' throughout our program and believe that they are integral to our world.

Relationships:

We seek to build and nurture trusting, reciprocal relationships with children, families and each other. We believe this enables children to form secure attachments to each other, the educators and our environments, whilst honouring those with their families. We recognise the diverse backgrounds and cultures of each member of our FOOSHC community and how their presence greatly enriches our service. We acknowledge everyone as an individual who is capable and competent, and we strive to operate without bias. For children, this will provide a sense of belonging and ownership of their environments, whilst also

enabling them to become empowered decision makers. FOOSHC believes children who have known kindness, trust and respect will value themselves and others.

Play:

FOOSHC is a place in which play takes priority because all children have the right to play, as such; our program is to plan for the possibilities of play. Our pedagogical practice is based on a Playwork approach which sees children as the constructors of their own experience in an environment which children are supported and encouraged to flourish and fail. A Playwork approach sees our educators facilitate and maintain the physical and psychological conditions that encourage and allow for children to play as *'a process that is freely chosen, personally directed and intrinsically motivated.'*

Professional Development:

High expectations and standards are held of all of our educators at FOOSHC. We embrace opportunities for innovative practice, critical reflection and embed professional development into our everyday practice. FOOSHC strives to create a culture of professional inquiry in which our educators are encouraged to engage in robust discussion and challenge themselves and others. Educators embody integrity, compassion, respect and motivation.

Advocacy and Leadership:

We are committed to advocating for the children of FOOSHC and for their right to have a childhood; the time, space and freedom to play, to take risks and to navigate life. We believe that by sharing what we do with the community and inspiring innovation in others that we are also advocating for all children to have these opportunities.

General Information

Opening Hours: 8am – 6pm	Monday 15th April 2019– Thursday 18th April 2019
8am – 6pm	Tuesday 23rd April 2019 – Wednesday 24th April & Friday 26th April 2019
	CLOSED: Friday 19th, Monday 22nd & Thursday 25th April 2019

Enrolment

Step 1 – All families must complete a 2019 enrolment form (or re-enrolment form if you have used our service in 2018) which can be found on our website www.forrestpandc.com.au

Step 2 - Complete the attendance/booking sheet for this holiday period & permission notes attached for the relevant days

***Enrolments close Sunday 7th April at 12am midnight. Bookings received after this date will incur a \$25 surcharge per family.**

Fees and Childcare Subsidy (CCS)

- Cancellation of bookings must be in writing, **TWO weeks** in advance for no charges to apply.
- To obtain CCS you must have registered your details with Centrelink or the MyGov website and have provided us with your child's date of birth, and Customer Reference Numbers for the parent registered for CCS and each child on the enrolment form. **If you have not used our service for 12 weeks you will have to reactivate your CCS.**

Arrival and Departure

- Always access the service via Children's Services Office entrance (FOOSHC Office).
- Children **MUST** be signed in and out of the program each day by a parent or guardian.
- The roll will be located for signing in the Junior Hall (next to the door) during the holidays.

Food

- Children are required to provide their own lunch and snacks each day. Children often get hungry in the holidays, please consider this when packing their daily food.
- Afternoon tea will be provided each day around 3:30pm.
- We encourage snacks with high nutritional content to meet the growing needs of children.
- Breakfast is **NOT** provided during holiday care. We apologise for any inconvenience this may cause.
- Children should also bring a refillable water bottle. **No soft-drinks or juices are permitted. We encourage the children to drink water which will be readily available.**
- **As we are an allergy aware centre please no nuts/nut products or eggs.**

Clothing

Please label / name all your child's clothing

- Closed in shoes are required on Excursion days
- No singlets or sleeveless tops please as these are not sun safe
- A sun safe hat is required for outside play
- As children engage in all sorts of adventurous play a change of clothes is recommended

Sun-Safety

As the UV index rating will be high, we encourage children to be sun safe. Please encourage your child to apply sunscreen prior to their arrival. Sunscreen will be available throughout the day but please feel free to bring your own. Please ensure children bring a broad brimmed hat and sun safe clothing. Caps, sleeveless shirts or singlets are not appropriate.

Lost property

After the holiday period, all lost property will be donated to charity or recycled as appropriate.

Screen Time

Children will have access our electronic devices for 2-hour periods during the program. This means there will be NO BYO Device day. This decision was reached after lengthy consultation with families, children, and educators. We hope that the way screen time has been structured these holidays will assist families in regulating screen time at home.

The FOOSHC laptop may be utilised for active and non-competitive group games, such as the "Just Dance" videos that have been extremely popular in previous holidays. In unfavourable weather conditions, such as extreme heat or storms, a movie may be shown outside of the allocated screen time depending on the needs of the children.

Wheels

- Children are welcome to bring their bikes, scooters, skateboards, rollerblades etc. to the program.
- Children MUST have their own fitted helmet to participate.
- Children are not allowed to share wheels. Each child will use their own wheels.
- Wheels may be left at FOOSHC overnight, however all wheels must be taken home at the end of the holiday period.

Day Specific Information

Monday 15th April -Tie Dye Workshop and Cooking Sushi

Children will be able to settle in to our service and their holidays on this day, explore our play-spaces, make new friends, or catch back up with old ones. We will stay in-service today and between 10am and 2pm children can make a tie dye creation; so bring a T-shirt, pillow case or other suitable item and create your own tie dye masterpiece. All children will also have the opportunity to prepare their own afternoon tea and roll their own sushi to their specific tastes. Both of today's activities are voluntary and children can take the day at their own pace, with all of our resources always available there are many options for children to explore their interests.

Tuesday 16th Cotter Dam Picnic Area

Our Cotter excursions have been a favourite among children and educators alike since they began in April 2015. During our time at The Cotter children will have the opportunity to explore and engage with the natural surroundings, climb trees, venturing up to "Wizard Land" a rock face behind picnic area (discovered July 2015) or participate in a range of water-based experiences at the surrounding river. One of our favourite spots is the fallen tree which creates a long log bridge to the other side of the river, which is a popular spot for swimming if conditions are favourable. This excursion to the Cotter will include a salad wrap with ham or chicken served to the children whilst on excursion to help keep their energy levels high.

We will be venturing out to the Cotter (regardless of weather), making DIY shelters and providing lunch and afternoon tea. The excursion will only be cancelled in the event of severe weather warnings, thunderstorms, and lightning.

Please ensure your child/ren come prepared for a day of adventure and play with the following items:

- Closed in shoes
- Spare socks

- Sun smart Swimming attire
- Towel
- Spare clothes
- Sun smart Hat
- Water bottle

Wednesday 17th Making Milkshake Candles & Reptile Show

Candle making has never been so much fun! Between 10am and 3pm children will have the opportunity to create a candle that both looks and smells like a delicious milkshake. The children will also be introduced to some native animals when Reptiles Inc. come to visit at 1.30pm to put on a show for us. Children will be able to be up close and personal with some curious cold blooded creatures while learning about the lives of reptiles and amphibians. Children are able to opt in or out of these activities as they so choose.

Thursday 18th April –Tattoos & Inflatable World

The morning will be spent at Forrest experimenting with stick-on and henna tattoos; children will be able to choose from a range of designs . Please note that the Henna Tattoos may stay on skin for up to 2 weeks.

At 12.15pm we will all travel on a charter bus to Inflatable World. This is a high energy, maximum activity zone (kids get hot and sweaty), so we suggest children wear loose, comfortable clothing. Everyone on the inflatables must be wearing socks, with a no sock – no play policy. Unfortunately, FOOSHC are unable to provide children with socks so please ensure that your child comes prepared to avoid disappointment. Also, please bring a water bottle.

Friday 19th April -CLOSED FOR GOOD FRIDAY

Monday 22nd April –CLOSED FOR EASTER MONDAY

Tuesday 23rd April – Puppet Show (under 8yrs) & Rock Climbing (over 8yrs)

Children under 8 years of age will be delighted with a puppet show performed by ‘Puppetoodle’ which will be followed by a puppet making activity. The show starts at 12.30pm and the activity will commence immediately afterwards, children may even be inspired to perform their own puppet shows or just practice their puppeteering skills for their own pleasure.

Children 8 years in age or over will be catching a charter bus at 12.15pm to the indoor rock-climbing center at Hume for a fun filled afternoon, where they will be able to learn, practice and improve on their climbing skills in a safe environment.

What to bring:

- Pants or shorts (remember that skirts and dresses don’t go with a climbing harness)
- Closed shoes
- Lunch & Snacks
- Water bottle

Wednesday 24th April

Today children under 8 years of age will enjoy a short walk to the cinema in Manuka to watch a (G/PG) rated children’s movie. Unfortunately, we are unable to confirm the title or time of the movie at this stage but the children will receive a small popcorn and a bottle of water while at the cinema.

The children aged 8 years or over will also walk to Manuka but instead will be treated to a ‘Freakshakes’, where children will go crazy for their renowned monstrous mashup of drink and dessert. Although we always encourage healthy eating, we also recognise that special treats have a place in our program and this is one of the best.

Thursday 25th April –CLOSED FOR ANZAC DAY

Friday 26th April –Minute-To-Win-It Challenge & IPlay

If your child likes a fun challenge or has a competitive streak then they will love our “Minute-To-Win-It” competition. We will spend the morning running minute long challenges for all children interested in testing their skills.

At 12.15pm we will all travel via charter bus to enjoy a the fun on offer at IPlay in Belconnen, with laser tag, dodgem cars and unlimited turns on the arcade machines we will keep the children in party mode to finish of their holidays in style.

FORREST OUT OF SCHOOL HOURS CARE

2019 APRIL SCHOOL HOLIDAY PROGRAM:

BOOKING FORM

Please complete the details below to enrol your child.

Account Name: _____

Current Email Address: _____

	Mon 15 th April \$80	Tue 16 th April \$110	Wed 17 th April \$90	Thurs 18 th April \$110	Fri 19 th April	Mon 22 nd April	Tue 23 rd April \$110	Wed 24 th April \$100	Thurs 25 th April	Fri 26 th April \$110
Child's name(s)										
1.										
2.										
3.										
4.										

Important Information	Please sign below to acknowledge that you have read and understood this important information
I understand that children need to bring lunch, snacks and a refillable drink bottle each day. We are an Allergy Aware Centre – no nuts/nut products or eggs.	
These holidays we may be using both still and movie cameras to record the children's adventures. Please advise in writing if you do not want your child to participate in this part of the program. We may use the photos/footage to promote our program and to screen with families/friends of the service.	
I understand that children need to be signed in and out of the program each day. This will occur by entering through the Childrens Services Office	
If I wish to cancel days' requests must be made in writing and for no charge to apply and must be received at least two weeks prior to the cancelled day.	
Outstanding fees will incur a late payment fee unless arrangements are made on enrolment. Payment plans are available. Bookings after 7 th April 2018 midnight will incur a \$25 late booking fee per child.	
I give permission for my child to view suitable PG movies and play some electronic games that are also rated PG (older games originally rated G that today are rated PG but deemed suitable by Educators) during the program.	
I understand that FOOSHC uses a charter bus without seatbelts for excursions and if my child is not signed in prior to the advertised departure time that I will need to drop my child at the excursion.	
I understand that in providing my children with wheeled equipment that they will be offered various opportunities to ride through FOOSHC play spaces and to increase and explore their skills set. It is my or my child/rens responsibility to provide a helmet that meets Australian safety standards and if they do not have one they will be unable to use their equipment. –	

***Please sign the permission slips on the next page**

PLEASE SIGN THE BOX FOR EACH DAY YOUR CHILD WILL ATTEND

Date/Time	Experience	Sign
16/4/2019	<p>The Cotter I give permission for my child/ren to travel by Charter Bus to the Cotter Picnic Area and Reserve. I understand this will include swimming in or exploring the river, climbing trees and exploring surrounding bushland. Departing: 9:00am Returning: 3:30pm Estimated number of children in attendance: 50 Ratio and estimated number of educators: 11 Educators Ratio 1:5 (raised ratio with an additional 2x educators)</p>	
18/4/2019	<p>Inflatable World I give permission for my child/ren to travel by charter bus to and from Inflatable World and participate whilst there. Departing: 12:15pm Returning: 3:30pm Estimated number of children in attendance: 50 Ratio and estimated number of educators: 7 Educators Ratio 1:8</p>	
18/4/2019	<p>Henna Tattoo I give permission for my child/ren to have Henna Tattoo applied to their visible skin by an educator and understand that this may last for up to 2 weeks</p>	
23/04/2019	<p>Rock Climbing I give permission for my child/ren to travel by Charter Bus to Canberra Indoor Rock Climbing in Hume and top rope climb/boulder. Departing: 12:30pm Returning: 3:30pm Estimated number of children in attendance: 24 Ratio and estimated number of educators: 4 Educators Ratio 1:8</p>	
	<p>I give permission for my child/ren 12 or over to belay (take control of the ropes).</p>	
	<p>I give permission for my child/ren to be belayed by a child who is 12 or older.</p>	
24/04/2019	<p>Movies in Manuka (children under 8yrs) I give permission for my child/ren to walk with educators to Greater Union Manuka see a G/PG rated movie at time yet to be determined. Departing and Returning: unknown as cinema times have not yet been set Estimated number of children in attendance: 25 Ratio and estimated number of educators: 4 Educators Ratio 1:8</p>	
	<p>Freakshakes (children 8yrs and over) I give my child(ren) permission to walk with educators to and from Freakshakes in Manuka to enjoy a milkshake at a time yet to be determined. Estimated number of children in attendance: 25 Ratio and estimated number of educators: 4 Educators Ratio 1:8</p>	
26/04/2019	<p>iPlay I give permission for my child/ren to travel by Charter Bus to iPlay Belconnen Departing: 12:15pm Returning: 3:30pm Estimated number of children in attendance: 50 Ratio and estimated number of educators: 7 Educators Ratio 1:8</p>	

MINIMUM EDUCATOR: CHILD RATIOS WILL BE

1:11 at the centre, 1:8 for excursions, 1:5 at The Cotter

End of form