


**FORREST OUT OF SCHOOL HOURS CARE
2023 July SCHOOL HOLIDAY PROGRAM**

Monday 3 rd July \$100	Tuesday 4 th July \$115	Wednesday 5 th July \$90	Thursday 6 th July \$120	Friday 7 th July \$90
<p>International Plastic Bag Free Day!</p> <p>Sew your own reusable bag</p> <p>Making skipping ropes and soccer balls out of reused plastic bags</p>	<p>Excursion:</p> <p>Rock Climbing</p> <p>9:15am – 12:45pm</p> <p>Salt Art</p>	<p>Yulunga Games</p> <p>Cooking Club: Strawberry Gum Bliss Balls</p> <p>Sturt Desert Pea Pins</p>	<p>Excursion:</p> <p>Greenhills with our indigenous guide Aaron from Dreamtime Connections – Bushwalks, games, and making damper on the fire</p> <p>9:30am – 3:00pm</p>	<p>PJ DAY!</p> <p>Movie screening on our big new screen</p> <p>Bed sock puppets</p> <p>Video Games on our new Wii U and Nintendo Switch</p>
<p>This week is NAIDOC week and as part of our holiday program we have scheduled a number of experiences to help us to explore and acknowledge this year's theme – For Our Elders</p>				
Screen Time: 3:30-5:30	Screen Time: 3:30-5:30	Screen Time: 4:00-5:30	Screen Time: 3:30 – 5:30	Screen Time: 3:30-5:30
Monday 10 th July \$105	Tuesday 11 th July \$115	Wednesday 12 th July \$110	Thursday 13 th July \$95	Friday 14 th July \$115
<p>External Workshop:</p> <p>Building a skate ramp with Aaron from Pallet Play</p> <p>10am – 1:30pm</p> <p>Cooking Club: Make your own pizza</p>	<p>Excursion:</p> <p>Woden Valley Gymnastics Club</p> <p>10am – 12:30pm</p> <p>Toasted Sandwich Bar</p>	<p>Mario Kart on the Asphalt</p>  <p style="background-color: #e0f2f1; padding: 5px; text-align: center;">External Workshop: Pinewood Derby Car Racing</p>	<p>Christmas in July</p>  <p>Bauble making, Christmas Feast, Santa's Sleigh Designs, and more!</p>	<p>Excursion:</p> <p>Ice Skating</p> <p>9:15am – 12:45pm</p> <p>Cooking baked potatoes at the fire and gourmet hot chocolate</p>
Screen Time: 3:30-5:30	Screen Time: 3:30 – 5:30	Screen Time: 3:30-5:30	Screen Time: 3:30-5:30	Screen Time: 3:30-5:30

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 freely between activities and 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 advocate for children's voices to be heard and we honour and respect their rights, views and 'being', as the foundation of our program.

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

Open 8am – 6pm Monday 3rd July 2023 – Friday 14th July 2023

Enrolment

Step 1 – All families must complete a 2023 enrolment form 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 25th June 2023 Bookings received after this date will incur a \$25 surcharge per family.

Fees and Childcare Subsidy (CCS)

- **Cancellation 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 Mygov and have provided us with your child's date of birth and Customer Reference Number for the parent registered for CCS and each child on the enrolment form.

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 Ipads 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 healthy 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. **PLEASE NOTE ON EXCURSION DAYS, CHILDREN WITHOUT DRINK BOTTLES WILL BE GIVEN A WATER BOTTLE TO KEEP AND A CHARGE OF \$10 WILL BE ADDED TO YOUR ACCOUNT.**
- We promote healthy eating at FOOSHC so **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 (eggs in cooked products are acceptable - eg:cake)**

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 sunsafe
- Children MUST have a rash shirt for ALL water based excursions
- As children engage in all sorts of adventurous play a change of clothes is recommended
- Children are required to bring a sun smart hat that protects the face, back of the neck, eyes and ears. Broad-brimmed, bucket or legionnaire hats offer the best protection. **NO CAPS PLEASE.**
- **PLEASE NOTE ON EXCURSION DAYS, CHILDREN WITHOUT A SUNSAFE HAT WILL BE GIVEN A HAT AND A CHARGE OF \$15 WILL BE ADDED TO YOUR ACCOUNT.**

Sun Safety

We actively promote children to be sunsafe and as the UV index rating will be low, we still encourage children to be proactive in their approach to sun safe practices. Eg: checking the UV level is below 3 and hats may still be encouraged. We still 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 if you prefer. Please ensure your children wear sunsafe clothing.

Lost property

After the holiday period, all lost property will be donated to charity or recycled as appropriate if not collected at then of holiday period. .

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. We do have a special Pyjama Day planned with our own devices. 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 were extremely popular in previous holidays. Beyond our typical screen time we have heard feedback from families that want a video game day. However, all devices and games will be provided by FOOSHC to ensure they are age appropriate and that no families devices are damaged. In unfavourable weather conditions, such as extreme heat or storms, a movie may be used 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 (In line with Australian standards) 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 unless Ali will try and sell them on ebay 😊 .

Day Specific Information

Monday 3rd July 2023 – Plastic Bag Free Day! Sew your own tote bag and plastic bag sports equipment

Today we celebrate International Plastic Bag Free Day! Come along and join Toni and Jemma to sew your own fabric tote bag. Choose from a range of wonderful designs and work on your sewing skills to carry everything you need in style!

We will then repurpose plastic bags we already have into various sports equipment to be used throughout the afternoon – feel free to donate any you have at home – don't we all have that one shelf, draw, bag overflowing with old plastic bags?! What better way to clear some clutter 😊

Tuesday 4th July 2023 – Rock Climbing and Salt Art

Join us for a day full of adventure as we head out to a brand-new excursion location... Canberra Indoor Rock Climbing in Mitchell! Challenge yourself to scale rock climbing walls that will cater to children of all ages. As this location can get cold please ensure that you pack warm clothes as well as practical shoes such as sneakers to allow for comfortable climbing – please no sandals, slip-ons, or thongs. Children will also need to wear appropriate clothing in which they can move freely (no skirts or dresses please).

Come on back to a relaxing afternoon by creating Salt Art pictures by drawing with glue and salt before dropping food colour onto the page to make a unique piece of your own.

Wednesday 5th July 2023 – Yulunga Games, Native Ingredient Cooking Workshop, and Sturt Desert Pea Pins

Across this week we are acknowledging NAIDOC week and consider Aboriginal and Torres Strait Islander Perspectives in our practice. Today we will play several games we have learnt through the Australian Institute of Sport and their Yulunga Traditional Indigenous Games. Yulunga means playing in the language of the Kamilaroi (Gamori) people of northern-western New South Wales.

One of our Educators will also be facilitating a cooking workshop using Native Ingredients as we roll our hearts out making Bliss Balls YUMMM

Then settle in for a beautiful craft of Sturt Desert Peas led by one of our educators who learnt about the Sturt Desert Pea through professional development with Hazel Davies from the Making Peas/ce movement. Children will be able to make their own Sturt Desert Pea to wear, and in doing so, acknowledge and remember the Aboriginal and Torres Strait Islander people who walked and cared for this land before us.

Thursday 6th July 2023 – Greenhills with Aaron our indigenous guide from Dreamtime Connections

Green Hills is an engaging outdoor environment that will see us participate in a bushwalk, sports such as sand court volleyball and badminton, cooking damper over the campfire as well as enjoying time to explore the natural environment. We will also be joined by Aaron our indigenous guide from Dreamtime Connections who will join the children on a bushwalk and participate in games on the oval. This is an amazing opportunity for the children and educators to further explore conversations around the NAIDOC 2023 theme – For Our Elders.

Friday 7th July 2023 – PJ DAY! Movies, Bed Sock Puppets, and More (Video Games)!

Get in your pair of coziest pjs and rug up for FOOSHC's PJ and Movie day. Today we aim to chill out and relax. We will be playing movies on our giant screen and engaging with various gaming consoles followed by scrumptious New York style hot dogs for afternoon tea. We also get the chance to get creative as you make your very own sleepy sock puppet. Finally, we have heard families' feedback for a video games day to ensure that nothing from home is lost or broken we will supply a range of different consoles throughout the day including a Wii U and games that are new to the service! We will get active with some Wii and Just Dance as well as a few other favourite requests.

Monday 10th July 2023 – Building a Skate Ramp with Aaron from Pallet Play and Make your own Pizza

Today we are joined by Aaron from Pallet Play as he helps us create a skate ramp to help us create exciting new possibilities for play throughout the space. In the past Aaron has helped us make planter boxes, bookshelves, and mud kitchens and has always been a favourite with the children. Please remember that due to power tools being used children **MUST** wear enclosed shoes.

Following the success of our April Pizza Cooking Workshop and due to numerous requests on our last survey we will also have a make your own pizza workshop! With all the fabulous toppings from last time to choose from, only this time you can choose your toppings to make the pizza of your dreams come alive in this FOOSHC FAV cooking workshop.

Tuesday 11th July 2023 – Woden Valley Gymnastics Club and Toasted Sandwich Bar

Today we are heading to the Woden Valley Gymnastics Club for our very first time with this venue. Get ready to roll, hop, and jump your way through the various activities and pieces of equipment this Gymnastics Club provides. Children will get to rotate through the various workshops on offer and have time for free play to show off their skills!

Then return to make your very own loaded toasties! Choose from a range of scrumptious fillings to personalise your toasted sandwich for a great snack!

Wednesday 12th July 2023 – Mario Kart on the Asphalt and Pinewood Derby Car Racing

Put your racing skills to the test on and off screen with our Mario kart day! Practice your skills on our Mario Kart Wii before taking your speed to our loose parts Mario kart track!

The ultimate showdown of speed, creativity, and sportsmanship is about to begin as the Pinewood Derby car racing meet takes off. With pint-sized cars designed and built by children, this event promises to be an exciting display of ingenuity, teamwork, and healthy competition. Get ready to cheer on the future racers of tomorrow!

Thursday 13th July 2023 – Christmas in July

Join us as we deck the FOOSHC hall with boughs of holly ...or perhaps paper snowflakes. Design your very own Christmas Bauble to hang on your tree when December rolls around, or perhaps join in our sleigh/sled Christmas themed design challenge, scavenger hunt and many more FOOSHC favourites.

Enjoy a scrumptious Christmas feast for lunch and get into the festive spirit by wearing your favourite Christmas colours or clothes!!

Friday 14th July 2023 – Ice Skating and gourmet hot chocolate by the fire

Get ready to brave the cold as we travel over to Phillip Swimming and Ice-Skating Centre for a morning of icy fun on Phillip's Olympic size skating rink (1500 square metres of ice)! This has been an incredibly popular excursion for children of all ages, ability and experience during previous programs.

A reminder to please ensure your child/ren have warm clothing and lots of layers as it is VERY cold inside this venue. **PLEASE BRING THICK SOCKS!!!** (to alleviate the risk of blisters from ice skates)

Then come back to FOOSHC to warm up by the fire while enjoying a cup of our very own gourmet hot chocolate with all the trimmings as we watch our Baked Potatoes cook away for afternoon tea

FORREST OUT OF SCHOOL HOURS CARE

2023 JULY SCHOOL HOLIDAY PROGRAM:

BOOKING FORM

Please complete the details below to enrol your child.

Account Name: _____

Current Email Address: _____

Child's name	Mon 3/7 \$100	Tue 4/7 \$115	Wed 5/7 \$90	Thu 6/7 \$120	Fri 7/7 \$90	Mon 10/7 \$ 105	Tue 11/7 \$115	Wed 12/7 \$110	Thu 13/7 \$95	Fri 14/7 \$115

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 this will include photos of my children in their swimmers during water excursions and water play at 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 Fooshc Children's 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 25th June 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.	

<p>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.</p>	
<p>I understand that if I do not bring a sunsafe hat or drink bottle for my child then my child will be given a new hat or drink bottle at the cost of \$10 (hat) or \$5(bottle) which will then be charged to my account.</p>	
<p>I give permission for my child to use their own wheels and I understand they are required wear to a well fitted helmet that meets Australian Standards that could used in multiple play spaces with various pieces of equipment.</p>	

PLEASE SIGN THE BOX FOR EACH DAY YOUR CHILD WILL ATTEND

Date/Time	Experience	Sign
	<p>I acknowledge that the proposed routes to all excursions my child is attending are inserted as images over the page. I understand that these are proposed routes and the final route will be determined on the day by the driver due to a range of contributing factors.</p>	
<p>04/07/2023</p>	<p>Canberra Indoor Rock Climbing: I give permission for my child/ren to travel by charter bus to Canberra Indoor Rock Climbing in Mitchell. I give permission for my child/ren to participate in indoor rock climbing and understand the risks involved.</p> <p>I give permission for the Responsible Person of the day to sign a group waiver on my behalf unless individual waivers are requested.</p> <p>I understand the risks involved with this excursion and I can request a copy of the Canberra Indoor Rock climbing Risk assessment from Fooshc at any time.</p> <p>I understand that children over the age of 10 may have authority to belay another child in accordance with the rules of Canberra Indoor rock climbing)</p> <p>I understand that my child/ren MUST have/wear socks to participate. Departing: 9:30am Returning: 12:45pm Estimated number of children in attendance: 48 Ratio and estimated number of educators: 8 1:8 ratio with RP and one other out of ratio</p>	
<p>06/07/2023</p>	<p>Greenhills Centre: Greenhills Centre I give permission for my child/ren to travel by Charter Bus to Greenhills Centre. I understand that today will include cooking on fire, exploring surrounding bush land, tree climbing I understand that my child will need appropriate clothing Such as warm layers and closed in foot ware to participate. Departing: 10:00am Returning: 15:00 pm Estimated number of children in attendance: 48 Ratio and estimated number of educators: 10 1:8 ratio with 3 raised for spread of experiences and RP</p>	
<p>11/07/2023</p>	<p>Woden Valley Gymnastics Club: I give permission for my child/ren to travel by Charter Bus to Woden Valley Gymnastics Club. I give my permission to participate in guided activities and free play using the equipment provided by Woden Valley Gymnastics Club. I understand that the experiences at this excursion will be run by the staff of Woden Valley Gymnastics Club. Departing: 10:15am Returning: 12:30pm Estimated number of children in attendance: 48 Estimated number of educators: 8 Ratio: 1:8 with 1 additional educator required for supervision and RP</p>	
<p>14/07/2023</p>	<p>Ice Skating: I give permission for my child/ren to travel by charter bus to Phillip Swimming and Ice Skating Centre. I give permission for my child/ren participate in Ice Skating.</p>	

	<p>I understand that my child must have warm clothes and thick socks to keep warm and protect against blisters during the excursion.</p> <p>Departing: 9:30 am</p> <p>Returning: 12:45 pm</p> <p>Estimated number of children in attendance: 48</p> <p>Estimated number of educators: 8</p> <p>Ratio: 1:8 with one additional educator and RP</p>	
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MINIMUM EDUCATOR: CHILD RATIOS WILL BE

1:11 at the centre, 1:8 for excursions

Please see proposed routines for Excursions on the next page

Proposed routes for excursions- route may vary on the day. Our regulations state we need to show proposed routes on excursions

Proposed Route: Canberra Indoor Rock Climbing

← from Forrest Primary School, 9 Hobart Ave, Forres...
to Canberra Indoor Rock Climbing, 38/40 Essingto...

20 min (21.3 km)
via Gungahlin Dr
Fastest route now due to traffic conditions

Forrest Primary School
9 Hobart Ave, Forrest ACT 2603

- ↑ Head west towards Hobart Ave
14 sec (43 m)
- > Take State Cir/A23, Commonwealth Ave, Parkes Way, Caswell Dr and Gungahlin Dr to Vicars St in Mitchell
19 min (20.8 km)
- > Continue on Vicars St. Drive to Felton St
1 min (500 m)

Canberra Indoor Rock Climbing
38/40 Essington St, Mitchell ACT 2911

Proposed Route: Greenhills Centre

← from Forrest Primary School, 9 Hobart Ave, Forres...
to Greenhills Centre, 1437 Cotter Rd, Stromlo ACT ...

18 min (17.4 km)
via Cotter Rd
Fastest route now due to traffic conditions

Forrest Primary School
9 Hobart Ave, Forrest ACT 2603

- ↑ Head west towards Hobart Ave
14 sec (43 m)
- > Drive from Cotter Rd to Stromlo
17 min (17.0 km)
- > Drive to Greenhills
1 min (350 m)

Greenhills Centre
1437 Cotter Rd, Stromlo ACT 2611

Proposed Route: Woden Valley Gymnastics Club

← from Forrest Primary School, 9 Hobart Ave, Forres...
to Woden Valley Gymnastics Club, 27 Mulley St, H...

11 min (9.2 km)
via Cotter Rd
Fastest route now due to traffic conditions

Forrest Primary School
9 Hobart Ave, Forrest ACT 2603

- ↑ Head west towards Hobart Ave
14 sec (43 m)
- > Take Adelaide Ave, Cotter Rd/Tourist Drive 5 and Streeton Dr to Mulley St in Holder
11 min (9.2 km)

Woden Valley Gymnastics Club
27 Mulley St, Holder ACT 2611

Proposed Route: Phillip Swimming and Ice-Skating Centre

← from Forrest Primary School, 9 Hobart Ave, Forres...
to Phillip Swimming & Ice Skating Centre, 1 Irving ...

8 min (6.8 km)
via Yarra Glen
Fastest route now due to traffic conditions

Forrest Primary School
9 Hobart Ave, Forrest ACT 2603

- ↑ Head west towards Hobart Ave
14 sec (43 m)
- > Take National Circuit, Adelaide Ave and Yarra Glen to Irving St in Phillip
7 min (6.6 km)
- ← Turn left onto Irving St
Destination will be on the left
15 sec (93 m)

Phillip Swimming & Ice Skating Centre
1 Irving St, Phillip ACT 2606

END OF FORM