



# NEWSLETTER

## A message from the Coordinator

Dear Parents,

I hope you've all had a wonderful week and stayed safe during the recent fires. With the extreme heat, it's very easy to become dehydrated – especially if you're an active kid. It's important that we make sure our children have water bottles and that we remind them to drink.

Please be aware that nits are currently making the rounds at school. If you notice any itchy heads, please check them and treat accordingly. Lice like to lay their eggs close to the root of the hair follicle and are a greyish colour.



**1. Signing in and out** – as you will appreciate, this is an important safety procedure and it is imperative that families follow our protocol. Each time a child is dropped off to or collected from care, they must be signed out via icheckin on the iPads.

**2. Lost property** – our boxes located under the sign in and out desk are well and truly overflowing, notwithstanding we do endeavour to identify and return items often. Please take the time to go through them at drop off or pick up to ensure your child's lost items are retrieved.

**3. 2020 Enrolments** – We will shortly be taking bookings for next year, so please watch this space! In the interim, if you have a child commencing kindergarten next year and would like to enrol them into care, please start by registering them via our Helping Hands Network website [www.helpinghandsnetwork.com.au](http://www.helpinghandsnetwork.com.au)

## Helping Hands News

### Christmas charity drive

As of the 1st of November, we have begun our Smith Family toy and book drive in collaboration with the school. We would really appreciate your donations to children who are less fortunate this Christmas and may not receive gifts otherwise. Our collection baskets are located next to the iPad, as well as information about what we can and cannot accept.

### Cooking Club

The past two weeks have the children made a cous-cous salad and chocolate chip cookies; both of which we enjoyed for afternoon tea the next day. Children have been heavily involved in measuring, estimating, weighting, mixing and of course taste testing of our delicious treats! Not surprisingly, this has been very popular

### Gardening Club

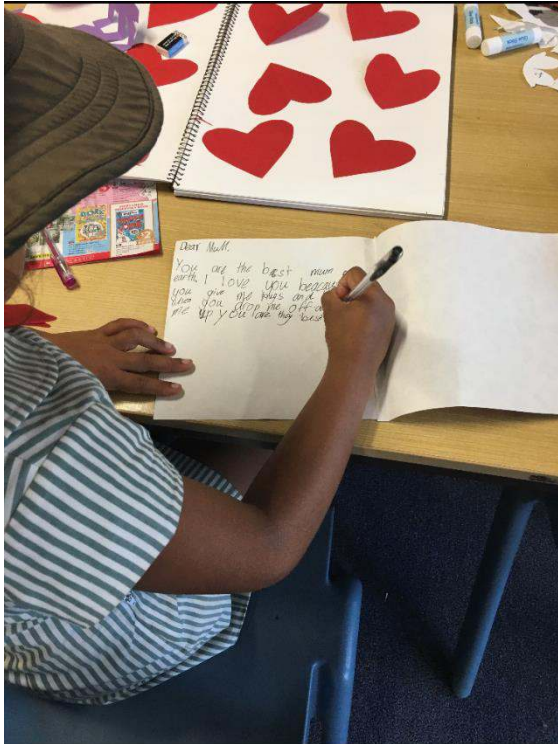
Now that our worm farm is established and the garden beds have been cleared, we are ready to start planting our veggie garden. We've seen terrific engagement from the children in the preparation process – lot of hands and team work was needed to pull out the weeds. The kids have learnt about what we can and can't feed worms and are meticulous in checking whether each fruit counts as citrus. Awareness and excellent life skills are being developed.

### Sports

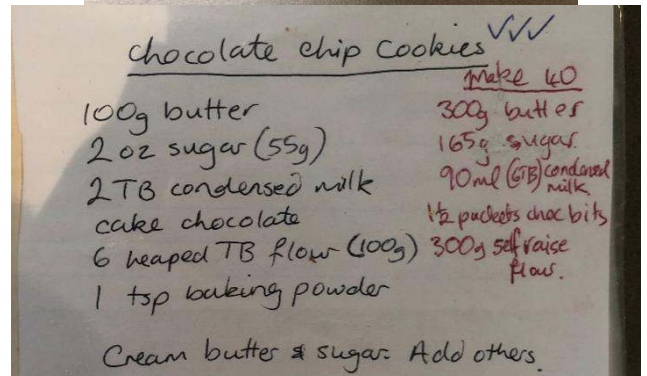
In week 5 we begun our incursion with FITKIDS. This incursion will run for the next 4 weeks and is very popular with the kids. Activities involve team work and development of gross motor skills. It is wonderful to see the children interact well in a group setting!

### Summer Vacation Care 2020

Attached in this email is a link to our brochure, we cannot wait to see you all for some fun over the holidays! Kindy's enrolled in 2020 are able to join during this time to get to know our service and make friends ready for the start of school.



This fortnight, we focused on the concept of kindness. Pictured is Ira writing a note to her mum



The easiest and tastiest choc-chip cookies you'll ever make!



FITKIDS sports incursion was a big hit

**Term 4, Week 5:****Monday**

Breakfast: Hash browns

Afternoon tea: Nacho bowls

**Tuesday**

Breakfast: Fried eggs

Afternoon tea: Sandwiches

**Wednesday**

Breakfast: Yoghurt and berries

Afternoon tea: Cous cous salad and veggie sticks

**Thursday**

Breakfast: French toast

Afternoon tea: Pasta napolitana

**Friday**

Breakfast: Pancakes

Afternoon tea: Sausage rolls and pies

**Term 4, Week 6****Monday**

Breakfast: Scrambled eggs

Afternoon tea: Sushi

**Tuesday**

Breakfast: Crumpets

Afternoon tea: Pizza wraps

**Wednesday**

Breakfast: Hash Browns

Afternoon tea: Bacon and egg tart

**Thursday**

Breakfast: Fruit salad

Afternoon tea: Ham and Cheese Toasties

**Friday**

Breakfast: Yoghurt

Afternoon tea: Wraps

**\*We also offer various cereals and toast with preserves for breakfast****Helping Hands Stars**

This fortnight's star is Ira. Ira showed off her big heart during our "kindness card" activities. This involved the children writing notes to three people saying something kind about them. Ira wanted to write notes to all her friends and asked for extra cards for them.

**Our Community**



The run up to Christmas is an exciting time for children and their families, however, it is also a time to take stock of what we have and consider those who may be less fortunate. This year, Helping Hands would like to give back by hosting a toy and book collection drive for The Smith Family. The Smith Family is a charity dedicated to providing disadvantaged children and their families with opportunities, using education as a key resource. Their Christmas drive aims to give children gifts they otherwise may not receive due to financial restraints. We have chosen the Smith Family as we believe this charity aligns with our mission to build brighter futures.

We have laundry baskets available until the 20<sup>th</sup> of December to accept donations. These will be located on the bench by the sign in/out iPad. Any toys or books would be much appreciated.

# TOY & BOOK APPEAL

## CHARITY GIFTS 2019



*everyone's family*

### OOSH Club Routine

#### All Ages

|           |                                   |
|-----------|-----------------------------------|
| 3:10-3:30 | Arrive at OOSH<br>Playground play |
| 3:30-3:40 | Mini discussion                   |
| 3:40-4:00 | Afternoon tea                     |
| 4:00-4:15 | Group game                        |
| 4:00-4:45 | Craft/games                       |

#### Older OOSH Club (Years 4-6)

|           |                  |
|-----------|------------------|
| Monday    | Tea Time         |
| Tuesday   | Cooking Club     |
| Wednesday | Steam Wednesdays |
| Thursday  | Tea Time         |
| Friday    | Touch football   |