



# NEWSLETTER

## A message from the Coordinator

Dear Parents,

It's week four and we're already almost halfway through the term! We're in the final month of Spring and the weather is tangibly heating up. The UV level is now almost consistently rated between high and extreme, which means sun protection is incredibly important. OOSH provides a sunscreen station for the children each afternoon, however, we only have a couple of spare hats. We ask that parents make sure children have a hat in their bag – we don't mind if it's not school uniform!



## Helping Hands News

As of the 1<sup>st</sup> of November, we have begun our Smith Family toy and book drive. 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 went down a treat this week, with the kids making their first batch of brownies! Cooking and baking are vital life skills that many children don't get the opportunity to learn. We hope by incorporating activities such as cooking into our program, we can deliver a practical experience that the children can apply to their lives outside of OOSH.

We're super excited to see more kids embracing their crafty side. Studies have demonstrated the benefits of craft on mental wellbeing, as well as fostering social support and relationships in group situations. Building a community and a sense of belonging at OOSH is one of my aims as coordinator.



## Nutrition and Vitality

This week OOSH is starting a worm farm! Worm farms are an awesome way to dispose of compost and food waste in a manner that is sustainable and eco-friendly. Humans need clean air, natural resources, and a nontoxic environment to thrive, therefore, it is important that we encourage sustainable living and educate our children about practices we can implement in our everyday lives. In addition to providing a cool way to get rid of food scraps, worm farms produce worm wee, which is a great fertilizer! OOSH will be planting a veggie garden in the coming weeks and putting our worm wee to good use.

We're looking forward to getting our hands dirty and enjoying the warm weather together.



## Helping Hands Stars

The star of this newsletter is Finn! Finn has been exploring his creative side and might just be the next Picasso, turning out master pieces like this gorgeous butterfly card.



## 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 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