



MAGILL SCHOOL

# Magill School OSHC Newsletter

## Term 3 – 2019

Designed by our Educator - Tara

Welcome back to term 3 at Magill OSHC. Thank you to all of you for your co-operation over the school holidays we all seemed to have an incredibly enjoyable time. We would like to say welcome to our new Assistant Director (Educational Leader) Andrea Hooper. Andrea has completed a bachelor of early childhood education. In her spare time she enjoys music, drawing and book making. Please take the time to introduce yourself to Andrea and make her feel welcome. We would also like to say welcome to Anna who will also be joining the OSHC education team.

### We would just like to take this opportunity to remind you of a few key OSHC policies that may have slipped your mind:



- ✓ **Parents are not to park on school grounds.** This includes ALL car parks! Please park on the road and use the path to get to OSHC. Gates may begin being closed.
- ✓ We are an allergy aware service. We have children that attend our service with severe nut and egg allergies. Help us raise awareness to keep children safe and BE A MATE!
- ✓ If your child have any medication, please give it to one of the OSHC staff with the relevant information and action plans. Do not leave medication in children's bags and make sure it's on your enrolment.
- ✓ Please let us know if your child is participating in After School Sports and then attending OSHC so we know where all children are.
- ✓ Also, a reminder to be Sun Smart and if possible, **put a spare hat in your child's bag for outdoor OSHC play or your child won't be able to come on excursions!**



**2020 Permanent booking request will be available for all interested families as of Term 4. Please keep an eye on School Stream for further information.**

**Don't want to download the app of school stream? You can head to OSHC on the Magill School website and look at the web browser version. But you won't get notifications!**

**PLEASE REMEMBER TO LET US KNOW IF YOUR CHILD WILL BE ABSENT FROM ANY EXISTING BOOKING.** If we do not have an absent notification, we will spend unnecessary time finding out where your child is, which takes us away from our job of caring for your children. Thank you :)

**Contact:** Email: OSHC@magillschool.net  
Phone: 8332 5762

Please call outside busy periods:  
(8:15-9:00am & 2:45-3:45pm)





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### Focus:

## Cultural recipes

### Week 1 Friday

#### *Kali Dal with rice - Indian*

*Ingredients in the Green category*



### Week 5 Tuesday

#### *Simple Nachos - Mexican*

*Most of the ingredients in this recipe fit in the green category, except for the tortilla corn chips, which fits in the Amber group*



### Week 9 Monday

#### *Malaysian fried noodles*

*All the ingredients in this recipe fit in the green category,*



### Week 3 Wednesday

#### *Chocolate salami - Russian*

*Some of the ingredients in this recipe fit in the red category and some fit in amber category. Mention that is the small amount of this recipe that is served per child.*



### Week 7 Thursday

#### *Sfouf (Semolina Cake) - Middle Eastern*

*Most the ingredients in this recipe fit in the Amber category*



Our educators at Magill OSHC encourage children to learn about healthy eating in line with our Food, Nutrition & Beverage Policy.

The language the educators will be using this term and ask families to assist us with is:

**Green Category** – Best choices of food! (Good source of nutrients, fibre and lower in fat and sugar)

**Amber Category** – Choose carefully! (Moderate amount of fat, sugar, salt and excess energy)

**Red Category** – Not essential! (High in energy, sugar, salt and lacking important nutrients such as fibre)

**Other information for food in Term 3 can be found on School Stream! This is just a snip it!**

## What new things are happening?

With our new educational leader Andrea, we are focusing more on an active planning cycle for the centre in order to cater the centre towards the specific needs and interests of the children. We are now posting the weekly upcoming plan for OSHC on school stream.

This will be posted every Friday for the following week. We are looking into how we can share children's progression.

For those of you who don't already know, we have also posted **the survey** on school stream and there are some hard copies at the centre. We would love for you to fill these out and let us know about your opinion on things you love and things you would like to see change. These are due by the **28<sup>th</sup> of August**.

## All Things Vacation Care?

These upcoming holidays the centre will be back to normal and there will not be any split excursions this time round. Holidays are from the 30<sup>th</sup> of September to the 11<sup>th</sup> of October and booking forms for the holidays will be available in week 6, Monday at 10:00am. With the increased number of children this year it is best to get in your holiday booking form as early as possible so you can secure your child a place. We would also like to announce that my family lounge will be used for booking these holidays unlike the term 2 holidays so please keep this in mind. Bookings are asked to be in by, **9/9/2019 10am!**

## Photos with your family

Bring in or email in a photo of you and your family to share with OSHC. We would love to create a display to celebrate all of the families at Magill OSHC.

Examples: family holidays, extended family photos, bay photos or showing off your favourite hobby.

## Pupil Free Days

Friday 30<sup>th</sup> of August – We're not only doing electronics!

Monday 1<sup>st</sup> of September – SHOW DAY!

## This Term's Cultural Recipe

This term we are trying to implement a bigger focus on cultural awareness. This is also the focus of our cooking activities this term. Being of an Indian decent I thought I would share with you one of my favourite curries- which we have actually already made this term with the children. Maybe you can try and replicate it at home. And look out... there is still a lot more to come.

- **300 g (black lentils), soaked overnight in 2 litres) water**
  - **100g) dried red kidney beans, soaked overnight (see Tip)**
  - **250 g (9 oz) tomatoes, roughly chopped, or 170 g (6 oz) tomato paste (concentrated puree)**
  - **100 g (3½ oz) butter, chopped**
  - **1 tbsp finely grated ginger**
  - **1 tbsp crushed garlic**
  - **1 tbsp vegetable or sunflower oil**
  - **1 tsp cumin seeds**
  - **1 red onion, thinly sliced**
  - **1 tsp red chilli powder**
  - **halved cherry tomatoes, thin (pouring) cream, finely shredded ginger, finely chopped coriander (cilantro) and softened butter (optional), to garnish**
- Drain and rinse the soaked dal and kidney beans, put in a large heavy-based saucepan over medium heat and cover with about 4 cm (1½ inches) of water. As soon as it comes to the boil, reduce the heat to as low as possible and cook for about 2 hours or until the lentils and beans are tender, adding a little more water if it is looking dry.
  - When the lentils are cooked, add the tomato, butter, ginger and garlic and cook for 20 minutes. The secret to a good dal is cooking over low heat over a long period.
  - Heat the oil in a small frying pan over medium heat, add the cumin seeds and when they turn semi-brown, add the onion and chilli powder and cook, stirring regularly, for 8 minutes. This is the tempering.
  - When the dal is cooked, add the hot tempering, season with salt, mix gently to combine and cook for 5 minutes. The colour should be dark brown.
  - Ladle into bowls, add a tomato half to each bowl, drizzle with a little cream and scatter over some ginger and coriander. For extra richness, add a small knob of butter to each bowl.

## The Children's Diary

This term we are also trying to pay a little more attention to what the children would like to see in the centre. With the number of children sometimes it is hard to remember every child request which is why we have now implemented a children's diary. This book allows children to write down any ideas they have for the centre and will be looked at regularly to try and facilitate this. So, if your child tells you an idea- remind them to write it in the children's diary.

## Share your Culture

Yes, that's right.... WE WANT YOU.

As part of our new cultural awareness focus we would love for you to share your culture with us. If you have any special games or activities you grew up with or love to do in your culture please send us the instructions or speak to a staff member in the centre so we can all do it together

Email:

[OSHC@MAGILLSCHOOL.NET](mailto:OSHC@MAGILLSCHOOL.NET)