



MAGILL
SCHOOL

Magill School OSHC Newsletter Term 2 - 2019

Welcome back families to term two at Magill OSHC. After what seemed like a pretty busy Easter, we hope you and the rest of your family had a wonderful break and are ready to get back into swing of things. Term 1 was a new beginning for many of us at OSHC, however we can now confidently say these once new faces have definitely become quite familiar ones. With this being our first term with an increased capacity, we can happily say that term one ran pretty smoothly and we would like to thank all of you for being as considerate and understanding as you have been. It really does help us make this the best place it can be for your child/ren and we are hoping for the same outcome for the term ahead. We would also like to welcome Anna and Emilie.

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
- ✓ We are a allergy aware centre so please do not send your children with any food containing nut products. This includes peanut butter, nutella and nut bars!
- ✓ If your child has 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.
- ✓ 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.



The cancellation policy for OSHC requires notification of 1 week prior to a booking ~ by 7am for Before School Care ~ by 2.30pm for After School Care

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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Magill School OSHC

Term 2 Menu

Monday

BREAD - Cheese toasties / Jam & butter bread

FRUIT – Apples / Grapes / Oranges

**VEGGIES - Cucumber / Capsicum / Cornichons / Olives /
Corn**

Cheese & bread sticks / corn crackers with butter



Wednesday

**BREAD - Buttered bread & cheese slices / Butter &
jam bread**

FRUITS – Oranges / Grapes / Pears

VEGGIES – Cucumber/ Carrots /Capsicum

Baked beans

Rice crackers & cheese



Friday

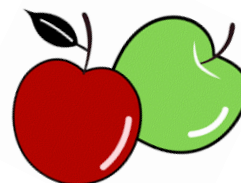
**BREAD - Jam & butter bread/ Corn crackers & cheese
slices**

FRUITS – Mandarins / Apples / Grapes

VEGGIES – Cucumber / Capsicum / Carrots

Corn chips & salsa

Yoghurt



Tuesday

**BREAD - Beans & cheese toasties / Toasted
buttered fruit bread**

FRUIT – Mandarins / Apples / Frozen fruit

**VEGGIES - Celery & carrots & dip / Corn
Custard / Dry fruit / Corn crackers with butter**



Thursday

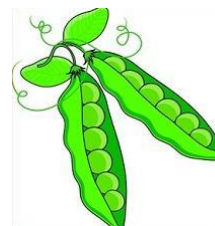
**BREAD - Butter & vegemite bread / Corn crackers & jam
& butter**

FRUITS – Apples / Oranges / Pears

VEGGIES – Capsicum / Snow peas / Corn / Olives

Jatz & dip

Dry fruit / cheese



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)

All the food in this menu fits under the **Green** group, except for jam, butter, dry fruit and corn chips, which fit under the **Amber** and **Red** group

Focus:

Autumn recipes

Magill School OSHC

Term 2 Cooking Activities

Week 1 Tuesday

Bruschetta

Ingredients in the Green category



Week 3 Wednesday

Banana, pear & oat cookies

All the ingredients in this recipe fit in the green category, except for the apple juice, which fits in the Amber group.



Week 5 Thursday

Orange Polenta Cookies

All the ingredients in this recipe fit in the green category, except for the icing sugar, which fits in the Red group



Week 7 Friday

Simple tomato spaghetti for kids

All the ingredients in this recipe fit in the green category, except for the butter which fits in the Amber group

Week 9 Monday

Healthy Apple & Carrot muffins

All the ingredients in this recipe fit in the green category, except for the butter and sugar, which fit in the Amber and Red group



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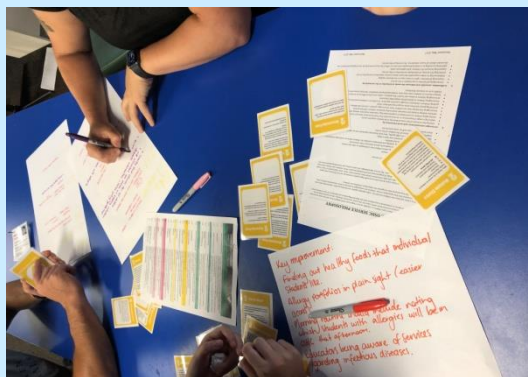
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Making Magill the Best OSHC

Recently, the staff of Magill OSHC came together for a meeting to discuss all things OSHC assessments, how to best provide an environment for your children to thrive. As our last assessment was in 2015, at any time we could be surprised with a visit and hence want to show how we provide a suitable centre for your child. Together we discussed 7 quality area including:

1. Educational Program and Practice
2. Children's health and safety
3. Physical Environment
4. Staffing Arrangements
5. Relationships with Children
6. Collaborative Partnerships with Families and Communities
7. Governance and Leadership



All Things Vacation Care?

With OSHC being a centre filled with children ageing from 5 all the way to 12, sometimes it's hard finding activities that are fun for everyone. This is why we are very pleased to announce that for the first time in Magill OSHC history we will be trialling split excursions with the split being junior primary (R-2) doing one activity, while Primary (3-7) doing the other. Due to the split nature of these activities all bookings will be done on paper meaning **my family lounge WILL NOT be used** for this Vacation Care trial. However, let us not get ahead of ourselves, booking forms only come out in week 6 (3rd of June) and are due in week 8 (16th of June). **A reminder that vacation care does not permit for any cancellations without a medical certificate** so please keep this in mind when you are booking.

Community Corner

We are calling upon all families to help OSHC make a standout community display in our OSHC centre. So what are we looking for? Absolutely anything that has something to do with where your family comes from, how you grew up, favourite family sport and so much more. Here's a few ideas of some things you could add to our new and upcoming display

- Family Photos on holidays, with extended family or showing off your favourite hobby
- Family Recipes: we want to get as many different recipes from as many different cultures as possible
- Business cards, contact numbers, flyers and more. We would like to make it easier for you guys to keep in touch
- Unsure? Feel free to clarify with one of us.

Tara's Winter Recipe

Winter is just around the corner and what better way to get over the cold than with a hearty Pumpkin Soup Recipe. And what's even handier is that you'll only need 5 ingredients to make it.

You will need:

- Pumpkin
- Onion and Garlic
- Vegetable Stock
- Milk or Cream

What to do?

- Place peeled pumpkin, onion, garlic, broth and hot water into a pot
- Boil rapidly for 15 minutes until pumpkin is very tender
- Use a stick blender or transfer to blender to blitz smooth; and
- Adjust salt and pepper to taste, then add either milk OR cream – whichever you prefer.



Catch up with Olivia

Olivia is one of our newest staff members at Magill OSHC who we have been delighted to have for the past term. Here's just a little snippet of what she has enjoyed most about working here: "The children are a lot of fun, and I have really enjoyed getting to know everyone through various activities"

Joker Jason

Q: What do you call Ironman when he can't get out of his suit?

A: Tony Stuck

Q: Why do birds fly south for the winter?

A: It's too far to walk!