

TERM 2 WEEK 7 - Outside of School Hours Care

Hello to the parents and carers of our Newington Wyvern House OSHClubbers 😊

HOLIDAY PROGRAM INFORMATION;

Unfortunately, due to low numbers we will not be running on the pupil-free day (Friday 5th June). We hope you have a wonderful and safe long weekend and look forward to seeing you after the short break 😊

June Holiday Program (29th June – 13th July) brochures are now available on site and online via www.oshclub.com.au – go to the 'School Holiday Programs' tab, click on 'NSW/ACT', scroll down to 'Newington Holiday Program', click 'Read on'; the brochure is linked here and available as a PDF. This brochure will provide you with program information from opening hours to available activities per day. It is essential that you book in advance to ensure staffing arrangements and activities are organised accordingly. It is also essential to note that excursion days require you to arrive by 8:45am and have an additional cost; please feel free to contact us should you have any inquiries.

IMPORTANT MEDICAL INFORMATION;

If your child/ren suffers from a diagnosed medical condition that requires prescribed medication it is imperative that you provide us with the advised medication prior to your child's attendance – this is for the safety of your child. All listed Asthmatics must provide a Dr approved Action Plan and the relevant puffer/spacer, all allergies must also provide the relevant treatment to be kept on site – we will follow this up with parents as much as possible over the next few weeks, so we thank you for your ongoing cooperation! Please feel free to discuss this further with the onsite Coordinator should you have any questions/concerns.

AFTER SCHOOL CARE BOOKINGS;

It has come to our attention that we are having a lot of regular walk-ins; if you wish to utilise the service, please book online via your account (Please visit www.oshclub.com.au to create an online enrolment if you have not done so already – it is straight forward and there is no sign-up fee! If you do experience any payment/booking issues with your online account, please contact our Account Manager, Maria at maria@oshclub.com.au or on (02) 8355 5300. **A friendly reminder that permanent bookings do not roll over from term-to-term, so please ensure that you have rebooked for term 3 should you require a regular/permanent booking.**

WHAT HAVE WE DONE THE PAST WEEK?

This past week we have been recycling and reusing what we can in order to become more sustainable and environmental friendly here at OSHClub. The boys had an opportunity to construct whatever they pleased out of recycled materials, complete environmentally friendly themed pictures, continued their Outer Space Wall Mural and engaged in a variety of team-building games.

Photos (left to right): Boys playing 'Tiggy-tail', and Vince, Sam and Lucas completing their homework.



Ethan with his recycled construction



Jack and Zac colouring environmental pictures



Max Barry building a card tower



Zach Zoud creating a star using Origami techniques



WHAT'S ON THE NEXT FORTNIGHT AT OSHCLUB?

Over the next fortnight I will be introducing 'Children Wellbeing Cards', which allow for an interpretation of the body-mind-spirit interactions of children's experiences and is based off seven foundational needs (discussed below) of children. By using the Children's Wellbeing cards you are providing children intentional messages that their needs matter. Teaching children to affirm their own needs for themselves allows them to bring a self-directed balance to their life in a very simple, yet powerful way. This level of self-awareness allows children to remain centred, balanced and connected to their wellbeing regardless of the many influences they encounter from external situations or people.

Using positive affirmations with children is central to their wellbeing; if a child has a negative perspective of themselves and the world, they are more likely to experience challenges as a result. Children who are exposed to more positive affirmations about themselves, others and the world have an increased wellbeing. Because children's needs are varied and multidimensional they are often difficult to understand, it is imperative we provide children with means to learn how to be self-affirming and meet their own needs via communicating or self-expression.

OSHClub Newsletter

Before School / After School Care Program



Firstly we will be discussing the **need to be safe and secure**, which encompasses the variety of needs around safety and security. The second foundational theme that we will focus on is the **need to feel**, which incorporates the needs around pleasure, emotions and bodily sensations which we may experience when we feel a certain way (e.g. how does our body feel when we get angry/happy/sad). The 3rd main theme is the **need to act**, and involves the needs around expressing our individual will, self-esteem and personal power. The 4th foundational need of focus is the **need to love**; reminding children how to relate, exhibit unconditional love and connect with others. The 5th theme is the **need to speak**, which is the need of expression and voice. The second last foundational need is the **need to see**, which encompasses needs around vision, imagination and symbolic sight and understanding. The final theme of focus is the **need to know**, which encourages the need for unity, and acquiring of universal knowledge.

Overall, the 28-Children's Wellbeing cards have been designed with the intention of lovingly supporting children to affirm their foundational needs in a simplistic way, as well as offer wisdom that supports a strong energy for each of the seven foundation needs. By using the cards children learn how physical, mental, emotional and spiritual aspects of their lives all converge in particular areas of the physical body, which speak to particular needs of being human; and how these needs are changeable (based on 'Children's Wellbeing Cards' written by Dr. Maxine Th rese).

June	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
BEFORE SCHOOL ACTIVITIES	No School (Public Holiday)	The BSC Special – Kid's choice!	The BSC Special – Kid's choice!	The BSC Special – Kid's choice!	The BSC Special – Kid's choice!
AFTER SCHOOL ACTIVITIES	No School (Public Holiday)	The need to be Safe and Secure (Arts/crafts) Balloon Relays (Group game)	The need to Feel (Arts/crafts) Wall Ball (Group game)	The need to Act (Arts/crafts) Cat and Mouse (Group game)	The need to Love (Arts/crafts) Soccer (Group game)
AFTERNOON TEA (We always provide a variety of fruits & vegetables)	N/A	Spinach and Cheese Puff Pastries.	Garlic Bread.	Wholemeal Lebanese Bread with Tabouli, Falafel and Hommus.	Pumpkin Soup (Coconut Milk, Leak)

Program Information

Program Coordinator: Natalya Heidler

Program Assistants: Jacqueline Nicholas, Dominic Borger, Zachary Harb and Pamela Alvarado.

Phone: 0428 131 700 **Email:** oshclub.newington@gmail.com **OSHClub Head Office:** (03) 8564 9000