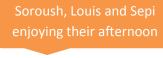


# Welcome to 2017



Phoebe and Ben trying out our new hot glue gun, and building some amazing creations using rainbow paddle pop sticks





Daniel and Sophia building a Jenga tower!



#### Our new menu

For the start of the new year we have designed a new menu, with fresh seasonal fruits available every afternoon, along with another form of healthy snack food. Our menu is subject to changes due to availability of different foods from week to week, and we also encourage students and parents to give feedback on our menu as we are open to suggestions. Every morning for breakfast we have cereal (Weetbix, 5 Whole Grain Flakes and Light 'n' Tasty), and toast (with jam, honey, vegemite, butter or nutlex) available. There is always water available.

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit	apricots	rockmelon	peaches	oranges	strawberries
	watermelon	grapes	pears	nectarines	frozen mixed berries
Veg	carrots	tomato olives	mushroom	avocado	
Veg		Olives			
	celery		capsicum	tomato	
			spinach		
		muesli slice		T	
Other	pita bread	tomato, cheese & olives	pizza	bruschetta	yoghurt & berries
	avocado dip				frozen banana & chocolate chip bites
	hummus dip				
	tzatziki dip				
Ingredients	apricots	oats	pineapple	feta	banana
	watermelon	dried apricot	mushroom	avocado	chocolate chips
	carrots	pumpkin seeds	olives	tomato	fresh strawberries
	celery	sultanas	sundried tomato	basil	frozen mixed berries
	pita bread	honey	capsicum	balsamic vinegar	greek yoghurt
	avo dip	butter	onion	olive oil	
	hummus dip	brown sugar	tomato	salt	
	tzatziki dip	vanilla extract	spinach	turkish bread	
		salt	cheese	oranges	
		coconut	bread/pita bread/pizza base	nectarines	
		rockmelon	peaches	oranges	
		grapes	pears	nectarines	
		tomato			
		cheese			

### **Parent Reminders**

- No hat, No Play! In terms 1 & 4 everyone must bring a hat to school.
- Please remember to **book your child in online**; you can book up until midnight the day before. For on the day bookings please call or text the program on: **0423 777 185**. For after school care bookings on the day, please try to call or text **before 9am**. This enables us to ensure we have enough staff to fulfil a 1:15 ratio, and to ensure we can have enough food prepared for everybody.
- If you have booked your child in and you end up collecting them from school, or they are away sick, <u>please let us know</u> by texting the program on: **0423 777 185.**This is very important, as otherwise we have to assume that your child is missing, and if we cannot get in contact with any parents/guardians by 4pm then we are obligated to follow our missing child procedure and call the police.

## **Account Problems?**

Please contact our account manager Courtney:

P) 8564 9026

E) courtney@oshclub.com.au

#### **Staff and Contact Details**

Michelle (Coordinator), Luisa and Steve

OSHClub program phone: 0423 777 185

OSHClub Head Office: 03 8564 9000

All families must be enrolled to attend the program, remember this is FREE!!

Our program runs Before School Care 7am to 9am

After School Care 3.30pm to 6pm

Please create an account online at www.oshclub.com.au. All bookings and cancellations can also be managed

via your online account. For on the day bookings please contact the Coordinator direct at the program.