

OSH Club

Before & After School Care



Welcome to 2017

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



Soroush, Louis and Sepi enjoying their afternoon



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

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, **please let us know** 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.	