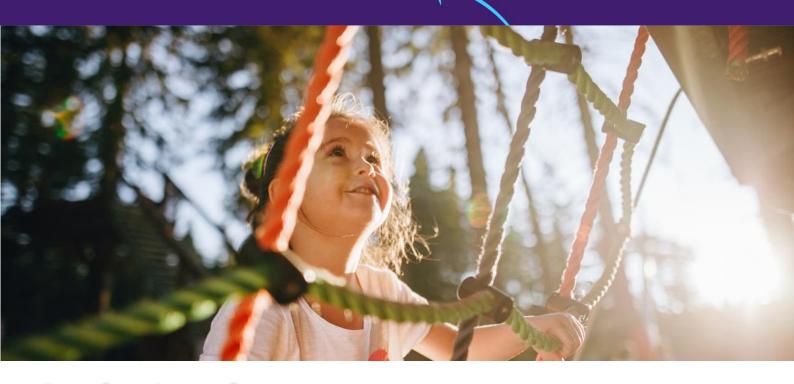
## ewsletter

October 2021





## What's been happening...

As usual, we have been very busy at OSHCLUB with planning and running various activities. These two weeks, we have done a Kahoot competition, Baggie & pencil experiment, Grow a bean experiment (our bean plant is still growing), Baking yummy banana bread, Outdoor bowling competition and a Volcano eruption experiment.

Through these engaging and fun activities, children have had the opportunity to work on broadening their curiosity, patience, hand-eye coordination, mathematical, literacy, inquiry, and artístic skills.

We have so many more fun activities planned for the rest of the term as children transition back to face-to-face learning, which by the way, we are very excited about. Moreover, with the weather getting better and better every day, we are looking forward to spending more time outside!

We are also all very excited to begin running our two selected clubs this term as of this week. On Wednesdays we will be running our Sports Club and on Fridays we will running our cooking club!



















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### coming up.

### Nov 1

#### Student Free Day

NO SCHOOL & NO OSHCLUB: (



#### Sporting Superstars!

Join us for the Handball Heroes activity



#### Mini OSHCLUB Bake-off

Join us to bake and decorate cookies



#### Sporting Superstars!

Join us for the Cricket Champions activity



#### Mini OSHCLUB Bake-off

Join us to bake and decorate cupcakes

## Tips for Parents & Carers...

Back to school: how to support your child.

https://www.unicef.org.au/blog/resources/back -to-school-tips

Supporting your children as they return to school post-lockdown

https://www.oshclub.com.au/news-andblogs/supporting-your-children-as-they-returnto-school-post-lockdown/

Helping children transition back to school in the COVID-19 era

https://psychology.org.au/getmedia/6a3f524c-02c1-4e29-ac16-32a92a204599/20aps-ccn-istransitioning-to-school-p1.pdf

### Recipe..

#### Healthier Rainbow Pizzas

1 1/2 cup reduced-fat smooth ricotta
2 wholemeal Lebanese bread rounds
2 truss tomatoes, halved, thinly sliced
150g butternut pumpkin, peeled, thinly sliced
1 small yellow capsicum, halved, deseeded, roughly chopped
1/2 cup grated mozzarella
1/2 cup baby spinach leaves
5ml olive oil cooking spray

- 1. Preheat oven to 200°C/180°C fan forced. Line 2 baking trays with baking paper.
- 2. Spread ricotta evenly over bread rounds. Arrange tomato on the edges of bread rounds. Create a second circular layer with pumpkin, slightly overlapping tomato, and third layer with capsicum. Spray with oil.
- 3. Bake for 25 minutes or until pumpkin has softened and bread is golden and crisp. Place spinach in centre of bread rounds. Halve pizzas and serve.





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