



## What's been happening...

Despite losing two days to the Melbourne Cup long weekend, and losing children left, right and center to isolation, we have been busy as per usual at OSHCLUB with planning and running various activities. The last two weeks have been filled with various activities, including the implementation of our Sports Club and Cooking Clubs, bubble wand making, trips to the playground, fake snow making, and while during their free time, they explored the additions we made to our room with our resources.

Through our Sport Club, the children have been able to learn various skills, including Soccer, Handball and Cricket. The next sport we're covering is Parkour Pros! Then through our Cooking Club, they have made several different things, including cookies. Cupcakes are next on our list to make! 😊





## Coming up...

NOV  
13

### World Kindness Day

Be Kind to someone!

NOV  
17

### Sporting Superstars!

Join us for the Parkour Pros activity

NOV  
19

### Mini OSHCLUB Bake-off

Join us to bake and decorate a cake

## Reminders...

### Bookings and Cancellations

Bookings can be made online any time up to 24 hours before the session commences. Late booking will incur an additional charge fee of \$4.00

To avoid any out of pockets costs, cancellations must be made at least 48 hours in advance. Cancellations within this period will incur the full fee, less any applicable CCS.

### Late Pick-up and No Show

A \$1.00 per minute, per child fee may apply for children picked up after the service close time.

An additional \$5.00 fee per child may be charged for any After School Care booking where no cancellation is provided.

### SunSmart

We care out the safety and wellbeing of all children. Considering, Term 4 and 1 are SunSmart periods, please ensure that you pack your children a hat and get them practicing applying sunscreen on a daily basis to protect their skin!

## Recipe...

### Chicken Burrito Lunch Box

5ml olive oil cooking spray  
100g chicken breast fillet, cut into 2cm pieces  
1 tsp smoked paprika  
1/2 tsp ground cumin  
1 Woolworths soft white wrap  
1/2 small red capsicum, deseeded, cut into 1cm pieces  
1/2 medium tomato, finely chopped  
1/2 cup finely shredded iceberg lettuce  
1/4 cup shredded mozzarella  
1/2 light Greek-style yoghurt  
1 medium orange, quartered

1. Lightly spray a medium non-stick frying pan with oil and place over medium heat. Cook chicken, paprika and cumin, stirring frequently, for 5 minutes or until chicken is browned and cooked through. Season with pepper. Allow to cool for 15 minutes.
2. Place wrap on workbench and top with chicken, capsicum, tomato, lettuce, and cheese. Fold in sides and wrap tightly to enclose.
3. Pack wrap in a chilled lunch box with yoghurt and orange.





## Tips for Parents...

Taking care of your spiritual, physical, psychological, and social needs will help you feel your best so you can be the best parent you can be. It's important to set aside a little bit of time for self-care even when you feel like you don't have a single second to devote to yourself. While there are many different self-care strategies for parents, it's important to experiment with them to figure out which strategies work best for you.

Check out the 15 Self-care Strategies below!

- 1) Meditate
- 2) Spend time in nature
- 3) Listen to music
- 4) Join a book club
- 5) Go for a walk
- 6) Write a gratitude journal
- 7) Engage your senses
- 8) Carve out time to be alone
- 9) Schedule time with friends or family
- 10) Check the To-Do list
- 11) Turn your bedroom into a retreat
- 12) Spend a little money on yourself
- 13) Take a break from electronics
- 14) Savor something
- 15) Practice mindfulness

Find more information here:  
<https://www.verywellfamily.com/benefits-of-mindfulness-in-pregnancy-5190681>

## Family Input...

We love hearing from our community and appreciate any kind of feedback, comments on the service or suggestions for our program regarding activities and the menu.

There are a few different ways for parents and families to do this. Those include email, text message, phone call, or face-to-face chat upon pick up! We look forward to hearing from you 😊

## What's happening around...

Super Kids Sunday activities are still online and available for viewing via Whittlesea Arts. 🎨🧠

🌟🧠 We have workshops in puppet making, juggling, craft, comedy, animals, magic and MORE! With on-demand videos and artwork spanning a huge range of community activities, there's something for every child to enjoy!

So, join Penelope and head over to Whittlesea Arts at <https://bit.ly/3EfWXeP>

