

ALL ABOUT OSHC UPDATE

31st March 2017 | Issue 19

WELCOME TO THE OSHC UPDATE

Nine weeks doesn't sound like a long term but when we take a look back at what has happened in those 9 weeks it's quite amazing.

Throughout the months of February and March we have celebrated a number of special days; National Love Your Pet Day, Kite Flying Day, Chinese New Year, Valentine's Day, Shrove Tuesday and Harmony Week which included our 3rd annual Italian tomato passata making and that's just naming a few.

With all that we also changed over to a new operating system. This system will lessen the amount of hours spent on paperwork and administration with everything including our sign in/out rolls eventually moving to a digital format.

CHILDREN'S PERSPECTIVE

We think that aftercare is a good place to socialise with friends. After Care provides healthy food and cool activities like:

- Indoor sports and games like catch the flag and pool
- Art activities
- Cooking
- Lego

It is a good place to meet new friends from other year levels. They have good staff and we can use the soccer pitch to play games.

EAT A RAINBOW

Our food focus this term has been 'Eat a Rainbow'. What this means is each week our weekly menus and cooking activities are centered on a particular colour group of fruit and vegetables. The 'Eat a Rainbow' focus gives children the opportunity to try new fruit and vegetables that they may not have seen or tried before.

We have covered 6 colour groups so far, **yellow**, **orange**, **green**, **red** and **purple/blue** with white/brown to come next term. Some popular recipes trialed include; chocolate avocado mousse, carrot cake, corn fritters and pumpkin scones. During Red week we had our 3rd year of Italian tomato passata making, a focus day during Harmony Week.

Children get involved in the sauce making process and the



*Above: Passata making during Harmony Week
Left: Connector creations Right: passata bottling*

sauce is then used on our pizzas for afternoon tea.

Those involved enjoyed the activity and getting the chance to taste test new recipes. 'Eat a Rainbow' will be continuing into next term with new recipes and old favourites in the mix.



WANT TO KNOW WHAT THEY'RE UP TO?

Our new display board 'What's Happening' is situated in the middle of the room. If you haven't seen it yet, take a minute and check it out. Our 'What's Happening' board is a gradual month by month display of what has been happening in the program. It is a gradual display of what has been occurring in the program with photos, observations and pieces of student work.

It features a monthly calendar of events showing special days or activities coming up and children can enter the competition for 'Selfie of the month'.

Another way to engage with what your child has been up to within the program is to check out their student profile.

These are located in the filing cabinets as you walk into the main room. Your children, I'm sure, would love to share them with you.



LOVE YOUR PET DAY

Love your pet day was a newly introduced feature day for the year. Students were encouraged to bring in a photo of their pet and write a little piece to go with it. The response was fabulous! We had pictures of dogs, cats, guinea pigs and even a hedgehog! Photos were put together to make a fun collage creating a great conversation starter amongst educators, students and their families.

We discussed different pet names, things we like to do with them and learnt a little something about what it takes to look after our pets. To top it off students were visited by 2 staff furry family members Coby the Golden Retriever and Moss the black Labrador. Giving children the opportunity to have a cuddle and pat and learn what it takes to look after a big dog like these 2.



AFTERNOON DELIGHTS - GREEN WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Tea Snack	zucchini slice Fruit and Veg platter	Green apple and cinnamon muffins Herb and cheese bread Fruit and Veg platter	Mini Quiches with broccoli, spring onion, spinach, tomato and cheese Fruit and Veg platter	Curriculum Day Choc avocado mousse Salad wraps Fruit and Veg platter	Pita chips and green veggie sticks with tzatziki or guacamole Fruit and Veg platter
Cooking					

In each issue we will include a table listing all the yummy snacks your children have been able to feast on for afternoon tea. We aim to provide a balanced afternoon snack for children attending the program and provide a splendid fruit platter each afternoon. All children are encouraged to a selection of healthy snacks.

We hope you have enjoyed this edition of the All about OSHC weekly Update. Tell us what you think of our newsletter, your feedback is always welcome.



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We're on the Web!

See us at:

<http://www.ivanhoepts.vic.edu.au/oshc.html>

OSHC Recipes

These recipes have been tried and tested by the children who attend the program. We'd love your feedback or photos of your giving it a go at home.

Carrot Cake

This cake was baked for children during Orange Week as an afternoon tea snack and was very popular with all students. One student exclaiming "Carrot cake is my new favourite cake!"

Ingredients

2 Cups self-raising flour	1 large egg
1/3 cup sugar	¾ cup grated carrot
1 cup milk	¾ teaspoon cinnamon
¼ cup vegetable oil	½ teaspoon nutmeg

Steps

1. Preheat oven to 180 degrees.
2. Stir together the dry ingredients and make a well in the middle.
3. Whisk oil, milk and egg in a small bowl until combined.
4. Pour this mixture into the well in the dry ingredients. Stir until combined.
5. Add carrot and mix through.
6. Spoon into muffin tin or cake tin and cook until golden on top and cooked in the middle.



CORN FRITTERS

Ingredients

1 egg	1 tablespoon water
1 cup plain flour	1 can (410grams) creamed corn
1 teaspoon baking powder	Pinch of salt and pepper
2-3 tablespoons vegetable oil for frying	

Method

1. In a medium bowl lightly beat egg with a little water.
2. Sift in flour and baking powder, add salt and pepper and stir, adding water if needed to form a not too thin batter.
3. Add the can of creamed corn, season and stir.
4. Heat half the oil in a frypan on a medium heat and add spoonful's of the batter in the pan. Flip the fritters when they start to bubble on top. One – two minutes usually but test before removing.
5. Place on paper towel to soak away any excess oil.

