



On this month



Vacation Care forms are OUT!!! -----29th

Clean Up Australia Day -----5th

St Patrick's Day -----17th

National Ride to School Day -----17th

Harmony Day -----21st

Management committee meeting -----22nd

Earth Hour -----25th

What are my responsibilities for receiving child care assistance from the Australian Government?

When receiving Child Care Benefit (CCB), Child Care Rebate (CCR) and Jobs, Education and Training Child Care Fee Assistance (JETCCFA), you are responsible for keeping the Government and your child care service provider up-to-date when your circumstances change.

What are my responsibilities with my child care service provider?

You must:

- ✓ Provide your child care service provider/s with your child/ren's Customer Reference Number and date of birth along with your Customer Reference Number and date of birth (Note: make sure you give the date of birth and Customer Reference Number for the parent or guardian who is claiming CCB)
- ✓ Sign or initial attendance records daily to show when your child starts care ('time in') and finishes care ('time out')—do not sign blank attendance records

For more information about your responsibilities?

- ✓ Log on to your Centrelink online account through mygov and selecting 'Child Care' and then 'View Child Care Details and Payments'. If you do not have a mygov account, you can create one by visiting mygov and then linking it to your Centrelink online account.
- ✓ 136 150
- ✓ Visit a service centre

Autumn is here!!

What an amazing start to year. 40 degree days at school, staying inside at recess and lunch times. Continuing heat at OOSH and once again needing to stay indoors. Now we have rain and once again needing to stay indoors and under cover. The children appear to deal with these extremes better than the adults!! Term 1 has been a busy one so far with settling in all our new kindy's and getting to know all our new families. This term promises some new and exciting experiences as well as some old favourites. Arts and crafts have been a very popular part of our program lately with the children showing us their expanding knowledge and skills; we look forward to learning more off them as the year goes by. Our main focus is making sure all children at OOSH feel safe, secure and supported. We have an open door policy and love hearing about your child's interests at home, recipe and craft ideas etc. Just a quick reminder to all families..... Please ensure that you have the centre's number on hand (96361740) so you can call if your child is away from school on a day that they usually come to OOSH (out of school hours care). It is a requirement for all families and ensures we know our children are all accounted for during the sign in process.

goodbye
summer
hello
autumn





CLEANUP AUSTRALIA DAY – 3RD

Rubbish we create through mass consumption is choking our streets, beaches, parks, bush land and waterways. And along the way it's killing one of our best assets: nature. We are all part of the problem - but **YOU** can also be part of the solution. *Because when the rubbish is gone, nature can carry on*. Learn more at www.cleanupaustraliaday.org.au

NATIONAL RIDE '2' SCHOOL DAY – 17TH

Celebrating National Ride2School Day is the best way to promote a healthy, active community. In 2017 we want to turn back the clock to the 1970's and get back to a time when 80% of students walked or rode to school. Why not give it a try? Go to www.bicyclenetwork.com.au

HARMONY DAY – 21ST

Our diversity makes Australia a great place to live. Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home. 'Everyone belongs'. Find out more www.harmony.gov.au



APRICOT & COCONUT BLISS BALLS

PREP 15 min | COOK 15 min | SERVE 20

INGREDIENTS

- 1 cup (190 grams) dried apricots
- 1 cup (90 grams) desiccated coconut
- 1 cup (100 grams) almond meal (ground almonds)
- 1 tablespoon coconut oil, melted
- 1-teaspoon vanilla bean paste
- 2 tablespoons honey

METHOD

1. Place the apricots, coconut, almond meal, coconut oil, vanilla bean paste and honey into the large bowl of a food processor and blitz until the mixture comes together. *If needed, add a splash of water until the mixture is wet enough to shape into balls.*
2. Take heaped teaspoons of the mixture and shape into balls and roll in coconut until coated. These balls will keep refrigerated in an airtight container for 7 days. They also freeze beautifully, simply pop into a freezer safe bag or container and stash in the deep freeze for up to 3 months.

See this recipe in action at www.mylovelylittlelunchbox.com

SAFETY – Remember to always supervise kids in the kitchen.



Source: Recipe and images belong to mylovelylittlelunchbox



Our service is a community based, non-profit centre run by a voluntary management committee made up of the families who use the centre. We could not run the way we do without the dedication of our Management Committee who meets to discuss matters and exciting opportunities that arise.

Our management committee meetings are held twice a term.

Our next meeting will be held on:

Wednesday 22nd

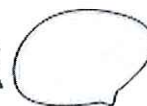
March 2, 2017

7pm









Meeting dates can be found on the school calendar as well as the centre calendar on our website. www.metellaosh.com.au

All families are both welcomed and encouraged to attend!!

Feedback
is always welcome



What's on during the April School Holidays???

Monday 10th April A rainbow of colour  All things colourful!! Cooking, Craft, Bubbles and Balloons. <u>Face painting and hair colour.</u>	Tuesday 11th April <u>What's on stage??</u> A day filled with dance and drama activities and party games.  <u>Photo booth Incursion!!</u> <u>Come dressed as your favorite character.</u>	Wednesday 12th April <u>Looney Tunes</u> Come along as we explore music through percussion, drumming, rhythm and movement.  <u>Trash Percussion Incursion</u>	Thursday 13th April <u>Easter Workshop!!</u> A day filled with loads of Easter cooking and craft. 	Friday 14th April Closed Public Holiday 
Monday 17th April Closed Public Holiday 	Tuesday 18th April <u>Carnival Fever</u>  Join us for a day filled with fun sports including: Gladiator Challenge, Zorb Ball Fun, Dodgeball, Sumo Wrestling and more. <u>Fun Sports Day Incursion</u>	Wednesday 19th April <u>Our Kitchen Rules!!</u>  A day filled with cooking...but with a twist!! Cooking Challenges	Thursday 20th April  <u>'It's One Wild Ride'</u> <u>Bring along your bike, scooter and helmet!!</u> To top it off Go Kart Wild will be bringing along peddle Go Karts.	Friday 21st April <u>OOSH Pajama Party</u>  In house movies, hair colour and party games! <u>Jumping Castle and Eagle boys pizza lunch</u>
Monday 24th April <u>Excursion to Ultimate Play Centre</u> 	Tuesday 25th April Closed Anzac Day Public Holiday	Wednesday 26th April School Resumes	Thursday 27th April	Friday 28th April

**Enrolment forms to be returned to the Centre by 6pm
Wednesday 29th March 2017.**

DRY ERASE LETTERS

Materials: White board marker, a window or glass door, paper towel or tissue

This activity is very simple to set up. Simply use a white board marker to write letters in a random fashion onto a glass door or window your child can safely access. Explain the activity: "I'm going to call out a letter – you need to find it and erase it!" Children will love the hunt of trying to find the letters and the fun of erasing them.



KNOW YOUR EGG!

Australia has a number of different systems of farming used to satisfy the varying needs of consumers. Some consumers choose their eggs by price, others are happy to pay more for eggs produced by hens that are kept in more traditional conditions.

When you buy eggs you're met with an array of terms caged, cage free, free range, barn laid, organic... it can all get a bit confusing. So what does each of these terms mean? Well in simple terms:

Caged - Confined to a cage, (18 hens per sqm* ethical.org.au)

Cage free/Barn laid - Room to nest or perch, no outdoor access

Free range - Access to outdoor range. Can be ambiguous because of loose regulations. For example the stocking density allowances can vary from 1500 – 10,000 birds per hectare.

Certified organic- Access to outdoor range, hens not de-beaked.

COMING SOON - Pastured eggs – Free to roam and forage.

How do you choose?

Apps such as CluckAR from Choice can help you make a sustainable choice. Simply download and scan your carton to find out the chook density of your chosen brand. Our advice, do the research. Choose a brand and learn more about their farm. There are pros and cons to each category. Support farmers who are producing eggs sustainably and know what you are feeding your little chickens.



COMMUNITY ANNOUNCEMENTS

Have you checked out our
Centre Web Site??

Visit us at
www.metellaoosh.com.au

Here you will find loads of
information about our
service, recent events,
forms, policies and notices!!

IMPORTANT

Is your child participating in an
extra-curricular activity during OOSH
time??

Please note that for OOSH staff to
allow children to participate in
EXTRA-CURRICULAR activities a
permission form needs to be filled in.
Unfortunately staff are unable to
send children if forms have not been
completed.

More 'From The Floor'

What activities are on the
horizon??

Crazy cooking

Pokémon, cartoons and Super Hero's

Shake it off!!
Exploring music and dance

Working in our community

Late Collection Fee

Please note our centre closes at 6.00pm!!
A late fee will be charged for children who
are picked up after 6.00pm. This fee is
charged per child.

- ✓ Late fee payment charges are \$20.00
for the first 10 minutes and then
\$1.00 per minute thereafter. Note:
Child Care Benefits and Child Care
Rebate are not paid on late fees.
Late fee payments will be added to
the normal fee.

Wherever possible parents should advise the
centre when they will be late to collect their
child.

Parents who continually arrive after 6.00pm,
may lose their child's position at the centre.

