



**Forrest Out Of School Hours Care
(FOOSH)**

T: 02 6295 8985

E: info@fooshc.org.au

2015 SEPTEMBER / OCTOBER SCHOOL HOLIDAY PROGRAM

Open 8am – 6pm

Tuesday 29th September – Friday 2nd September

Tuesday 6th October – Friday 9th October

Please read the following pages that will provide specific information relating to each day including times of excursions and what to bring

Monday 28 th September	Tuesday 29 th September	Wednesday 30 th September	Thursday 1 st October	Friday 2 nd October
Public Holiday CLOSED	CANBERRA SAFARI RESIDENT ARTIST: Pallet Play and mixing Colour Run chalk RESIDENT CHEF: Homemade Party Pies	EXCURSION: Canberra Space Centre, Gibraltar Falls and Woods Reserve RESIDENT ARTIST: Portrait Parlour AFTERNOON TEA: Vegetarian Nachos	COLOUR RUN & BBQ LUNCH – Sausage Sizzle RESIDENT ARTIST: Human Murals RESIDENT CHEF: DIY Colourful Cupcakes	EXCURSION: COTTER & BBQ LUNCH – Honey soy chicken rolls AFTERNOON TEA: Sandwiches
Please note NO Bring your own device these holidays	<i>ELECTRONICS</i> AVAILABLE ALL DAY	<i>ELECTRONICS</i> AVAILABLE ON RETURN TO FORREST @4pm	<i>ELECTRONICS</i> AVAILABLE BEFORE AND AFTER COLOUR RUN 8am – 11am/3:30pm-6pm	<i>ELECTRONICS</i> AVAILABLE ON RETURN TO FORREST @4:30pm
	Monday 5 th October	Tuesday 6 th October	Wednesday 7 th October	Thursday 8 th October
Public Holiday CLOSED	CANBERRA SAFARI RESIDENT ARTIST: Sculptures RESIDENT CHEF: Homemade Calzone & Salad	EXCURSION: Mount Ainslie & Australian War Memorial RESIDENT CHEF: Prep for Restaurant Day AFTERNOON TEA: PASTA-BAKE	RESTAURANT DAY Japanese Feast: Miso Soup Sushi Rolls Stir-fry RESIDENT ARTIST: Tie Dye AFTERNOON TEA: Chicken Tenders	EXCURSION: COTTER & BBQ LUNCH – Sausage Sizzle AFTERNOON TEA: Sandwiches
Please note NO Bring your own device these holidays	<i>ELECTRONICS</i> AVAILABLE ALL DAY	<i>ELECTRONICS</i> AVAILABLE ON RETURN TO FORREST 3pm-6pm	<i>ELECTRONICS</i> AVAILABLE AFTER RESTAURANT EVENT 2pm – 6pm	<i>ELECTRONICS</i> AVAILABLE ON RETURN TO FORREST @4:30pm



**Forrest Out Of School Hours Care
(FOOSHC)**

T: 02 6295 8985

E: info@fooshc.org.au

About the Program

Forrest Out Of School Hours Care (FOOSHC) aims to provide a safe and welcoming environment for the children in our care and their families. We believe children are capable, competent and creative learners that are entitled to participate in a program that facilitates their engagement in risk-taking, experimentation and exploration of indoor and outdoor spaces.

We believe these holidays will create a play-focused environment, reflective of children's needs and interests. Children will have the opportunity for rest and relaxation and be able to move freely from activities and inside and outdoors environments. In addition to the experiences detailed above with all the fabulous FOOSHC resources will be available daily.

The program for September and October is the result of an extensive consultation process following feedback we received from the July Holiday Program. This process included many conversations with the children who attended in July, an evaluation meeting with the educator team who worked in the July holiday period and a survey that was made available to all families. Whilst we are aware that this still may not address each piece of feedback we received, we hope it has addressed the majority. Please provide any feedback you may have at this stage via email and we will ensure a survey is again sent at the conclusion of this holiday period.

Canberra Safari

These holidays will see an extension of the Walking Excursions run in previous programs. Allowing for more exploration around the child's interest, the group will now utilize public transport to adventure further than the previously limiting 3km radius.

The "Canberra Safari" will run from 10am – 3pm for any child wanting to participate.

Please provide your child/ren with \$20 to be used for transport, admission and entry fees. Whilst we assure you this money will not be used to head to Coles and buy bucket loads of sugary treats, we may stop for a hot chocolate or a milkshake or to purchase some form of lunch if that is what the children choose.

What to bring?

- \$20, preferably in small notes and change
- Sensible walking shoes
- Weather appropriate clothing (jumpers, jackets, raincoats etc.)



Forrest Out Of School Hours Care (FOOSH)

T: 02 6295 8985

E: info@fooshc.org.au

Colour Run

On Thursday 1st October we will be having a "Colour Run" for the children of FOOSH and next door at Forrest Early Childhood. We would also like to extend the invitation to all our families.

The Colour Run will kick off at 11am down on the school oval and will include a number of large group games concluding with the main event that is scheduled for 12:30pm. A BBQ lunch will be provided immediately after followed by decorating your own colourful cupcake ☺ The colour chalk is a mixture of corn flour and food colouring and should come out of clothes, skin etc with one wash. We would still advise sending your child/ren in clothes that you are happy to have ruined. It would also be a good idea to send a spare change of clothes in case it rains and so that those that wish to head back inside straight away are able to.

Please RSVP for catering purposes.

Restaurant Day

Following the success of previous holidays, children will have another chance to showcase their culinary prowess by cooking and serving a Japanese Feast. All families are welcome and encouraged to attend.

The Menu

Miso Soup

Sushi Rolls

Stir Fry

Lunch will be served at 12:30pm, Thursday 8th October.

Please RSVP for catering purposes.

Resident Artists

A "Resident Artist" from our talented team of educators will support the children and their creative pursuits on various days throughout the program. These experiences will provide children the opportunity for more focused and ongoing projects.

Pallet Play

Portrait Play

Sculpture

Tie Dye -What to bring?

- Neutral items for the children to tie dye

While we will endeavour to tie dye all garments provided, due to time constraints, children who bring multiple items may be limited to one each.



Forrest Out Of School Hours Care (FOOSH)

T: 02 6295 8985

E: info@fooshc.org.au

Resident Chefs

“Resident Chefs” from our team of experienced educators will be on hand to engage and extend cooking experiences throughout the program.

The “Resident Chef” will work alongside the children to prepare homemade dishes for afternoon tea.

Cotter Excursions

After the fantastic experiences had by the children and educators in previous programs we will be returning to the Cotter twice these holidays. Children will be able to explore their surroundings, gain confidence in their abilities and return to many loved experiences!

We will be venturing out to the Cotter regardless of weather, taking provisions for hot beverages, DIY shelters and a hot lunch. The excursions will only be cancelled in the event of severe weather warnings, thunderstorms and lightning. After a recent site visit to the Cotter by a number of educators we have realised that we may not be able to explore the creek the way the children have grown accustomed to. It was flowing rather fast and was very deep. This will be decided by the Daily Coordinator on the day after conducting a benefit risk assessment. In the event we are unable to explore the creek we will facilitate experiences such as boat racing instead.

When?

Friday 2nd October 2015 & Friday 9th October 2015

8:15 am – 4:30 pm

What to bring?

- Snacks
- Water
- Wet weather gear (raincoats, gumboots)
- Change of clothes (including socks!)

Mount Ainslie / The Australian War Memorial

We will be heading to Mount Ainslie for a day of games and bush walking exploration. To facilitate the interests and requests of many children over previous programs, opportunities will be provided for children to visit the Australian War Memorial.

When?

Wednesday 7th October 2015

8:30 am – 3:00 pm

What to bring?

- Lunch, snacks & water
- Wet weather gear
- Appropriate footwear



**Forrest Out Of School Hours Care
(FOOSHC)**

T: 02 6295 8985

E: info@fooshc.org.au

Canberra Space Station, Gibraltar Falls and Woods Reserve

We will be heading out for the day with various stops along the way. First will be a visit to the Canberra Space Station where we will spend an hour gaining a better understanding of how astronauts survive space travel and various missions to space over the years. This will be followed with a stop at Gibraltar Falls to see Canberra's largest waterfall. We will finish our day in Woods Reserve where we will have lunch, sit around a campfire, play games or explore the world around us.

When:

Wednesday 30th September

8:15am – 4pm

What to bring?

- Lunch, snacks and water
- Appropriate clothing and footwear – the steps to the falls are rocks and the surface is uneven in parts, we will be outdoors for a large part of the day and it may still be very cold or wet so please pack warm and wet weather gear.

Electronics

After consultation with all stakeholders, educators and children's feedback, these holidays there will be NO Bring Your Own Device Day. On no day should children bring their own devices. FOOSHC will provide access to electronic tablets and multiplayer consoles during the times outlined in the table above (page 1). These will provide the opportunity for many multiplayer games to be enjoyed and experienced and other group projects to be developed. The time they are available can be found on page one and is greatly reduced from last holidays. This trial will be re-evaluated for the January holidays.



**Forrest Out Of School Hours Care
(FOOSH)**

T: 02 6295 8985

E: info@fooshc.org.au

2015 SEPTEMBER / OCTOBER SCHOOL HOLIDAY PROGRAM:

GENERAL INFORMATION

Open 8am – 6pm

Tuesday 29th September – Friday 2nd September

Tuesday 6th October – Friday 9th October

Enrolment

To enrol your child please:

- Complete a 2015 enrolment form, if not already completed
- Complete the attendance/booking sheet for this holiday period, including permission notes for the relevant days

Enrolments close Friday, 18th September at 6pm.

Bookings received after this date will incur a \$25 surcharge per child.

Fees and Childcare Benefit

- Full fees are payable by Friday 25th September
- For enrolments after this date, full payments are due on enrolment.
- Cancellation must be 2 weeks in advance, in writing for no charges to apply.

To obtain CCB and CCR we must have Date of Birth and Customer Reference Number for you and each child on the enrolment form. You must notify Centrelink if this is the first time using our service.

Arrival and Departure

- Always access the service via the gate on Hobart Ave, down the path and into the junior hall
- Children **MUST** be signed in and out of the program each day
- The roll will be located for signing in the junior hall unless otherwise specified



**Forrest Out Of School Hours Care
(FOOSH)**

T: 02 6295 8985

E: info@fooshc.org.au

Food

- **Afternoon tea will be provided each day around 3:30pm**
- Breakfast is NOT provided during holiday care. We apologize for any inconvenience this may cause
- Children are required to provide their own lunch and snack each day, unless specified on program.
- Children should also bring a refillable water bottle
- **No nuts or nut products or soft-drink are permitted**

Clothing

Please label / name all of your child's clothing

- Closed in shoes are required on excursion days
- The days may be cold so layers are ideal
- As children engage in all sorts of adventurous play a change of clothes are recommended
- Sun-Smart clothing is required at all times

Wheels

- Children are welcome to bring their bikes, scooters, skateboards, rollerblades etc. to the program.
- Children **MUST** have a helmet to participate – other protective gear will also be required for skateboards and rollerblades.

Electronics

- Please note children are NOT able to bring in their own electronic device throughout this school holiday program.

**PLEASE COMPLETE ALL PAGES OF THE ENROLMENT FORM
THERE ARE TWO PAGES IN TOTAL**



**Forrest Out Of School Hours Care
(FOOSH)**

T: 02 6295 8985

E: info@fooshc.org.au

2015 SEPTEMBER / OCTOBER SCHOOL HOLIDAY PROGRAM: **BOOKING FORM**

Please complete the details below to enrol your child.
We also require a 2015 enrolment form if not already completed.

Account Name: _____

Current email address: _____

	Tues 29 th Sept	Wed 30 th Sept	Thurs 1 st Oct	Fri 2 nd Oct
Child's name	\$60.00	\$70.00	\$65.00	\$70.00

Tues 6th Oct	Wed 7th Oct	Thurs 8th Oct	Fri 9th Oct
\$60.00	\$65.00	\$62.50	\$70.00

Important Information	Please sign below to acknowledge that you have read and understood important information
I understand that children need to bring lunch, snacks and a refillable drink bottle each day. We are an Allergy Aware Centre – no nuts or nut products.	
These holidays we may be using both still and movie cameras to record the children's adventures. Please advise if you do not want your child to participate in this part of the program. We may use the photos/footage to promote our program and to screen with families/friends of the service.	
We will be creating a CD to be made available to all families containing images of our program. Please select whether you are happy for images of your child to appear on this disc.	YES/NO
I understand that children need to be signed in and out of the program each day. This will occur by entering the junior hall via the gate on Hobart Avenue.	
If I wish to cancel days requests must be made in writing and for no charge to apply must be received at least two weeks prior to the cancelled day.	
Full payment is due on Friday 25 th September If booking after this date, full payment will be required on enrolment. Outstanding fees will incur a \$20 late payment fee unless arrangements are made on enrolment.	



**Forrest Out Of School Hours Care
(FOOSH)**

T: 02 6295 8985

E: info@fooshc.org.au

Important Information	Please sign below to acknowledge that you have read and understood important information
During the in centre days children will have the opportunity to engage in construction using hand tools such as hammers and saws. They may also be able to use power tools under closer supervision	
I give permission for my child to view suitable PG movies and play some electronic games that are also rated PG (older games originally rated G that today are rated PG but deemed suitable by Educators) during the program.	

PLEASE SIGN THE BOX FOR EACH DAY YOUR CHILD WILL ATTEND		
29th Sept & 6th Oct	<p>Canberra Safari: Children will have the opportunity to explore the local community on Tuesday 29th September & Tuesday 6th October. The excursions will always be staffed by a minimum of two educators including one with First Aid training. Educator will conduct Dynamic Benefit Risk Assessments during the excursion. We have included our \$20 addition to this to allow us to extend these walks and enter premises such as Questacon if the children so desire. This money will be signed in at the start of the day to the daily coordinator and signed out once you collect your child/ren.</p>	
30th Sept	<p>Excursion: Space Centre, Gibraltar Falls and Woods Reserve: Children will spend their morning exploring the Canberra Space Centre and Gibraltar Falls followed by lunch and a play in Woods Reserve. Please note that shoes/clothing need to be appropriate for bush walking I understand that my child will be allowed to climb trees and build a camp fire on this excursion</p>	
1st Oct	<p>Colour Run & BBQ Lunch I would like to attend the Colour Run and BBQ lunch on the 1st October at 12:30pm. *please indicate how many people will attend: ____</p>	
2nd Oct & 9th Oct	<p>Excursion: Cotter Dam and Sausage Sizzle Departing Forrest at 8:15am on charter bus and returning by 4:30pm, families are advised that children should bring a change of clothes. Please not previous sheet for additional suggested items. I understand that my child will be allowed to climb trees on this excursion</p>	
7th Oct	<p>Excursion: Mount Ainslie & War Memorial Departing Forrest at 9.30am on charter bus returning at 3.30pm, families are advised that children wear comfortable walking shoes and clothing appropriate for a bush walk. I understand that my child may be able to climb trees whilst on this excursion.</p>	
7th Oct	<p>Restaurant Day I would like to attend the restaurant day on the 7th July between 12:30-1.30pm to enjoy a lunch prepared and served by the children. *please indicate how many people will attend: ____</p>	

MINIMUM EDUCATOR : CHILD RATIOS WILL BE

1:11 at the centre, 1:8 for excursions,

1:5 at the Cotter (water)