

ROZELLE OOSH MAY & JUNE 18 NEWSLETTER



BIG OOSH CENTRE PROGRAM

What a fabulous term 2 the Big oosh children and staff have had. With the cold changes happening we adapted our program to accommodate this. In the kitchen we have been cooking delicious winter warmers such as rice pudding, scones with cream and jam and butter chicken with homemade roti bread...MasterChef eat your heart out! Outside the children have shown resilience to the cold and battled their ways through kick tennis, rugby, soccer and capture the flag. The staff have been reliving childhood memories by bringing back some of the group games we played as children and implementing them into the program such as rob the nest, tunnel ball and poison ball, the children have taken well to the new old games. In the main room, marble run using the wooden blocks, top trumps and Scattergories have been firm favourites with the children during free play. We have been doing a lot of artist impressions lately and we will continue to look at various artists during term 3 and how they created their masterpieces. Science experiments have been in full swing with the children reading books or looking up on the iPad and then wanting to recreate them to see how it works through trial and error. We look forward to term 3 with lots of exciting challenges, experiments, activities planned as well as more scrumptious cooking.

JUNIOR OOSH

What a busy term we have had. The children participated in a pirate week, we made a new pirate mural board with a "Hook" and "Peter Pan" theme. The children made parrots, pirate hooks, treasure maps and a delicious chocolate treasure chest cake.

Our art with Mardi program has been popular with an "Under the Sea" theme. The children have been decorating upstairs with fish, jellyfish, sea horses, octopus, crabs, turtles and star fish. Each week the children come up with a new sea creature to add to our theme.

Brohdy has continued with his dart tournaments this term. The children's aiming and overall gaming has improved each week and the competition has become more popular with more of the children participating. Outside play has been busy with Soccer, football and group games. The children are enjoying Pac Man and Alien Invasion.

The children have also enjoyed the Loose Parts play and building cubby houses in the woodland area.

We are looking forward to next term and all of the fun things we have programmed.

MINI OOSH

What a fun term we have had in Mini OOSH. We welcomed Carolynne into our team and she will be taking over as Mini OOSH Coordinator, beginning of term 3 when I leave.

In the kitchen we have been making slices, gozleme, muffins and no-bake cheesecakes. The children love our cooking experiences and being able to measure and follow the recipes. The children have loved being involved in science experiments this term, they enjoy sitting back and enjoying the experience and seeing the reactions of different ingredients. We have made lava lamps, created our own rain through shaving foam, and the most exciting was our skittle rainbow simply using skittles and warm water. Carolynne has been in high demand with her amazing drawings, which the Mini OOSH children love; testing her skills of drawing unicorns, snakes and batman. Outside we have had a lot of fun with Junior OOSH, the children get to explore the woodlands area and use the top tiger turf for lots of group games with Louis. The past few weeks though we have gotten a lot of rain so we have been making the most of being inside through face painting, nail salon and lucky enough to even watch Moana. Mini OOSH raised \$260 from our pyjama party for Ronald McDonald house. What a fabulous term, have a great holiday everyone see you next term!

STAFF NEWS

It is also with great sadness that we farewell Bridget from her position as Mini OOSH coordinator. Bridget will be finishing up at the end of the July school holidays when she will go on a well-deserved holiday in Europe before returning to Sydney to start her teaching career fulltime. Carolynne has been working closely with Bridget in mini oosh and will be taking over the responsibilities as the mini oosh coordinator commencing term 3.

We would also like to welcome Jackson to the junior oosh team. Jackson has been working in OOSH for over 5 years and comes with lots of ideas and experience. Please make sure you introduce yourself when you see him.

Sione, Paddy & Maria are almost finished their Diploma's in School Aged Care. They hope to be finished by the end of the year.

WHAT OUR OOSH CHILDREN THINK

Each newsletter we would like to include comments from our children here at OOSH. As part of our on-going improvement plan we see the opinion of our Children who attend OOSH as the most important aspect of maintaining a High Quality Service. The kid's section is unedited letting you know just what the kid's at OOSH really think.

We asked some of our OOSH children the following question:

What do you like about OOSH?

"I like coming to OOSH because I can play with my friends" Nala

"I really like doing all of the craft" Bella Mc

"I get to do lots of cooking at OOSH, I like cooking, I even have cake in my bag!" Atticus

"OOSH is fun cause we have a year 6 area to hang out in" Sophia

I like coming to OOSH so that I can make comics with Baxter" Conor

Staff Profile

**Assistant Childcare Worker
Maria**



Qualifications: HSC, Cert3 Fitness, Completing Dip. OOSH
Cultural Background: Australian/ Italian
Personal Interests: Health, Fitness, Food, Baking
Commenced at Rozelle OOSH: December 2015
First Aid, Anaphylaxis and Asthma Trained

Staff Profile

**Assistant Child Care Worker
Angela**



Qualifications: HSC
Cultural Background: Italian/ Australian
Personal Interests: knitting & reading
Commenced at Rozelle OOSH: June 2014
First Aid, Anaphylaxis and Asthma Trained

WINTER LUNCHBOX RECIPE IDEAS

Instead of sending kids off with the usual sandwich and apple combo, why not try something different with these wintry ideas?

Hot Soup

Invest in a great thermos and send kids off with a batch of nutritious and healthy soup. Our winter favourites include chicken and vegetable, minestrone, pumpkin and tomato. Don't forget the bread

Mini Quiches

Quiches are a delicious and easy way to pack in vegetables in a way that kids will love. They're also the perfect size for little lunches. Make a big batch on the weekend and pop them in lunches through the week. Broccoli and bacon is a great combo, as is spinach and mushroom.

Hot Curry (or any leftovers)

Winter's the perfect time to put those leftovers to use. Choose a great thermal lunchbox and a thermal container to keep hot food hot and send kids off with last night's leftovers. Curry, stir fry

Healthy Banana Bread

We love banana bread. It's also perfect for lunch boxes as bananas are high in potassium and a great source of energy.

Falafels

Falafels are delicious served warm or cold in a wrap with some grated vegetables and hummus. A great source of protein as they're packed with chickpeas and your kids won't even know it!

Pasta Bake

Pasta bake is a lunchbox staple for winter and will keep their bellies full and warm. Whether vegetarian with lots of pumpkin, eggplant and spinach, or a bolognese pasta bake, pop it in that thermal container and away they go.



Savoury Muffins

The perfect way to get more veggies into their diet. Savoury muffins look and taste great and kids will love them. Add your choice of vegetables (grated zucchini, carrot, corn, spinach and herbs work well) with some tasty cheese for a delicious start. Plus, you can freeze these by wrapping them individually and turn to them when kids are hungry on the weekend and after school too. is delish!

Mini Pizzas

Who doesn't love mini pizzas? Not only are they tasty, but they're super cute. Kids can enjoy them hot or cold. Turkey, ricotta and tomato is a fun combo or go classic with cheese and tomato or ham and pineapple but throw in some veggies on there too.

Winter Wraps

Upgrade the usual sandwich with a winter wrap. Fill pita bread, flat bread or a wholegrain wrap with roast chicken, spinach, avocado and hummus or whole egg mayonnaise and wholegrain mustard. This one can be served hot or cold and will be just as tasty either way.