



# discovery OUT OF SCHOOL HOURS CARE kids



## AUGUST

Dear Parents,

We hope your children have settled well into the new Term after the holiday break.

We had a wonderful time over Vacation Care with the children. We were busy exploring AQWA, playing glow in the dark mini golf and sitting back in comfort in our very own VIP private cinemas watching Minions. If you have any suggestions for incursions or excursions for the next Vacation Care period we would love to hear from you. Email us at: [discovery\\_kids@outlook.com](mailto:discovery_kids@outlook.com)

It has come to our attention that parents are not walking their children into the centre at before school care sessions. Please note, it is a legal responsibility to walk inside the centre and sign your child in and out of each session.

### CLOSING DATES:

Over the Christmas and New Year period, Discovery Kids OSHC will continue care up until Thursday 22/12/22 and close from Friday 23/12/22 until 9/1/22. Please be advised that St Helena's, Ellenbrook reopening dates are TBC depending on booked numbers for the week commencing 9/1/22 otherwise, St Helena's, Ellenbrook will reopen 16/1/22.

Enjoy the month of August!

The Discovery Kids Team

## DAILY REMINDERS

- ✓ A reminder to send a spare hat and a water bottle for your child/children.
- ✓ If your details have changed please update them via "My Family Lounge" App
- ✓ Please ensure that your child takes the correct belongings home at the end of the day and that they are labelled with their full name eg. Jackets, hats
- ✓ Please do not forget to sign your child in and out. This is extremely important and a legal requirement!

"A place kids love and parents trust."



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[www.discoverykidsoshc.com](http://www.discoverykidsoshc.com)



[@discoverykidsele](https://www.instagram.com/discoverykidsele)

## DISCOVERY KIDS: CENTRE INFORMATION

Our Lady of Good Counsel, Karrinyup  
Monday to Thursday | Ph: 0414 691 161  
Before School Care 7-9am | After School Care 2:30-6pm

Holy Rosary, Doubleview  
Monday to Friday | Ph: 0410 656 534  
Before School Care 7-9am | After School Care 2:30-6pm

St Helena's, Ellenbrook  
Monday to Friday | Ph: 0468 992 588  
Before School Care 7-9am | After School Care 2:30-6pm

St Luke's, Woodvale  
Monday to Friday | Ph: 0452 236 918  
Before School Care 7-9am | After School Care 2:30-6pm

## BOOKING REMINDERS

✓ Statements are sent out weekly, if you do not receive your statement please email [discovery\\_kids@outlook.com](mailto:discovery_kids@outlook.com) and for all other booking inquiries

✓ Fees work on block times: BSC 7-9am \$25  
ASC 2.30-6pm \$35

✓ PERMANENT BOOKINGS - 2 weeks notice is required to cancel a permanent booking and 7 days notice is required to qualify for a 50% holiday rate OR to change to another day within that week

✓ CASUAL BOOKINGS - Once a booking is made we cannot cancel and refund your fees unless a change is made within 24 hours of the booking

✓ REMINDER - Please ensure fees are paid for and up to date

## Parents and Guardians

We are currently reviewing the following Policies. We welcome any feedback you may have in regard to these. Please feel free to let us know or contact us via email if you wish to contribute.

- ✓ In-service and Staff Development Policy
- ✓ Interactions with Children, Family and Staff Policy
- ✓ Lockdown Policy
- ✓ Management Committee Policy
- ✓ Medical Conditions Policy

### Winter Appeal

During July, we ran a winter appeal and asked for any winter clothing and items that could be donated to those in need during the winter season.

We are very grateful for the generous contributions you have made towards our winter appeal and can't wait to deliver these to people in need.



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# Homeless Cook

Discovery Kids has teamed up with Shop Front to cook and pack meals for the homeless people living in Perth. Last week, the Coordinators got together and cooked 110 meals of rice, mince and veggies and delivered to Shop Front. We hope these meals brought some happiness and helped ease the burden for people living on the streets.

Next term, we're planning on getting the children involved to bake and decorate cupcakes at each centre to be delivered to Shop Front and distribute to the homeless and disadvantaged people in Perth.

We even made a TikTok if you want to see the behind the scenes work. Search @discoverykidselec on TikTok and Instagram.



## Sustainability and Community Involvement

### SEVEN DAY PLASTIC PLEDGE

About one million tonnes of Australia's yearly plastic consumption are single use products, a concerning trend that harms the environment. Plastic in nature can take hundreds of years to decompose and the waste threatens to pollute waterways, parks and bushland.

What can you do?

1. Make a pledge: Choose what plastic item you're giving up for the week and commit!
2. Lead by example: Swap out your single-use plastic item with eco-friendly alternatives.
3. Spread the word! Share how you're ditching plastic and tell your friends about it.

Breaking the habit can be hard, here are some easy alternative suggestions for the most common uses of single use plastic:

- o Coffee cups and lids > Reusable keep cups or ask for no lid
- o Takeaway packaging > BYO containers
- o Single-use cutlery > BYO reusable cutlery
- o Plastic water bottles > BYO refillable water bottles
- o Pre-packaged fruit and veg > Buy loose or BYO mesh/canvas bags

Once your 7 days is done, reflect on your challenge. How much do you rely on convenience? Was the change hard? What can you do next?

Source: [www.people4ocean.com/blogs/blog/keep-australia-beautiful-week-take-the-7-day-plastic-pledge](http://www.people4ocean.com/blogs/blog/keep-australia-beautiful-week-take-the-7-day-plastic-pledge)

## Floor is lava

Short simple activities to get some active minutes in the day.

This simple game can be played by anyone, just about anywhere. It's a great way to infuse a dash of humour into your day. You can set up your room and play by throwing a bunch of pillows or blankets on the floor, and let your players jump from one to another. Or you can walk into a room and yell "floor is lava" and Everyone has 5 seconds to get both feet off the ground in any way possible. It's sure to be an afternoon of fun and giggles!



## RECIPE OF THE MONTH

### Banana Cake

#### INGREDIENTS

3 overripe bananas, mashed.	2 eggs
3/4 cup olive oil	1 cup Greek yoghurt
1/2 cup brown sugar	1/3 cup pure maple syrup
1 tbs vanilla bean paste	1 cup buckwheat flour
1 cup plain flour	1 1/2 tsp baking powder
1 tsp cinnamon, ground	1/2 tsp nutmeg, ground
1/4 tsp ginger, ground	pinch of salt

#### Whipped Ricotta Maple & Chocolate Frosting

2 cups fresh ricotta	1/2 cup pure maple syrup
2 tsp vanilla bean paste	1/2 cup cocoa powder

#### METHOD:

To make the banana cake:

1. Preheat oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. Place the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. Sift the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. Pour the batter into the prepared tin.
5. Bake for 30-40 minutes or until a skewer inserted removes cleanly.
6. Allow the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. Place the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. Add the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. Smother the cooled cake with a thick layer of frosting.
4. Cut into 9 or 16 squares.

## FAMILY INPUT

At Discovery Kids we value everybody's opinion. If you have any input about activities, projects, the program, menu ideas of anything else that you would like to see happen at Discovery Kids please let us know via email, phone or speak to any of our staff members.

## RAISING CHILDREN

This is a wonderful website funded by the Australian Government that provides parenting resources ranging from newborns to teenagers. This site is designed for families and has many videos, strategies and articles to support you and your family. You will find everything from health and nutrition advice, family life and behaviour guidance.



## WHATS ON IN PERTH!

<https://www.weekendnotes.com/perth/>



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## Importance of Physical Activity

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

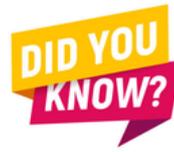
A minimum of 30 minutes a day for both you and your children can allow you to enjoy these benefits.

For more information please visit:

[https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians?utm\\_source=health.gov.au&utm\\_medium=callout-auto-custom&utm\\_campaign=digital\\_transformation](https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation)

## JUST FOR LAUGHS

Q: Why don't pirates take a bath before they walk the plank?  
A: They just wash up on shore.



## DID YOU KNOW?

One of the ingredients needed to make dynamite is peanuts





# COVID-19 INFORMATION

A reminder to parents to stay up to date with the latest COVID-19 updates.

At Discovery Kids, staff hand sanitise before, during and after the session and the centre is thoroughly cleaned.

Hand sanitiser is also provided near the iPad area, please use this before and after signing your child in/out. The iPad and other high touch surfaces are cleaned before, during and after each session.

Please advise us if your child is absent due to isolation or if they have tested positive to Covid.

Please do not attend the centre if you or your child is unwell or has flu-like symptoms.

For further information or advice on the COVID-19 please visit the Healthy WA website or WA Gov Website:

<https://www.healthywa.wa.gov.au/>

<https://www.wa.gov.au/government/covid-19-coronavirus>

Phone: 13COVID (13 26843)

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# discovery EARLY LEARNING CENTRE kids

An Early Learning Centre specialising  
for children 2-5 years old



Discovery Kids  
Early Learning Centre

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Casual bookings welcome

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