



Discovery Kids

OUT OF SCHOOL
HOURS CARE



SEPTEMBER / OCTOBER

Dear Parents,

We hope your children have settled well into the new Term after the holiday break and are enjoying what's left of the school year. We had a wonderful time over Vacation Care with the children. We were breaking a sweat from dancing and singing at our silent disco and drumming with African drums as well as jumping all around Bounce and High Flyers. Although, nothing beats the sitting back in comfort in our very own VIP private cinema watching Ninja Turtles. Check out our daily posts on Homeroom to see all the fun we had over the holidays. 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

Lost Property:

As you can imagine, we have accumulated a lot of lost clothing and items from the children over Vacation Care, with the large number of children attending Discovery Kids each week it is very easy for items to go missing and be left behind, especially if it is not labelled clearly with your family name. Feel free to ask our staff to check the lost property box at each centre and please check that you have the correct items otherwise, please return to the rightful owner or back to the centre.

CLOSING DATES:

Over the Christmas and New Year period, Discovery Kids OSHC will continue care up until Thursday 21/12/23 and close from Friday 22/12/23 until 7/1/23. Our centres will be reopening for care on Monday 8/1/23. Please be advised that St Helena's, Ellenbrook will reopen Monday 15/1/23.

Wishing you all the best for the rest of the term!

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."



discovery_kids@outlook.com



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 and for all other booking inquiries

✓ Fees work on block times:
BSC 7-9am \$27.50
ASC 2.30-6pm \$37.50

✓ 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.

- ✓ Animal Policy
- ✓ Philosophy example
- ✓ Photograph Policy
- ✓ Physical Activity Policy
- ✓ Physical Environments Policy
- ✓ Privacy and Security Policy
- ✓ Program Policy
- ✓ Performance Management Policy
- ✓ Pregnancy in Early Childhood Policy
- ✓ Relief Staff Policy
- ✓ Respect for Children
- ✓ Responsible Persons Policy
- ✓ Retention of Records Policy
- ✓ Safe Storage of Hazardous Substances Policy
- ✓ Out of Hours Baby Sitting Policy

Homeroom



Follow your child's progress on Homeroom. We love sharing photos of the day with our Discovery Kids Families!

Check your emails for a joining link. If you have not received one, get in contact with your centre's Coordinator.



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Vacation Care



Play Outside More

Talking about sustainability with kids is incredibly important to do. However, it can be really tricky to know where to start. First, we need to help our kids understand what sustainability is. While a broad concept, sustainability basically boils down to understanding the impact that we have on the earth, and what we leave for future generations. We know that sustainability can encompass a number of things, from recycling to gardening, and in being resourceful with products and items that we use. We can teach these to our children through hands-on activities and by involving them in acting sustainably as well!

This month its very simple, the weather is warming up and the days are getting longer. We challenge you to play outside more. This simple activity goes a long way in teaching sustainability. Sharing in and appreciating a love of the outdoors will inspire kids to care for the earth.

Ball Throw

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

This one is very simple all you need is a ball for each person playing and a space outside. The ball can be any size (fun shaped balls work too). Mark a line as a starting point, everyone playing stands on the line with a ball. You say 1,2,3 throw. Everybody throws as far as they can, you run and pick up your ball and run back to the line. It's a very simple game but it does encourage movement and throwing skills.

For older children mark a starting spot (A) and then mark a second spot 5m away (B). One person stands at spot (A) and throws the ball they then see how many runs they can get by running between spot (A) and (B) before the ball is returned to the starting spot. Rotate throwers and see who can get the most runs.



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RECIPE OF THE MONTH

PEACH COCONUT & VANILLA POPSICLES

INGREDIENTS

350 g coconut yoghurt (or natural or Greek yoghurt)
1/4 cup (90 grams) rice syrup (or any other liquid
sweetener like honey or maple syrup)
1 tbs vanilla bean paste
3 peaches, stones removed, chopped into small
wedges

METHOD

1. Place the coconut yoghurt, rice syrup and vanilla bean paste into a small bowl and stir to combine. Set aside.
2. Place the peaches into the jug of a blender along with 1/3 cup of the coconut yoghurt mixture – blitz until smooth.
3. Alternate layers of coconut yoghurt and peach to fill each popsicle mould.
4. Use a skewer to swirl the layers and pop into the deep freeze overnight.
5. To serve – run mould under hot water to loosen the popsicles.

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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The Problem With "Too Much"

"Too much" is overwhelming and stressful, whether it's too much stuff, too much information, too many activities, too many choices, or too much speed – always hurrying from one task to the next... with never a moment to relax or play.

Having and doing too much can overwhelm a kid and lead to unnecessary stress at home and in the classroom. It's not only stressful for kids. It can add to the already exhausting mental load for parents.

Simplifying a child's routine, surroundings, and reducing information- and activity-overload can help overstimulated kids become less argumentative and disruptive. When you simplify a child's world, you make space for positive growth, creativity, and relaxation.

"Many of today's behavioural issues come from children having too much stuff and living a life that is too fast," says Kim John Payne, author of *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids*.

JUST FOR LAUGHS

Q: Why couldn't the pony sing a lullaby?

A: She was a little horse.



DID YOU KNOW?

A bolt of lightning is five times hotter than the sun!



SCAN THE QR CODES TO VIEW OUR POLICIES
PARTICULARLY RELEVANT TO VACATION CARE:



BEHAVIOUR POLICY



VACATION CARE CANCELLATION POLICY



COVID POLICY

"A place kids love and parents trust."



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Discovery Kids

EARLY LEARNING
CENTRE

An Early Learning Centre specialising
for children 2-5 years old
40 place centre, BALCATTA



Come and see the difference...

"A place kids love and parents trust."

Casual bookings welcome



0451 489 605



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