



June 2008 Edition

Brighton Recreational Centre Holiday Program News



Heidi



Ella, Orly, Emma, Shir, Ariela & Millie



Jackson



Raph



Gabriel



Olivia, Claudia, Jasmine & Tara



Zac



Jasmine



Jack, Tommy & Wesley



Freddie, Alex & Shannon



Shane



Jordan & Christopher



Neve, Grace & Samantha

From the Coordinator

Welcome to all of our new families and children who attended the program for the first time over the April holidays. I hope you all had a great time.

As many of you are probably aware, over the last couple of years we have been going through a Quality Assurance process with the National Childcare Accreditation Council. We had our validation visit by one of NCAC representatives during this program, where they come in to watch our program for either 1 or 2 days.

I would like to take the opportunity to thank the children and families who

filled out the surveys for us, we needed as many of these done for the validation process, so it is greatly appreciated. The purpose of this process is to provide parents and children with the best quality program we can provide.

We had a little too much bullying last program, Ruth & I sat down with the children during a session to discuss how this will not be accepted in our program, please remind your children that there will be consequences for their actions

Gail Smyth

Co coordinator

DATES FOR THE DIARY

September Enrolments Open:-

Monday, 1 September 8.30am

Program commences:-

Monday, 22 September

December/January Enrolments Open

Monday, 24 November 8.30am

Program commencing Monday, 15 December

Don't forget to book early to avoid any disappointment

March/April Highlights

Boy, there were lots of highlights during the program. I think I speak for everyone when I mention the Taskworks excursion, everyone seemed to have an absolute ball, there was so much for the children to participate in, including dressing up, solving puzzles, getting around the mazes and lots more. The Aquarium trip was enjoyed by everyone and the Mini Golf always popular with the children. We also had the very enthusiastic crew from Fitnessworx who came in teaching the children cheerleading routines, playing the hurricane games and learning some new circus tricks. We also had a very impromptu gymnastic session for some of the children who stayed behind here at the Centre one afternoon and gee didn't they enjoy that time.



Jessica



Jackson



Sophie, Eloise & Ruthy



Jim - "Skinning the Cat"



Rebekah



Angus



Brian, Stephen & Lee



Roni & Tal

Excursions/ Clinics

During the June/July program we will be having some great excursions including :- Movies to see "Kung Fu Panda", the Gingerbread Factory where we will get to actually decorate our own gingerbread. We are going to be going Rock Climbing which will be exciting, this was one of the requests from the Suggestion Box. We are going to be going to "Dizzy's Castle" where it's not just an indoor play centre, we can also do some mini golf and cooking if we would like.

Please Note: we take quite a number of photos during the program, if you would like copies of the photos, please bring a blank CD for Gail and I will happily put them on the disc for you. We will also be posting the photos on our website after the program finishes for everyone to enjoy. If you do not wish for your child's photo to be placed on the website please let Gail know . Our website is www.brightonrec.com.au

Remember to arrive at least 30 minutes before the scheduled departure time for the excursions.

Excursion Venue Details for June/July program

Gingerbread Factory: 4-6 Bruce St, Mornington 5975 0005

Rock Climbing - 16-18 Varman Crt, Nunawading 9894 4183

Playzone - 6 Elonera Rd, Noble Park 9795 5200

Skateworld - 209 Boundary Rd, Braeside 9580 8980

Dizzy's Castle - 1 Mephane St, Maribyrnong 9318 1110

Movies - Church St, Brighton

CSIRO - Graham Rd, Highett 9252 6387

Choose excursions carefully, children may not change their minds on the day and stay at the centre, we have limited places here at the Centre

Health & Nutrition

Parents please remember to pack healthy and nutritious snacks and lunches for your children.

Good snacks to pack:-

- * Plenty of fruit
- Vegetable stick
- Fruit muffins
- Rice Cakes
- Yogurt

Remember if you need anything put into the fridge let staff know

You can visit www.kidspot.com.au for any tips

Some useful websites for parents:-

Parenting Info - raisingchildren.net.au

Headlice Info - health.vic.gov.au/headlice

Anaphylaxis - allergyfacts.org.au
- allergy.org.au

Health - betterhealth.vic.gov.au

Grandparents - grandparents.com.au

Immunisation - health.vic.gov.au/immunise



"THE CHEFS AT WORK"

Other Information

Does anyone have any old dress up clothes we can use? We are trying to set up a "Dress Up" area for the kids to unleash their creative minds.

At the end of each program, we like to celebrate with our traditional party. With this in mind as part of the National Standards in Outside School Hours we need to promote healthy options within our program. So what we are asking parents to do

for the party day, is to provide healthier options ie:

Fruit kebabs, sandwiches, cut up vegetable sticks, fruit muffins etc.

We will be promoting portion control during the party, where we will monitor how much the children are actually eating.

All families using the program are eligible to receive Child Care

Benefit, you must register with register with the Family Assistance Office 13 61 50 and tell them our Customer Reference Number -

555 010 979A

Healthy Eating Recipes

Chocolate banana muffins

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- 3 large ripe bananas
- 1 1/2 cups self-raising flour
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 2 teaspoons mixed spice
- 1/2 cup raw sugar
- 1/4 cup low-fat natural yoghurt
- 3 eggs, beaten
- 2 teaspoons olive oil, for greasing baking tins



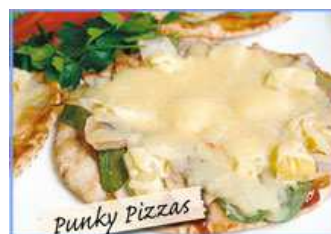
Method:

1. Preheat oven to 180C. Remove the skins from bananas and then puree bananas in a food processor.
2. Place all other ingredients in a mixing bowl, add banana and stir with wooden spoon.
3. Place 1-2 tablespoons of the mixture into greased muffin tins and then bake for 10min or until muffins are cooked when tested with a skewer

Punky Pizza's

Ingredients:

- 4 wholemeal pita breads
- 4 tablespoons barbecue sauce
- 220 g can of pineapple pieces in natural juice, drained
- 1 banana, sliced
- 1 cup low-fat cheese, shredded
- handful of spinach
- 4 slices shaved chicken breast



Method:

1. Preheat oven to hot (220°C or 200°C for fan forced).
2. Spread each pocket with 1 tablespoon of barbecue sauce.
3. Place pocket breads onto oven tray. Top with spinach leaves, shaved chicken, pineapple pieces, banana pieces and grated cheese.
4. Cook uncovered for about 12 minutes or until cheese melts and is browned lightly

These recipes are from the Go For Your Life Website - www.goforyourlife.vic.gov.au
