



August 2008 Edition

Brighton Recreational Centre School Holiday Program News



The Singing Superstars from left:- Kiara, Loreal, Natasha, Kiara & Maya
singing up a storm at Dizzy's Castle

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From the Coordinator

Welcome to all the new families and children who attended the Brighton Recreational School Holiday Program for the first time and welcome back also to all of our long time families.

What a busy program we had with enrolments at full capacity for all days.

We welcomed some new staff members to the team, Hannah, Jazz, Steph and Brydee.

We are always looking for ideas to improve our program so if you have something you can share with us, please let us know by dropping a note in our "Suggestion Box" or by emailing .

Gail Smyth Co-ordinator



Lenore, Shane & Max



Jasper & Stuart

DATES FOR THE DIARY

September Enrolments Open

Mon, 1 Sep 2008 at 8.30am

Program commences

Mon, 22 Sep 2008

December 08/January 09 Enrolments Open

Mon, 24 Nov 2008 at 8.30am

Program commences

Mon, 15 Dec 2008

Don't forget to book early to avoid any disappointment!!



June/July Highlights

We had an extremely busy time during the June/July holidays, with some very exciting excursions and a fantastic drama workshop. We took a trip down to the Mornington Peninsula to the Gingerbread Factory, where Leanne gave us a tour around the factory explaining how they make the gingerbread. The best was when we got to make our own gingerbread man! Dizzy's Castle proved once again a very popular choice with the children. They have so many facilities at this venue including mini golf, cooking, karaoke, trampolines and the usual play centre equipment. It was great to see the kids showing their great expertise in rock climbing, scaling to new heights up the wall. The trip to the Rollerblading Rink was enjoyed by all the children who attended, even though some had never even rollerbladed before. However, by the end of the excursion, they were zooming around the rink. The children also have a great time participating in the Centre activities which included arts and crafts, table tennis, loads of gym games and lots more!!



A busy craft room with Hannah, Jessica, Cassie & Stella



Raph - going down!



Shelly, Ryana - all smiles at the Gingerbread Factory



Niamh & Sophie at the CSIRO



Tristan & Yotam rollerblading



Adam, Jake, Mason, Jordan, Pranav, Amit, Adam & Jeremy - Drama Workshop



Lola, Alex, Lee, Michael & Stephen - getting cosy at Playzone

Excursions/Clinics

We are trying a couple of new excursion venues these school holidays. At the Ultimate Family Fun House, they have a 4 level soft play area, giant slides, hanging tunnels, flying fox and lots more. Visit their website for a look - www.uffc.com.au. Another venue will be Learning by Doing Woodwork where the children will learn and create.

A great website for parents when looking for activities for your family is www.kidspot.com.au

Excursion Venue Details for September/October program are:

10 Pin Bowling - 938 Nepean Hwy, Moorabbin 9555 3555

Skateworld - 209 Boundary Road, Braeside 9580 8908

Learning By Doing Woodwork - 567 Glenhuntly Road, Elsternwick 9532 9500

Melbourne Aquarium - Chr Kings & Flinders St Melbourne, 9923 5999

St Leonard's College - 163 South Road Brighton, 9909 9300

Ultimate Family Fun House- 319 Station Street, Chelsea 9773 1979

Important Note

Choose *Excursions* carefully as children may not change their minds on the day and stay at the Centre as there are limited places 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

CHANGES TO THE CHILDCARE TAX REBATE

Please contact the Family Assistance Office 136150 to find out about the important changes to the childcare tax rebate.



Other Information

Can You Help Us?

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.

Party Day

On the last day of every program, we celebrate with Party Day where each child provides a plate of food.

As part of the National Standards in Outside School Hours Care, we promote healthy options for children

within our program.

As such, we are now requesting that parents provide healthy options ie fruit kebabs, sandwiches, cut up vegetable sticks, fruit muffins etc on Party Day.

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

Child Care Benefits

All families using the program are

eligible to receive Child Care Benefits however you must register with the *Family Assistance Office* on 13 61 50 and quote our **Customer Reference Number 555 010 979A**.

Remember parents, we are here to help your children have a great time at our program so all suggestions assist with the continual improvement of the activities and excursions we provide at our program.

Banana yo-berry breakie smoothie

Preparation time: 5 minutes

Cooking time: 0 minutes

Serves: 3

Ingredients:

1 cup orange juice
3 tablespoons non-fat dry milk powder
1 banana, sliced
1 cup reduced-fat yoghurt
10 strawberries, hulled
few ice cubes

Method:

1. Slice banana and remove any brown bits.
2. Chop the tops of the strawberries and wash them.
3. Measure out orange juice and pour into blender, along with 1 cup of yoghurt.
4. Add in to bender the 3 tablespoons of dry milk powder.
5. Throw in the chopped up banana and strawberries and a few ice cubes.
6. Blend until all is combined well and you have a nice thick creamy mixture.



Wholemeal Pancakes

Preparation time: 5 minute

Cooking time: 10 minutes

Makes 8 - 10

125g wholemeal flour
1 medium egg
300ml semi skimmed milk
To serve: fruit compote and fat free yoghurt

Method:

Place the flour in a large bowl, mix in the egg and gradually whisk in the milk to give a smooth batter.

Heat a little oil in a small frying pan and add a little of the batter to cover the base thinly. Cook for 1 minute until golden, turn and cook for 30 seconds. Repeat to make 8 pancakes.

To serve, spoon some of the compote onto the pancake, roll up and serve with a spoonful of yogurt.

