A Great Holiday
Active, Fun and Exciting - more inside

Welcome back to Term 1 2016.

After an active, fun and exciting holiday we have returned to another Term of great activities and ideas to improve the wellbeing of our children.

Ideas from children are being gathered, so if you know of something your child is really interested in please let an educator know.

We will use the hall, computer room and oval as they are available, for extended areas of play and activities.

We have 'met' all quality areas in our assessment and rating visit. Thank you.
CHINESE NEW YEAR – 8TH

Chinese New Year is the longest and most important celebration in the Chinese calendar. The New Year begins on the first day of the Chinese calendar, which usually falls in February. Originally tied to the lunar-solar Chinese calendar, the holiday was a time to honor household and heavenly deities as well as ancestors. It was also a time to bring family together for feasting. Visit www.chinesenewyear.com.au to find out what is on near you.

SAFER INTERNET DAY – 9TH

Be smart, play your part!
Tuesday February 9th 2016 is Safer Internet Day. Join the global celebration and play your part for a better internet. The Office of the Children’s eSafety Commissioner has a number of resources for the whole community to use. Join the conversation at #SID2016


Book & App reviews

Store all of your children’s beautiful art work this year easily and without the clutter! Below are a few of the great apps out there for storing artwork and more.

**Artkive**

*Artkive by The Kive Company*

Never again feel guilty about throwing away artwork your kids bring home. They will love flipping through their Artkives to see their creations. The simple interface allows easy sharing with family and friends.

**Keepy**

*By keepy Inc*

With Keepy it’s easy to keep everything organized, and in just minutes you can turn your kids’ creations into the perfect gift. Share them with the grandparents or keep them for your kids.

**Canvsly**

*By Canvsly LLC*

Canvsly is a private platform that helps parents capture, organize, share their children’s precious artwork, creative moments so they can cherish them anytime, anywhere forever.

*Some in-app printing services aren’t available in Australia.

---

**Veggie Quesadillas**

**Ingredients**

- 8 (384g packet) multigrain tortillas
- 1/4 cup tomato salsa
- 1 1/2 cups grated reduced fat tasty cheese
- 400g can no-added-salt red kidney beans, drained
- 1 cup grated carrot
- 1 cup baby spinach leaves
- Olive oil cooking spray
- 1 avocado, peeled and chopped
- 1 tbsp lemon juice

**Method**

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

*Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.*

Here are eight easy ways to help your kids stay out of trouble in cyberspace.

At a glance
- Don’t let your child post photos of themselves wearing their school uniform – it can be enough to identify your child’s school.
- Ensure your child never organises to meet up with any strangers they have met online.
- Talk about what websites are appropriate with your child so they understand and make the right choice.
- By publishing without thinking, your child’s innocent work online may be something that comes back later to haunt them.
- If your child starts being secretive about what they are doing online, check it out.

Keep computers out in the open
Your child may think twice about looking at inappropriate websites and won’t be able to chat to their friends all night while you think they are doing their homework.

Mind your business
Remind your child to keep information such as their name, address, phone number, school and even your credit card number to themselves. When signing up to a chat room, they should use a screen name that is a nickname and not easy to work out. The same goes for choosing passwords – don’t make them easy to figure out. If your child is going to put photos on the internet, ensure they don’t show them wearing their school uniform – this can be enough to identify your child’s school. Also ensure that any photos are not the type that would attract unwanted attention from strangers.

Just because it’s on the internet, it doesn’t mean it’s true
Make sure your child uses multiple sources for research, and is careful not to plagiarise.

Stranger danger is online, too
Ensure your child never organises to meet up with any strangers they have met online. If they really want to meet up, encourage them to talk to you about it first and insist on going along with them. Remind your children to also be wary opening emails from strangers. They could contain spam (online junk mail), a virus (which will harm your computer), or be from a stranger looking for trouble.

Get a filter
Internet filters can help block inappropriate sites for children. None are completely reliable and it’s best if you talk about what websites are appropriate with your child so they understand and make the right choice on their own.

Encourage your child to talk with you about their online experiences – good and bad.
This will make it easier for them if they see something inappropriate or are emailed something unsuitable. If they are embarrassed to tell you, persuade them to at least tell a teacher or another trusted adult.

Good manners also exist online
Talk about this with your child and it may lead to a decline in bullying behaviour, not to mention the many disagreements that children have with each other.

Forever is a long time
A lot of blogs and websites maintain information as part of cyberspace forever. By publishing without thinking of the future, your child’s innocent work online may be something that comes up later on and may negatively impact their career and personal life.

Danger signs
- Your child constantly sits on the computer in chat rooms or instant messaging, from straight after school to very late at night.
- Your child begins showing unexplained money or items that come from "a friend you don't know".
- Your child starts being secretive about what they are doing online – this could include anything from minimising screens as you walk past, to not letting you see their blogs/chat/social media sites.

Health & Safety: Online Safety

Keeping your kids safe online is easy with a few simple precautions.

- Nothing replaces parental supervision and education for kids about cyber safety.
- Set a technology curfew.
- Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
- If your child posts photos online, use privacy settings to limit access to people they know well.
- Remind your child that people don't always tell the truth online, and they can't take anything at face value.
- Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
- If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
- Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.
- If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.
- Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start.


SUSTAINABILITY CORNER

Bins and recycling

No matter where you live your local council provides you with a disposal service that follows similar guidelines. Most councils' supply their residents with a general waste bin and a recycling bin as well as either a green waste bin or an option for green waste disposal. However, inside our homes most of us only have one bin. It is time to change this.

It is pretty important we all get into the habit of recycling our paper, plastic, and glass materials. If you sat down and really thought about how much you throw away that is recyclable, you would probably be astounded. By having an extra bin inside just for recycling you can pre-sort recyclables and throw out less.

Home recycling is something that adults should teach their children, because recycling at home is a simple step in the right direction of changing our environment for the better.

Go one step further and start a compost bin as well. Creating a compost bin is easy go to eatheasy.com/grow_compost.html for how to.

Fun with Numeracy

Shapes around

Materials: Shapes (triangle, circle, square, rectangle) Objects around your home

- Demonstrate the game first: Place the objects on the ground. (Triangle, circle, square, rectangle) Point to one of the shapes and name it, say lets go find something that look like this. Search the house to find an object with a similar shape. For example: Rectangle match with a magazine.
- Your child's turn: Ask your child to find an object that matches one of the shapes. Children may need some guidance to complete this activity at first; with practice children will begin to find shapes more easily.
January School Holidays

These holidays were wonderful with the children behaving exceptionally and interacting with each other, cementing bonds created in other holiday periods. You should be very proud.

These holidays have been great with children enjoying excursions to ten pin bowling, the Riverside Park, WOW water slides, movies at South West Rocks and Timbertown; extending their knowledge and awareness of our wider community.

At our service we enjoyed dancing and musical games on the first day of the January holiday period.

Extending our learning we created leis, sand art and flowers when exploring Hawaii.

Continuing with sustainability we created objects out of recycled materials, what great imaginations our children have. On this day we commenced our 'frog out of car tyres', they have been washed and painted green.

Many children explored different recipes on our Cooking day. Many finger foods were made; we had fruit kebabs for morning tea. Scones, chocolate crackles, muffins and coconut ice were some delicious temptations we shared for afternoon tea.

Gardening day saw children plant a Marigold to take home and grow, the remainder will be planted in our castle garden.

Our ever popular Wheels day was a great day other than the weather; showers during the day only stopped the riding for short periods. There were some very tired little people after this day.

On Explore Water day children slid on water slides, played with water tracks and water balloons, and watched some way beads grow- they took them home for their garden.

Our children enjoyed some new games- alligator chomp, indoor soccer, and some tried and true games- cricket, handball, on Games day.

Sensory day saw the over 9 children use the pottery wheel at the Mud Shack, they said it was great. Other sensory activities included Kinetic sand, sand pit play, water play, and coloured rice.

We created Tent City in the hall with many small communities in their pretend play. Many movies and popcorn was shared on this day.

Australia Day food activities included pavlova for morning tea, pies for lunch, laminations for afternoon tea and a shared BBQ in the late afternoon. Thank you to the parents who came and shared the BBQ, you were troopers to come out in the heavy rain.

We completed our holidays with a ‘chill out’ day in the hall with a jumping castle.

What a great holiday!

Our new Nominated Supervisor

Mr Adam Clay acting assistant principal has joined our team as Nominated Supervisor for the next 12 months.

Mr Clay will regularly meet with educators to create a service which is compliant, fun and caters for the wellbeing of all children.

He is passionate about fairness, giving the children a go and getting the best from the children.

His wealth of teaching experience will enhance the quality of our service in all aspects of delivery.
Types of childcare for schoolchildren

In Sweden, compulsory school starts at the age of seven years, but almost all six year old children attend voluntary preschool classes. In principle, preschool care thus encompasses children aged one to five years and out-of-school childcare is available for those aged six to 12 years. In the Swedish context, out-of-school childcare is a collective, overall description of activities that occur during the hours of the day when children are not in school and during school holidays. The Education Act (Sweden) recognises three forms of out-of-school childcare – leisure-time centres, family day care and open leisure-time activities – as shown in the organisational chart below.

**Figure 1:** Forms of out-of-school childcare recognised by the Education Act

- Out-of-School childcare
  - Leisure time centre
  - Family Day Care
  - Open leisure time activity

Source: ECOTEC Research & Consulting

**Leisure-time centre:** is an educational group activity for children for the part of the day when children are not in school and during school holidays. A leisure-time centre can be run as a completely independent activity but are often integrated with the school in various forms.

**Family day care:** is an alternative form of childcare service for children that have a need to be in a smaller group (or for children and parents that prefer this form of childcare).

**Open leisure-time activities:** an alternative to the leisure-time centre for children aged 10 to 12 years and complements schoolchildren in family day care. Open leisure-time centres do not offer the same care and supervision as leisure-time centres or family day care, but in return activities are more adapted to the needs of children aged 10 to 12 years.


FOR YOUR INFORMATION

On January 20th and 21st the assessor visited the service to assess and rate our service. This involved two days of observation of our interactions with children and checking our required paperwork. The assessor met with Mrs Turner, Mrs Foley (nominated supervisor), Mr Clay (our new nominated supervisor) and Mrs Lewthwaite to discuss areas of service management. This process was very positive and from there we will be able to continue improving our service. We have received our draft assessment and our service is Meeting All Quality Standards.

Remember if your child has a medical condition a risk minimisation plan is required to be completed. It will only take a few minutes of your time but will increase the wellbeing of your child.

Our service is open from the school bell until 5.45pm. If you are after this time a late fee may be charged.

Please let us know if your child is absent from school or is not attending OOSH ad we have a duty of care to find your child. We may even pull them off the bus if you have not let us know.

We are a separate organisation from the school and we are unable to see the records of your child they have which is why we ask for complete enrolment forms with all attachments as asked for, thank you.

Saint Joseph’s After School and Vacation Care

Email: kmpp-ooshvc@lism.catholic.edu.au
Phone number: 0407 406 433