August 2025







### What's been happening...In Week 3

Theme of the next Week: Science Week



Monday

Tuesday 05/08/2025 Wednesday 06/08/2025

**SHOW YOUR** 

SHINE - Big Day of

Talents.

Theme Focus:

Confidence,

Creativity and

uniqueness.

Show your talents and

creativity with dress-

ups, dance-offs, self-

portraits, and a mini

talent show.

Thursday 07/08/2025

Friday 08/08/2025

PROUD TO BELONG -**National Aboriginal** and Torres Strait Islander Children's Day.

Theme Focus: Culture, Identity and Belonging. Celebrate culture, connection

and identity with storytelling, art, dot painting, and traditional games.



**GIGGLES AND GAMES** DAY - Let's laugh and play day. Theme Focus:

Friendship, fun and active play. Laugh and play with water

games, silly crafts, friendship bracelets, and fun group challenges.



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Mindful Me- Brain Break and Well being

Theme Focus: Calm, emotional awareness and self- care.

Relax your mind and body with yoga, gratitude crafts, sensory play, and mindful breathing games.



Colour My world Celebration and Connection Day.

> Theme Focus: Celebration, Joy, Friendship and expression.

Celebrate joy and expression with colour runs, cookie decorating, dancing, crafts, and a











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### **Coming Up**

AUG 8th

Event Name Robotics (Aug 8th to 29th)



**Event Name** 



**Event Name** 

### **Quality Area Reflection**

**QA1:** Children explored literacy and creativity through storytelling, role play, and baking, supporting language, numeracy, and social skills.

**QA2:** Safe hygiene and food practices were followed during all cooking activities, with strong supervision during both indoor and outdoor play.

**QA3:** Themed environments were inviting and child-led, promoting imaginative and sensory-rich experiences.

**QA4:** Educators worked collaboratively to deliver engaging activities, ensuring consistency and strong supervision throughout the week.

**QA5:** Positive relationships were strengthened as children worked together in cooking teams and storytelling groups, promoting confidence and belonging.

**QA6:** Families contributed recipes for our community cookbook, enhancing family-service partnerships and cultural sharing.

**QA7:** Planning was aligned with service goals. Daily reflections ensured the program was responsive to children's interests and needs.

### **Announcements**

### **Lost property:**

We have a large amount of lost property over the past few weeks, including school hats, jumpers, lunch boxes, drink bottles, and casual clothing. Some items are labelled with names, but many are not.

We kindly ask that you take a moment to check the lost property area next week to see if any of the items belong to your child.

Thank you so much for your cooperation.

### This Week Theme: Fairytales Week

This week, children explored a magical world of castles, dragons, and knights through hands-on, creative experiences. They made crowns, masks, and wands, decorating them with colourful gems, glitter, and stickers. Children took great pride in adding gems to their crowns and wands, making each creation unique and special.

A collaborative mural of a magical land featuring dragons and castles encouraged teamwork and creative expression. These experiences supported fine motor skills, imaginative thinking, and peer collaboration. Children also engaged in role-play using their crafted items, further building confidence and storytelling abilities.

This week sparked joy, creativity, and a strong sense of belonging among the group.



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### Last Week at OSHC: Bake of Week

Last week during Bake Food Week, children engaged in a variety of food-tasting experiences. They explored different flavours and textures while discussing which foods they enjoyed and which ones they also eat at home. The activity opened conversations about family traditions and favourite meals.

We also explored how colourful foods, like fruits and vegetables, help our bodies stay healthy and strong. Educators guided discussions about the nutritional benefits of different coloured foods and how they contribute to overall wellbeing.

Children were encouraged to identify which countries the foods originated from, leading to a fun and educational experience that celebrated cultural diversity. It was wonderful to see the children making connections between food, health, and culture.







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# Newsletter

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**Presents** 

# Culinary Adventures

We're creating a Community Cookbook and would love to feature your family's favourite meals, snacks, or treats! Whether it's a cherished family recipe or a quick go-to dinner, we want to hear from you.



### Let's Create a Community Recipe Book!

We're excited to put together a special Community Cookbook featuring families' favourite meals or treats — and we'd love to include yours!

Whether it's a go-to dinner, a traditional family dish, or a sweet treat everyone loves, we'd love for you to share a recipe that's special to your family.

Let's come together to celebrate our community through food!



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### Message from our RM:

In Out of School Hours Care we are strongly committed to making sure your child is safe while with us, in every sense of the word. Considering the recent events coming to light in the media, we wanted to take a moment to let you know just some of the things we are doing to achieve that.

We have rigorous checks in place to make sure that everyone who works with your child has their criminal background checks and Working With Vulnerable People cards. We have training in place to ensure that ever educator is aware of their responsibilities and is a safe person for your child to be around.

We also have National Safeguarding Leads that we can contact if we're every unsure whether what we are seeing from other educators is best practice. If you are uncomfortable with anything you are seeing from us, feel free to contact them as well, posters for our safeguarding leads are displayed in the sign in/out area. Your child's safety is our number 1 priority.

Additionally, this week our Regional Manager has been coming around to talk to all children during group time about their safety at OSHC regarding phones. Moving forward all "authorised" phones will have either an OSHClub or a Junior Adventures Group sticker on it. Children are encouraged to immediately inform a safe adult if they see someone with a phone at OSHC that does not have one of those stickers on it. Likewise, as a parent or guardian, if you see someone with a phone around your child and it does not have one of those stickers on it, please reach out to the service Coordinator or Nicole Betts (Regional Manager) at nicole.betts@junioradventuresgroup.com.au.

To avoid awkward conversations and to support children in understanding that while they are at OSHC there should not be people taking photos without consent, we kindly ask that parents and guardians leave their phones in cars or pockets while at OSHC."



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Gear up for a robotics adventure! Kids will design, build and code robots while exploring creativity, problem solving and tech skills!



Friday August 8<sup>th</sup> Friday August 15<sup>th</sup> Friday August 22<sup>nd</sup> Friday August 29<sup>th</sup>



4:00pm-5:00pm



No extra cost



Join the FUN! SCAN TO BOOK ONLINE NOW



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### **Coordinator Overview:**

- Promote dramatic and imaginative play (QA1: Educational Program and Practice)
- Foster social interactions and teamwork through group baking and storytelling (QA5: Relationships with Children)
- Support children's agency by allowing them to vote on their favourite fairy tale and create their own stories (QA1 & QA5)
- Enhance fine motor and cognitive skills during hands-on baking and decorating experiences (QA1 & QA3: Physical Environment)



Just wanted to say a big thank you to JJ (Jinaya Pikari) for all your support and contributions. Your efforts have made a real difference and we truly appreciate your dedication and positivity.

Wishing you all the best in your next chapter!

### **Googong OSH Club Team**

### Something to cook title here

#### **Butter Chicken**

### A creamy, comforting Indian dish the whole family will love!

#### **Ingredients:**

- 500g boneless chicken (thighs or breast), cut into bite-sized pieces
- 1 cup plain yoghurt
- 1 tbsp lemon juice
- 1 tsp turmeric
- 1½ tsp garam masala
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp chilli powder (optional)

#### For the sauce:

- 2 tbsp butter
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp grated ginger
- 1 can (400g) crushed tomatoes
- 1 cup thickened cream
- Salt to taste
- Fresh coriander for garnish (optional)

#### Method:

- Marinate the chicken: Combine chicken with yoghurt, lemon juice, turmeric, garam masala, cumin, paprika, and chilli powder. Cover and refrigerate for at least 1 hour (or overnight for best flavour).
- Cook the chicken: In a large pan, cook the marinated chicken until browned and cooked through. Remove and set aside.
- 3. **Make the sauce**: In the same pan, melt butter and sauté onions until soft. Add garlic and ginger; cook for 1-2 minutes. Stir in crushed tomatoes and simmer for 10 minutes.
- Blend and finish: (Optional) Use a stick blender for a smooth sauce. Add cream and return the chicken to the pan. Simmer for another 10 minutes until thick and creamy.
- Serve: Garnish with fresh coriander. Enjoy with steamed rice or naan bread.

