

# Meals that nourish

We know good food is a necessity for growing minds and bodies, so our programs always include nourishment.

Our healthy eating philosophy operates at every service, every day. We focus on fresh produce and use at least 75% of the weekly food budget for seasonal fresh fruits and vegetables.

Outside of that your child's needs and interests determine our ingredients, whether they're dietary, cultural or religious needs. We just ask that you let us know when you register.

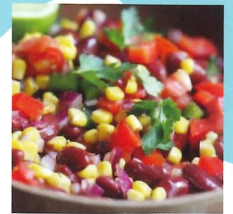
Our **Before School Care** programs offer a selection of:

- Porridge and muffins (Depending on service facilities)
- Healthy cereal, oats and milk
- Seasonal fresh fruits
- Wholemeal toast with a variety of toppings such as baked beans, spaghetti, honey or vegemite

At **After School Care**, our meal plans change all the time. But to give you a taste:

- Seasonal fruit and vegetable platters (75% of budget)
- Homemade hummus and rice crackers
- Salad sandwiches on wholemeal bread
- Popcorn
- Homemade banana bread

All weekly menus meet the Australian Dietary Guidelines. We've even developed our own cookbook so we can cater for the range



of different cooking facilities available at different services. Our cookbook contains around 80 delicious and easy to prepare savoury, sweet and no-bake recipes from around the world for our staff to deliver a variety of menu where the school facilities allow.



## National Recycling Week Program



### EXPERIENCES

|                           | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|---------------------------|--|--|---|--|--|
| <b>Planned activity 1</b> | Place different items in the soil to see what breaks down the fastest  | The Recycling Games are on! All activities will be made using recycled materials | Make our own compost bins (from recycled materials) to take home  | Create our own Eco-Warrior posters and display around the school                     | Make our own beeswax wraps for our lunches                         |
| <b>Planned activity 2</b> | Write a letter to our favourite brands to ask them to reduce their packaging   | Make our own musical instruments from recycled materials                         | What does our council do for recycling? Make a display of all the things that can go in the recycle bin | Evaluate our craft materials - which items should we change/not order any more?      | Draw the lifecycle of a piece of plastic that ends up in the ocean |
| <b>Planned activity 3</b> | Pull apart the items we've collected over the last few weeks and <ul style="list-style-type: none"> <li>• Record what's inside</li> <li>• See if we can reassemble it</li> <li>• Practice using tools</li> </ul> |  |   |  | Visit from Council E-Waste manager                                 |
| <b>Yarning Circle</b>     | Reduce, Reuse, Recycle, Repurpose - what's the difference?   |  |   |  |  |
| <b>Weekly Specials</b>    | Back where I'm from: India - what words do they use when talking about recycling?  | Music & Movement: Play our recycled instruments                                  | Back where I'm from: China - what words do they use when talking about recycling?                       | Master Chef - left over day! What can we do with left over food to reduce food waste | Music & Movement Bobs and Statues                                  |
| <b>Extension</b>          | Lego City challenge: Dinosaurs on display  |  |   |  |  |

### ZONES

|   |   |   |   |
|---|---|---|---|
| <b>Chillout Zone</b><br>Use the cushions to relax and talk with friends | <b>Mindfulness</b><br>We've added some new designs to our meditation patterns                       | <b>Homework Club</b><br>Grade 4's are practicing spelling this week, we have some dictionaries ready to use | <b>Crafty Collection</b><br>All recycled materials to get crafting our dioramas on landfill |
| <b>Games Central</b><br>Uno Chess Monopoly Scattergories                | <b>Nature's Way</b><br>Tan bark, sand, pebbles, leaves and bark to be added to the dinosaur display | <b>Sports Box</b><br>Cricket Tennis Junior Playground   | <b>Construction City</b><br>Lego Marble Run Straw Towers                                    |

Every OSHC session also offers children the choice between different zones should they not want to participate in the proposed planned experiences: Sports, Construction, Art and Craft, Homework, Mindfulness, Games are some of the options available.

Plus, each term we also have at least one themed and supported week like National Science Week, National Reconciliation Week or National Recycling Week.

And even though there is a theme for that week, our team of educators engage with each child during the planning stage to ensure the program still meets everyone's interests.

◀ Here is an example of what National Recycling Week in OSHC can look like.

While each day is different and offers a varied range of fun and engaging activities, we believe that there are three ingredients for a great program:

1. Creating a welcoming space for the children. We make sure that our OSHC rooms are tidy and organised with an atmosphere that encourages children to learn and have fun.
2. Conducting an engaging program where every child can learn new things and foster new friendships.
3. Having a great team of qualified educators who are part of the school community.

To find out more, speak to the Coordinator at your service who will be happy to take you through the detailed program for the service and answer any questions you may have. You can also visit [www.campastralia.com.au](http://www.campastralia.com.au) and search for your school's service page for more information about the fees and times at your service.