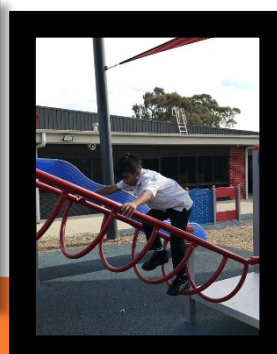
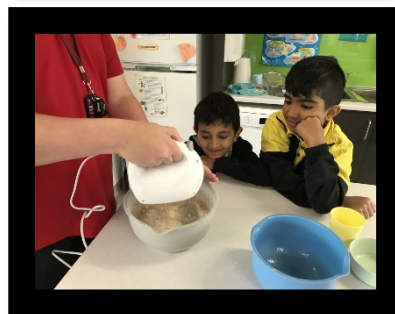


## What's been happening...

As we write this newsletter, we are questioning where time has gone, since we are now at the end of Week 8...can you believe it? There is only 2 more weeks of school left until the school holidays. While we are very excited to finish off the year, at the moment, we are continuing to plan exciting activities to make the best of 2021 and also planning for a fantastic 2022 start.

These last couple of weeks, we have engaged in heaps of fun activities where we conducted an experiment with coloured sharpies, made a tadpole tank, demonstrated our parkour skills during our Sporting Superstars club, participated in a paper boat race, expanded our baking skills by making and decorating some YUMMY cupcakes, learned a new type of painting technique called salt painting and learned some of volleyball skills 😊.





## Coming up...

Nov  
30

### Book Fair Week

School hosting Book Fair Week Nov 30<sup>th</sup> to Dec 7<sup>th</sup>

Dec  
1

### First Day of Summer

Join us to spend the whole day outside, including a picnic

Dec  
10

### Last day of School

Join us to finish off the year with a mini party

## Reminders...

### Bookings and Cancellations

Bookings can be made online any time up to 24 hours before the session commences. Late booking will incur an additional charge fee of \$4.00

To avoid any out of pockets costs, cancellations must be made at least 48 hours in advance. Cancellations within this period will incur the full fee, less any applicable CCS.

### Late Pick-up and No Show

A \$1.00 per minute, per child fee may apply for children picked up after the service close time.

An additional \$5.00 fee per child may be charged for any After School Care booking where no cancellation is provided.

### SunSmart

We care out the safety and wellbeing of all children. Considering, Term 4 and 1 are SunSmart periods, please ensure that you pack your children a hat and get them practicing applying sunscreen on a daily basis to protect their skin!

## Recipe...

### Creamy Mushroom Pasta

300g penne  
1 tbs extra virgin olive oil  
1 medium brown onion, thinly sliced  
2 clove garlic, crushed  
400g cup mushrooms, thinly sliced  
120g baby spinach leaves  
1 cup smooth light ricotta  
80g parmesan, finely grated  
1/2 bunch continental parsley, leaves pickled, finely chopped

1. Cook pasta in a large saucepan of boiling water according to packet instructions. Drain, reserving 1/2 cup cooking liquid.
2. Meanwhile, heat oil in a large frying pan over medium-low heat. Add onion and cook, stirring, for 5 minutes or until softened. Add garlic and mushrooms, and cook, stirring occasionally, for a further 5 minutes or until mushrooms soften.
3. Add pasta, reserved cooking liquid, spinach, ricotta, and half of the parmesan and parsley. Cook, stirring, for a further 2 minutes or until a smooth sauce forms.
4. Top with remaining parsley and parmesan. Season with pepper and serve.





## Tips for Parents...

School holidays can be a stressful time, but it is important that you remember to be gentle with yourself as you are doing the best you can! 😊

Check out the 10 strategies below to surviving the holidays.

- 1) Don't cram in too much.

Balance planned activities and free play time.

- 2) Have variety whilst having a routine.

Setting a time for children to wake up, going to sleep, spending time with digital devices, and going outside.

- 3) Arrange play dates.

Allow children to meet up with their friends to keep strong connections.

- 4) Get children involved in baking and cleaning.

Give children the opportunity to spend as much time with you by keeping them busy.

- 5) Spend time in the garden with children.

Chill in your backyard and plant some flowers, vegetables, or fruits. Give them the responsibility to water their plants every day.

- 6) Plan a reward system.

Reward good behaviour but also remember to keep calm if things don't go to plan.

- 7) Grow community connections.

Get involved in the community and make new friends.

- 8) Schedule in your own self-care.

Refer to the link below for self-care strategies.

<https://www.verywellfamily.com/benefits-of-mindfulness-in-pregnancy-5190681>

## Family Input...

We love hearing from our community and appreciate any kind of feedback, comments on the service or suggestions for our program regarding activities and the menu.

There are a few different ways for parents and families to do this. Those include email, text message, phone call, or face-to-face chat upon pick up! We look forward to hearing from you 😊

## What's happening around...

☀️ Fun in the sun just got a little bit cooler in the City of Whittlesea! The water play splash pad at Whittlesea Swim Centre is now open and includes a tipping bucket, fun-brella, water sprayers, circus-ring with trumpet sprayer and more!

Whittlesea Swim Centre is located at 50 Walnut Street, Whittlesea.

Find out more at <https://bit.ly/32nYe5K>

