

# OSHC NEWSLETTER

## Students of the week for Term 1:

- Ryan Smart
- Reesi Markovsky-Cole
- Lane Morris
- Jack Yallop
- Blake Barret
- Aiden Ellis
- George Michael
- Aiden Marriner
- Ali Bail
- Byron Sweet

## OSHC KIDS JOINED NT ATHLETICS AT MARRARA

In Term 1, children from Out of School Hours Care (OSHC) participated in Athletics every Tuesday through *Life Be In It* as part of our After School Care Program. The children developed many skills such as balancing, gross motor and motor skills, hand-eye coordination and of course social skills and team building. The program ran for 6 weeks. As a conclusion to the Athletics program, *Life Be In It* with coordination from OSHC and NT Athletics organised a Athletics Carnival where 48 children from Holy Spirit participated. The activities were High jump, long jump, freesbie throwing, 60 meter dash and more.

At the end of the Carnival, everyone enjoyed a sausage sizzle. We are looking forward to more activities like this at Out of School Hours Care. The children did a wonderful job and enjoyed the program.

## OSHC Staff

- Mr. Simon Duffy—Director/Principal/ Nominated Supervisor
- Mr. Adam Darcey— Assistant Director/Certified Supervisor
- Mrs. Cherry Valenzuela—Coordinator/Educational Leader/ Certified Supervisor
- Miss Zara Geraghty , Mrs. Faye Ciubal, Miss Kani Rasas, Ms Breanna Hasse, Mrs. Luzia Murdoch, Miss Felicity Gates, Miss Leah Middleton and Miss Lori Short



# OSHC PROGRAM FOR TERM 1

## Swimming at Casuarina Pool

The children did swimming activities this Term, every Wednesday and Thursday at Casuarina Pool. The children and staff enjoyed going to the pool during this hot muggy season. The children enjoyed playing games like; go fish, swimming between hoops, water soccer and volleyball. These activities help children to develop motor skills, numeracy, team work, social skills and of course water safety. Ms Zara Geraghty led the program and did a fantastic job teaching the children about water safety while having fun in the water.

## Homework Club

Every Monday, Tuesday and Wednesday, OSCH run a Homework Club to help out children and their parents. The children do their Numeracy, Literacy and Reading from 2:45pm to 3:30pm. This program is very successful and a lot of parents have enrolled their children at OSHC so we can help the children with their homework. Ms Faye is doing a wonderful job helping these children and encouraging them to finish their homework in time. The group also made the *big kids* room welcoming and inviting.

We will Continue this program next term and are looking forward to having more children that will enjoy learning and develop friendships at OSHC.



## COOKING AT OSHC

Cooking is one of the activities that children love to do at OSHC. Whether it's real or pretend, we see children, boys or girls doing cooking activities. Most of the time we see them getting their ingredients from the bushes like grass, leaves, sand, sticks and even stones as meat. To follow up and enhance their learning we planned of making some salads. Sophie Neighbour, Cleo Bond, Saraya Mitchell, Ava Stieber and Thomas Neighbour made some chicken salad. This activity develops hand-eye coordination and confidence. Next term we will do more cooking activities at OSHC.



*Easter Holidays*

*Vacation Care*

*April 7– 10, 2015*

*Opens at 7:00am*

*Closes at 5:30pm*

## WHAT ARE THE BENEFITS OF SPORTS?

IT CAN HELP:

- CONTROL WEIGHT
- REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE
- REDUCE YOUR RISK FOR TYPE 2 DIABETES AND METABOLIC SYNDROME
- REDUCE YOUR RISK OF SOME CANCERS
- STRENGTHEN YOUR BONES AND MUSCLES
- IMPROVE MENTAL HEALTH AND MOOD
- IMPROVE YOUR ABILITY TO DO DAILY ACTIVITIES
- INCREASE YOUR CHANCES TO LIVE LONGER

*Term 2 Activities for  
OSHC*

- *Baseball*
- *Soccer*
- *Homework Club*
- *Zumba*



