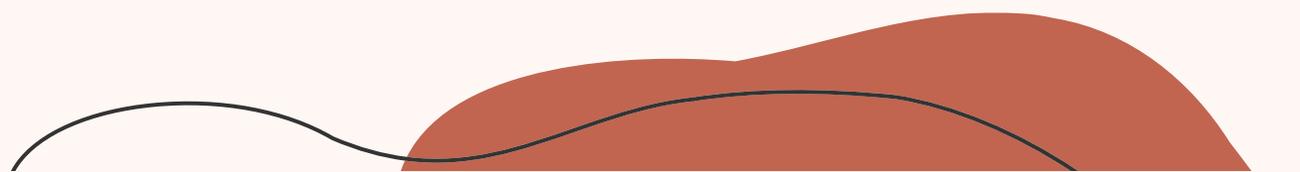
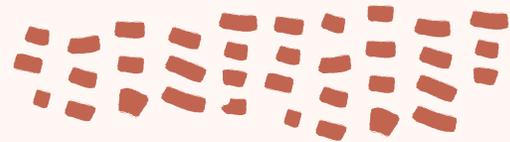




# Thornleigh West OOSH Newsletter

TERM 3





# From the Director's Desk

What a different term that was! We couldn't be more grateful for our TWOOSH community, supporting us through these tough times and rolling with all the changes that have been thrown at us and them throughout the term.

'R U OK?' Day was a huge success, thank you to everyone who participated and shared your photos and comments from your children. This day allowed us to feel connected to our wonderful OOSH children and it brought us great joy seeing their smiling faces!

Reminder, that for the first time in years TWOOSH has **no** waiting list for any days!

If you have been thinking about using OOSH for before school, after school or vacation care, now is a great time!

Re-enrolments have commenced for 2022, and they are due Friday the 8<sup>th</sup> of October. We have sent out correspondence outlining the process for this. Enrolment offers and further information will be sent out towards the end of October so please keep an eye on your emails

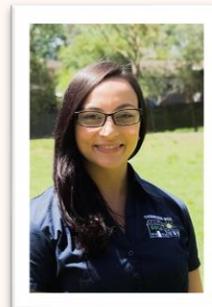
We have provided draft January/December closure dates and vacation care dates on this page, however these will be subject to some further surveying. Please keep an eye out for the survey

We are hoping for a much more positive Term 4!

As always, if you have any questions, concerns, or feedback, please contact us at any time!



Courtney & Jena



## DATES TO REMEMBER

Term 4 commences:  
5<sup>th</sup> October



Return to school plan  
25<sup>th</sup> Oct – Kindy and Year 1 return  
1<sup>st</sup> Nov – Years 2 and 6 return  
8<sup>th</sup> Nov – Years 3, 4 & 5 return



Committee meetings:  
25<sup>th</sup> Oct – 6:30pm  
29<sup>th</sup> Nov – 6:30pm



December/ January Vacation Care:  
Fri 17<sup>th</sup> – Thur 23<sup>rd</sup> Dec (TBC)  
Mon 10<sup>th</sup> – Thur 27<sup>th</sup> Jan (TBC)  
(public holiday Wed 26<sup>th</sup> – CLOSED)  
17<sup>th</sup> Nov – program out  
29<sup>th</sup> Nov – Bookings



Centre Closure:  
Fri 24<sup>th</sup> Dec – 7<sup>th</sup> Jan 2022 (TBC)

# From the Educational Leader's Desk

Just as we thought life was getting back to normal, lockdowns had us seeing around 10-15 children each day at OOSH this term! It was a great way to build relationships with the children attending and plan activities based on what they would like to do each day.

Although it was much quieter here and it was sad not having all the children at OOSH, we managed to stay connected via our 'TWOOSH Families Page' and doing Zoom workouts throughout the day, which may continue in the early weeks of Term 4!

Fewer children in the mornings meant greater opportunity to engage in cooking and more complex craft activities that we usually wouldn't have time to program. Slime, pancakes, ooblek and even making our own playdough were excellent opportunities for the children to test their fine motor and collaborative skills.

'Disney Week' and 'Around the World Week' provided the children with the chance to create Disney themed slime and princess bookmarks while making their own version the Leaning Tower of Pisa and DIY passports, sparking excellent conversations around where we would like to go when we can travel again!

We are looking forward to having all the children back in a few weeks and can't wait to hear all about their school holidays and how life has been going at home.

We have missed everyone so much and look forward to seeing your smiling faces soon!

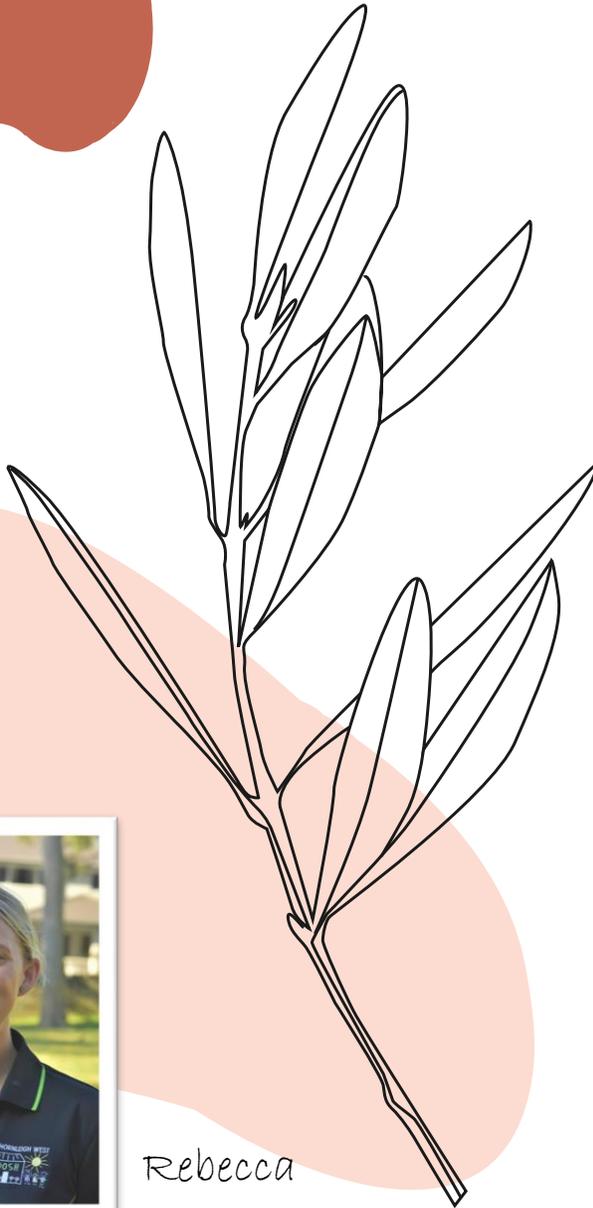
## Upcoming events for Term 3:

- World Space Week
- National Children's Week
- Diwali
- Remembrance Day
- Theme weeks as they arise
- And many more...

*We love children and family suggestions, so if your children have anything that they would like to share with us during these weeks, please feel free to bring their show and tell in...or if there is a particular craft, sport or cooking activity that they would like to be involved in, please email us or come and have a chat.*



Rebecca



# Xplor Home

- View your child's participation in the program, photos, etc
- View any incident reports of health records for your child
- Sign in and out from OOSH – Contactless!
- Request casual places
- Mark absences
- View/update your billing details
- Add Pick up contacts so they can sign your child in/out
- Receive important communication from OOSH to your device. This includes VAC releases, changes, updates, closures, emergencies, etc



## REMEMBER:

**Turn on your notification settings for Xplor, so you don't miss any important notices that may affect your family/child**

Please ensure privacy is maintained, please do not screen shot or share photos containing other children.

# BREAD TAGS for wheelchairs

Aussie Bread Tags for Wheelchairs collects bread tags nationally in Australia. The tags are recycled locally, raising funds to buy wheelchairs for disadvantaged people in South Africa.

We collect bread tags at TWOOSH for the Aussie bread tags collection. Please drop them off at the OOSH room any time or send them into OOSH with your children!



# 2, 4, 6, 8 What can Thornleigh West Create?

In Term 1 of 2021, a humble knitting station was set up in the Senior Room, with the intentions of knitting a few squares to donate to the charity *Wrap with Love*. This Australian based, not for profit organisation aims to provide knitted, crocheted or patchwork wraps as gifts to people who may be more susceptible to hypothermia or in situations of poverty. What better time to finish an ambitious project such as this in lockdown! With the aid of plenty of free time, many sets of knitting needles and much spare wool, this donated quilt was completed.

37 squares, individually knitted and crocheted together to create a quilt measuring 100cm x 175cm. Well done to everybody who participated in such a generous achievement!



**Our Knitted Blanket for  
Wrap with Love**

by Ash Kemmis

# Descendants Musical Practice with Zac P



Over the term a number of children become very invested in engaging with music from the movie series Descendants one through three. It started off when both children and some staff discovered a shared enjoyment for the music from the Original Disney movies Descendants, this then expanded into casually listening to a variety of the different songs but then over the coming days the children became increasingly interested in flexing their creativity muscles and began making plans to engage in some more creative and imaginative play. The children began dividing up what different characters they would all play, whether they would do their own plot or whether they would follow the plot of the movies.

Over the following weeks the children continued to be very engaged in this experience and over the next couple of weeks they continued to refine their scripts, rehearse their scenes and perfecting their costumes. It was a great opportunity for children of different years to get together and share their interests and skills with one another and develop some great teamwork and communication skills. The children also took several opportunities to demonstrate all their planning and coordination to the staff and took great pride in their achievements and it really helped to bolster the confidences of some of the children!

# Golf . . .

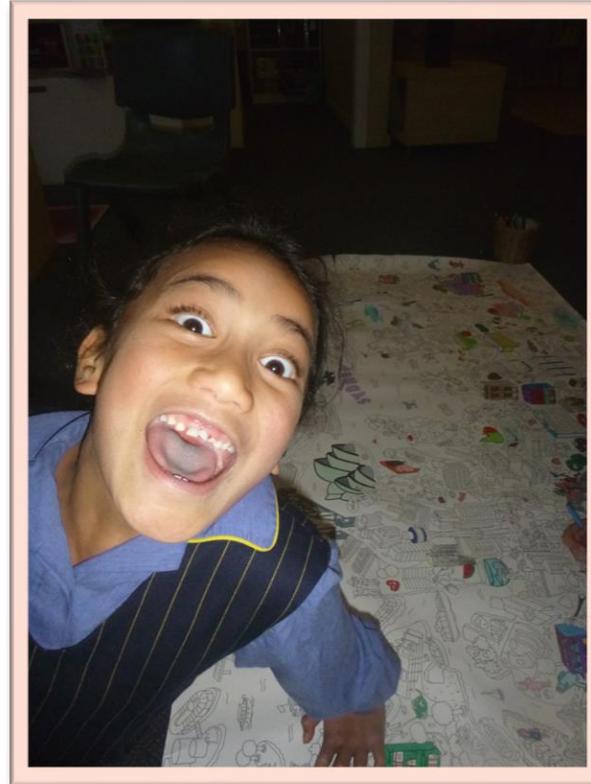


Golf has gone off this term! Despite most of us having limited experience when it comes to golf, children of all ages have picked up the clubs and teed off from different locations around TWOOSH. From driving ranges on front of building and the oval to our own mini golf course with multiple levels, the children have enjoyed the challenge of mastering the golf swing. It takes plenty of persistence and patience, requiring not only gross motor coordination but a high level of precision. The children have been super enthusiastic and determined to improve on these skills, with children like Riccardo asking almost daily to get the equipment out, and Konnor and Josh W continuing to swing long after everyone else has packed in for the day. It's been amazing watching them all improve over the term and share their joy with one another each time they play a massive stroke!



# 1metre Colouring in of Sydney with Izzy

This term the children embarked on a quest to complete a 1m colouring in of Sydney. While we understand that this term has been difficult, this activity gave the children a reason to come together and work on something creative and bright. It has been such a collaborative and ongoing project and has fostered their imagination, their curiosity, and their teamwork. I have seen the children practise their turn taking, fine motor skills, and make the effort to use kind words of encouragement. This activity generated positive conversations about the city we live in and what we are most grateful about it. The children have been excited to work on this at their own pace and will aim to display it at TWOOSH once it is complete.



# Exploring nature



This term the sun has been coming out and with it some more lizards and bugs around the garden. The children started off their interest by hunting lizards and catching a few. They learnt a lot of things about the lizards like how they lose their tails as a defence mechanism, and they have unique markings. As we didn't want to scare the lizards away from the garden, we decided that we could capture them on camera instead and made a bug and lizard hunt competition. The children got into teams of two and had one iPad between them. They were surprised to see how many different kinds of bugs they could find around the garden and adventure playground, the winner of the competition found 18 different species!



# Indoor Cubbies!

A great highlight of this term was building a giant cubby house in the OOSH room!

Due to the low number of children, we had plenty of opportunities to engage in some extra fun experiences and this was one of them! The children worked as a team to construct the roof using a sheet and furnish the interior with what seemed like 1000 cushions. The best part was turning off all the lights in the OOSH room apart from the fairy lights, making the cubby feel absolutely magical!! The children engaged in some wonderful imaginative play using the toys inside the cubby and collaborated well while developing great communication skills and an understanding of fairness and patience. It was a very relaxing and calm environment to be in which was lovely for the late afternoons after they had done heaps of running around and outside games. It has been so enjoyable watching the children form close friendships with each other and develop connections through this unpredictable time.



# Term 3- Cooking

With the number's running low, our regular TWOOSH attendees have been on the fast track, developing their curiosity and creativity while cooking up a storm in the kitchen! Every afternoon a few eager volunteers put their hands up to tackle the task of making late snack; searching thorough the cupboards and fridge to see what yummy treats they could develop. This term the kitchen has been ablaze with hands on cooking activities - from twisting out our own dough to make pretzels; to making our own pasta and sausage rolls; and even flipping around our day by having pancakes and French toast as a great afternoon treat! The children have all shown great enthusiasm while developing their cutting skills, perfecting their estimation and problem-solving skills when things went a little awry, and giving plenty of feedback on what a good VS a not so good late snack idea is. With lots of collaboration and teamwork shared between all when reading out recipes and dividing tasks, it's no doubt that the TWOOSH kitchen has been re-established as the place to eat all of the afternoon treats.





# French Toast Bites

On Friday the 3rd of September, Aabha, Callie, Leila, and Parisa searched high and low to figure out what we should have for late snack. As it was a Friday, our ingredient stash was a little low; but with some problem solving skills and extra precise looks in both the cupboard and kitchen, the TWOOSH mini-chefs were able to devise a plan for an extra special late-snack treat. What was on the table? French Toast of course!... perfected by some bread, eggs, milk, cinnamon, and vanilla! After dicing up all of the bread and demonstrating their egg-cracking skills, the children mixed all of the ingredients together before squishing them down into some muffin tins. After these were cooked and cooled, we rolled them in some cinnamon and sugar and viola! - some perfect French Toast bites for an afternoon treat.



# RUOK Day

This year for RUOK Day we had to think outside the box to find a way to stay connected and check-in with our TWOOSH community. The children wrote cards some nice cards for the TWOOSH educators and mailed them off.

The TWOOSH educators created a scavenger hunt around the local area for all our TWOOSH children we have been missing this term. The challenge was to find a balloon, take a picture and start a conversation with your loved ones.

The day was huge success all round, bringing a bit of joy to the children and educator's day, they all felt the love and most importantly checked in on each other in these tough times.





R U OK? Day  
09.09.2021



R U OK?  
Day  
2021





R U OK? Day

# In The OOSH Kitchen

Top Afternoon Tea

## Pizza Scrolls



### Ingredients:

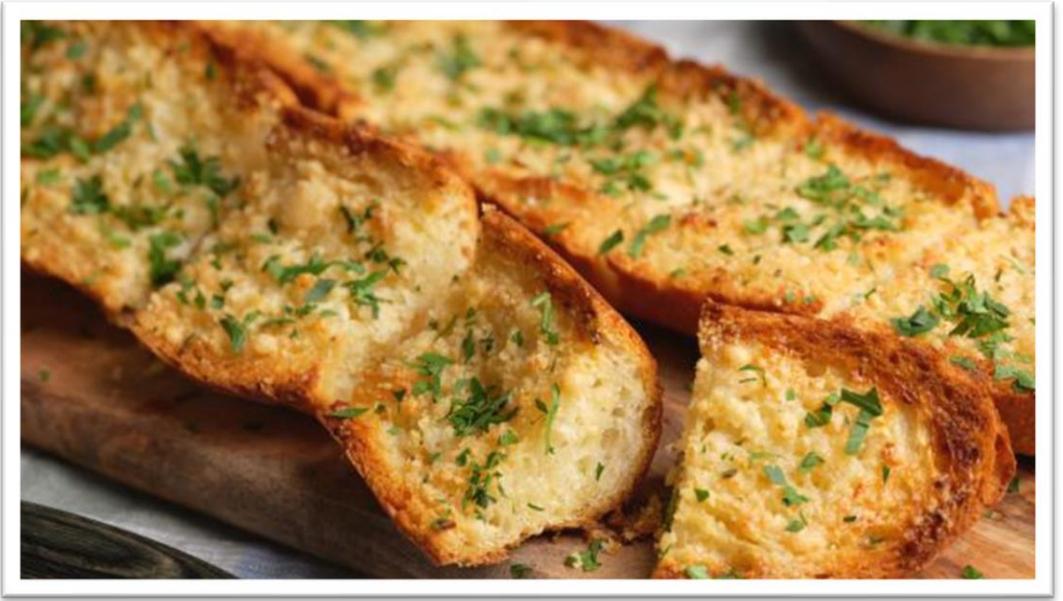
- Puff pastry
- Shredded cheese
- Pizza sauce
- Toppings of your choice: pineapple, ham, salami, capsicum, mushrooms etc

### Method:

1. Preheat oven to 180° and prepare a baking tray with baking paper.
2. Defrost puff pastry sheets and lay out flat evenly spaced.
3. Spread pizza sauce over entire puff pastry sheet leaving a 3cm gap on 1 side.
4. Sprinkle shredded cheese and other sliced toppings across each sheet and roll sheets towards the blank edge, using that edge to seal the scrolls
5. Lay the long scroll on a chopping board and chop into 3 cm scrolls. Place onto baking tray, evenly and on the sides so pastry cooks through.
6. Cook for 15-20mins or until golden brown. Serve warm and enjoy!

# In The OOSH Kitchen

## Top Cooking Experience Garlic Bread



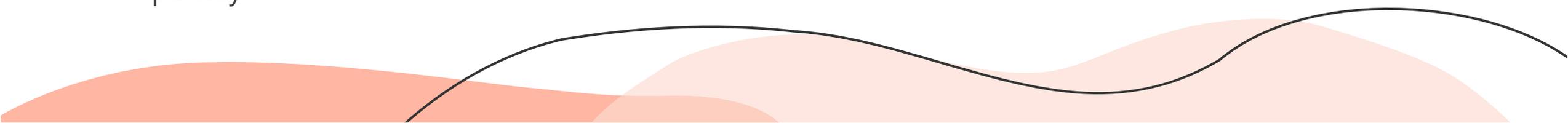
### Ingredients:

- 1 baguette
- 125g unsalted butter
- 2 tsp fresh garlic
- ½ tsp salt
- 2 tsp finely chopped parsley

### Method:

1. Preheat oven to 200C/390F.
2. Cut the French stick in half. Then cut the bread almost all the way through into 2cm / 4/5" thick slices.
3. Mix together the butter, garlic, salt and parsley. Taste to see if it's salty / garlicky enough for your taste (Note 2).
4. Smear garlic butter over cut side of bread
5. Smear remaining butter on the top and sides of the bread.
6. Wrap each bread in foil.
7. Bake for 15 minutes until the crust is crispy (check through foil).
8. Unwrap and serve!

(Note 2).



# MOOD FOOD

## HOW DOES WHAT WE EAT AFFECT KIDS MENTAL HEALTH AND WELLBEING?

There are 3 main mechanisms when it comes to how food affects our mental function.

### 1. Brain Nutrition

Your brain is an organ, just like your heart. And just like any organ, the brain has nutrients that it requires to function. Unfortunately, many of these nutrients are missing in a typical Western-style diet. They come from fibre-rich wholefoods like fruit and vegetables, from good fats and quality protein sources.

### 2. Inflammation

What has been discovered recently is the effect of inflammation on the brain. In fact, depression is now classified by many as an inflammatory disorder.

The way that many kids (and adults) eat is feeding into the inflammatory pathways. Processed, refined, and sugary foods along with fats high in omega-6s can all promote inflammation.

### 3. Compromised gut health

There is a two-way connection between the gut and the brain, known as the gut-brain axis. Your brain can affect your gut, and your gut can affect your brain. This can have a significant implication for mood and brain function.

# TIPS FOR USING FOOD TO BOOST MOOD

## KEY NUTRIENTS FOR BRAIN HEALTH

1. **Omega-3 fatty acids** – essential for brain function and reducing inflammation. You can find it in oily fish such as salmon, nuts, seeds and eggs.
2. **Zinc** – found in animal proteins such as chicken and eggs, as well as legumes and some nuts and seeds.
3. **B vitamins** – vitamin B12 and folate are particularly essential, but they all play a role in producing brain chemicals. Found in leafy greens, broccoli and chickpeas.
4. **Magnesium** – found in nuts, seeds, legumes and green leafy vegetables.
5. **Probiotics** – good bacteria that bestow health benefits. You'll find these in fermented foods like Greek yogurt.
6. **Fibre** – a source of prebiotics that feed the good bacteria. Found in fruits, veggies, nuts, seeds, legumes and wholegrains.

# BRAIN LOVING BAKED OATS

## INGREDIENTS

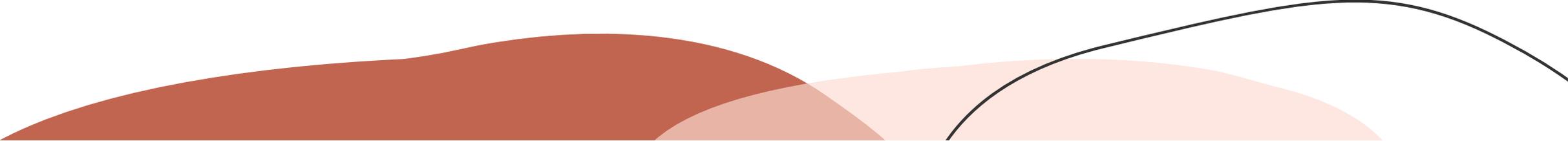
- 500ml almond milk/milk of choice
- 200g oats
- 2 tbsp almond/peanut butter
- 1 tsp baking powder
- 1 egg , beaten
- 1 small ripe banana , mashed
- 1 tsp vanilla extract
- 450g blueberries , plus extra to serve
- 30g whole, skin-on almonds , roughly chopped
- Greek Yogurt to serve

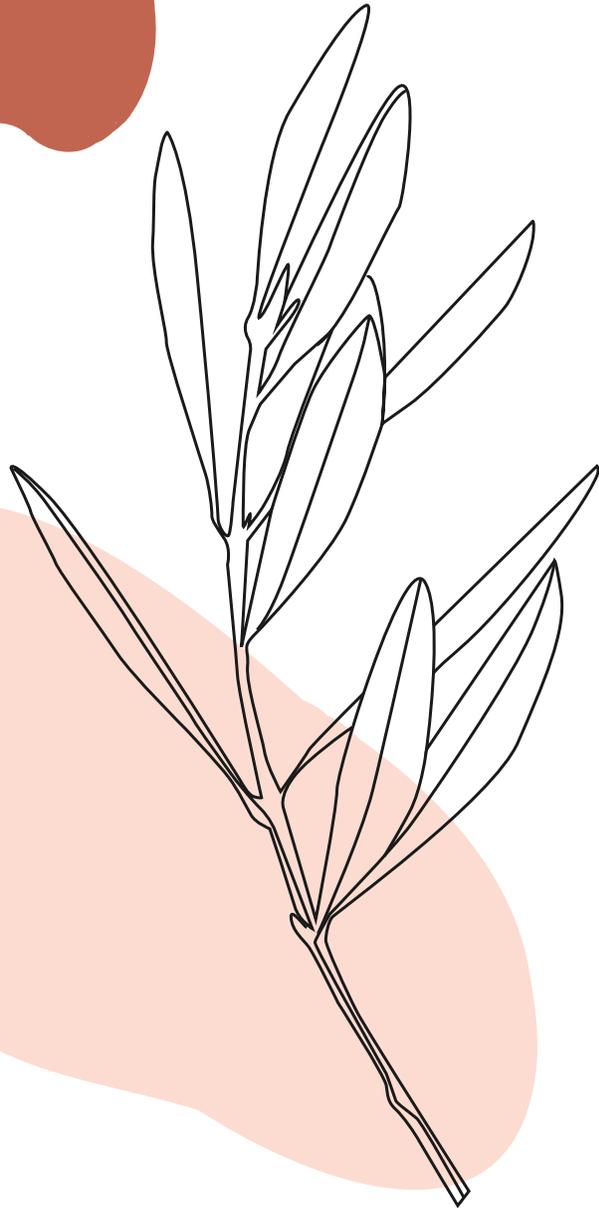
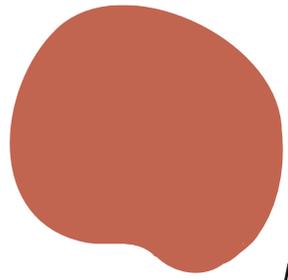
## METHOD

1. Heat the oven to 180C fan forced. Mix all ingredients together in a large mixing bowl.
2. Tip the mixture into a 2-litre ovenproof dish, then bake for 30-35 mins until piping hot in the middle. Serve warm with a little milk or yogurt, honey and extra blueberries, if you like.



# Important Reminders

- If your child is diagnosed with anything from food allergy, disability, anxiety, depression or any other health condition, it is really important that this is communicated to OOSH. As per service policies, it is parent responsibility to disclose this information to us. The more information we have, the better we can care and plan for your child so we please encourage you to keep line of communication open with OOSH
  - It is extremely important that we are notified of any afternoon absences for your child BEFORE 3pm (via the Xplor Home APP).
  - All casual bookings must be requested via the Xplor Home APP. We will approve that request via Xplor if we have places and you'll receive a notification on Xplor
- 



# SPRING –SUMMERMENU

<b>Breakfast</b>	Wholemeal toast, raisin toast, oats, cereal or yogurt. On occasion: fresh fruit, pancakes
<b>Drinks</b>	Water or milk will be available, on occasion milo milk in the mornings
<b>Fruit</b>	4.30pm - mixed platter of fruit. Including apples, pears, melons, oranges, and other seasonal fruit

## Afternoon Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week A</b>	3-3.30pm Afternoon tea	Wholegrain crackers, Cheese and veggie sticks	Sandwiches with cheese/tomatoes	Banana NiceCream, crumble, and fruit	Pizza scrolls and veggie sticks	Toasted muesli, yogurt, frozen oranges
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Corn thins and spreads	Food from cooking activity	Jatz and Cheese cubes
<b>Week B</b>	3-3.30pm Afternoon tea	Banana, Apricot, Date & Oat Bar	Beetroot or hummus dip with garlic/herb bread & veggie sticks	Savoury popcorn and veggie sticks	Brown rice sushi and veggie sticks	Corn fritter bake and veggie sticks
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Ritz & cheese cubes	Mexican dip and sakatas	Food from cooking activity
<b>Week C</b>	3-3.30pm Afternoon tea	Veggie Nachos and veggie sticks	Wholegrain crackers, Cheese, veggie sticks	Banana bread and fruit	Savoury popcorn and veggie sticks	Apple & cinnamon muffins and fruit
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Popcorn and dried fruit	Cruskits & spreads	Food from cooking activity
<b>Week D</b>	3-3.30pm Afternoon tea	Scones, chia jam, cream and fruit	Cheesy-mite scrolls and veggie sticks	Wholegrain crackers, FO dip and veggie sticks	Savoury Muffins & Veggie Sticks	Smoothie bowls, fruit, toasted muesli & coconut
	5.30pm Late snack	French onion dip & carrot sticks	Food from cooking activity	Food from cooking activity	Food from cooking activity	Popcorn and dried fruit