

Thornleigh West OOSH Newsletter

Term 4, 2020

FAREWELL!

goodbye
thankyou
regards
farewell
cheerio
ciao
codas
bye-bye
Auf-Wiedersehen
adieu
seeya
cheers
toodle-oo
Arrivederci
sayonara
conclusion
leave-taking
so long
culmination
adios

Alex



It's time to sadly say good bye to our wonderful Assistant Director Alex.

He has been with us for almost 7 years and it's time for him to go and spread his wings and make an impact on lots of other young lives.

We wish him all the best and the children and educators will miss him dearly!

New OOSH Educators..

Rebecca – Assistant Director

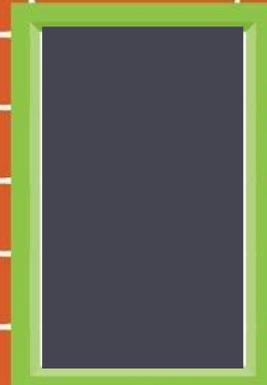


Bec joined us as an Assistant Director in November 2020. She has completed a Bachelor in Inclusive Education & Disability Studies at University and has had 4 years in the School Aged Care sector as an Educator and Senior Educator in Inclusion & Diversity. She is passionate about inclusive education and brings this knowledge and passion to the TWOOSH team in 2020. She is looking forward to taking on the role of Assistant Director and is excited to get to know the team and build connections with the children.



Educator wall of fame

Educator of the month

	Ash	Tom D	Alex	Oli	Fran
					
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

Tom M

Olley

Naomi

Pippa

Bella

Thank you!

2020

Team



Thanks to our wonderful 2020 team of educators!



Courtney



Ollev



Lauren



Elise



Thomas



Hannah



Cam



Izzy



Jasmine



Maddie



Zac



Fran



Leo



Nat



Zac P



Bec



Claire



Pipba



Simonne



Tom



Emma P



Olivia



Amber



Sam



Tommie



Mon



Bella



Naomi



David



Anna



Britt



Dani



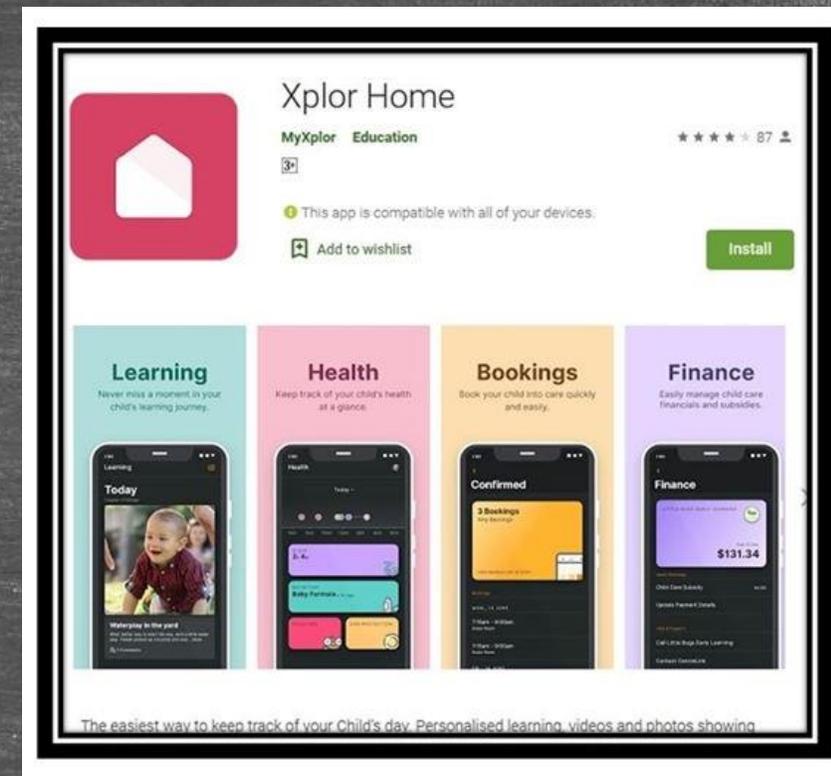
Jem



Emma

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.

We appreciate your assistance with this and hope you are enjoying the APP!

Spooky Week

This week things got a bit "spooky" at Twoosh with Halloween approaching. The kids loved getting involved in lots of spooky themed activities, recycled box monsters. They also enjoyed getting creative and making paddle pop spider webs, hand print creatures and Minecraft box zombies!



SOOKY WEEK



NAIDOC & National Recycling week

This year along with everything else Naidoc week was postponed from its usual July date to November and happened to coincide with National recycling week. So we decided to combined them into a bit of a care for country week, using recycled materials in crafts, making beeswax wraps and using natural materials like clay.



NAIDOC & NATIONAL RECYCLING WEEK



Volcano Group Project

The children embarked on a 3 part group project this term to make and erupt their own volcano. Over 3 big weeks the children designed and built their volcano using cardboard, a bottle and paper mâché. They were then able to paint, decorate and perform the volcano eruption experiment in the final week.

1.



2.



3.



Christmas Week



Merry
Christmas!



Term 3 – In the OOSH kitchen

TOP AFTERNOON TEA

TOASTED MUESLI & COCONUT

Method

Ingredients:

Smoothie Bowl:

- 1 cup mixed frozen Berries
- 1 rip banana
- 1-3 Tbsp
- Ice

Muesli:

- Rolled Oats
- Bran flakes
- Coconut flakes
- Brown Sugar
- Olive Oil
- Honey
- Sunflower seeds

1. Pre-heat oven to 180°. Meanwhile, in a bowl, place rolled oats, bran flakes, coconut flakes & sunflower seeds and mix together. Add in Honey, olive oil & brown sugar and stir in.
2. Once combined, on a baking tray lined with baking paper spread the mixture evenly, and place in oven to cook for 10-15mins or until golden.
3. Whilst cooking, make the smoothie. In a blender toss in the frozen berries, banana & coconut milk and blend until only small bits remain. Add in the ice and blend again until smooth.
4. Serve smoothie in a bowl, add your toasted muesli and a sprinkle of coconut flakes to serve.



Term 1 – In the OOSH kitchen

COOKING EXPERIENCE

APPLE, CARROT & OAT COOKIES

Ingredients

- 1 cup quick oats
- 1 cup whole wheat or gluten-free flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 cup grated carrot
- 1/2 cup grated apple
- 1/2 cup sunflower seeds,
- 1/2 cup coconut oil, melted
- 1/3 cup honey or maple syrup

Method

1. Preheat the oven to 190° and line a tray with baking paper.
2. Mix together all ingredients in a large bowl using a wooden spoon to start and then using (clean) hands to bring the batter completely together if needed.
3. Portion out 2-tablespoon sized balls of dough, place onto the prepared baking sheet, and press down until 1-1.5cm thick. Space them about an 2cm apart—they won't spread, so close is okay.
4. Bake for 18-20 minutes or until lightly golden around the edges. Let cool on the baking sheet and serve.
5. These are best eaten on the day they are made, but can be stored in an airtight container at room temperature or in the fridge for 3-5 days.

ENJOY!



Eat your way to a healthy gut!

When you think about what you ate yesterday or two weeks ago, how different has the food on your plate been? Often, we may be tempted to stick to a few fruits & vegetables that are family favourites and fall into a routine. But the truth is that diversity is a good thing, particularly for our gut! In fact, the best way to achieve a balanced gut microbiome is to consume a varied diet. Several studies have found that the type of food you consume affects your overall health and your gut health. The reason being because different foods (fruit & veg) have different macro and micronutrients and hence a diverse diet establishes nutrient adequacy.

Here are some tips to help diversify your gut microbiome:

1. Eating seasonally. Opting for seasonal produce is highly recommended because it's more likely to be fresher and have a higher nutritional value as well as changing up your usual produce.
2. Try just one new meal/recipe/vegetable/fruit each week that you didn't have the week before.
3. Add in herbs and spices to meals – they have just as many phytonutrients as fruit and veg.
4. Know you don't have to stick to a recipe! Try and think of ways to add more colour and variety to your meals (e.g., Adding lentils, zucchini and carrot into your spag bol).



EAT RED

Red fruits and vegetables contain phytochemicals, including lycopene and ellagic acid. These powerful nutrients have been studied for their cancer-fighting effects and other health benefits.



EAT ORANGE

If you tend to get cold hands and feet, eating an orange a day may help keep your hands and feet warm. More importantly, consuming citrus may also reduce your risk of stroke.



EAT YELLOW

Yellow fruits and vegetables are rich in vitamin C and carotenoids, including beta-carotene. Some carotenoids, convert to vitamin A within the body, which helps promote healthy vision and cell growth.



EAT GREEN

Greens are one of healthiest foods we can eat. Green fruits and vegetables are rich in lutein, isothiocyanates, isoflavones, and vitamin K — which is essential for blood and bone health.



EAT PURPLE

Purple fruits and vegetables are rich in phytonutrients, including anthocyanins and resveratrol, and have been studied extensively for their anti-cancer and anti-aging properties.

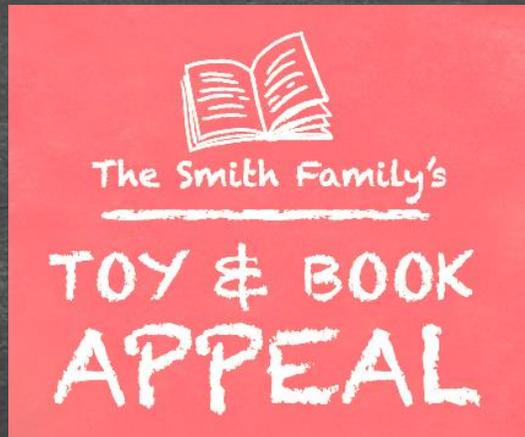
Christmas Fundraisers!

A massive thank you to the
TWOOSH Families!

Both Christmas Drives have
wrapped up, with a huge effort
from all who contributed, we
are so grateful to have such a
generous community!

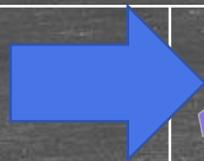
The Koori Christmas drive and
Smith family Toy & Book
Appeal we've both so

successful this year thanks to
all of you, despite the year
we've had, this will go a long
way to help some families in
need during this holiday
period!



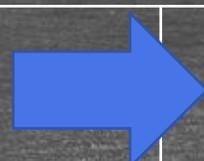
2015

59 Toys, 25 Books



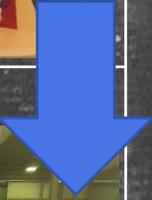
2016

107 Toys, 44 Books



2017

121 Toys, 34 Books



77 Toys, 22 Books

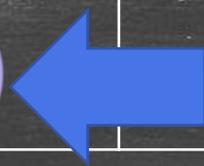


83 Toys, 48 Books

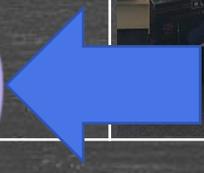


105 Toys, 37 Books

2020



2019



2018



Farewell Class of
2020!
We will miss you!





**Farewell Year 6
2020!**



Year 6
Farewell
Lunch – 14th
December 2020

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

2021 Booking changes

- Friday the 18th of December was the cut-off for all 2021 booking changes
- If you want to cancel any booked days, 2 weeks Term 1 notice will apply. You will be required to pay for those 2 weeks, you are welcome to send your child though.
- If your child will be absent for those first 2 weeks, please ensure you mark those absences on the Xplor APP

Learning Stories

Our learning stories are available to be looked at in the OOSH room at any time!

They are located in the big visual art diaries in the parent area just behind where you sign in/out on the tablets

They are also now available on Xplor so you can view them at any time from home too. Please contact us if you haven't set up your account to access the APP to see what your children have been doing at OOSH

Menus are always
available at www.twoosh.com.au/menu

Spring/Summer Menu

Drinks		Water or milk will be available, on occasion milo milk in the morning				
Fruit		4.30pm - mixed platter of fruit. Including apples, pears, melons, oranges, and other seasonal fruit				
Afternoon Menu						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A	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
Week B	3-3.30pm Afternoon tea	Apricot and oat slice and fruit	Beetroot or hummus dip with garlic/herb bread & veggie sticks	Savoury popcorn and veggie sticks	Brown rice sushi and veggie sticks	Corn fritters and veggie sticks
	5.30pm Late snack	Food from cooking activity	Jatz and Cheese cubes	Food from cooking activity	Mexican dip & sakatas	Food from cooking activity
Week C	3-3.30pm Afternoon tea	Wholemeal tuna roll-ups and veggie sticks	Wholegrain crackers, Cheese, veggie sticks	Banana bread and fruit	Savoury popcorn and veggie sticks	Coconut and apple muffins and fruit
	5.30pm Late snack	Popcorn and dried fruit	Food from cooking activity	Cruskits with spreads	Food from cooking activity	Food from cooking activity
Week D	3-3.30pm Afternoon tea	Scones, jam, cream and fruit	Cheesy-mite scrolls and veggie sticks	Wholegrain crackers, French onion dip and veggie sticks	Choc-Fruit frozen yogurt Bars and fruit	Smoothie bowls with fruit, toasted muesli and coconut
	5.30pm Late snack	French onion dip and carrot sticks	Food from cooking activity	Food from cooking activity	Food from cooking activity	Popcorn and dried fruit

From the Educational Leaders Desk...

That's a wrap on a massive year! Term 4 has been no exception, with a huge rollercoaster of ups, downs and constant changes! At Twoosh we have made the most out of term 4 with our theme weeks, Spooky week, national recycling week, Naidoc week and Christmas week. This term We have also worked on some ongoing group projects across the weeks, focusing on team work, communication and our ability to see a project through to completion.

This term we also had the arrival of a new face with Bec who will beginning sharing the roll of Educational leader in 2021 with myself! With the continual growth of our program, having 2 educational leaders will allow us to have more perspectives and focus on the program. Bec has completed a Bachelor in Inclusive Education & Disability Studies at University and has had 4 years in the School Aged Care sector as an Educator and Senior Educator in Inclusion & Diversity. She is passionate about inclusive education and brings this knowledge and passion to the TWOOSH team in 2020.

We are looking forward to 2021, all the positives and new faces to come, hopeful that all will continue to settle back to 'normal' !
We hope you all have a great, safe break and recharge the batteries. Have a happy Christmas and New years!

Up coming events:

Term 1 2021:

CHINESE NEW YEAR
VALENTINES/ LOVE WEEK
EASTER WEEK

THEME WEEKS AS THEY ARISE

And many more.....

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, sports or cooking activity that they would like to be involved in please email me or come and have a chat

As well as many other planned and spontaneous activities!!!!



Courtney King

From the Director's desk..

Hi Families!

Finally we bid farewell to 2020, and hold hope that 2021 will be a more positive year with less speed bumps.

OOSH has experienced lots of changes this year, but we continue to show resilience and roll with the punches. We have had a strong focus on mental health in educators and children this year given all the uncertainty, lack of consistency, changes, and challenges. We have all learnt a lot this year and I am extremely proud of the way the team and the children have held themselves this year.

Everyone deserves a wonderful break this festive season and we hope it's a time for everyone to recharge the batteries!

We welcome Rebecca (Bec) to our team as our second Assistant Director along side Courtney. We are excited to see what she brings to the team, and seeing her work closely with Courtney as shared Educational leaders for the service. We have planned all our group leaders for the new year and the team are excited to work closely with your children to ensure the best outcomes for them while at TWOOSH. If you have any program suggestions or need to discuss your child's progress or needs, please feel free to reach out to the group leader and they will be more than happy to work collaboratively with you.

As most of you know, I will be going on Maternity leave in March. The committee and I have been working hard over the last 12 months planning for succession which has shown a positive result. This means the current team will be able to work effectively in my absence. Courtney will be stepping up at the Acting Director, and Thomas D will be stepping into the Acting Assistant Director role to ensure a smooth transition and hand over process. I have full confidence in the team to continue operating the service the way we always have. Thank you for all the support and well wishes along the way, I am truly blessed to be a part of this amazing community and cannot wait to share my bundle of joy with the TWPS community!

Have a safe and happy festive season and look forward to a fresh new year!

Dates to remember..

December Vacation care

Thursday 17th – Wednesday 23rd December



January Vacation care

Friday 8th January – Thursday 28th January



Australia day Public Holiday

Tuesday 26th January - CLOSED



Term 1 – Return Dates

Year 1-6 – Friday 29th January
Kindies start Monday 1st February



Jena Sheather

2021 Group Leaders

Kindy

Year 1

Year 2

Emma P



Simonne



Izzy



David



Dani



Maddie



2021 Group Leaders

Year 3

Year 4

Years 5-6

Claire

Cameron

Brittany

Monique

Tom D

Olivia



KINDY & YEAR 1

TERM 4 2020

C R A F T

Term 4 began with lots of spooky craft including Halloween mummies, spiderwebs, ghosts, pumpkins, and monsters!



This term we focused on learning about Recycling and Reusing. This engaged the Junior's in their creative thinking by brainstorming different ways that we could recycle our craft materials!



We wrapped up Term 4 with lots of Christmas spirit; joining in the festivity by creating our own ornaments, paintings, and decorations!



Craft is a great way for our Junior's to extend on their fine motor and hand eye coordination skills. We always encourage our Junior's to build on their development through various different craft activities!

SPORT



As always, sport in Term 4 was as busy as ever with the hot weather encouraging our Junior's to continue building on their physical development outside.

Soccer, boxing, gymnastics, cricket, and basketball were big favourites around OOSH with the Junior's often forming team games between them and the older students!

The Junior's also continued to demonstrate their interest in sport by helping us plan some awesome sport games for our weekly program. We loved watching the Junior's grow in their physical development and abilities throughout 2020.





COOKING



Term 4 introduced our Junior's to lots of fun cooking opportunities with the kids extending on their own interests by creating some yummy late snacks. From healthy cookies and pretzels, to dipped bananas and chocolate bliss balls, our Junior's have all been happy experiencing all the different recipes and ingredients!









Thanks for a great 2020!



Middle Newsletter

Years 2-3



Highlights

This term we have been building a focus for year 2 and 3 on kindness and bringing more positivity. Simple questions like 'What made you smile today?' created some notable responses included 'Lady Gaga', 'seeing my friends at school' and 'Europeans being scared of the number 13'. We have also been discussing more practical ways of being kind and aware of the feelings of others. The fruit has shown as the children have taken the time to share things they appreciate about themselves and others.



Year 2

One of the greatest gifts we receive as an educator is watching the children we look after and care about grow into, smart, caring, funny and skilled children! I can safely say this year Monique and I have watched these children develop as individuals and everyday they surprise us with their amazing understanding of the world around them.

Watching the children support one another to read out our aboriginal acknowledgement has been very special for Monique and I to watch, not only have we seen the children learn a respect for history and culture but a love for one another brought together by a single year group.

From our hilarious questions of the day answers to the hard work and determination to win on the sticker chart, we couldn't be more proud and we will miss them so much next year!

- Brittany Knight



Year 3

With 2020 being such a year of uncertainty and change it was hard to imagine that this year could be filled with much joy. However, starting a new job at OOSH and getting to work so closely with the Year 3's for the last 3 terms, I've been lucky enough to have gained so many new happy memories, that I will always cherish. I admire how much these kids have overcome all the challenges COVID-19 has thrown at them. They have remained happy, hopeful and adventurous children, still eager to learn and develop their skills in the classroom and the playground. I am so proud of them. The kids as well as Claire, have all welcomed me into their OOSH family with such open arms and I am so excited to continue to work with these kids into next year. So many fun times ahead to look forward to.

– Simonne Sakker



Craft

Craft this term built the children's fine motor skills whilst also evolving to focus on allowing the children to connect with Country as they used natural materials to build. Their core skills were developed as they used their creative thinking to create patterns and blend colours.



Sport

Each term our sportsmanship skills are put to the test as we competed to score more goals, hit more balls and play fairer than we ever have before. The children found soccer to be a major highlight of the term with it guaranteed to bring in the masses. This created many opportunities to develop sportsmanship and learn to become aware about playing as a team.





Cooking

The recipe highlight of the term was the Banana bars made by Olivia and Sarah with Fran.

You can make them as a family here:

<https://www.wellplated.com/banana-bars/>

(We swapped out white flour for wholemeal and almond milk for oat milk.)



SENIOR NEWSLETTER (YEARS 4-6)

TERM 4 2020



SPOOKY WEEK

We love cracking into Term 4 at OOSH, because it doesn't take long until the spooky season is upon us! With the senior room getting a lot more use this term with eased COVID restrictions, craft has popped off and spooky week was no exception! We had the kids creating their own jar lanterns as well as balloon jack-o-lanterns which later

progressed into some balloon volleyball! And in the kitchen of course it had to be something sweet – we got the children to create some Halloween bark packed with chocolate and heaps of lollies! They loved discussing their Halloween plans throughout the week and we loved hearing all about their killer costumes!



CRAFT HIGHLIGHTS

Term 4 saw the creation of some new craft experiences amongst the usual OOSH classics like slime and hama beads. Toward the start of term, the children decorated their own sea horses out of pool noodles to later be raced in a whacky sea horse athletics event!

The children loved working together to design their sea horses and the freedom to design them however they liked. We also

extended on some before school care craft and created some new succulent homes for up in the senior space. This was an awesome opportunity to teach the children about propagation and plant care – they loved getting to pick their own succulents to plant in their new homes.



GETTIN' ACTIVE



With daylight savings and Summer getting underway, the kids got right amongst all OOSH has to offer outdoors. This time of year always sees a return in popularity of cricket as Summer sports get right underway. We had heaps of games of cricket going on between all years and the seniors did a wonderful job demonstrating patience and role modelling when playing with younger children. Some of our other sports highlight included a massive game of seniors noodle hockey, 'BOUNCE' which is a netball-style shooting game and throughout the term seniors have loved testing their catching skills on the basketball court with educators rocketing tennis balls far into the air for them to catch demonstrating plenty of persistence.



 WINNERS ARE GRINNERS 



<CHRISTMAS WEEK>

Ho Ho Ho! What a jolly final week we had at OOSH diving into some Christmas themed activities. This year we got some amazing new craft resources to explore. We made some different types of ornaments including scratch art and felt ornaments. We even got them to create their own snow globes to take home filled with sparkles and a picture of their own design. And of course, what would the festive season be without a gingerbread house! Our senior chefs did a wonderful job collaborating and negotiating roles and building their dream 'house'. And on our last day for the year, the kids were able to enjoy a giant inflatable to see out the year! They loved challenging their friends to races and it was a wonderful send off to TWOOSH in 2020!



MERRY
Christmas



Best of Luck Year 6!

Thankyou for all your amazing contributions to TWOOSH over the years and all the memories we've been able to share with you. It's been such a joy watching you all grow and we wish you all the best for the future!





*WE HOPE YOU ALL HAVE A
SAFE AND MERRY
CHRISTMAS, AND A HAPPY
NEW YEAR! WE LOOK
FORWARD TO SEEING YOU
ALL IN 2021 FOR ANOTHER
FANTASTIC YEAR AT
TWOOSH!*