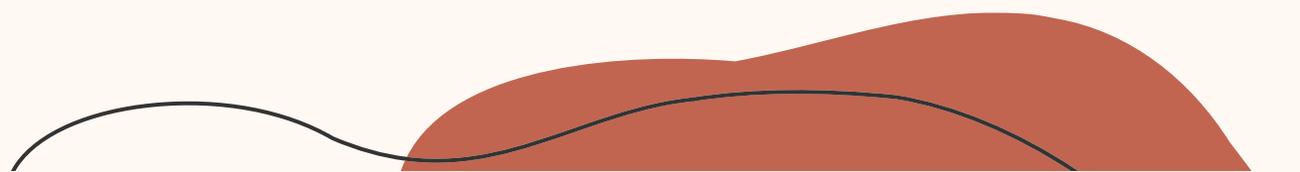




Thornleigh West OOSH Newsletter

TERM 1
2024



Acknowledgement of Country

We'd like to acknowledge and pay respect to the Dharug nation as the traditional custodians of the land that we play, learn and work on, as well as pay respect to elder past, present and emerging.

Our Vision for Reconciliation

At Thornleigh West OOSH, we acknowledge the Dharug Nation, who have continued to nurture and care for the Land on which our service stands since long before the service was established. We wish to embrace Aboriginal and Torres Strait Islander peoples past, present and emerging.

We are a diverse community and want to respectfully respond to and care for Country by knowing that it is growing and changing. We aim to work collaboratively with local Aboriginal and Torres Strait Islander Peoples to learn from their knowledge and perspectives, and to respectfully share learnings among children, educators and the wider community. Our vision is to meaningfully embed Aboriginal and Torres Strait Islander cultures into our everyday program and practices. We aim to plan and provide respectful experiences that explore fairness, justice and equity. We understand that our Reconciliation Action Plan (RAP) is a living document, that is constantly growing, and we are committed to continuous learning throughout this process.

DATES TO REMEMBER

Term 1 concludes
Friday 12th of April



Vacation Care dates
Monday 15th - Friday 29th of April



Term 2 Commences
Thursday 30th of April 2024



Family FRY-Day Breakfast
Week 3 – Friday 17th May 2024



Winter Vacation care
Program out 27th May - Bookings open
10th June

What a great start it's been to 2024! We had a wonderful turn out to the AGM and have welcomed out new Parent Management Committee. Both new and returning members.

We have had some big changes in the leadership team here at TWOOSH. With of wonderful assistant director/ educational leader Bec going on maternity leave, we welcome Kodie Daniels to the leadership team stepping in for Bec and as we prepare for the departure of Tom. Tom is also an assistant director at TWOOSH and has been a part of the TWOOSH family for 10 years, he has made such a huge impact in his time here and will be greatly missed!

As we look ahead, we shift our focus to ensuring a smooth transition for TWOOSH throughout navigating the changes to OOSH license agreements. If you would like have your say or keep in the know with this transition, we strongly recommend you come along to the TWOOSH committee meetings or join the Thornleigh west P&C. Our next TWOOSH committee meeting will take place on Tuesday the 14th of May in the school library but will also have a zoom link available.

As always we have been so grateful for all your support, if you have any questions, concerns, or feedback, please contact us at any time!

Courtney



From the Educational Leader's Desk



Bec



Kodie

This term we farewell Bec from the Educational Leaders desk and wish her the best on her motherhood journey!

Please welcome our new Educational leader Kodie Daniels.

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.

Term 1 Educators of the Month



Adam



February

Clodagh



March



Welcome new Kindies!



We welcomed a whole new horde of Kindies this term! They have been settling in very well and showing a big interest in craft, sport and making new friends!

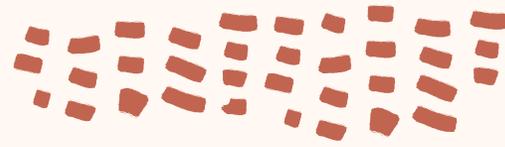


BSC Program



Makin' Pancakes

This term the children enjoyed making pancakes as one of our BSC activities. It's a great way for the children to practise their skills in the kitchen and use team work, plus it is extra yummy!



Creating animals

The children loved making their own animals this term as well as drawing and stencilling some of their favourite animals! There was lots of giggling involved in this one and lots of funny combos of animals.



Piggy in the middle

While the children are still loving playing soccer and basketball in the mornings one of their new favourite games is Piggy in the Middle! The game brings all ages together and a lot of giggles, as well as encouraging the children to use fairness and sportsmanship.

K-1 Program

DIY Walkie talkies

The children are always asking for a go on our walkie talkies, so we let them create their own for craft! This was a very popular craft done on a rainy day inside the OOSH room. The activity was a bit of a challenge as the children had to cut out different shapes and really think about what they wanted to make but it also encouraged them to use problem solving skills and creativity!



Spinach & Cheese scones

The juniors have been loving cooking, especially our new kindies! They particularly loved our recipe for spinach and cheese scones and showed good teamwork and listening while in the kitchen.

Sock wrestling

The juniors loved being able to do some sock wrestling this term! Sock wrestling is a simple game where the children try to take the sock off their opponent, letting them get out some energy and have a safe wrestle. They loved this activity so much they have been asking to do it every week!



2-3 Program

Tug of war!

In week 10 the children engaged in a MASSIVE game of tug of war! Children of all ages ended up joining in on this activity. The children showed great teamwork, perseverance and resilience throughout the activity.



Nail salon

In week 6 we put on an OOSH nail salon, and the salon was absolutely floored with clients. The salon was run by the children who discussed the importance of customer service and how to provide quality care to their clients. This was a great way for the children to learn new skills and further develop skills such as problem solving and coordination.

Photography club

In week 5 this term we decided to run a photography club. Children were given the opportunity to take an Ipad around TWOOSH and take photos of all kinds of objects, places and things that they thought were beautiful.

Each child found very different things to photograph and extended on their interest in this by using props and costumes in their photoshoots.



4-6 Program

Sweet potato brownies

The seniors bedazzled us with their cooking skills this term but one of the most popular dishes was the sweet potato brownies! It was almost unbelievable how drool-worthy these brownies turned out with an unusual base ingredient, but the seniors loved experimenting the recipe with enthusiasm. It was a favourite amongst the children and the seniors had an awesome time making them.

Bounce!

The basketball court has been getting a lot of attention this term with a range of different sports being played. One of the most popular sports amongst the seniors has been bounce, which has encouraged good sportsmanship between the children and some healthy competition that ensures everyone has a fair turn. Bounce practices shooting skills, anticipation and patience, and encourages children waiting for their turn to cheer on their friends.



Chains of kindness

To celebrate international wellbeing week, the whole of TWOOSH created a massive chain of kind messages, drawings, and symbols of happiness. The Seniors made a significant contribution by spontaneously producing unique ways to express wellbeing, such as creating stories about friendship and empathy, and describing things that create happiness, such as their favourite food or their favourite place to go on holiday. Through the leadership of the seniors at TWOOSH we were able to combine all the year group's creations and create one big chain of kindness.



Week 7 – Wellbeing week

Wellbeing week had it's OOSH debut this term. It focused on kindness, recognising your own emotions and those of others, self care and checking in with others. The week was enjoyed by junior, middle and senior programs alike and saw them come together to create a very large kindness chain which almost spanned the oval with a kind message on each of the links. Some other highlights from this week were breathing squids, feeling monsters, worry monsters and character flowers!



Week 9 – Easter week

The children were super keen for our Easter week this year and gave us a ton of suggestions for things they wanted to make and do. We made some chocolate late snacks, created chocolate playdough and made lots and lots of bunnies, chickens and carrots!



In The OOSH Kitchen

Top late snack

Finger lime cheesecake

Ingredients

Crust and Topping:

- 200g marie biscuits processed to fine crumbs
- 3 tbsp sugar
- 150g unsalted butter
- 4 egg yolks
- 3 limes juiced and zested
- 4 finger limes
- 1 x 395g sweetened and condensed milk
- 220g heavy cream
- 2 tbsp caster sugar
- 1 tsp vanilla extract



Method:

- Heat the oven to 180°C

For the crust:

- Into a food processor pulse the biscuits into a fine crumb. Add the sugar and butter and pulse a dozen more times to get a damp looking sandy mixture.
- Press the mixture into the bottom of a 23cm pie dish or cake tin.
- Bake for 10-12 minutes and then allow to cool completely before filling.

For the filling:

- Whisk the yolks and the zest of 2 of the limes (reserve the other last third of the zest for serving) well. You want to allow it to thicken and get some air in there.
- Add the lime juice, condensed milk and whisk until well mixed. Whisk in half of the finger lime pulp (if using) (see notes) and reserve the rest for serving.
- Pour the lime filling into the cooled pie crust and return to oven and bake for 12 minutes until set (you don't want it to be browned). Cool to room temperature.
- Refrigerate for a minimum of 2-3 hours to chill. Note - This can be done up to five days in advance.
- Whip cream until soft peaks form. Gently whip in the sugar and vanilla.
- Spoon the cream over the chilled pie (see note for other options).
- You could serve as is, with the remaining lime pulp or zest on top OR if time allows chill the pie again for another 2 hours, so that it slices more evenly

In The OOSH Kitchen

Top Cooking Experience

Baked spaghetti cups

Ingredients

- oil or non-sticky spray for greasing pan or cups
- 6 ounces spaghetti whole wheat, gluten-free, or any kind you like
- 2 large eggs
- 3/4 cup marinara sauce
- 1 cup baby spinach finely chopped
- 1/2 cup finely grated carrot
- 1 cup grated mozzarella cheese or non-dairy alternative
- Salt and pepper to taste

Method:

- Preheat oven to 375 degrees. Line a 12-cup muffin tin with paper liners and grease with oil or non-stick spray oil. Or use a silicone muffin pan and grease with oil or non-stick spray oil. See more detailed suggestions in post above.
- Bring a large pot of salted water to a boil. Break spaghetti into thirds a little at a time then add to the pot. Cook until "al dente" (just cooked through but not too soft) then drain and rinse with cold water.
- Place drained spaghetti in a large bowl. At this point, kids can use clean siccors to cut the spaghetti into smaller peices if you'd like. Not essential, but fun! Add eggs, marinara sauce, spinach, grated carrot, and 1/2 cup cheese. Season with salt and pepper. Mix with tongs or a large fork until all ingredients are well combined.
- Fill prepared muffin tin with the spaghetti mixture. Press the top of each filled cup down gently then sprinkle each cup with a little of the remaining cheese.
- Bake until golden brown around the edges, about 13 to 15 minutes. Set aside until cool enough to handle. Serve warm.



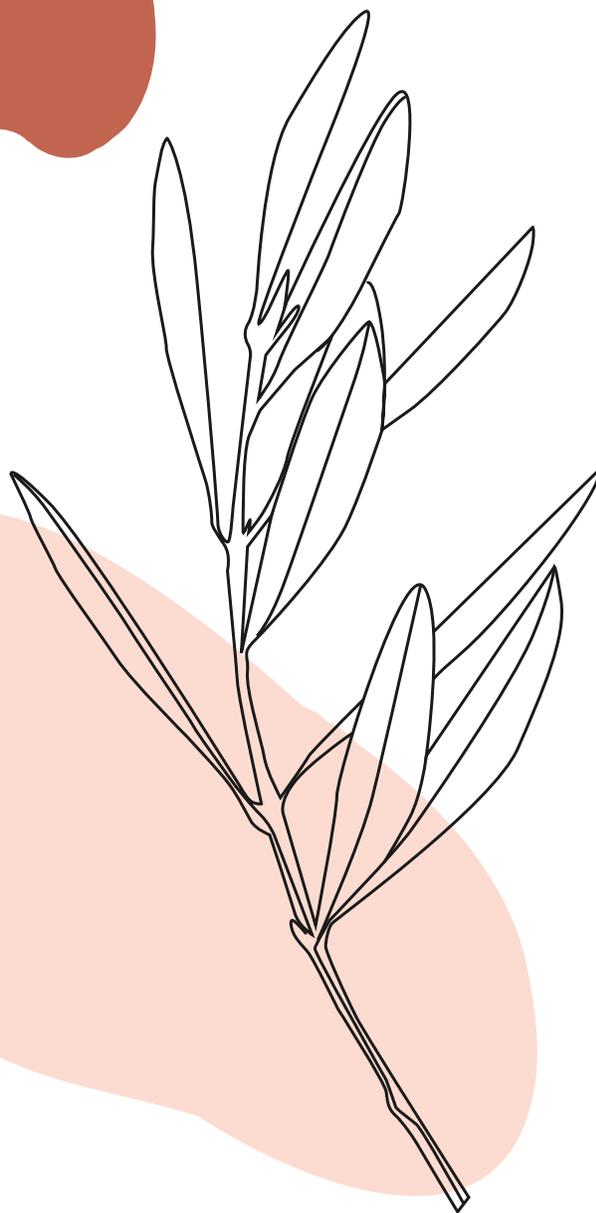
Autumn/Winter MENU



MENU – Autumn/Winter 2024



Breakfast		Wholemeal toast, raisin toast, oats, cereal or yoghurt. On occasion: fresh fruit, pancakes				
Drinks		Water or milk will be available, on occasion milo milk in the mornings				
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	Wholemeal cheese toasties & fruit	Meat free bolognaise scrolls and veggie sticks	Anzac biscuits and fruit	Gozleme melts and veggie sticks	Meat free lasagne and veggie sticks
	5.30pm Late snack	Food from cooking activity	Food from cooking activity	Food from cooking activity	French onion dip and carrot sticks	Popcorn and capsicum sticks
Week B	3-3.30pm Afternoon tea	Wholemeal apple crumble, OOSH made custard, fruit	Pizza scrolls and veggie sticks	Veggie pasta bake & veggie sticks	Wholemeal scones with jam/ cream, and fruit	Wholemeal cheese toasties, veggie sticks
	5.30pm Late snack	Jatz and cheese	Food from cooking activity	Popcorn and cucumber sticks	Food from cooking activity	Food from cooking activity
Week C	3-3.30pm Afternoon tea	Blueberry muffins and fruit	Muesli slice and fruit	Butter chickpeas & Veggie sticks	Mixed berry crumble bars and fruit	Savoury popcorn & veggie sticks
	5.30pm Late snack	Food from cooking activity	Popcorn and dried fruit	Food from cooking activity	Food from cooking activity	Jatz and cheese
Week D	3-3.30pm Afternoon tea	Brown fried rice, spring rolls, veggie sticks	Banana, apricot and date oat bars	Herb/garlic bread with hummus and veggie sticks	Meat free bolognaise bake and tomato wedges	Spinach & cheese scrolls with veggie sticks
	5.30pm Late snack	Mexican dip & Sakatas	Food from cooking activity	Food from cooking activity	Hummus & Sakatas	Food from cooking activity



April Vacation care collage



RAP- Reconciliation Action Plan

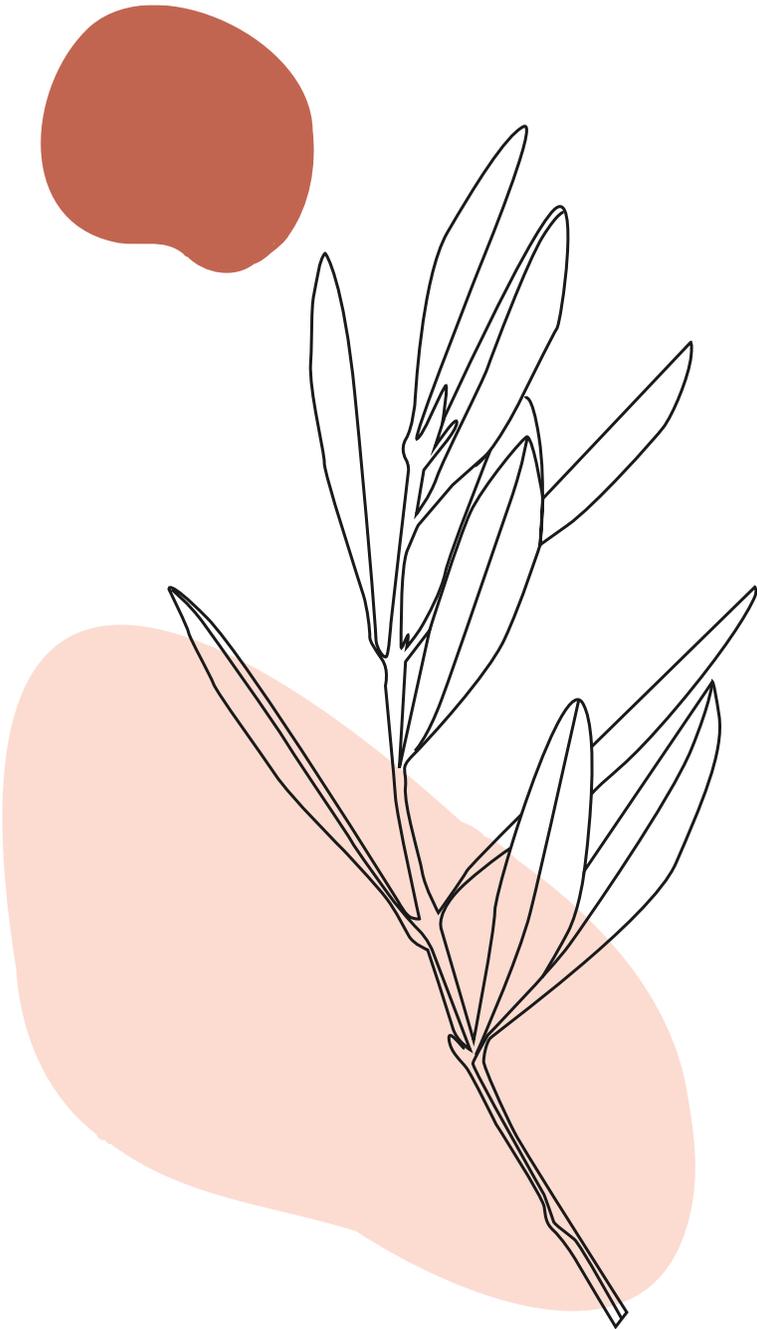
Why we have a RAP and the importance of Acknowledgment of Country:

Incorporating Acknowledgement of Country into meetings, gatherings, and events shows respect by upholding Aboriginal and Torres Strait Islander cultural protocols.

An Acknowledgement of Country is an opportunity for anyone to show **respect** for Traditional Owners and the continuing connection of Aboriginal and Torres Strait Islander peoples to Country.

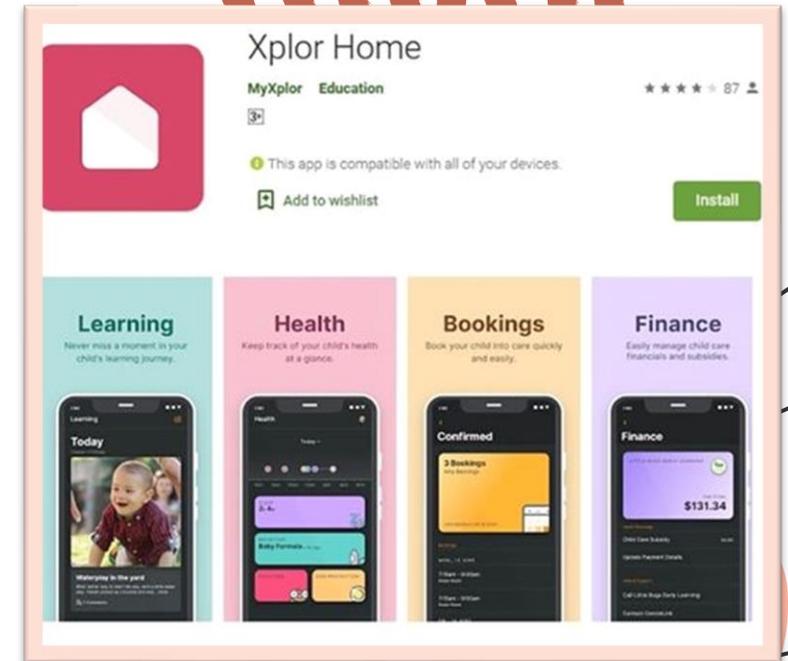
First Nation people have been experiencing exclusion, discrimination and oppression for so long. Aboriginal people weren't even classed as human beings not so long ago, so being recognised as the true custodians of the land with an Acknowledgement shows we've come a long way.

Importantly, it promotes awareness of the histories and cultures of First Nations people, and the resilience of connection to Country.



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.