

# GOWRIE NSW

## Drummoyne and St Marks

# OSHC

# NEWSLETTER

September Edition

## CREATE · DISCOVER · PLAY



### Upcoming Spring Vacation Care:

The Spring Vacation care program is now up and can be found on the last page of this newsletter or ask one of our friendly staff at the front desk for a physical copy. It will run at Drummoyne Public School Hall from the 30 September to the 11 October. Be advised that Monday 7<sup>th</sup> October is a public holiday, there will be no Vacation care that day.

As always, we have plenty of fun and engaging activities in store for children these holidays. We will be going on some awesome excursions to the Sydney Zoo, the Cinemas, and Monkey Mania. Our excursions are limited to 60 places, thus book early to avoid disappointment. Our incursions this vacation care include a rock-climbing wall, big chemistry show, robotics, and an obstacle course and carnival day. On days with no excursion or incursion books, we have a variety of free play, designated craft and exciting activities planned. These include a Colour Run, Creating Messy Slime, Oobleck, Playdough and Putty, Build a bear, and a glow in the dark Disco! We have shared our day plans on Story Park for you to have a look at and book the days.

The program is out now on our website: [www.gowriensw.com](http://www.gowriensw.com). You can make a booking by filling out the booking form on the XAP app.

**If you have difficulties filling up the form, feel free to email us the dates you would like to book, and we can book those days for you.**

**Just remember that we cannot take any walk-ins on the day due to staffing ratios. Thus, please book ahead.**

### Contact US

Gowrie NSW Drummoyne  
Outside School Hours Care

7:00am to 9:00am & 3:15pm to 6:00pm,  
Drummoyne P.S – Tues, Weds & Thurs  
St Mark's Catholic – Mon & Fri  
Drummoyne P.S – Vacation Care

**A** Drummoyne Public School  
Rawson Avenue,  
Drummoyne NSW 2047

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**W** [www.gowriensw.com.au](http://www.gowriensw.com.au)

### FIND OUT MORE

To view our programs, make an online booking, or to find out more, please visit our website or scan the QR code below: [marks.gowriensw.com.au](http://marks.gowriensw.com.au)



Visits to our program are always welcome and can be arranged by calling the Program Manager or emailing the center.

We would love to hear from our families, if you wish to provide feedback, or if our have questions, comments, or concerns, please feel free to ask.

## ADDITIONAL VACATION CARE INFORMATION:

- BREAKFAST is served between 7.30 – 8.15 am. If your child arrives after these times, please ensure they eat before they arrive.
- AFTERNOON tea is provided at the service.
- PLEASE pack a hat, morning tea, lunch, and a refillable water bottle. To ensure food does not spoil, please place cool packs in their lunchboxes.
- PLEASE do NOT pack food with NUTS as we are a nut-free zone.
- CHILDREN will need to wear sensible, closed-in, walking shoes, and a top that covers their shoulders, and bring a hat, sunscreen, raincoat (on wet days), and a suitable backpack.
- MEDICATION – A medication form must be completed. The medication container must have the child's name clearly labelled on it and handed to staff on the day.
- EPI PENS and Ventolin need to be handed to staff on the day.
- CHILDREN often participate in messy activities so please do not wear their best outfits. Please pack swimmers, a towel, and a change of clothes for all days in summer as we may have spontaneous water play.
- CHILDREN are NOT permitted to bring mobile phones or other electrical devices to vacation care unless on the program. In-expensive toys are permitted; however, Gowrie NSW OSHC will take no responsibility for these items.
- CHILDREN are allowed to bring their bikes and scooters to vacation care. Helmets are essential. Roller skates or rollerblades are NOT allowed

## GOWRIE POLICE FOUNDED



Pictured: Gowrie Chief of Police Angus

Angus has recently started a Gowrie Police Department. We sat down and asked him what it's all about.

### Why did you start this police force?

"I took a lot of inspiration from my father as he is in the fire brigade. I want to be something like him when I'm older. He tells me it's too dangerous to be a policeman when I'm older. So, I thought I'd do something like it now."

### What is the purpose of the Gowrie Police Force.

"The purpose of this is to make sure Gowrie stays as safe as it can be. A place where no one gets hurt, no one does anything dangerous, and to keep everyone safe and following the rules."

### Is it hard to recruit?

"Yeah, it's pretty hard to recruit somebody because people don't know much about what we do so far. How we do things around here. So it's much different to going up to someone and just asking them. We have to test them, make sure they're good for the job."

## Some of the feedback from families on our Program from the last term:

*Emile Rohmer:*

*"Both my kids always enjoy vacation care and the various activities Rekkha and her team plan for the holidays!"*

*Negar Mokhtarnia:*

*"Kids love the program and I trust*

*Patricia Brandi Da Silva:*

*"Great location, care and activities."*

*Lorraine Lum:*

*"Kids have always come back happy about their experience there".*

*Kirsty Kubrik:*

*"My son has a great time It's a very important service for families who need care. The options are good."*



# Program Highlights

## What's been happening?

Term 3 has been filled with lots of play, creativity, and strengthening bonds for both Educators and Students. We continued to successfully integrate children's suggestions into the weekly program, giving students a sense of belonging and identity within our Gowrie community. All our programmed activities and clubs have always been based on children's suggestions and what children want to do next. This includes some great craft activities suggested by students such as superhero mask making, paper plane competitions, and all sorts of origami!

As the weather starts to warm up, we have seen an increase in use of the outdoor spaces, as well as a higher demand for outdoor equipment such as balls, racquets, skipping rope, etc. As a team, we are outwardly focused on providing children with their play wants and needs, and so, alongside our rigorously scheduled program, we have been making efforts to supply equipment that students want.

Alongside our physical resources, we also have a fabulous team of educators with a variety of skills across sports, craft, cooking, knitting, mindfulness practises, and wellbeing. The children love playing games run by the educators and love them to get involved too. At the moment, we are seeing an increase in popularity with ruby and AFL.

The multiple demountables continue to be an asset to our service, and children can be found in them all afternoon. As we find ways to better utilise our new spaces, we have begun doing the afternoon roll call on the grass area closest to the big demountable. This has provided the children an opportunity to keep playing, where we would usually have to get them to all sit down. With their play less interrupted, staff can continue to engage in play with the students while senior staff conduct head count verbally and visually.

Additionally, in the morning sessions, we have begun to transition our play spaces from the grass area closest to Thomson Street, shifting to the basketball court and soccer field closest to the Senior Demountable. We have made this decision as it is easier for parents to access the sign in desk, especially when in a rush in the morning, as well as providing better usage of the demountables, specifically the Mindfulness Room. Mindful practises in the morning have been well received by the students, and is a great way to start the morning, going into the school day with a fresh mind ready to learn.

## Community partnerships:

We would like to hear from you if you have ideas and suggestions for us to further promote sustainability in our program or if you could contribute to our program by sharing some of your skills and talents with children e.g. dance, drawing, gardening etc either for before / after school care or vacation care



## This Month's Featured Educator



### Theresa

#### *Cultural Background:*

English

#### *Qualifications:*

Certificate III in Education Support (SLSO)

#### *Hobbies:*

Textile art, Craft, Gardening, enjoy cooking and food plus walking & exploring.

#### *What is your favourite part of working at GOWRIE OOSH?*

*Supporting children engage with all the different activities and encouraging Children's interests.*

#### *What is your philosophy in working with children?*

*Children's safety and wellbeing. Good communication and inclusion. All children are unique and need a stimulating educational environment where they can grow mentally, emotionally, and socially.*

## Leadership Group

As you may have read in our last edition of the newsletter, some of the senior students created a Leadership Group for Gowrie. Comprised of students from years 4-6, the leadership group set out to make a positive impact on Gowrie. They have so far accomplished the things they set out in their first meeting. This includes patrolling for students who are going home, making sure bags do not block emergency exits or are otherwise placed in unsafe locations, removing scooters left in unsuitable places, and patrolling the play spaces to make sure everyone is safe from the sun i.e. wearing hats. They have also recently planned a Gowrie Bake sale to raise money and awareness for the Cancer Council. Below is the information they have provided about the sale next term. More information to come.

### GOWRIE BAKE SALE!

When: October 22 on a Tuesday.

Why: For a cancer council .

Next term Isana, Hannah, Arabella and Illy will do a Halloween based bake sale with many things like:

- Cake pops \$1.00
- Cupcakes \$2.00
- Cookies \$1.50
- Popcorn \$1.50

Including Drinks :

- Apple juice. \$1.50
- Orange juice \$1.50
- Water: free



## Gardening Club

In the garden, the gardening club are gearing up for a Springtime tea Party. In the garden this week, Samantha, Charlotte, and Anabell were all excited to organise this party. As part of the Gardening club, they cleaned the garden and watered the plants, also decorating a poster to hang on the front of the garden. The gardening club provides valuable, hands-on access to all of nature's amazing beauty, especially during times of change – like the transition from winter to spring. The students learn how different plants are better at surviving in different climates and wanted to celebrate the change of season with a tea party.

## Mindfulness Club

The mindfulness club continues to be a roaring success with children, especially in the mornings. Due to our change in play spaces, the mindfulness room is now open in the mornings from 8-8:30. With Educator Rosetta at the helm, students are led through grounding exercises, focusing heavily on breath work, yoga poses, and affirmations. This has been a welcome addition to many students' mornings as it prepares them to go into the school day feeling nurtured, prepared, and more mindfully aware of themselves within the world.

“Mindfulness is about consciously choosing where our attention lies, rather than allowing it to be dominated by concerns that distract us from the present moment. It allows us to stay open, curious and flexible about the moment.” – BeYou Mindfulness (Beyond Blue).

## Cooking Club

The cooking club continues to be an exciting club for many students, particularly students who want to learn more independence and whose cooking skills are being developed across a variety of baking skills. These include coming up with recipes such as cookies, muffins, small cakes, biscuits, and sweet treats. Educator Neelam, who organises and runs the cooking club, works collaboratively with the students to create recipes that are at different levels of difficulty, to account for all the ages of students who participate. This food is then either brought home to families or shared with the rest of Gowrie Drummoyne at roll call time. Cooking club has been occurring mainly on a Monday and Friday, when the service is at St Marks. Equipped with a fully stocked kitchen and under the teachings of Neelam, students have made some incredibly delicious treats. This club not only enhances their cooking skills but also strengthens relationships across different age groups within our community.





# PUPIL FREE DAYS

**Gowrie NSW St Marks**

**SEPTEMBER SSD Days 2024 (7:00am-6pm)**

**\*\*For St Marks Students only**



**FRI, 27 SEPTEMBER**

**\$70**

## Carnival Day



Come and join us for a Carnival day on the 27th of September. We will have a huge jumping castle with a slide and plenty of art/craft activities happening on the day!

**To book please email:  
enrolments@gowriensw.com.au**

**PROGRAM MANAGER:** Rekkha Moda  
**MOBILE:** 0436616744  
**EMAIL:** oshc.drummoyne@gowriensw.com.au  
**ADDRESS:** Drummoyne Public School & St Mark's School (Rawson Ave, Drummoyne 2047)



**Register online today at:**  
<https://www.gowriensw.com.au/vacati-on-care/drummoyne>





# SPRING SCHOOL HOLIDAYS

**Gowrie NSW Drummoyne**

**30 Sep - 11 Oct 2024 (7:00am-6pm)**

IN HOUSE INCURSION EXCURSION



**MON, 30 SEPT**

## Rock Climbing Wall

Climb, Scale and Jump on a climbing wall, have a go or show off your rock-climbing skills on a mobile climbing wall and have a thrilling adventure, have fun and cheer on your brave friends as they scale the 8m tower!

\$85



**MON, 7 OCT**

## CLOSED

Today is a public holiday, we will see you tomorrow!



**TUES, 1 OCT**

## Sydney Zoo Excursion

Come on an exciting excursion to Sydney Zoo is also the only combined zoo and aquarium in NSW and boasts the largest Reptile & Nocturnal House in the world! Come check out why Sydney Zoo is Sydney's favourite NEW zoo.

\$98



**TUES, 8 OCT**

## Obstacle Course & Carnival Fun Day

Challenge yourself on a massive inflatable obstacle course, participate in mini olympic games, face painting, crazy hair and have endless fun! A former Olympic gold medalist will be visiting us today!

\$85



**WED, 2 OCT**

## Big Chemistry Show

Through a series of Chemistry experiments, concepts explored in this engaging experience include chemical reactions, energy changes, solids, liquids and gases, atoms, physical versus chemical change & properties of materials.

\$85



**WED, 9 OCT**

## Robotics

Come learn about robotics, developing an understanding of action, reaction and directional language, learn about robotics, play exhilarating games with remote controlled robots, compete, and win various challenges!

\$85



**THUR, 3 OCT**

## Cinema Excursion

Let's go see a movie! We invite you to our Movie Day. We will be going to Hoyts to watch the children's blockbuster. After the movie we will be going to Centennial Park for a picnic lunch and free play.

\$98



**THUR, 10 OCT**

## Monkey mania, TimeZone with Laser Tag and Park Lunch

Let's go to the arcades and Laser Tag in Timezone with your friends or flip out at Monkey Mania, climbing with your friends! 2-6's will be going to Timezone, K-1 will be going to Monkey Mania and we'll be having lunch at the park.

\$98



**FRI, 4 OCT**

## Messy Day

Get Messy with the Colour Run, Create Messy Slime, Oobleck, Playdough and Putty with this hands-on day! This day you will have lots of messy fun activities which we don't usually do so make sure you bring a change of clothes!

\$65



**FRI, 11 OCT**

## Build a bear and Disco - Glow in the dark

Build your bear and personalise it in the morning and later in the afternoon come to the disco!!wear your Fluro coloured disco clothes for a fun glow-in-the-dark disco party! Lots of party games and prizes in store!!

\$85



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laser tag!

# SPRING SCHOOL HOLIDAYS

**Gowrie NSW Drummoyne**

**30 Sep - 11 Oct 2024 (7:00am-6pm)**

IN HOUSE

INCURSION

EXCURSION



**MON, 14 OCT**

**Back to school!**

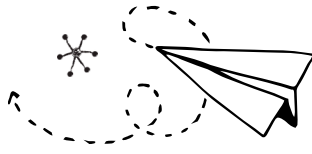
We had so much fun at Vacation Care, we'll see you next time! Have fun at school!

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**Register online today at:**  
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# VACATION CARE

## Terms & Conditions / Information

### Food & Drink

- Healthy morning snack and lunch. Service provides a healthy afternoon snack
  - No nuts or peanuts!
- Refillable water bottle

### Clothing:

- Your child should wear long pants (track pants or leggings), a shirt that covers their shoulders (no singlets), a hat and a warm jacket if it is cold. Your child must also wear closed shoes. If the children are doing art or a messy activity, please wear old clothing or pack an art smock. Please ensure your child has a hat that offers good sun protection.
- On hot weather days, there will be an increased likelihood for spontaneous water play, please send your child with a spare set of clothes, towel and thongs.
- Sunscreen – Please apply sunscreen prior to signing your child in. Throughout the session sunscreen will be applied in accordance with our Sun Safe Policy. 30+ Sunscreen is available at all services. If your child has an allergy / sensitivity to sunscreen, please supply a suitable sunscreen for them to wear and inform staff.

### Do not pack any valuables:

We are unable to take responsibility for or secure valuables, including toys and electronic games or money. Electronic Devices, tablets and cameras are not permitted. We ask that children do not bring their own mobile devices (including smartwatches) to Vacation Care

### Excursions:

Parents and carers can contact staff when on an excursion by calling the Centre mobile. A risk assessment for excursions is always conducted. On excursion days children need to be at the centre 30 minutes before the time on the program. Outdoor activities may be substituted due to weather conditions.

### Items Required for Excursions:

Packed lunch for the whole day · Water · A full brimmed hat · A back pack · Closed in shoes & clothing that meet the sun protection requirements

### Signing in and out

It is a requirement of enrolment and funding to sign children in/out of the centre each morning and afternoon they attend the Centre, including school holiday care. Children are not permitted to sign themselves in or out of care.

### Absences and sick children

All absentee days are payable. Changing or cancelling days booked requires 1 week written notice made directly to the Centre. Staff are unable to accept verbal requests to change attendances.

Sick children are not permitted to attend the centre as they may spread infection. If you need us to administer medication to your child, you must complete a form – please ask one of our team members.

### Fees and rebates

Families can access the Child Care Subsidy (CCS) to subsidise these fees. CCS covers up to 90% of the session fee, incursion fee and excursion fee based on the household income. For example, a family eligible for 64% CCS will only pay 36% of the remaining session fee. This means for a 10-hour session costing \$100, the family will pay the gap fee of \$36 with the remaining \$64 covered by CCS. That's \$3.60 per hour.

Families not claiming the subsidy or in the process of being assessed for it will be required to pay the full fee amount upfront. To receive the subsidy, you need to register with the Department of Human Services on 13 61 50 from 8am to 8pm, Monday to Friday or 13 12 02 for information in languages other than English. Fees must be paid 2 weeks in advance. If fee payments are not maintained, we will offer the place to the next family on the waiting list. We cannot process bookings for families with fees owing from after-school care or previous vacation care programs.



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