



## Discovery Kids

Before and After School Care

NEWSLETTER

OLGC Karrinyup

February 2021



discoverykidselfc



DiscoveryKids



Welcome back to 2021, we have had a great start to the new year and are all excited to be back at before and after school care.

This term at Discovery Kids we have been focusing on getting to know all our new families and children to ensure everyone is happy and excited to join us.

During the Vacation Care holidays we had so much fun participating in our favourite incursions and excursions including Latitude, movies, bowling, Lollipops Play centre and Mini Golf.

We also have our up and coming Vacation Care Program ready with plenty of awesome and fun incursions and excursions!

From all the Staff at Discovery Kids ☺

A big congratulations to our OLG Coordinator Bec and her family on their baby news!



### DAILY REMINDERS

- ✓ A reminder to send a spare hat and a water bottle for your child/children.
- ✓ If your details have changed please update them via "My Family Lounge" App
- ✓ Please do not forget to sign your child in and out. This is extremely important and a legal requirement!

### BOOKING REMINDERS

- ✓ Statements are sent out weekly, if you do not receive your statement please email [discovery\\_kids@outlook.com](mailto:discovery_kids@outlook.com) and for all other booking inquiries
- ✓ Fees work on block times- BSC 7-9am \$25
- ✓ ASC 2.30-6pm \$35
- ✓ OLGC- Monday-Thursday BSC and ASC
- ✓ PERMANENT BOOKINGS – 7 days notice is required to cancel a permanent booking to qualify for a 50% holiday rate OR to change to another day within that week
- ✓ CASUAL BOOKINGS - Once a booking is made we cannot cancel and refund your fees unless a change is made within 24 hours of the booking
- ✓ REMINDER – UP TO DATE FEES Please ensure fees are paid for and up to date

### ON-SITE Mobile

If you need to contact the centre whilst your children are in care, the onsite mobile number is: 0401 736 369

The mobile will be in use during opening times:

Monday-Thursday 7-9am and 2-6pm

## SUSTAINABILITY/FAMILY/COMMUNITY INVOLVEMENT

This term at Discovery Kids we are collecting "Containers For Change". We will be transferring all collected materials from each of our centres into the collection bin at our Early Learning Centre in Balcatta. Please bring in your recycled items as we would love to collect as many as possible, with all money raised being donated to a chosen charity!



✓ ELIGIBLE CONTAINERS

### Parents and Guardians

We are currently reviewing the following Policies. We welcome any feedback you may have in regard to these. Please feel free to let us know or contact us via email if you wish to contribute.

Pg 39-41 Arrival & Departure of Children Policy

Pg 139-141 Behaviour Guidance Policy

Pg 22-23 Celebrations Policy

Pg 42-44 Child Protection Policy

Pg 162 Children's Belongings Policy

Pg 163 Clothing Policy

Did you know?

It is very rare to be able to touch the palms of your hands to your shoulders?!

### JUST FOR LAUGHS

Son: "Dad, can you tell me what a solar eclipse is?"

Dad: "No sun."

### Importance of Physical Activity

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.



A minimum of 30 minutes a day for both you and your child can allow you to enjoy these benefits. For more information please visit:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/phy-activity>

## IMMUNISATION FOR CHILDREN

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them.

Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases. For more information, visit:  
<https://beta.health.gov.au/healthtopics/immunisation>  
And  
<https://campaigns.health.gov.au/immunisationfacts>

## Recipe of the Month School Day Smoothies!

½ Cup frozen berries  
½ Cup natural yoghurt  
½ Cup orange juice  
1 banana

Blend all ingredients together for a healthy, fruity smoothie!

**Tip:** Freeze the smoothie mix the night before into a sealed cup, pack into lunchbox the next day and the smoothie will be ready to drink by lunch time! Also tastes great frozen 😊

## FAMILY INPUT

At Discovery Kids we value everybody's opinion. If you have any input about activities, projects, the program, menu ideas or anything else that you would like to see happen at Discovery Kids please let us know via email, phone or speak to any of our staff members.

### Child Protection and Family Support

Child Protection and Family Support are an integral part of the Discovery Kids Staff Training Program. Each year all staff participate in a Child Protection workshop and online course. Child Protection and Family Support protects and cares for Western Australian children and young people who are in need and supports families and individuals who are at risk or in crisis. For more information please visit-  
<https://www.communities.wa.gov.au/services/child-protection-and-family-support/>

### Homework

At Discovery Kids we provide a quiet area and separate table for children to complete their homework. An educator is available to help the children and keep them on task. Please advise the educator on duty if you would like your child to complete their homework whilst at Discovery Kids.



### HOME ROOM

REMEMBER TO FOLLOW YOUR CHILD'S  
PROGRESS ON HOMEROOM  
WE LOVE SHARING PHOTOS OF THE DAY  
WITH OUR DISCOVERY KIDS FAMILIES!

## COVID-19 INFORMATION

Please make sure to advise us of any interstate and/or international travel, and please do not attend the centre if you or your child:

- a) Are unwell or have flu-like symptoms
- b) Have been in contact with anyone who has arrived from overseas
- c) Have been in contact with anyone who has recently tested positive to COVID-19
- d) Have recently returned to Australia from overseas

Should you wish to travel, we ask that you consult the following websites and contact numbers to inform yourself about border restrictions, exemptions and quarantine requirements:

### **Entry to Australia**

Website: <https://covid19.homeaffairs.gov.au/coming-australia>

Phone: 1800 020 080

### **Entry to Western Australia**

Website: <https://www.wa.gov.au/government/covid-19-coronavirus>

Phone: 13COVID (13 26843)