

Get Term 1 ready! 2024



Everything you need
to know about Before
& After School Care

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Keeping children
safe online

Page 17



Pages of fun kids'
activities inside!



Your Term 1
Checklist (including
lunch box ideas!)

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Your
OSHC.

by  Camp
Australia

Welcome to Term 1!

Happy new year and welcome to Camp Australia. We hope you had a fantastic break and are ready to kickstart 2024 with exciting, enriching and extraordinary experiences we've got planned in Your OSHC, our before and after school program, and Rocketeers, our holiday care program!

We're looking forward to meeting new families with prep children starting school for the first time! With a lot of excitement in the air, we understand that it can all be quite overwhelming at times. But, don't worry – this handy mini mag will have everything you need to know about starting school, joining Outside School Hours Care (OSHC), and guiding your child to create fun memories and build new friendships.

Flip through the pages to discover the benefits of OSHC, practical tips for new prep families, our Big Art Competition and a sneak peek into an awesome line-up of events coming up! Plus, there are fun activities for your child inside too, so make sure you check those out!

And that's not all. Share the completed 'Colour your Mind' activity on [page 8](#) to WIN one of two \$100 art & craft vouchers!

So, Get Term 1 Ready with us and register your child to book a session in Your OSHC today!



Save money with the Child Care Subsidy

All of our services, including Your OSHC and Rocketeers are eligible for Child Care Subsidy (CCS). Most families are eligible for some level of CCS so we encourage you to make a claim with Centrelink to find out how much you could be saving.

Taking advantage of CCS means more money in your pocket whilst your child enjoys our extensive range of awesome experiences throughout their school year!



Don't forget to make sure all your details are complete and up to date in your Parent Portal!

Download our Parent Portal app and register today.

What is Your OSHC.?



Before School Care

Let your child start their school day with a positive mindset and a healthy breakfast. A space to connect with friends and opportunities to explore their interests. Activities can include mindfulness practices, art and craft, fun group games and more.

After School Care

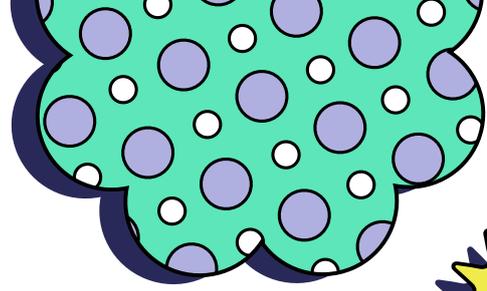
Each afternoon features a showcase activity, like science experiments, construction competitions and more. With tailored activities to encourage and support your child's passions, they socialise and learn through hands-on experiences. Plus, a healthy snack sends them home satisfied.



Pupil Free Days

Let your child socialise, learn and have fun from morning to evening as they engage in a range of active and creative experiences, from meditating and painting to playing dodgeball and even having a dance party. It's a full day of tailored experiences led by the interests of the children.

Exclusive to



Camp Australia hold exciting events throughout the school year, such as Rubbish Robots, LEGO® play workshops, and Big Art Competitions, where children showcase their talents through various outlets that provide an extension to their school learning.

Rubbish Robots

Imagination through purposeful play

Children in Your OSHC unleashed their creativity by building their own Rubbish Robots using recyclable materials to raise awareness about the importance of recycling and how it can impact the environment.



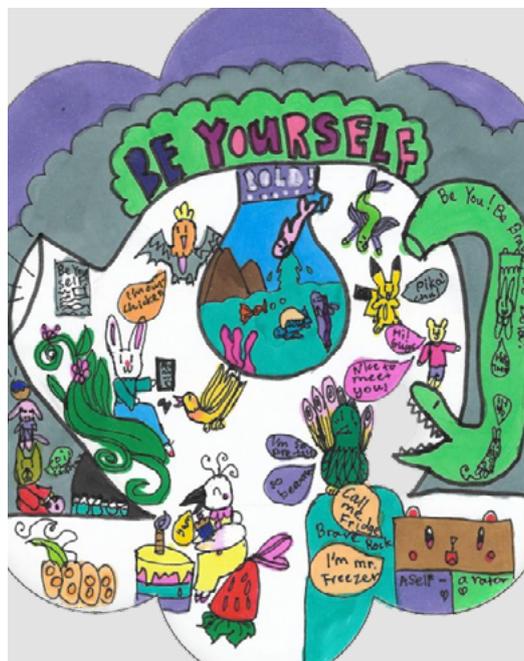


Big Art

Be Bold. Be Brave. Be You.

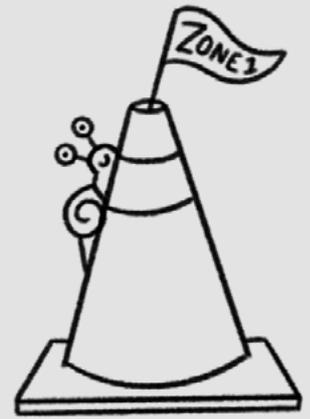
After a huge success with the Big Art Comp in 2023, Big Art is back bigger, better and bolder than ever before! It's the ultimate platform to showcase and celebrate the incredible talents of the children through various forms of ART.

Find out more on [page 18!](#)



Dedicated Zones

Your OSHC services feature dedicated zones to help each child explore their interests and grow their passions. Each zone provides optimal learning outcomes that align with our framework of purposeful play, where children learn through play whilst developing key skills.



Chillout Zone

Supports rest or quiet engagement with others



Imagination Station

Space for imaginary play and fun social situations



Homework Club

Encourages homework tasks with guidance or independence



Crafty Collection

Area with an array of craft resources to encourage creative expression



Games Central

Dedicated games area with board games, charades and more



Nature's Way

Supports engagement with natural resources and learning about nature



Sports Box

Encourages healthy and active play through various sporting equipment



Construction City

Safe, dedicated space to engage in building, stacking and making

Your OSHC gallery

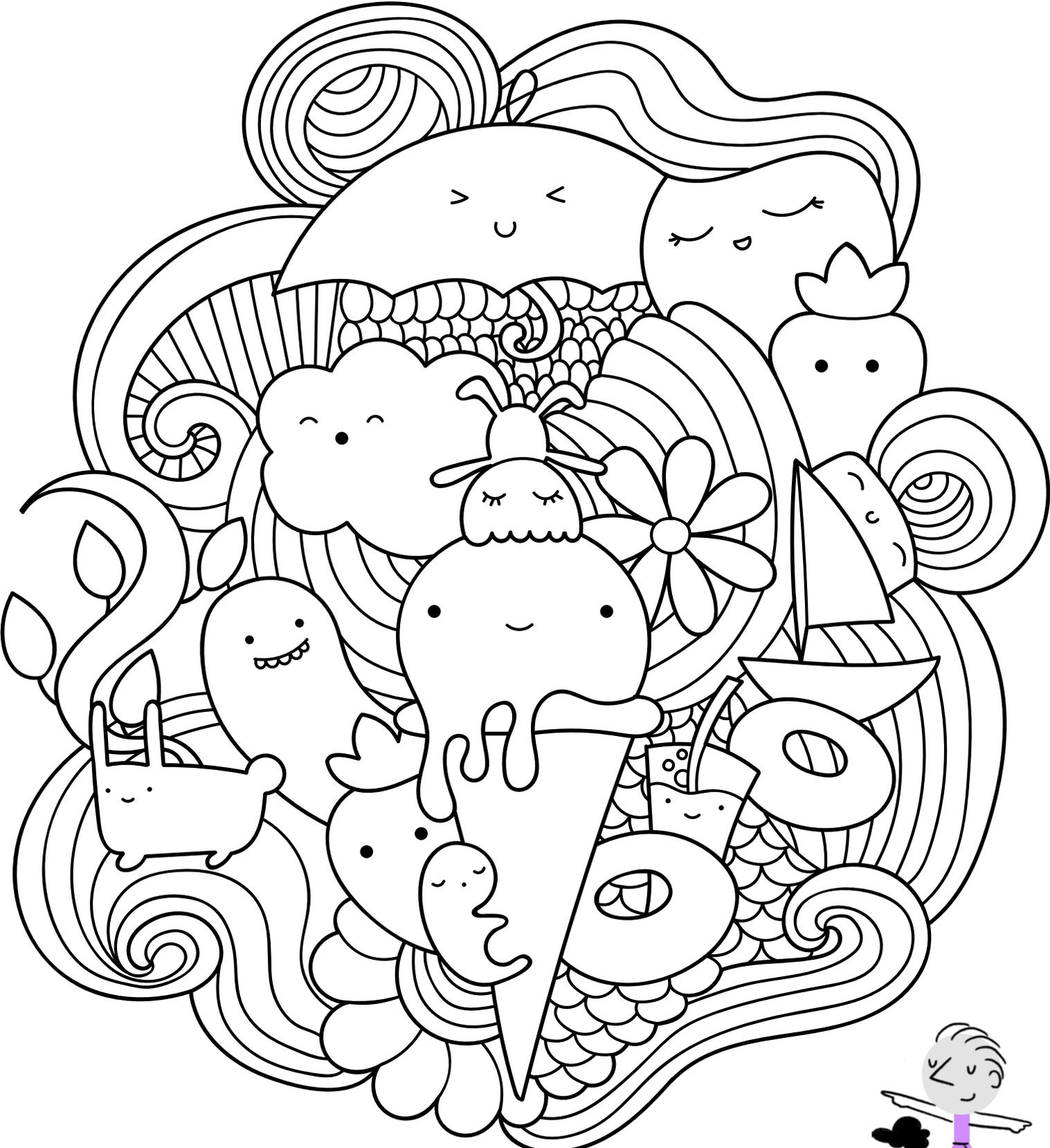
Not only are our children making amazing creations in Your OSHC sessions, they are learning and inspiring others by sharing their ideas through play. Check out some of the activities children love to get involved in Your OSHC.



WIN!

Colour Your Mind

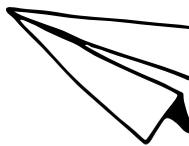
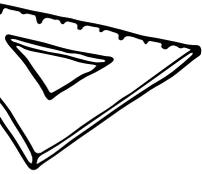
Find your inner Zen and unleash your creativity through this mindfulness colouring activity!
Share your completed creation on the @campastralia Facebook competition page in the comments for your chance to WIN one of two \$100 art & craft vouchers!



*Giveaway ends on 12 April 2024. Winners will be contacted 23 April 2024 via the Camp Australia Facebook account. Limit one entry per person.

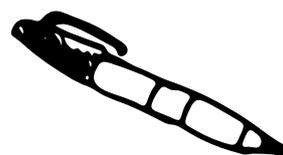
Word Search

Find 10 words to do with starting school.
Can you find them all?



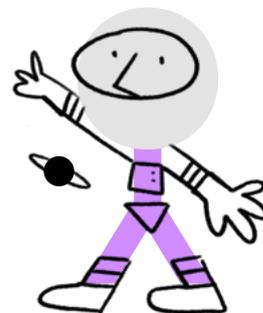
- BACKPACK
- TEACHER
- FRIENDS
- CLASSROOM
- UNIFORM

- LEARN
- BOOKS
- PLAYGROUND
- FUN
- LUNCHTIME



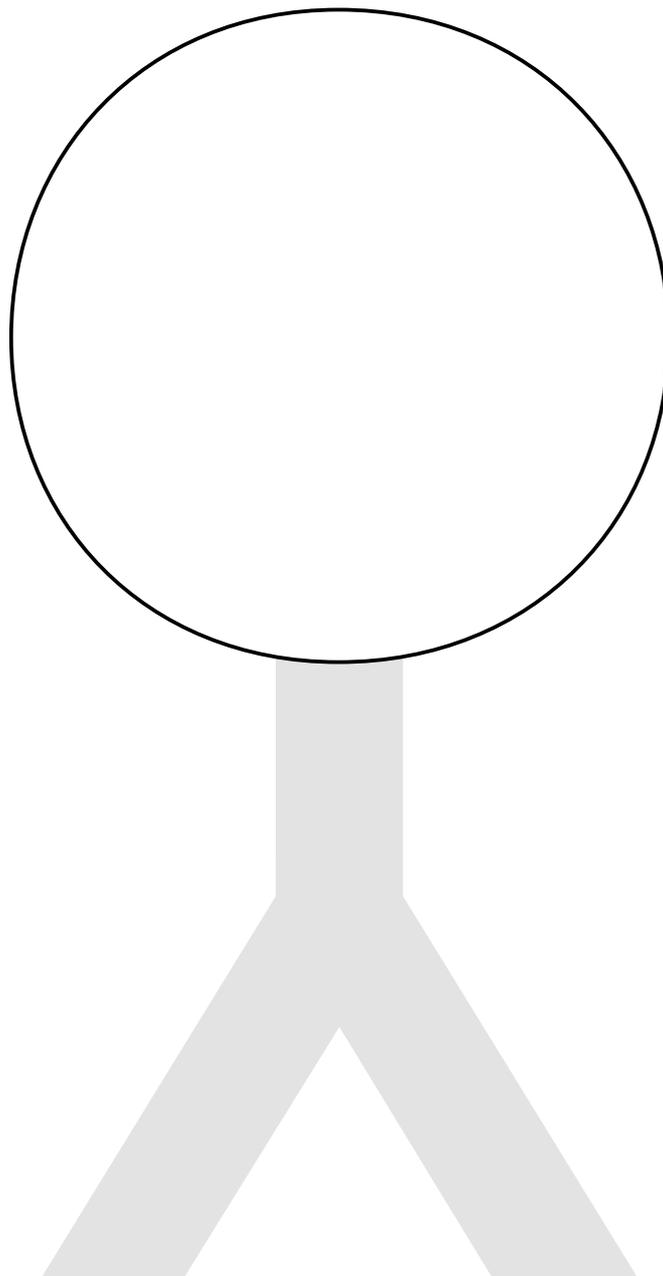
Spot the difference!

Can you spot the difference between the two pictures?
Hint: There are 6 to find!



Create Your Own OSHC Character!

Draw yourself doing your favourite school activity!



Get Term 1 Ready

Summer fun and holidays are over and the reality of heading back to school is kicking in fast for families. For some, it might be “just another year”, but for others it would be completely new and a lot of the times, clueless.

Don't panic. You're not alone in this!



Going back to school or starting school for the first time especially after a long summer holiday can be overwhelming. So, we've prepared our top 5 tips that will keep you and your child confident, happy, and starting Term 1 on a positive note.

- 1 Have the 'talk' with your child about starting school.** Dive into a conversation about what they're looking forward to, as well as some worries they might have.
- 2 Don't feel pressured to buy everything.** When it comes to buying uniforms, a great tip is to start off by only getting current season pieces, rather than trying to buy a whole year's worth of wardrobe from the get-go.
- 3 Create a lunch plan you can stick to.** Select your 'hero lunch' of the week and have it prepared and 'locked in' for the week. If you have a fussy eater, you can prepare their lunches into 'cold' (chicken wrap) and 'hot' (pasta), or 'sweet' (banana bread) and 'savoury' (corn fritters) options to alternate every other day. For more inspiration on our latest menu enhancement recipes, [click here](#).
- 4 Stay calm and on top of school communications.** Any key updates you may need to know about your child or their class will be communicated from their teachers. There is no need to know everything or be pressured to be involved in all school events.
- 5 Sharing is caring.** Usually, there is a Facebook page or a group chat where parents can ask away random questions (shamelessly) and get information about what's happening during the school term.

Click here to
**read
more**

For more tips on getting ready to start school, visit our blog:
campastralia.com.au/blog



Term 1 OSHC Checklist



- Download the Camp Australia Parent Portal app
- Register your child so if you ever need to book care, you're already all sorted!
- Make your first booking
- Meet the Coordinator prior to your first session
- Find out what programs are on at your service
- Bring a snack (for After School Care)
- Make sure you have a Sun Smart hat for your child
- Think about your child's interests (what they would find engaging and fun)
- Talk to your child about attending OSHC so they know what's happening





Penne Pasta with Broccoli

Ingredients:

1 bag of pasta | 1 bunch of broccoli | 2 tablespoons of Nuttlex butter | ½ teaspoon of thyme | ¼ of chopped onion | ¼ teaspoon of crushed garlic | 2 tablespoons of olive oil | salt and pepper

Instructions:

- Cook pasta and microwave broccoli to quicken the cooking process
- Once broccoli has finished in the microwave, leave aside to cool
- Once cooled, cut broccoli into small pieces
- Cut onion into small pieces
- Place chopped onion, garlic, thyme, salt and pepper in a fry pan
- Stir fry until onion is cooked through
- Place broccoli into the pan and cook for 5 minutes with the lid on

TIP: Add a little water to the pan so it doesn't dry up contents

- Drain pasta once cooked and stir in the butter
- Stir in the butter
- Place in an insulated lunch container to keep it warm and fresh





Cinnamon Scrolls

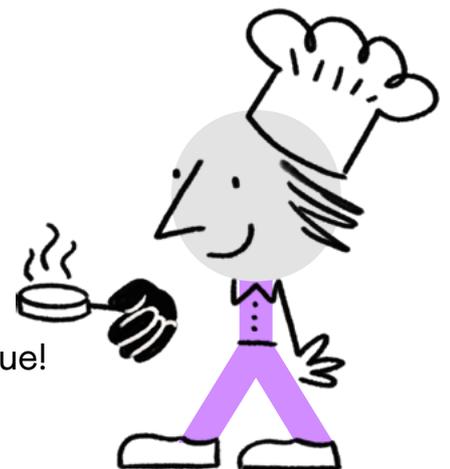
Ingredients:

3 cups of self-rising flour | 1 tablespoon of egg replacer | 1 cup of cooking oil | 1 cup of sugar | 1 teaspoon of vanilla extract | 1 ½ teaspoon of baking powder | milk | cinnamon powder | icing sugar

Instructions:

- In a large bowl, place oil, sugar, vanilla extract, and baking powder and mix
- Then add the flour and mix well
- Gradually add milk until mixture forms a dough
- Place the dough on a well-floured surface and knead until smooth
- Roll the dough out flat to a thickness of 1cm then sprinkle cinnamon all over the dough
- Roll the dough with the cinnamon side inside, so it looks like a long sausage
- Cut the dough into 3 inches wide and place on lined baking trays and press down a little
- Pre-heat the oven to 180°C
- Place into a pre-heated oven and bake for 30 minutes or until the middle is firm
- For the last 8 minutes, turn the oven heat to 200°C
- Leave cinnamon scrolls to cool
- Once you have your icing, place on top of the scrolls

TIP: Add coloured food dye to the icing mix to make it unique!



Supporting Inclusivity through OSHC

At Camp Australia, we have a commitment to *Guiding Children's Growth*, and as a child-safe organisation, we strive to ensure all our services are inclusion-ready with support for children, promoting their overall wellbeing and safety that integrates with their school experience.



OSHC programs offer a valuable opportunity for children to access developmental play and encourage friendships beyond the classroom and across age groups. When children focus on developing social and emotional skills, they impact their overall wellbeing and capacity to engage in academic performance, as well as future life outcomes.

An example is our proprietary CARE (Collaborative, Adaptive, Resolve, Early Intervention) Program, which offers extensive support to ensure the inclusion of children with diverse needs, including those with physical and mental disabilities, as well as those with behavioural or communication challenges.

[Click here](#) to read more on this topic in the latest NSW Police Legacy Child Safety Handbook.



E-Safety Guide for Families

We live in a world where now more than ever, children as young as 2 years old are connected to the world wide web, accessing various online content and potentially exposing themselves to negative experiences that could harm or endanger them.



Camp Australia partner with industry experts and professionals to provide practical and relevant tips for families with primary school-aged children. In 2023, we invited Australia's eSafety Commissioner to lead our Insight Series discussion on the topic about the importance of keeping children safe online and how schools and families can help them navigate through the digital world.

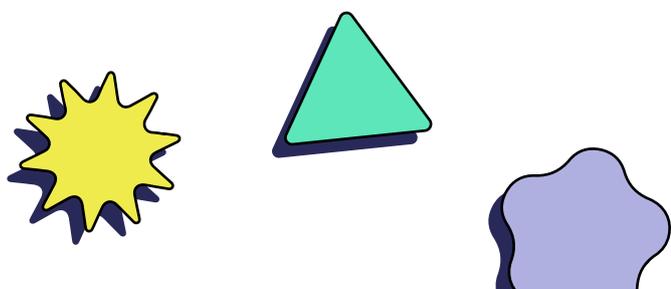
There are ways to create a safer online experience for your children, whether at home or school. Here are some key points from eSafety Australia* to consider for families when discussing online safety with their children.

CONNECT with care – and carefully. The internet should be used with love, care and kindness to develop healthy relationships and create an environment where everyone feels safe to share and interact. As a parent or guardian, you need to teach them that the online space is not an outlet for negativity, such as bullying, stalking, leaving hate messages or any other misconduct.

REFLECT before you act. It's important to teach your children the 'power of words' and how they can affect others. It can even save lives in some instances. Understanding that certain comments and messages left online can be misunderstood and even be hurtful with lasting scars for those in the receiving end.

PROTECT your children by taking caution and action. Educate children about protecting themselves and reaching out to family and school if they are experiencing difficult situations online.

*www.esafety.gov.au/newsroom/whats-on/safer-internet-day

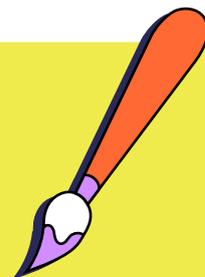


What's coming up in 2024



Big Art

- Big Art Fridays
- Big Art Days
- Big Art Comps



They will engage in weekly art activities in Big Art Fridays (After School Care), indulge in more art during the school holidays in Big Art Day (Rocketeers), and be part of something BIG in the termly Big Art Competitions to showcase their talents on a national stage with awesome prizes up for grabs!

THE ROCKETEERS ★ FILM FESTIVAL ★

Stop-motion animation film using LEGO bricks!



Get ready to sit back and watch the winning films made by the children attending our summer Rocketeers program in our online premiere award show on 3 March 2024!



ROCKETEERS



Click here to

**FIND
OUT
MORE**

Escape the ordinary and experience the extraordinary for a school holiday like no other!

FUN is your 'mission'! Discover your next holiday destination where no two days are the same, and every day promises a new adventure.



- Hundreds of unique experiences every season
- 250+ convenient locations around the country
- Make new friends, learn new things, have FUN!
- Breakfast and afternoon snacks included



OPERATION (Base Camp Day)

Your Commander (Coordinator) and Crew (educators) design a program around a special theme tailored to the interests of your child.



PROJECT (Incursion)

It's time to enhance the fun and upgrade your child's skillset with a special project where they can get creative and active through play!



EXPERIENCE TAKEOVER (Incursion)

Led by special guests or industry experts, your child will enjoy enriching and fulfilling experiences through hands-on fun and learning.



ADVENTURE (Excursion)

Embark on an expedition outside Base Camp to exciting destinations like museums, mini golf courses, inflatable playgrounds and more.



ROCKETEERS

LAUNCH INTO HOLIDAY MODE!

We're ready to blast off to our next mission. Discover out-of-this-world experiences for your child!

Child Care Subsidy (CCS) available for eligible families.

Click here to **BOOK NOW**



Your OSHC.

Bookings now open for Term 1 & beyond!

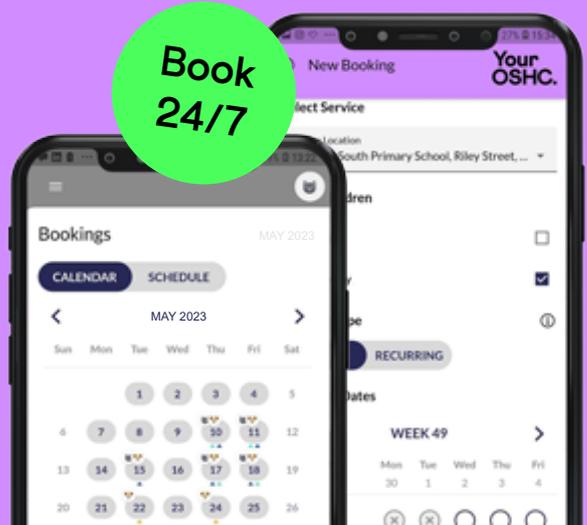


Click here to **book now**

Make and manage bookings using the Parent Portal app for smartphone.

Download the Parent Portal app today and take control of your account with ease.

Book 24/7



GET IT ON **Google Play**



Download on the **App Store**