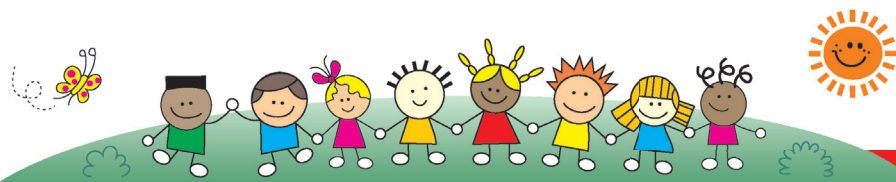









Vacation Care Program 4 January - 8 January 2021

Monday 4th January	Tuesday 5th January	Wednesday 6th January	Thursday 7th January	Friday 8th January
<p>WELCOME BACK "Game On!"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - Electronics and Games Day - Scavenger Hunt - Balloon Ping Pong 	<p>"Cessnock Brick Masters Brick Challenge"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - Lego Technics - Make a Lego Balloon Car - Lego Portraits 	<p>"Hammer Time"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - Woodworking Projects - Exploring Real Woodworking Tools and Materials - Build a Giant Jenga Game 	<p>COMPULSORY INCURSION Bop Til You Drop Slime Disco 1.30 - 3.30pm Cost: \$10.00 per child</p>  <p>Lots of slime-tastic fun with glitter and textured slime, singing, dancing and karaoke</p>	<p>EXCURSION Poppet Head Park 10am - 3pm Cost: \$5.00 per child</p>  <p>Centre Activities:</p> <ul style="list-style-type: none"> - Design a Fairy House - Just Dance/ Go Noodle - Secret Messages
<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>
<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>





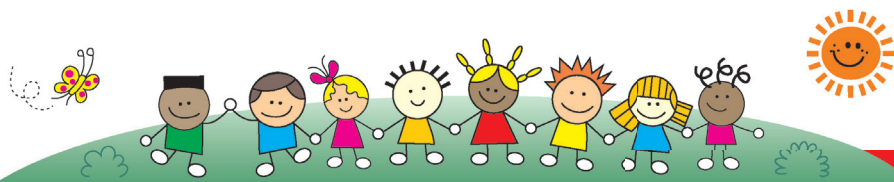
Vacation Care Program 11 January - 15 January 2021

Monday 11th January	Tuesday 12th January	Wednesday 13th January	Thursday 14th January	Friday 15th January
<p>COMPULSORY INCURSION Healthy Cooking and Lunch Box Snack Ideas \$5.00 per child</p> <p>"Health & Wellbeing"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - Yoga and Exercise - Tasting Challenge 	<p>COMPULSORY INCURSION RAWArt Workshop 'Arty Aussie Animals' 9.30am - 11.00am or 11.30am - 1.00pm Cost: \$10.00 per child</p>  <p>Using 2D Media to create Aboriginal inspired masterpieces.</p>	<p>EXCURSION No Limits Sports Day Traditional Indigenous Games 9.30am - 1.30pm Cost: \$10.00 per child</p>  <p>Centre Activities:</p> <ul style="list-style-type: none"> - Sand Art - Sock Puppets - Ice Challenge 	<p>"Mosaics From Magazines"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - How to Make Recycled Magazine Art to Look Just Like a Ceramic Masterpiece 	<p>"Rock Band Auditions"</p> <p>Centre Activities:</p> <ul style="list-style-type: none"> - Create Your Own Rock Band and Film a Video Clip 
<p>LUNCH Provided</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>	<p>LUNCH Bring your own packed lunch "Healthy Food Guide" attached</p>
<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>	<p>BRING Sunsafe Hat, Water Bottle, Spare Clothes</p>

Educating and Caring for Children since 1963






5 Dudley Street, Cessnock NSW 2325
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ABN: 81 002 428 908

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Vacation Care Program 18 January - 22 January 2021

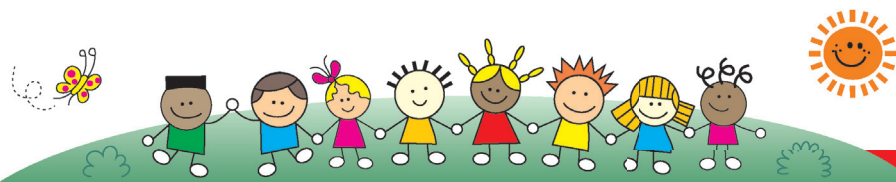
Monday 18th January	Tuesday 19th January	Wednesday 20th January	Thursday 21st January	Friday 22nd January
"Clay Creations" Centre Activities: - Get creative and make the perfect hand made jewellery, bowls, creeping critters and wall art 	EXCURSION No Limits Sports Day Water Sports 9.30am - 1.30pm Cost: \$10.00 per child  Centre Activities: - Rock Art and Origami - Hot Air Balloons	"Team Trivia Challenge" Centre Activities: - Sports - Music - Movies - Animals How much do you know? 	EXCURSION Cessnock Performing Arts "Gruffalo's Child" 10am or 2pm Cost: \$15 per child  Centre Activities: - Loom Bands - Boot Camp - Butterfly Paintings	"PJ Day" Centre Activities: - Movies - Popcorn - Pamper Spa and Nail Painting - Slipper Relay 
LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached
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Vacation Care Program 27 January - 29 January 2020

Monday 25th January	Tuesday 26th January	Wednesday 27th January	Thursday 28th January	Friday 29th January
COMPULSORY INCURSION JD's Magic Workshop 1.30pm - 2.30pm Cost: \$10.00 per child  Centre Activities: - Australia Day Sausage Sizzle and Pavlova - Creative Flip Flops	CLOSED	STAFF DEVELOPMENT DAY Services open at: - Dudley Street - Nulkaba Educational OOSH - Bellbird Educational OOSH	STAFF DEVELOPMENT DAY Services open at: - Dudley Street - Nulkaba Educational OOSH - Bellbird Educational OOSH	OOSH Regular Services BSC 6:30am - 9:30am ASC 3:00pm - 6:00pm
LUNCH Bring your own packed lunch "Healthy Food Guide" attached		LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached	LUNCH Bring your own packed lunch "Healthy Food Guide" attached
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Healthy Food Guidelines

Best left in

All fresh fruit
(whole or cut up)
Fruit in natural juice
(from a tin or tub)

Whole vegetables
(e.g. corn on the cob)
Salad vegetables
Canned vegetables (e.g. corn)
Veggie sticks

Fruits and Vegetables

Best left out

Fruit juice and fruit drink
Fruit straps
Fruit bars
Potato chips and crisps

Best left in

Breads: loaf, pita, rolls, Lebanese, wholemeal, wholegrain,
Turkish, scrolls, pumpkin bread, raisin bread, rye
*High fibre breakfast cereals
Rice
Pasta
Noodles
Pikelets/pancakes
Fruit muffins/scones

Air-popped popcorn
Cous cous
Rice/corn cakes
*Rice crackers
Crumpets
*Crispbread/crackers

Breads and Cereals

Best left out

*Low fibre, high sugar or salt breakfast cereals
Pastries e.g. croissants, donuts, danish
2 minute noodles
*Muesli and cereal bars
Cakes
Sweet biscuits – plain, cream filled, chocolate and
chocolate chip
Coloured, buttered or salted popcorn

Best left in

Cheese
Plain milk

Vanilla or fruit yoghurt
Custard

Milk, Yoghurt, Cheese

Best left out

Flavoured milk
Flavoured custard
Dairy desserts or puddings

Note reduced fat dairy products are recommended
for children over 2 years of age

Best left in

Roast beef, tuna, salmon
Lean chicken, fish, pork, veal, beef, lamb
Cubes of tofu
Hard boiled egg
*Baked beans
Sardines

Lean Meat, Fish, Chicken or Alternative

Frankfurts
Cabanossi
Chicken roll
Bacon
Sausages

Best left out

Chicken patties
Sausage rolls or pies
Salami
Devon

Note check your service allergy policy before sending eggs

Best left in

Water
Plain milk

Drinks

Best left out

Fruit juice and fruit drink
Soft drinks
Cordial
Flavoured mineral waters
Flavoured milk
Energy drinks
Sports drinks

***Use these guidelines
to choose healthier
packaged foods**

Nutrition Information		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.5g	4.9g
- saturated	4.6g	3.0g
Carbohydrate	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg

Always compare products using the
100g column

Less than 20g fat per 100g

Less than 5g saturated fat per 100g

Less than 15g sugar per 100g

Less than 600mg sodium per 100g

Good for kids
good for life