



Acknowledgment of Country

BEPS OSHC respectfully acknowledges the Wurundjeri People of the Kulin Nation as Traditional Custodians of the land on which our service stands. We pay respect to Elders past and present and to their continuation of cultural, spiritual and educational practises.

DATE: 24/08/23
TERM 3, WEEK 7
ISSUE #27

News from BEPS OSHC

- See what the OSHC Staff are working on
 - See Page 2 for full information
- 2022-2023 Child Care Subsidy & End of Financial Year
 - Services Australia has started balancing Child Care Subsidy for the 2022-23 financial year
 - See Page 3 for full information
- OSHC Sub-Committee
 - We would love parents to be on our OSHC committee- Talk to Rena if you are interested
 - OSHC Policies are currently under review by the OSHC Committee
- Medical management plans medication, allergies & dietary requirements; please let us know of any updates and changes
 - This also includes any behavioural needs or additional support

CONTACT US

Phone: 9387 2631

Mobile: 0409 380 202

Email: ranita.swamy@education.vic.edu.au

Website: <https://beps.vic.edu.au>

We would love
your feedback &
suggestions!



Please scan me!

What the BEPS OSHC Staff are working on



One of our Educational Leaders, Lucy, attended a professional development session with Rod Soper a few weeks ago. Rod has over 20 years of experience in education and has led numerous research projects, published papers and book chapters within the field of education, teaching practice, learning design, leadership and organisational change- an expert to say the least! He is truly an inspirational educator.

He talked about the importance of promoting wellbeing in OSHC services and how to make sure this process is intentional and in the best interest of the children and young people in our services. He gave us some fantastic resources; one of which being, the Wellbeing Perspectives (as pictured below).

Wellbeing is already something that BEPS OSHC takes very seriously and have been working on for some time, as we want all of the children who attend our service to feel comfortable, supported and celebrated. We are always looking for more ways to grow and improve and thus will be starting to incorporate these Wellbeing Perspectives into our program. We will be doing this by attempting to plan for activities, with the intention to promote these perspectives. For example, running an activity such as dodgeball, to promote reciprocal play, persistence and resilience. We are already intentional with our activity planning but we are hoping to deepen our promotion of wellbeing. When we promote these skills in a play and leisure environment, over time these will hopefully extend and transfer out into other areas of their lives, such as school, friendships, extracurriculars, etc and on into later life.

We would love to hear if you have any feedback or any suggestions you have as we implement this!

Wellbeing Perspectives

1. Self-regulation

What this looks like in OSHC:

- * Understand that all children have different responses; all emotions are valid
- * Being able to provide strategies to children when they experience big emotions (and over time, children will be able to implement these strategies themselves)

3. Reciprocal Play

What this looks like in OSHC:

- * Running games with the children such as tag, team games,
- * Running activities or games involving teamwork and sharing
- * Positive reinforcement of children who sharing well

5. Gratitude

What this looks like in OSHC:

- * Staff to guide and role model this behaviour
- * Running mindfulness activities such as meditation, journaling, yoga
- * Conversations with children

7. Challenges

What this looks like in OSHC:

- * Introducing new activities into the weekly program
- * Running activities involving STEM, physical activity, risk-taking, problem solving
- * Designing these activities for children to succeed, in some way or another

9. Agency

What this looks like at OSHC:

- * Consistent communication with children in regards to routines and service
- * Empowering children to make decisions as much as possible (e.g. afternoon tea choice, activities, conflict resolution, behaviour management, etc.)
- * Children feel as though they have ownership at OSHC- staff need to facilitate

2. Relational Security

What this looks like in OSHC:

- * Having safe, consistent and effective relationships with the children in the service
- * Having regular conversations with children
- * Ensuring children feel familiar and comfortable in the service spaces,
- * Ensuring consistency of routines in the service (e.g. afternoon tea and activities)

4. Persistence

What this looks like in OSHC:

- * Verbal encouragement of children when they encounter a setback
- * Running team building games, hands-on or active activities
- * Encouragement of children to maintain a 'growth mindset'

6. Empathy

What this looks like in OSHC:

- * Having conversations about empathy when resolving conflict among children
- * Encouraging children to support and care for peers and friends
- * Staff to promote children's voice in terms of their emotions

8. Agility

What this looks like in OSHC:

- * Providing activities that promote physical development
- * Running activities that use fine motor skills (e.g. craft, sewing, playing musical instruments, colouring, Lego)
- * Running activities that strengthen core muscles (e.g. bike riding, gymnastics)

Furthermore, over Term 3 and 4 staff meetings, educators will also be undertaking some professional development by NOSHA about 'Embedding Inclusive Practises in OSHC', which will cover topics such as Complex Behaviour Support, Trauma-Informed Practise and Neurodiversity Affirming Practise.

Child Care Subsidy balancing basics

At the end of each financial year, Services Australia balances your Child Care Subsidy. They do this to make sure you got the right amount of subsidy for the year.

How it works

Services Australia look at your actual income for the 2022–23 financial year and compare it to the estimate you gave them.

They then work out if you were paid too little, the right amount or too much. They'll send you a letter to let you know the outcome. Your outcome will tell you which of the following applies to you:

- You'll get a top up of subsidy because you were paid too little.
- You'll need to pay Services Australia back because you were overpaid.
- Nothing further because you were paid the right amount.

What you need to do

To balance your payments, Services Australia needs to confirm your family income for the 2022–23 financial year.

They'll do this after you and your partner lodge your tax returns with the Australian Taxation Office (ATO). If one or both of you don't need to do this, you'll need to tell Services Australia you or your partner don't need to lodge and provide your actual income, even if you've already told the ATO.

For 2022–23, you need to confirm your family income before 30 June 2024.

Your subsidy can only be balanced once your income is confirmed.

Telling Services Australia you or your partner don't need to lodge a tax return

You can tell Services Australia you or your partner don't need to lodge a tax return and provide actual income in either your:

- Centrelink online account through myGov
 - Express Plus Centrelink mobile app.
- Select **Advise non-lodgement** and follow the prompts.

If you separated during the financial year, we may use your ex-partners income to balance your payments. If your ex-partner has not lodged a tax return, or if you don't know if they have lodged one, you should call Services Australia on **136 150**.

When Services Australia will balance your subsidy

Services Australia will start balancing Child Care Subsidy payments from mid–August 2023. This is to make sure they have all your attendance details for the financial year.

Where to go for more information

To see when your subsidy has been balanced you don't need to call Services Australia. Instead you can:

- keep an eye on your myGov Inbox or myGov app, this is where Services Australia will send your outcome statement
- view the status of Child Care Subsidy balancing in your Centrelink online account through myGov or Express Plus Centrelink mobile app.



To find out more about balancing your Child Care Subsidy go to servicesaustralia.gov.au/ccsbalancing



Glimmers into BEPS OSHC



What the children of BEPS OSHC have been doing in Week 7

This week, the children did dress-ups, rock painting, ran a fortune-telling stand, did some cooking and lots of outside activities because of the sunshine! On Friday, it was Dress-Up Day, so we had a lot of fabulous characters come into aftercare! Princess Belle, Where's Wally, the BFG and quite a few Harry Potters...



Upcoming Beforecare and Aftercare Activities

Term 3, Week 8

MONDAY

28st August

BSC:

- Children's Choice in the OSHC Room/Hall with Phyllis & Hannah

ASC:

- Aboriginal colouring sheets in the OSHC Room with Izzy & Hannah
- Colourfuls with Hayfa & Faye
- Wheels on the Basketball Court with Chandika & Lucy

TUESDAY

29th August

BSC:

- Children's Choice in the OSHC Room/Hall with Phyllis & Hannah

ASC:

- Making books in the OSHC Room with Angela & Ulli
- Dancing and music in the Music Room with Hannah
- Masterchef on Colourfuls with Hayfa and Kerryn
- Obstacle courses on the Basketball Court with Lucy & Izzy
- Bush OSHC with Jake
- Footy on the Oval with Chandika & Faye

WEDNESDAY

30th August

BSC:

- Children's Choice in the OSHC Room/Hall with Kerryn & Hannah

ASC:

- Father's Day crafts in the OSHC Room with Izzy & Hannah
- Cooking in the Kitchen with Kerryn
- Colourfuls with Phyllis & Faye
- Wheels on the Basketball Court with Jake & Chandika

THURSDAY

31st August

BSC:

- Children's Choice in the OSHC Room/Hall with Kerryn & Jake

ASC:

- Father's Day crafts in the OSHC Room with Hayfa & Ulli
- Quiet activities in the Tinker Lab with Lucy
- Colourfuls with Kerryn & Angela
- Half-Court games on the Basketball Court with Izzy & Chandika
- Gymnastics and mats in the OSHC Room with Hannah & Jake
- Science Club on the Handball Court with Faye & Phyllis

FRIDAY

1st September

BSC:

- Children's Choice in the OSHC Room/Hall with Kerryn & Jake

ASC:

- Movie + children's choice in the OSHC Room with Hannah
- Free time in the Hall with Lucy
- Wheels on the Basketball Court with Faye