



## 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: 12/10/23  
TERM 4, WEEK 2  
ISSUE #32

## News from BEPS OSHC

- Term 4 is a **Sun Smart Term!** This means that all students are required to wear hats when playing outside. Please make sure that your children are bringing hats to school.
- Important dates to know for Term 4
  - We will **NOT** be running on Monday 6th November (BEPS Pupil Free Day)
  - We **WILL** be running a curriculum day service from 8am- 6pm on Friday 15th December (BEPS Pupil Free Day)
- National Breast Cancer Awareness Month --> October
  - Please see Page 2 for more information
- National Nutrition Week --> 15-21st October
  - Please see Page 3 for more information

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Please scan me!





# Upcoming important dates (community)



## October– Breast Cancer Awareness Month

In honour of October being Breast Cancer Awareness Month, we are dedicating Friday the 21st of our OSHC program to host suitable activities! We want to make sure that our activities and values align with that of the community, to ensure that the children in our service are learning to be connected with and contribute to their world.

# BREAST CANCER AWARENESS MONTH 2023

This October, join us to raise more than awareness as we take action, support one another, and help women now.

Our activities include:

- Making Pink Pancakes --> this is inspired by the National Breast Cancer Foundation's annual Pink Ribbon Breakfast. We wanted to do a fun spin on our own breakfast as an activity for afternoon tea and creating opportunity for learning and conversation for the children involved.
- Making DIY Pink Breast Cancer Ribbons --> this is inspired by the classic pink ribbon that people often wear during this month to raise awareness on the issue. We wanted to use our own resources to create these in an art and craft activity, as well as creating an opportunity for learning and conversation with the children involved.

## ABOUT PINK RIBBON BREAKFAST



PINK RIBBON BREAKFAST TURNS 21!

We would like to thank our amazing community across Australia who, in the past 21 years, have taken part in the Pink Ribbon Breakfast and come together to raise vital funds for breast cancer research.

This October, will you help us make it the biggest one yet and host a Pink Ribbon Breakfast event in support of breast cancer awareness month?

You can choose to host a breakfast, morning/afternoon tea, brunch or lunch from the comfort of your own home, at work, in your local centre or hospitality venue. Raise funds for world-class breast cancer research because together, we can reach a future with Zero Deaths from breast cancer.

Will you join the thousands of Australians across the country raising funds to support the 57 Australians diagnosed with breast cancer every day?





# Upcoming important dates (community)



## 15-21st October- National Nutrition Week

In honour of this upcoming week being National Nutrition Week, we are running extra cooking activity with the children in our service!

We want to make sure that our activities and values align with that of the community, to ensure that the children in our service are learning to be connected with and contribute to their world.

**OUR HEALTH IS OUR MOST IMPORTANT ASSET.**



LIFE IS COMPLICATED ENOUGH, SO LET'S KEEP IT SIMPLE... TRY FOR 5!

EVERY DAY, JUST TRY FOR A LITTLE MORE VEG

SOME IS BETTER THAN NONE

BUT TRY FOR 5!

**EVERY VEG COUNTS**

## NATIONAL NUTRITION WEEK 15 - 21 OCTOBER 2023

Our activities include:

- Rice Paper Rolls --> to incorporate many different vegetables into these yummy snack, to create a food rainbow!
  - Offering a wide range of colours in children's food is not only visually appealing, but also ensures that children are receiving a great variety of nutrients.
- Making Orange Muffins --> we are incorporating fruits into these healthy muffins!
  - Orange and yellow fruits and vegetables contain vitamin A, which helps maintain healthy mucous membranes and healthy eyes.
- Making Pink Pancakes --> (as mentioned before) this is inspired by the National Breast Cancer Foundation's annual Pink Ribbon Breakfast-which will be served with strawberries!
  - Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

## OUR HEALTH IS PRECIOUS

### PROTECT AND NURTURE YOUR BODY

DID YOU KNOW THAT YOUR FOOD CHOICES CAN AFFECT THE WAY YOU FEEL? ENERGY SLUMPS, FEELING LOW AND DIFFICULTY SLEEPING CAN ALL BE THE RESULT OF POOR FOOD CHOICES. FUELLING YOUR BODY WITH THE RIGHT FOODS





# Glimmers into BEPS OSHC



## What the children of BEPS OSHC have been doing in Week 2...

We did some silly photos this week! We did some clay creations, decorative mobiles, spiral snake windchimes, flapping paper cranes, flower baskets- so many crafts! We also outside activities such as soccer, bush OSHC, colourfults!





# Upcoming Beforecare and Aftercare Activities

## Term 4, Week 3



### MONDAY

16th October

#### BSC:

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

#### ASC:

- Halloween mask-making in the OSHC Room with Hannah
- Cooking in the School Kitchen with Lucy
- Colourfuls with Faye & Hayfa
- Wheels on the Basketball Court with Jake & Izzy

### TUESDAY

17th October

#### BSC:

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

#### ASC:

- Halloween Craft in the OSHC Room with Hayfa & Ulli
- Quiet/mindful activities in Terra Verde with Lucy
- Colourfuls with Kerryn & Faye
- Hockey on the Basketball Court with Jake & Chandika
- Grassheads on Bush OSHC with Hannah & Izzy
- Diamond Cricket on the Oval with Rory
- Seed planting on Handball Court with Angela

### WEDNESDAY

18th October

#### BSC:

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

#### ASC:

- Bunjil the Eagle (Dreamtime) craft in the OSHC Room with Hannah
- Cooking in the School Kitchen with Kerryn
- Colourfuls with Chandika & Faye
- Wheels on the Basketball Court with Jake & Zac

### THURSDAY

19th October

#### BSC:

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

#### ASC:

- Halloween Craft in the OSHC Room with Ulli & Hayfa
- Dance/music in the Music Room with Hannah
- Colourfuls with Kerryn
- Volley-catch on the Basketball Court with Rory & Chandika
- Rock Painting on Bush OSHC with Angela & Lucy
- AFL on the Oval with Izzy
- Science Club on the Handball Court with Faye & Phyllis

### FRIDAY

20th October



Breast Cancer Awareness Month

#### BSC:

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

#### ASC:

- Wear-It-Pink Ribbons in the OSHC Room with Phyllis
- Pink Pancakes in the Kitchen with Hannah
- Wheels on the Basketball Court with Lucy & Faye