



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: 29/08/24
TERM 3, WEEK 7
ISSUE # 27

News from BEPS OSHC

- The next OSHC invoice will be emailed out to families on:
 - Monday 9th September
- Please see link or scan the QR code to access the OSHC Families Feedback survey
 - It's anonymous!
 - <https://www.menti.com/algzajx659em>
- A very early forewarning for families
 - In Term 4, the school will be shut on Monday 4th November and Tuesday 5th November (Monday is a Student Free Day and Tuesday is the Melbourne Cup Public Holiday).
 - OSHC will NOT be running on the Monday 4th November and Tuesday 5th November
 - I.e. No curriculum day service, no before-school care, no after-school care, on either of those dates.



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Information for children & families

Emergency Evacuation Drills



Next week, we will be conducting our termly emergency evacuation drills. We are required to do these once a term, in before-school care and after-school care, to ensure that we are practised and prepared should a real incident occur during OSHC hours.

On each day, the before-school care drills will **begin at 8:30AM** and the after-school care drills will **begin at 4:30PM**. These are our planned dates for each of the evacuation drills:

- Walkaround/ Offsite
 - Monday 02/09
- Fire Drill
 - Tuesday 03/09
- Lock-In
 - Wednesday 04/09
- Lock-Out
 - Thursday 05/09

We have given the children and young people of OSHC a forewarning that we will be conducting these drills next week- because we do so many each year, the children are all relatively familiar with how these work and usually, these run very smoothly. On the day, we do give clear instructions for children to follow and at the conclusion of the drill, we allow time to debrief and children can ask any questions that they may have.

For parents and families or any children who want more information, this is the gist of what each of the drills entails:

- Walkaround/ Offsite
 - The staff and children walk around the external perimeter of the school grounds.
 - This drill is designed to mimic an off-site evacuation, as instead of going to a local park, we just walk around the outside of the school, entering and returning out of the Basketball court gate.
 - There will be a staff member who stays back at OSHC while this is occurring, should families or children arrive while this drill is occurring.
- Fire Drill
 - Staff and children follow instructions to gather on the school's basketball court.
 - This drill is for a fire or a gas leak, or for any reason in which we would need to get all children out of the school buildings
- Lock-In
 - Staff will escort all children into the school hall and staff will lock the doors from the inside. Staff and children complete this drill with minimal talking and then sit in the hall in silence for a few minutes before the drill concludes.
 - This drill is for if someone is walking through the school grounds and poses a risk or threat to the safety of the children and/or staff, is unknown, etc.
- Lock-Out
 - Staff escort children out of an 'unsafe' room and into a different safe space.
 - This drill is for if medical emergencies occur, or if there is a behavioural incident occurring, or staff deem a space or person unsafe.

Upcoming community dates

Paralympics Games Paris 2024



During Weeks 3 & 4, OSHC ran Olympics-inspired sports and craft activities, and we concluded with a Closing Ceremony in which children could display all their artwork and receive medals for their participation in sports. This was such a success- we had so many children involved in a whole range of activities and everyone had lots of fun! We felt that it would also be important to do a week dedicated to the Paralympics, as they have commenced in Paris earlier this week!

Paralympics Australia have created some great resources in the lead up to the Paralympics, including; conversations to have with children, physical activities, colouring, quizzes and other resources to increase education and understanding. In the program plan for next week, we have included four sports activities, as well as some art activities that will be floating around the OSHC Room across the week. We've designed these physical activities to challenge students and get them to move their bodies in ways they're not necessarily used to when participating in sports. We will not be emulating or enacting disabilities- as per Paralympics Australia's resources, we are planning to run activities that promote the investigation of "how sports can be adapted to suit a range of abilities".

The sports activities that we are planning to run next week:

- Monday --> Indoor Silent Dodgeball
- Tuesday --> One-Arm Basketball
- Wednesday --> Seated Volleyball
- Thursday --> 3-Legged Race & Guided Running

At conclusion of an activity, staff will discuss and reflect with the children, using the Paralympics Discussion and Reflection Questions below. We want to be having these conversations so that children are learning and responding to diversity and inclusion with respect.

4 Discussion and Reflection Questions:

- What did you find challenging when you were participating in the various Para-sports?
- How did you overcome some of these challenges?
- Do you think someone with a disability might face and overcome similar challenges in their daily life?
- It was easy to adapt these sports and activities to ensure people of all abilities could play. What could we change in our own lives to ensure people with a disability are included?
- Why is it important that people of all abilities are given opportunities to participate in sport?

During before-school care and after-school care, we may put the live Paralympics on the TV for children to watch, should they wish, as we did for the Paris Olympics earlier this term. In the OSHC Room, we'll have some colouring in of 'Lizzie', who is a frill-neck lizard and the mascot of the Australian Paralympic Team! We'll display some of our favourites on the OSHC fridge!



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(9am to 1am daily)
headspace.org.au/eheadspace

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

QLife

LGBTI peer support and referral

1800 184 527
qlife.org.au



If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

Glimmers into BEPS OSHC



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

The children have really enjoying sewing recently- so there's been lots of sewing in the OSHC Room during aftercare and beforecare. Some of the children made slime, we played some trivia games, we've also been working on Father's/ Special Person's Day crafts! We made chocolate chip cookies, played trivia games, did lots of colouring in and sensory play!



Upcoming Beforecare & Aftercare Activities

Term 3, Week 8

MONDAY

2nd September

BSC:

- Children's Choice in the OSHC Room with Lucy, Hannah & Zac

ASC:

- Recycled Craft in the OSHC Room with Hannah & Lucy
- Silent Dodgeball in the Hall with Jake & Hannah R

- Children's Choice/ Play on the Colourfuls with Hayfa & Faye
- Children's Choice/ Play on the Basketball Court with Andreas & Zac

TUESDAY

3rd September

BSC:

- Children's Choice in the OSHC Room with Kerryn, Hannah, Zac

ASC:

- Tissue Paper Flowers in the OSHC Room with Hayfa & Angela
- NY Times Brain Games in the Tinker Lab with Zac
- One-Arm Basketball Challenge on the Basketball Court with Jake & Andreas

- Children's Choice/ Play on the Colourfuls with Faye & Kerryn
- Children's Choice/ Play on the Oval with Lucy & Hannah
- Children's Choice/ Play on Bush OSHC with Izzy

WEDNESDAY

4th September

BSC:

- Children's Choice in the OSHC Room with Kerryn, Hannah & Andreas

ASC:

- Writing Cards to Your Future Self/ Friends in the OSHC Room with Hannah & Angela
- Seated Volleyball on the Basketball Court with Chandika & Zac

- Children's Choice/ Play on the Colourfuls with Faye & Kerryn
- Children's Choice/ Play on the Basketball Court with Jake & Andreas

THURSDAY

5th September

BSC:

- Children's Choice in the OSHC Room with Kerryn, Angie & Andreas

ASC:

- Dance Games & Tiktok Dances in the Tinker Lab with Hannah
- Science Club on the Handball Court with Faye
- 3-Legged Races & Guided Running on the Oval with Jake & Chandika

- Children's Choice/ Play in the OSHC Room with Hayfa & Ulli
- Children's Choice/ Play on the Colourfuls with Kerryn
- Children's Choice/ Play on the Basketball Court with Hannah R & Andreas

FRIDAY

6th September

BSC:

- Children's Choice in the OSHC Room with Lucy & Hannah

ASC:

- Gratitude Poster in the OSHC Room with Hannah

- Children's Choice/ Play on the Basketball Court with Faye