



## 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: 05/09/24  
TERM 3, WEEK 8  
ISSUE # 28

## 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 and we'd love your feedback!
  - <https://www.menti.com/algzajx659em>
- Just a reminder for families, on the last day of term 3 (Friday 20th September), school will be finishing at 2:30PM.
  - Therefore, OSHC will open from 2:30PM that day, instead of our regular 3:30PM, to accommodate for the early finish. We will remain open until our usual closing time, 6PM.
  - Please let us know if your child will need care on that day OR if they will be absent.



## CONTACT US

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# Information for families



## School Holiday Program- Merri-bek City Council



With the end of term approaching, we thought we'd remind all the families that BEPS OSHC (us) does not run holiday program. But Merri-bek City Council does and they run it out at the school- they essentially borrow all the same spaces that OSHC normally uses. If your child/ children need care these school holidays, we've included some information below on how to book in your child. Lucy and Hannah, two of our OSHC educators, also work at the council during the school holidays at the program at Brunswick East, so there will be some familiar faces there!

### How to book

Bookings for positions in the primary school holiday program open before that school holiday period. Dates will be updated on this page as they become available. Once booking becomes available the Casual Booking Calendar will open. Your booking should only be considered confirmed once you receive a confirmation email from us.

New families will need to register [on the My Family Lounge website](#). You need to register before you can use our online booking system. If you already have an existing account, do not make another. If you have registered before but cannot remember your password, you can request a new one.

Once you are ready to make a booking, log in using the My Family Lounge log-in page [on the My Family Lounge website](#). To find out more about how to use the My Family Lounge booking system, read the My Family Lounge Help guide [on the My Family Lounge website](#).

Your booking is not confirmed until you receive a confirmation email for your booking.

See below for upcoming September/October program plan

## School Holiday Program September 2024 Brunswick East



Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<b>Arts and Crafts: Bubble Painting</b> Use simple ingredients such as food dye water and a straw to create an awesome painting! <b>Nature Scavenger Hunt</b> Come prepared to run and use your navigation skills to find the right objects to get your prize! <b>Sport: Capture the Flag</b> Get your sneaking skills ready. It's time to play capture the flag and work together to win with your friends! <b>Obstacle Course</b> Build your own obstacle course and see if you can complete the course and beat your personal best. <b>Scratch Board Art</b> Create a colourful piece of artwork using only a stick and a black piece of cardboard, what design will you unfold! <b>Sport: Down ball Competition</b> Enter the program's down ball competition and see if you can become the ultimate SHP champion.	<b>Incursion: Merri-bek Senior Citizens Visit 10.30AM - 12.00PM</b> This morning, we will enjoy the company of some of Merri-bek's senior residents. We will hear stories about their childhood, games they played with friends and enjoyable stories about their school years. <b>Cooking: Pancakes</b> Make pancakes and use your favourite assortment of fruits to decorate and eat them with. <b>Sport: AFL Grand Final</b> Come dressed in your footy team colours and enjoy a whole heap of AFL activities to prepare for the AFL Grand Final! <b>Paper Tower Competition</b> See if you can build a gigantic tower using only paper and sticky tape. Prizes will be awarded for the tallest and most creative towers. <b>Papier Mache Globes</b> Create a miniature Earth using glue, paper and balloons. You can take it home and show everybody where we live.	<b>Cooking: Fruit in a Pond</b> Bring your jelly making skills and love of fruit, as we work together to make this healthy yummy snack. <b>Arts and Crafts: Target Throw Making</b> Bring along an old cardboard box, and we will turn it into an exciting target. We will also make bean bags that we can aim at the target. <b>Sport: Dodgeball Competition</b> Form a team with your friends and work together to be crowned the holiday program champions! <b>Outdoor Cubby House Construction</b> Build a cubby using the resources available in the school yard. You are also welcomed to bring any materials from home you wish to help build your cubby. <b>Mini Garden Making</b> Decorate jars and egg cartons that we will then use to grow different plants in over the two weeks.	<b>Excursion 9.00AM-3.30PM</b> <b>Ceres Environmental Park</b> Join us for some holiday fun at CERES! There's exploring to be had in the farm, by the wetlands, and along the Merri Creek. We'll search for minibeasts in the soil, see birds soaring through the skies, and have fun investigating plants and how they grow. <b>Sport: Number Soccer</b> Get your listening ears ready. Listen for your number and jump on the soccer field and score as many goals as you can! <b>Mosaic Face Portraits</b> Use all the different materials available to you at the holiday program to create a life size picture of your face. <b>Slime Making</b> It's time to get your hands dirty! Today we are going to make the slickest slime you have ever seen. Pick your colour and get creating. <b>Sport: Hall Games</b> Get ready to compete in various sport games in the hall.	<b>PUBLIC HOLIDAY</b>
Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<b>Excursion - 9.00AM-3.30PM</b> <b>Latrobe Mini Golf Park</b> Join us in a fun day of mini golf and adventure to be seen around the park. Navigate your way through running water and escape pirates on the lakes course. Or even sneak past the wild animals and scale giant boulders on the desert course. <b>Arts and Crafts: Pipe Cleaner Flower Bouquet</b> Create a beautiful set of flowers that will last forever using only pipe cleaners and some glue. <b>Nature Cubby Marking</b> Use all the amazing natural materials at Brunswick East to make the coolest cubby ever! <b>Tie Dye Shirts</b> Bring a white shirt from home and get ready to watch your boring shirt transform into a colourful outfit. <b>Arts and Crafts: Bubble Paint</b> Using food dye water and a straw to create a work of art.	<b>Incursion: Mad Science Mayhem 1.00PM-2.30PM</b> A combination of crazy chemistry and fun (or freaky) physics in one mad mayhem session. <b>Cooking: Banana Bread</b> Get ready to mash some bananas and do some quality baking to produce the tastiest banana bread possible. <b>Theatre Time</b> Plan, write and perform your own play for your friends. You may choose to come dressed as a character or create a costume. <b>Sport: Hall Games</b> Get ready to compete in various sport games in the hall. You will be required to compete as an individual and work in different teams joining in on the team spirit. <b>Science: Celery Food Colouring Experiment</b> Use some celery and food dye to discover the inner workings of the plants you see daily.	<b>Cooking: Fruit Kababs</b> Create your own healthy fruit sticks using an assortment of fruits that you will prepare yourself. Leave it in the freezer for a refreshing snack to cool yourself off later in the day. <b>Story Writing Time</b> Learn how to plan, write, and draw your own picture story book. You can then spend time reading out and sharing your story. <b>Sport: Cricket</b> Learn how to bowl and bat and participate in a game of cricket. Soon you'll be hitting the ball for 6! <b>Arts and Crafts: Bird Silhouette Painting Project</b> Use some simple templates and sponges to make a gallery worthy art project. Your birds will feel like they are about to jump off the canvas. <b>Sport: Hall Games</b> Join us in some hall games. Compete as an individual and work in different teams to challenge your friends.	<b>Cooking: Cookies</b> Let's spend the morning making some cookies that everyone at the program can enjoy eating later in the day. <b>Arts and Crafts: Bug Box Making</b> Decorate glass jars and milk cartons that are soon to be filled with creepy crawlies you find outside. <b>Obstacle Course</b> Build your own obstacle course and see if you can complete the course in a personal best. <b>Monster Day</b> Come dressed as your favourite monster or character. We will carry out a parade to show off every cool costume. <b>Sport: Dodgeball Competition</b> Form a team with your friends and work together to show off the holiday program champions! <b>Sport: Hall Games</b> Get ready to compete in various sport games in the hall. You will be required to compete as an individual and work in different teams.	<b>Incursion: Bubble and Squeak 10.30AM-12.00PM</b> Join in on the journey exploring the marvellous and miraculous magic of balloons and bubbles. Learn how to twist balloons with your very own hands and making bubbles of all sizes. <b>Balloon Disco Party</b> Bring your disco shoes and party hats as we party on the last day of the program. We will play a bunch of party games to enjoy our last day here. Dress up in your best disco outfits as well! <b>Guided Drawing Meditation</b> After a hectic party, we will follow along with some guided drawing to help us rest and reset. <b>Hairspray Day</b> Time to pick your favourite colour and spray your hair. <b>Movie and Popcorn Time</b> Chill out at the end of the day with some popcorn and a movie. We can't wait to see you next holidays.



# Upcoming community dates

## RU OK? Day- Thursday 12th September



This upcoming Thursday is R U OK? Day and we will be including this day into our OSHC program. R U OK? is a national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times. The organisation contributes to suicide prevention efforts by encouraging people to invest more time in their personal relationships and building the capacity of informal support networks – friends, family and colleagues – to be alert to those around them, have a conversation if they identify signs of distress or difficulty and connect someone to appropriate support, long before they're in crisis.

Our service has a strong Commitment to Child Safety and Wellbeing, and we felt that this day is a meaningful opportunity to support children and young people's wellbeing and emotional safety, and thus wanted to include it in our program plan. We wanted to ensure that we acknowledge this day and embed it into the service in a child-appropriate way. The R U OK? website has some incredible resources that are broken down into differing school-aged levels and we have printed some of these for children to engage with on Thursday. We'd also like to encourage all the students to wear a little bit of yellow to show their support for the day- this could be a t-shirt, a hair ribbon, a bracelet, anything!

We also encourage all parents, carers and families to participate in this day too! We ask you to take a minute out of your busy day to check in on your friends, peers, colleagues and loved ones to create space for important conversations and to wear a bit of yellow. It's also really important to take time to reflect on how you are doing yourself, and as usual, please let us know if we can be of any support!

### How to stay connected and ask R U OK? any day

**Start by asking, 'are you OK?'**

**No, I'm not OK.** **Yes, I'm fine.** But your gut says they're not:

**Dig a bit deeper:**

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm ready to listen if you want to talk."

**Listen with an open mind**

**Encourage action and offer support**

- "How can I help?"
- "Have you thought about seeing your doctor?"
- "What would help take the pressure off?"

**Make time to check in**

- "Let's chat again next week."

**RU OK? ANY DAY**

ruok.org.au

### Conversation tips

## Ask RU OK? ANY DAY

- Be prepared for the conversation** (Illustration: laptop, smartphone)
- Ensure you have enough time** (Illustration: watch)
- Find a private, quiet place to chat** (Illustration: dining table)
- Remove distractions** (Illustration: hand covering ear, "DO NOT DISTURB" sign)
- Be present and actively listen** (Illustration: two characters talking)
- Share what you've noticed in a non-judgemental way** (Illustration: speech bubble "I've noticed that...")
- Embrace any silences** (Illustration: two characters sitting together)
- Let them know you want to support them** (Illustration: speech bubble "Is there something I can do to help?")
- Talk through ideas of what they could do to manage the situation** (Illustration: "MEET WITH" calendar)
- Check in regularly so they know you care** (Illustration: "REMINDER" calendar)

Learn more at [ruok.org.au](http://ruok.org.au)



## Mental Health Services and Support

### Beyond Blue

24/7 mental health support service

**1300 22 4636**  
[beyondblue.org.au](http://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](http://headspace.org.au/eheadspace)

### 13YARN

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

**13 92 76**  
[13yarn.org.au](http://13yarn.org.au)

### Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
[lifeline.org.au](http://lifeline.org.au)

### Suicide Call Back

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

**1300 659 467**  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

### Mensline

24/7 counselling service for men

**1300 78 99 78**  
[mensline.org.au](http://mensline.org.au)

### 1800 RESPECT

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

**1800 737 732**  
[1800respect.org.au](http://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](http://kidshelpline.com.au)

### QLife

LGBTI peer support and referral

**1800 184 527**  
[qlife.org.au](http://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 8...

This week we've had some crazy weather! So unfortunately, we haven't had lots of time outside, but we did do lots of fun inside activities instead! Some highlights from this week are; tissue paper flowers run by Hayfa and Angela, Pokemon colouring in, cooking, sewing, lots of indoor dodgeball and all the sport we managed to squeeze in on the one sunny day we had. This week we also did all our emergency evacuation drills for the term and the children were absolute superstars!





# Upcoming Beforecare & Aftercare Activities

## Term 3, Week 9

### MONDAY

9th September

#### BSC:

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

#### ASC:

- Origami Monster Bookmarks in the OSHC Room with Hayfa & Hannah
- Wheels on the Basketball Court with Chandika & Zac
  
- Children's Choice/ Play on the Colourfuls with Faye & Hannah R
- Children's Choice/ Play on the Oval with Andreas & Jake

### TUESDAY

10th September

#### BSC:

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

#### ASC:

- Beaded Flowers in the OSHC Room with Hayfa & Angela
- Trivia Games and NY Times Brain Games in the Tinker Lab with Zac
- Making Stress Balls on Colourfuls with Hannah & Izzy
  
- Children's Choice/ Play on the Basketball Court with Andreas & Chandika
- Children's Choice/ Play on the Oval with Andreas & Faye

### WEDNESDAY

11th September

#### BSC:

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

#### ASC:

- Dance & Gymnastics on the Oval with Zac & Jake
- Cardboard Flower Vases at Bush OSHC with Angela
  
- Children's Choice/ Play in the OSHC Room with Hannah & Hannah R
- Children's Choice/ Play on the Colourfuls with Faye & Kerry
- Children's Choice/ Play on the Basketball Court with Andreas & Chandika

### THURSDAY

12th September

RU OK? Day



#### BSC:

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

#### ASC:

- RU OK? Day Activities in the OSHC Room with Hannah & Lucy
- Cooking in the Kitchen with Kerry & Hayfa
- Science Club on the Colourfuls with Faye & Angie
  
- Children's Choice/ Play on the Basketball Court with Andreas & Jake
- Children's Choice/ Play on the Oval with Chandika & Hannah R

### FRIDAY

13th September

#### BSC:

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

#### ASC:

- RU OK? Day Poster in the OSHC Room with Hannah
  
- Children's Choice/ Play on the Basketball Court/ Colourfuls with Faye