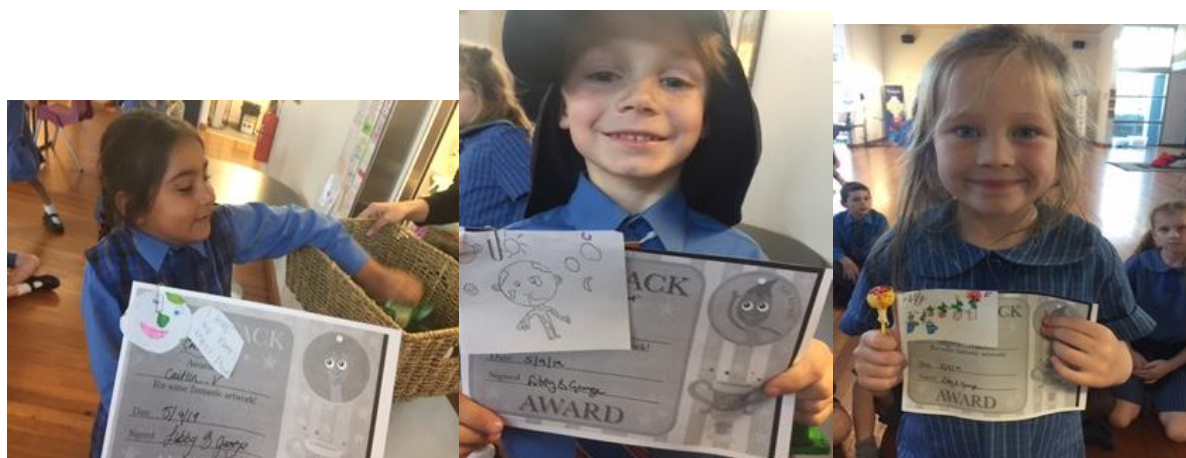


Outside of School Hours Care

Week Eight Term Three

Hello St Joseph families, over the past week, we have been handing out awards to the winners of our 'Save the Planet' competition. We awarded children for various strengths, such as, creativity, information and facts and unique designs. The aim was to create a logo that sent a message in relation to being environmentally aware.





Our next project is all about health and well-being. We have begun an active program of a morning and afternoon. We will be exploring fundamental movements, being flexible and participating in physical challenges. The children are creating a display of 'sometimes' foods and healthy foods, looking at balanced diets and inner health. How do certain foods affect us? How can we make healthy choices? We are putting together recipes for children to take home that are quick, healthy and cost effective. Great for busy families at St Joseph's!



Morning active program and a healthy afternoon tea



The healthy program is not just about physical activity and diet but also mental well-being. The children will participate in mindfulness, relaxation, meditation and kids yoga. We will also explore what our local community has to offer to support us in healthy lifestyles. Families, don't forget you are entitled to the \$100 Active Kids Voucher at:

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>



Always busy at St Joseph's OSHC!

Have a great rest of the week, from Libby, Gamze and the OSHC children.

