

**A message from the Coordinator**

Hello everyone,

As you all know Hema(Coordinator) and Anna(Educator Assistant) are familiar faces working at Rosanna Oshclub since the beginning of this year. At this uncertain time, we wanted to keep you updated with the current information about what is happening at Rosanna Oshclub. At present, we are still operating our service for BSC and ASC. Please call/text us for any bookings/cancellations on 0427966146 or it can be done online via Iparent portal on KIDSOFT.

In service we are very mindful of the hygiene practices with all the staff and children washing their hands, wearing gloves, sanitising high-touch areas, toys, tables to prevent the spread of germs/virus.

**OSHClub News**

More fun and exciting things that is happening at Oshclub are playing gaga ball, silent ball game, sandpit play, down ball/hand ball games, most trending butterfly painting, building forts and cubby houses, art-activities, colouring, construction play and other games, hoola hoop race and competition. Games and activities that we do is always children interest based and child initiated.



We would like to hear any feedback and suggestion about the children interests, expectations etc from parents and children.

We also request you to send a drink bottle with the child for BSC and ASC as we don't provide bubblers any more as part of the hygiene practices and we also request parents to wait outside in the undercover designated area for children pick-up/drop-off to avoid cross-contamination.

We are open 7am-9am for BSC and 3:30pm-6pm ASC.

### Nutrition and Vitality

Menus are developed based on the Nutrition Australia Guidelines.

#### **Below is our menus for BSC**

Milk, Toasties with butter, Jam and vegemite, Cereals include Weet-bix, Oats, Rice bubbles, Cornflakes, Honey Cherrios.

#### **Below is our menu for ASC – Children choose what they want for the next day from the below list.**

**Platter of fresh seasonal fruits that includes apples, pears, pineapple, banana, kiwifruit, strawberry, oranges, grapes**

#### **AND**

1. Tacos with cucumber, carrot, salsa, cheese.
2. Tortilla wraps with cucumber, cheese, carrot, capsicum, tomato, sweet chilli sauce.
3. Pancakes with honey/maple syrup.
4. Milo drink with assorted sandwiches.
5. Rice crackers with French onion dip.
6. Rice cakes with hommus/beetroot dip.
7. Vanilla/strawberry/mango yogurt with vanilla cup-cones.
8. Popcorn and fairy bread(occasionally)
9. Pasta
10. Spaghetti
11. Chicken noodles
12. Pumpkin and tomato soup.
13. Fried rice with frozen veggies
14. Muffin pizzas with cheese and passata sauce.
15. Springrolls and wedges(last day of the term for party along with some chocolates)

Thanks,  
Hemalatha Rudraiah(Hema)  
Service Co-ordinator | Rosanna Oshclub  
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Any enquiries please call/text/email us.