

**NURRUBY**

# WWOOSH JULY VACATION CARE 2019

Monday 8.7.19	Tuesday 9.7.19	Wednesday 10.7.19	Thursday 11.7.19	Friday 12.7.19
FREE	FREE	\$22 PER CHILD	\$2 PER CHILD	\$14 PER CHILD
<b>MAKE YOUR OWN MOVIE</b> 	<b>NAIDOC CELEBRATIONS</b> 	<b>MOVIES &amp; LUNCH</b> Toy story 4 Bus Leaves at 9.30am & returns @ 2.30pm 	<b>GOLF DAY</b> 2.15pm to 4.30pm 	<b>IMPERIAL LUNCH &amp; POLICE VISIT</b> 
Monday 15.7.19	Tuesday 16.7.19	Wednesday 17.7.19	Thursday 18.7.19	Friday 19.7.19
\$2 PER CHILD	FREE	\$5 PER CHILD	FREE	FREE
<b>PIZZA MAKING</b> Children will learn how to make their very own Pizza 	<b>AFTERNOON TEA IN THE PARK</b> 2.15pm-4.15pm A morning of baking then off to the park to enjoy 	<b>BAKERY VISIT</b> Milkshake & cupcake 	<b>SPORTS DAY</b> 9.30am TO 11.30am 	<b>80'S DANCE PARTY &amp; KARAOKE</b> Children may dress up 
Monday 22.7.19	<p style="text-align: center;">Vacation Care Hours are strictly 8.30am to 5.30pm.                      Morning and afternoon tea are provided.                      Please be aware of Nurruby's strict food policy. We recommend only healthy food options be provided for your children's lunch. If you have any questions, please don't hesitate to ask. Please pack a hat, sensible shoes and a water bottle each day.                      Activities may change due to weather.  <a href="mailto:weewaaosh@gmail.com">weewaaosh@gmail.com</a> -0418324861</p>			
FREE				
<b>Painting your own masterpiece</b> Learning the techniques of watercolour 				

**WWOOSH is strictly open between 8.30am -5.30pm**



## WWOOSH

### July Vacation Care Booking form 2019

Childs Name \_\_\_\_\_ DOB \_\_\_\_\_

For confirmation of bookings please provide email address \_\_\_\_\_

Mobile number \_\_\_\_\_

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Monday 22.7.19					

- Please tick appropriate boxes above for your booking and return to Nurrruby WWOOSH.
- Please note that Parents/Carers are liable for fees on all bookings, unless the child can be replaced.
- It is your responsibility to check your bookings you can phone WWOOSH on 0418324861 or email us - weewaaoosh@gmail.com

Under the new Child Care subsidy scheme, for any child that has not used the service for 8 weeks the Family Assistance office will automatically cancel the enrolment. This means that once your bookings have been loaded into our system and submitted you will need to go back onto the MyGov website and approve the arrangement. Families will be responsible for full fee until the enrolment is re-instated. If you have any questions or concerns please do not hesitate to phone the office on 67926566

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Office use only      Date entered \_\_\_\_\_ Staff Signature \_\_\_\_\_



WWOOSH  
Thursday 20<sup>th</sup> June 2019

Dear Parents,

Just a quick reminder about the correct foods to pack for WWOOSH lunches during Vacation Care. Nurruby WWOOSH aims to provide for children's nutritional needs and will foster good eating habits. We will take into account cultural considerations and children with food allergies.

### **Vacation Care**

Please pack your child's lunch every day that they will attend. WWOOSH aims to encourage healthy eating choices for children. We discourage processed foods, foods high in salt, fat and sugar. The following is a list of suggested suitable lunch time choices:

- A sandwich with simple fillings on different types of breads, rice or corn cakes etc.
- Leftovers that can be heated up
- Salads, boiled eggs, chicken legs.
- Baked beans or tinned spaghetti
- Some dairy foods; yogurts, fruche, cheese, custards
- Fresh fruit, dried fruit
- Pikelets, muffins or scones
- Popcorn
- Rice crackers

**Please avoid sending in chips, chocolates, dairy desserts, donuts, cakes, roll ups etc.**

There is a microwave, oven and sandwich maker if children would like to heat things up. Morning and afternoon teas will be provided, with the children preparing these over the day.

We also encourage children to bring a water bottle each day, WWOOSH has a water cooler that children can access all day and refill their water bottles. **Please do not send fizzy drink, poppers, cordial & flavored milk.**

Please talk to staff about any food allergies likes and dislikes of your child. We welcome any suggestions and are keen to try any new ideas.

Resources: [www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)

This website also has great ideas for packing healthy lunches

Kind Regards

A handwritten signature in black ink, appearing to read 'Jessica Voysey'.

Jessica Voysey

WWOOSH acting Coordinator