# Newsletter

May 2023





Dear St Augustine's community,

As we enter the first week of Winter for the year, we hope everyone Is taking care with their health and staying warm.

This Term has been very busy for OSH Club. We Introduced Yoga on Wednesdays and launched Zen Masters from the Domains of Play. The bookings have opened for Holiday Program, so please jump In quickly as spaces are already filling up.

Today marks Sorry Day and we want to extend our acknowledgement and appreciation of the wisdom we receive from First Nations Australians and experience daily here In Narrm. We are enjoying organising our activities for NAIDOC week with this year's theme: For Our Elders.

Our new resources for the term have arrived and the dress ups are a hit. As are the brain busting puzzles, construction games and art supplies.

Reminder that we offer Flavour Fest and Super Sports In our planner.

See you all around.

Poppy and Laura

**Yoga** 3:45pm – 4:45pm Watch this space for a new, exciting theme day celebrating Mexican Culture.



AN\*MO



Mon-Fri 3:15pm - 6:00pm 0432 574 550 staugustines@oshclub.com.au

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## OSHClub

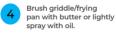
## **Coming Up**



### How do we do it?



3 Heat griddle or large non-stick frying pan over medium heat.



Place bread slices on the griddle/frying pan.

Cook for 4-5 minutes (or until golden).

Flip the slices and cook for another 2 minutes or until golden.

When sufficiently golden, remove the slices from the griddle/frying pan.

Top with the toppings of your choice and serve while still warm.





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## Junior Adventures

## **Current Domains of Play**



Super Sports Sporty sessions to help children develop the skills to set them up for

#### Super Sports



#### **Flavour Fest**

an active life.

With a focus on cooking and nutrition experiences we build the life-skills and knowledge needed to build healthy habits.

Flavour Fest



**Our NEW Domain of Play!** 

### Zen Masters

From Yoga to Random Acts of Kindness we practice skills and exercises to promote happiness, mindfulness and wellbeing that balances the mind and body.

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## Gallery

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