

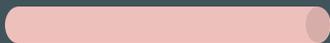


MELROSE

PARK OSHC

BLOG

TERM 1 WEEK 3



DEAR PARENTS

We would like to say a huge congratulations to Lisa on the safe arrival of her baby girl Evangeline. We wish her all the best as she embarks on this new journey of parenthood.



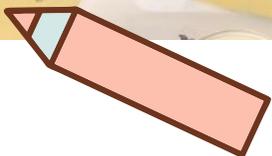
OUR WEEK AT OSHC

Monday morning the children participated in a beading activity. This required the children to select a beading template and then add coloured beads until the template was complete. Once finished the beads were then ironed making them turn into a hard plastic to be played with. Beading is a great activity for children as it provides a plethora of learning opportunities for kids, from counting, sorting and differentiating colours to honing fine motor skills and encouraging creativity. The children loved the process of creating the plastic shapes where their finished creations made for excellent gifts for loved ones.

The afternoon was spent outside enjoying the sunshine. Children played in the sandpit, on the equipment or were happy to engage in free play. Mini Masterchef is a popular game that many children have been enjoying. In this game the children challenge themselves to create food items using sand and kitchen utensils such as cupcake trays, spoons and buckets. Craft consisted of creating loom bands where the children twist bands to create pieces of jewellery such as bracelets and necklaces. This is another great activity as it encourages correct pencil grip and strengthens fine motor skills by improving dexterity. Loom bands are popular with both sexes and it has been great to see some of the children's leadership skills shine through in passing their expertise onto others.

Tuesday morning was the start of our Valentine's Day craft for the week. Using coloured paper, glue, glitter, stencils and beads the children created Valentine's Day cards for their loved ones. Each wrote a personal message on the inside and were encouraged to decorate their card in anyway they wished. It was great to see the children's personalities displayed through their creations. Through this activity the children learnt that it is fun to express their creativity and emotions.

Tuesday afternoon the children participated in a collaborative art challenge. In pairs the children were challenged to guess an object placed in their hands and paint it whilst being blindfolded. This activity was sensory based and thus supported language development, cognitive growth, motor skills, problem solving and social interaction. The children would alternate roles and then vote together on the artwork they thought was the best.



Squishing, rolling, sculpting and molding...the children love to play with playdough. Wednesday morning was therefore spent engaging the children in the sensory activity of playdough. By adding in some props such as dough cutters, wooden rolling pins and a clay press the children had the creative freedom to build and construct whatever the minds imagined. This activity is a great way to support childrens' learning of all abilities. We have found that using playdough supports each child's social skills and not only enables them to interact with others but teaches them skills such as sharing, taking turns and enjoying being with other people. Quiet indoor games such as cards, chess and board games were enjoyed by many children in the office.

In the afternoon the children enjoyed outdoor play. One bounce is a game enjoyed by majority of children on the courts where they develop their sending and receiving ball skills with a partner. Others opted to engage in imaginative and free play. Afternoon craft consisted of making and creating Valentine's Day gifts to go with the cards made earlier in the week. For those who had already created cards, gifts such as coasters and mini scrolls were given to the children to decorate and write personal messages. Many decided to write their loved ones' names on the coasters or decorated it with various craft materials such as glitter glue, stickers and paint. Outdoor play was additionally offered to the children on the courts, oval and playground.

Thursday morning the children had the opportunity to make slime.. Valentine's Day themed of course. Slime is a great science activity to share with the children and became even more fun when we added in a creative theme like Valentine's Day. Using PVA glue, Liquid Starch and water the children created a great base for the slime. Other fun mix ins were then added such as confetti, food colouring and glitter. Thursday afternoon was spent at our weekly tennis lesson taught by James. The children are always excited for this day with some even beginning to bring in their own tennis racquets. Since beginning tennis the children have learnt about the significance of cooperation and communication. It has additionally developed the childrens' sportsmanship as it instructs them to adapt and comprehend the defeat or win. Above all it empowers fun whilst engaging in physical activity.



Friday morning the children created a stain glass collage using contact. Using coloured tissue paper, masking tape, paper plates and clear contact paper the children created a simple rainbow stained glass artwork. The tissue paper was first cut into small pieces and the paper backing on the contact paper removed. The contact was then filled up with all the pieces of paper until a beautiful window looking shape was created on the paper plates.

The afternoon was spent outside playing games such as volleyball, soccer and on bounce. We ended the week with a cooking activity. The children made healthy banana and spinach muffins . Each muffin was packed with nutrients from greens and fruits (see the last page for recipe).



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Banana and Spinach Muffin Recipe

Ingredients

- 1 cup sliced ripe banana (about 2 small or one medium/large)
- 2 cups lightly packed baby spinach
- 3/4 cup milk (Dairy or unsweetened plain non dairy)
- 1/4 honey
- 2 tablespoons melted and cooled butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup rolled oats
- 1 teaspoon baking soda
- 1 cup whole wheat or gluten free flour
- mini chocolate chips (optional)

Instructions

- Preheat the oven to 375 degrees F and grease a muffin tin well with non stick spray
- Place all ingredients into blender except the flour and chocolate chips if using
- Blend until very smooth, stopping to scrape down the sides of the bowls as needed. You want the green to be very finely blended in so the batter is green, as if you were making a smoothie
- Pulse in the flour just to combine, or stir it in gently
- Pour batter into the prepared muffin tin, filling each cup about 3/4 cup full. Sprinkle with chocolate chips if using
- Bake for 18-20 mins or until firm to the touch and lightly browned around the edges
- Remove from the oven and use a paring knife, if needed to transfer to a wire rack to cool
- Serve slightly warm at room temp or chilled
- You can store the muffins in an airtight container in the fridge for 3-5 days and eat cold or slightly warmed. Or store in a zip top bag in the freezer for up to 3 months. Thaw overnight in the fridge or at room temperature.