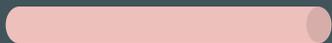




MELROSE
PARK OSHC
BLOG

TERM 1 WEEK 9



DEAR PARENTS

We are continuing this week with listening to the health advice of the government and Department of Education. Our hygiene practises in place detailed in last weeks blog will ensure the health of safety of all children, staff and parents. If you have any queries or concerns please speak to one of our friendly staff members. Sanitiser has additionally been made available near the touch screen for all parents.



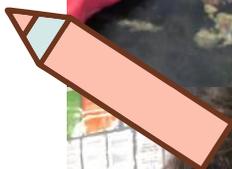
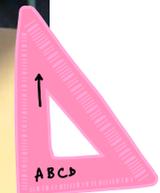
OUR WEEK AT OSHC

Monday morning the children used brown paper bags to create their very own puppets!. We started with a plain paper bag in which the children used to decorate and create faces with textas, felt, googly eyes and paper. Some made their puppets have mouths and eyes that would open and close, making their puppets more realistic. The puppets were then used for imaginative play and hung around the OSHC room. We loved seeing the children use them for pretend play and make them come to life after creating them. From creating animals to people the ideas were endless with this activity.

In the afternoon the children created sensory bottles. These jars have calming benefits for children and adults who have difficulty self regulating feelings and emotions. We added various elements to our jars including glitter, sand, rocks and loom bands. The children discovered that the more glitter glue added the slower the glitter moved to the bottom of the bottle. We whisked water and glitter glue into the jug and added the various elements.

With the cooler weather coming, we decided to create some handprint penguins. The children firstly came up with the idea of creating a wave pattern to add to the back of their artwork to look like snow on the ground. Their handprints were then traced and cut out which will represent the body of the penguin. It was then time to decorate the penguins. We added a round piece of white paper for the belly, googly eyes and cut out a diamond shape and folded that over for the beak. The background sky was then decorated with snowflakes and glitter.

This afternoon the children embraced their inner scientist and engaged in a collaborative science experiment called 'Fireworks in a glass'. This experiment blew the kids minds and was simple as we only used 3 household ingredients. We began with filling a glass with warm water and then added a tablespoon of oil and food colouring into another glass. These ingredients were then mixed together. The children then each had a turn of pouring each colouring and oil into the glass.. and then saw the magic happen!



We did this over and over again and the children couldn't get enough of it...the photos barely do it justice too...it really is quite amazing how the coloured patterns form!

Wednesday morning sensory play was offered to the children in the form of play dough. The children used the dough as a tactile play activity as it could be squashed, squeezed, rolled, flattened, chopped, cut and poked. Each one of these different actions aided in fine motor development in a different way. As soon as we added other elements to the play dough such as rollers and shape cutter, the benefits and creative play opportunities grew.

The afternoon was spent cooking delicious fried rice cups. We firstly began by cooking the rice and chopping up all the vegetables we wanted to add. This included bacon, peas, corn and capsicum. All ingredients were then stirred to combine and egg and sweet soy sauce was added. This was a simple recipe to allow all children to be involved at every stage. These muffins can easily freeze as well, perfect for a school or afternoon snack. This recipe is definitely not one to look past!

Thursday morning was spent creating various jewellery and accessory items such as keychains, necklaces and bracelets using loom bands. The rainbow bands were used by the children to weave the rubber bands into each other until decorative items were formed. Many of the children's skills have developed in the activity moving from using the template to their own fingers. The afternoon was spent participating in our weekly Tennis lesson with coach James. Throughout the term James has had a keen focus on developing the children's tennis skills. From this sportsmanship has been learnt as the children are able to understand and cope with both defeat and winnings. Most of all this sport has encouraged fun whilst taking part in exercise, providing children the opportunity for competitiveness of physical challenge.

Friday morning marked the beginning of our OSHC Garden project. To brighten up our garden we are designing our very own sign in various stages.



Go TEAM



Once the sign had been made the children assisted in painting the primer onto the wood. Blue paint was then printed onto the sign with the words 'OSHC GARDEN'. Once dry the children then decorated the sign using sharpies drawing flowers, leaves and vines around it. We have found that by introducing gardening into our program the children are developing a greater sense of responsibility in terms of watering and caring for the plants and vegetables. They have been paying attention to whether the plants thrive in direct light or indirect light and how this affects the health of each plant. In the afternoon the children chose to recycle old pegs into decorative monsters. We transformed the pegs into monsters using goggle eyes, wool and sharpies. These pegs will then be used to hold our new artwork up adding some fun and colour to the room.



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Fried Rice Cups Recipe

Ingredients

- 1 cup jasmine rice
- 2 middle bacon rashers, finely chopped
- 1/2 cup of frozen peas and corn
- 1 red capsicum finely chopped
- 1/4 cup of plain flour
- 2 eggs lightly beaten
- 2 tablespoons Sweet soy sauce
- canola oil cooking spray



Recipe

- Preheat oven to 220C/200C fan-forced. Grease a 12-hole (1/3-cup-capacity) muffin pan.
- Add bacon, peas and corn, capsicum and flour to rice. Season. Stir to combine. Add egg and sweet soy sauce. Stir to combine. Spoon mixture among prepared pan holes. Lightly press with the back of spoon to compact. Top with chilli. Spray with oil. Bake for 20 to 25 minutes until golden and firm to touch
- Stand in pan for 10 minutes. Using a butter knife, carefully lift cups from pan. Serve drizzled with extra sweet soy sauce .

