

### Netball Trials

Well done to our girls who tried out for the Netball trials. It looks like a great day!



## Good for Kids good for life

### EDIBLE GARDENS

Vegetable and herb gardens are a fantastic way to get the kids interested in vegetables. And even better, they help you to save money on the groceries. Here are some tips to get you started:

- Choose a sunny spot in your garden close to a water source
- To save time purchase a raised garden bed from your local hardware store or to save money simply build your own with treated pine.
- Do a little bit of research as to what vegetables are in season to get the best results
- To save money on fertilisers you can make your own compost from vegetable scraps in the kitchen
- Get the kids involved and have fun!



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

### Mankillikan Local AECG

*"To provide opportunities for Aboriginal people to be actively involved in all decision-making that is relevant to education and training through a collaborative consultative process."*

Would love to invite you to our meetings

at

*Nikinpa Aboriginal Family and Child Care Centre  
9-13 Beckley Street Toronto*

Our meetings are on a Wednesdays, commencing at 3.30pm.

21st March

8th August

5th December

16th May

12th September

20th June


24th October (AGM)



**All are welcome!**

***Fassifern Public School is a PBL School - Care Share Achieve  
Proud Member of the Lake Macquarie Area Collegiate***

# HOLIDAY PROGRAMS & VACATION CARE 5-12 years



**V** Vacation Care - The service operates 7.30am till 6pm, all meals included

**H** Holiday Program - 4pm-5pm

**C** Clinics - 5pm-6.30pm Skills Clinic 8yrs+

	MON 16 <sup>th</sup> April	TUES 17 <sup>th</sup> April	WED 18 <sup>th</sup> April	THURS 19 <sup>th</sup> April	FRI 20 <sup>th</sup> April
V	Outdoor free play, General gym, Minute to win it & Movie	Classic sports, Pirates, Crazy craft	Indigenous Games, Team Challenge, Aerial Madness, Artist in the making	Outdoor Free Play, Trampoline, Tableids, Foldify Craft	Frisbee Fun, Balance Basics, Ninja Kids, Movie
H		Trampolining 6-8yrs		Ninja Kids 6-9yrs	
C		Skills Clinic 8yrs+		Ninja Teens 10-14yrs	
C		Trampoline 8yrs+			

	MON 23 <sup>rd</sup> April	TUES 24 <sup>th</sup> April	WED 25 <sup>th</sup> April	THURS 26 <sup>th</sup> April	FRI 27 <sup>th</sup> April
V	Fun Athletics, Gym Games, Tumbling & Tricks, Mad Science	Outdoor Free Play, Movie Excursion Event Cinema, Clay Modelling	CLOSED PUBLIC HOLIDAY	Ball Sports, Foam Wars, Ninja Kids, Puppet Drama	Outdoor Free Play, Mission Impossible, Movie
H		Trampolining 6-8yrs		Ninja Kids 6-9yrs	
C		Skills Clinic 8yrs+		Ninja Teens 10-14yrs	
C		Trampoline 8yrs+			

	MON 30 <sup>th</sup> April
V	Outdoor Free Play, Mixed Craft & Trampolining
H	
C	

\*Excursion Fee for Movie \$6.50

 **Child Care Rebate**  
Helping families with the cost of childcare

The Hunter Sports Centre has achieved a Meeting National Quality Standards rating under the National Quality Framework.



**BOOKINGS FOR ALL PROGRAMS ESSENTIAL**

Contact the Centre  
PO Box 3187 • Glendale NSW  
P. 4953 6366 • F. 4953 6587  
[www.hsc.org.au](http://www.hsc.org.au)

## Vacation Care Information

Bookings are essential for Vacation Care Programs, families at the time of booking need to supply Vacation Care Booking Form as well as a current family registration form and approved Immunisation Records

Things your child needs to bring to Vacation Care each day...

- Comfortable Play Clothes - that your child can happily have fun, get messy and not have to worry about the odd paint splash. We encourage your child to have fun with all activities and this includes messy play.
- A School Bag that your child can manage to put things in each day.
- A Drink Bottle that your child can use on their own with water inside.
- Sets of spare clothes in your child's bag just in case. It is very important for your child to be in their own clothing especially if they are upset. If your child is changed during the day, you will find their clothes at reception, labelled with their name and dated for you to take home and wash that day. - **It is very important for your child to bring in their own change of clothes and hat.** If children don't have a change of clothes or hat with them and the Centre is required to provide children with a change of clothes or hat your account will be charged the cost of items supplied (\$15 per item), unfortunately due to Health Policies we cannot supply spare clothes.
- Comfortable shoes for active outdoor play - please "No Thongs", these are very dangerous when children are climbing on equipment.
- A small pillow and sheet set if you would like your child to rest during our quiet activity time
- Additional food if your child doesn't like the food on the menu. The Centre promotes Healthy eating and we have a large number of children with allergies. **High risk products such as nuts are not to be packed**

### FEES & CHARGES

Vacation Care Registration - \$25 per family calendar year

Daily Rate - \$65 per child CCR & CCB APPROVED - Register with Family assistance now.

\* Excursion Fee for Movie at Event Cinemas \$6.50

## Holiday Program and Clinics Information

Bookings are essential for all Programs. Visit our website to view program timetable or call us on 49536366.

**Trampolining:** Suitable for all levels. Learn how to use a trampoline correctly, and perform skills safely at the same time as having lots of fun. The program incorporates the Olympic sized trampolines, tumble tramp, pit tramp, double mini tramp, single mini tramp and foam pit.

**Skills Clinic: 8yrs +** the 'Skills Clinic' is a workshop style program for individuals wanting to learn key floor base skills for gymnastics, dance, cheerleading and aerobics. During this 1.5hr program participants will learn progressions for aerial cartwheels, forward and backward walkovers, leaps and jumps and more.

**Ninja Kids (6-9yrs) & Ninja Teens (10-14yrs):** Throughout this program we are able to replicate some of the activities seen on TV but also introduce many other fun activities that will challenge all participants. As so much of the ninja activities are based on gymnastic type movement, our qualified staff are able to not only provide a fun and engaging program but also feedback so each individual can improve.

### FEES & CHARGES

4pm Holiday Programs: \$17.50 (1 hour duration)

5pm Workshops: \$25.00 (1.5 hour duration)

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