

# ALL ABOUT OSHC UPDATE

12<sup>th</sup> July 2017 | Issue 20

## WELCOME TO THE OSHC UPDATE

To all our OSHC families we hope you had a chance to recharge after a long term. Being an 11 week term it's hard to remember what went on so here's a snapshot: ANZAC day poppies were made and the smell of ANZAC biscuits filled the air, parents were spoiled with treats in the lead up to Mother's Day, children worked their fingers with a lot of wool work and Hama bead creations in the morning. They were active outside playing Marco Polo, basketball, soccer, footy and house sports celebrations continued with an egg and spoon race and star scavenger hunt. Construction was ever popular with the Mobilo and LEGO continuing to prove a winner while new smells emanated from the kitchen as children and staff cooked up a storm.

Please ensure that if your children are not attending the program, particularly in the afternoon that you inform staff. There is a lot of unnecessary time is being spent calling families tracking children each afternoon because we have not been informed of change in circumstances. Your cooperation and would be greatly appreciated.

## UPCOMING EVENTS

**21<sup>st</sup> August: RSPCA Cupcake Week** – this is our main fundraising event that enables students to contribute to a wider community group.

**18<sup>th</sup> November: Caravan of Curry** – Led by Rekha we will be taking fair goers on a tasty trip to India. We'll be putting the call out for donations shortly so please keep your eye out for that.

## CONGRATULATIONS ON 25 YEARS OF SERVICE

The OSHC Program has seen its fair share of changes since it began just over 25 years ago. It's grown from a small portable classroom at the top of the school with no running water and a student group of just over 30 children to a 2 building program teaching and caring for anywhere up to 120 students depending on the day. It's seen an endless number of students come through the doors and an ever changing staff group.

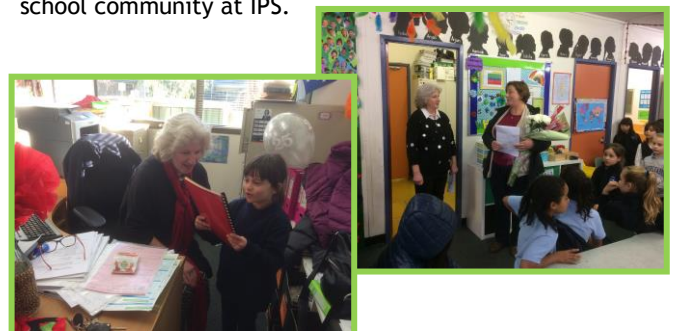
Our coordinator Edwina has been there through them all and at the end of last term, 29<sup>th</sup> of June, we celebrated her 25 years of service in the Ivanhoe Primary OSHC program, an amazing achievement.

The afternoon saw many old faces return, from ex-staff members and students to some of Edwina's family and a special visit from her sister, who made the trip down from Sydney to help us celebrate this special occasion.



*Above: Egg and Spoon Race, Hama beads at Before Care & making mini heat bags for winter.  
HELP US: Is this your child's lunch? We're trying to find the person who is making these amazing wraps*

Lexi put together a slide show of old photos which took us all back to the when the program was in its early years. A delicious afternoon tea spread was laid out, which was enjoyed by all, children included. The afternoon concluded with a few happy snaps and a glass of bubbles for those last standing. A fitting celebration for a lady who has given so much to the families and school community at IPS.



### FOOTY THURSDAYS

Getting the students outside and being actively involved in physical activity is an important part of the OSHC program. While we don't have a problem with this, a little extra encouragement doesn't hurt. To achieve this every Thursday afternoon we have Bill Emerson come in and take keen students in a game of AFL, cricket or soccer. Bill has been involved and coaching at the Ivanhoe junior and senior football club for well over 15 years and this year is coaching the inaugural Senior Women's team.

This activity which breaks up the afternoon for many of the students gives them the opportunity to compete with one another in a structured game which they really enjoy. While it is mostly the boys that get involved this year has seen a number of girls get out there as well which has been excellent to see. The games are done within an hour session including warm up.



### THE RAINBOW FOOD JOURNEY CONTINUES

We continued the Rainbow food journey in term 2 which is proving a popular focus for students. Taste buds are being tested with each new recipe and with surprising success.

Featured popular recipes include beetroot pancakes, broccoli tots, honey and date muffins to name only a few. Many of the recipes we have been trying disguise the different fruits and in particular vegetables that are hidden inside. Having them hidden inside gets the children unknowingly eating a wide variety of healthy food they would quite often claim to dislike.

We will be compiling our road tested recipes in a folder located atop the student profile draws as you walk in if you'd like to take a peek.

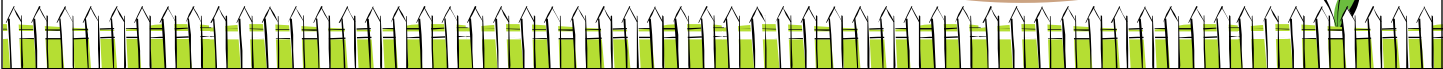


### AFTERNOON DELIGHTS

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Tea Snack	Crunchy rolls with avocado, cheese, tomato, cucumber and vegemite	Toasted cheese sandwiches Tuna option OSHC made orange and carrot cookies	Tomato soup and toasted Turkish bread	Vita wheats with cheese, cucumber and vegemite	Savoys, veggie sticks and dip Pikelets
Cooking			Beetroot pancakes	Sweet potato, cinnamon spice bread	Eggplant chips

In each issue we will include a table listing all the yummy snacks your children have been able to feast on for afternoon tea. We aim to provide a balanced afternoon snack for children attending the program and provide a splendid fruit platter each afternoon. All children are encouraged to a selection of healthy snacks.

We hope you have enjoyed this edition of the All about OSHC weekly Update. Tell us what you think of our newsletter, your feedback is always welcome.



IPS Out of School Hours Care

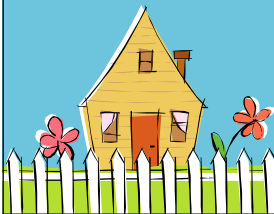
Phone - 9499 5226

E-mail address - iposhc@optusnet.com.au

We're on the Web!

See us at:

<http://www.ivanhoeps.vic.edu.au/oshc.html>



# OSHC Recipes

These recipes have been tried and tested by the children who attend the program. We'd love your feedback or photos of your giving it a go at home.

## *Pineapple Sage Pound Cake - Red week*

We made this cake during red week using the abundance of pineapple sage from our garden and was requested to be one of our featured recipes, hope you all enjoy it!

### Ingredients

1 cup butter at room temperature  
¾ cup sugar  
¼ cup honey  
5 eggs  
2 tbsp. chopped pineapple sage leaves

3 tbsp. chopped pineapple sage flowers  
1 teaspoon grated lemon peel  
4 tbsp. chopped pineapple, juice squeezed out  
1 teaspoon baking powder  
2 cups plain flour

### Steps

1. Cream butter and sugar until light and fluffy.
2. Beat in the honey.
3. Next add the eggs, one at a time, making sure to beat after each addition.
4. Beat in the sage leave, flowers and lemon peel.
5. Finally mix together the dry ingredients and add them to the wet mix, stirring gently until just combined.
6. Cook in an oven preheated to 180degrees until golden on top or skewer comes out clean.

## **BETROOT PANCAKES**

During purple and blue week these were a take home snack for children and parents. While some were reluctant to try them at first when they weren't told the secret ingredient they were happy to give them a go.

### Ingredients

1 cup all-purpose flour	¾ cup whole-wheat flour
1 tablespoon brown sugar	1 tablespoon baking powder
¾ cup of beetroot puree	¼ cups of milk
1 cup plain Greek yoghurt	1 egg
3 tablespoon melted unsalted butter	
1 teaspoon vanilla essence	

1. In a bowl, sift whole-wheat flour, all-purpose flour, sugar, baking powder and a pinch of salt.
2. In another bowl, add beetroot puree, milk, egg, butter, yoghurt and vanilla and mix well.
3. Add the dry ingredients to the wet ingredients and stir until well combined.
4. Grease a frying pan with oil and cook pancakes on one side until bubbles form then flip and cook until cooked through.
5. Serve warm with honey.

