

Discovery Early Learning Centres — Vacation Care Program

Sacred Heart Vacation Care

WHOLE BODY MOVEMENT

This weeks theme is all about building and maintaining a positive relationship with physical play and moving our bodies! Inspired from the children's interests in engaging in more indoor and outdoor gross motor activity experiences!

**Monday
18th April**

*Public Holiday
Centre Closed*

**Tuesday
19th April**

Redbank's Mud run & Obstacle course

Join us as we head to one of our favourite excursion spots—Redbanks! We'll get wet and muddy on the mud run, working our way through the obstacle course. We will also be able to do some archery, play soccer and just have fun on the mud slide!



**Bus departs 9am
Returning 2pm**

Pack: Bag for dirty clothes, towel, spare clothes and spare shoes, lunch, water drink bottle and a sun safe hat

**Wednesday
20th April**

Hip Hop Dancing

We're going to keep our bodies moving today—first with some rejuvenating morning yoga stretches and poses, then we'll do some hip hop dancing with Anita and later have fun with our own vacation care obstacle course! We will also create and eat some nourishing smoothie bowls together at afternoon tea.



Pack: Closed toe shoes for dancing, lunch, water drink bottle and a sun safe hat

**Thursday
21st April**

NATURE HIKE

Today we are going to Waterworks to explore the beautiful nature walks. There are two options available: The Pipeline track (2 hour bush walk)
OR
Exploration around the Waterworks site #9.

The excursion experience is to be determined by the parent's judgment on their child's ability and choice.



**Bus departs 9am
Returning 1pm**

Pack: Walking shoes, appropriate clothing, lunch, water drink bottle and a sun safe hat

**Friday
22nd April**

Sports Day

Today is going to be HUGE! Do your stretches because we have a big sports day planned that includes archery, sack races, a 100m dash race, a longer 200m race and team relay race! Later we will catch our breath and relax with the movie *Cool Runnings* (PG).

**Walking bus departs 9:30am
Returning 1:30pm**



Pack: Lunch Provided, water drink bottle and a sun safe hat

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MOVE WELL, EAT WELL

This weeks theme is all about building a positive relationship with food, understanding nutrition, developing life skills and being creative with food experiences and cooking activities.

**Monday
25th April**

*Public Holiday
Centre Closed*

**Tuesday
26th April**

palawa kipli Bush Tucker Tour

palawa means Tasmanian Aborigine, kipli means food in palawa kani the Tasmanian Aboriginal language. The team at Palawa Kipli will share their history with us and invite us to enjoy their modern take on local traditional foods. On our return we will create our own vacation care café and design our own unique menu!



**Bus departs 9am
Returning 2pm**

Pack: Bag for dirty clothes, towel, spare clothes and spare shoes, lunch, water drink bottle and a sun safe hat

**Wednesday
27th April**

Food Handling 101

Today is the day for all our budding chef's to shine! We will be utilizing our knife skills and safe food handling practices to prepare the BBQ foods for tomorrow's excursion as well baking some Cheese, Bacon and Zucchini Muffins for today's afternoon tea.



Pack: Closed toe shoes for dancing, lunch, water drink bottle and a sun safe hat

**Thursday
28th April**

PARK 'N BBQ

Bring your bike or scooter (and all your safety gear!) and join us for a fun day out at the Dru Point Reserve and then later at Cornelian Bay. We will have the BBQ feast that was lovingly prepared by the vacation care chef's the day before! Remember though... no helmet = no ride



**Bus departs 9:30am
Returning 3:30pm**

Pack: Bikes / scooter, helmet, safety gear, walking shoes, lunch provided, water drink bottle and a sun safe hat

**Friday
29th April**

Let's get veggie!

Today is all about exploring vegetarian and vegan food.

Join us as we make Passionfruit Slice and Vegetarian Sushi for lunch. Do some Rainbow food painting, plant veggie seeds to take home and relax with some restorative afternoon yoga and the movie *Wall-E!*



Pack: Bring an old pot/shoe/ container for planting, Lunch Provided, water drink bottle and a sun safe hat