

Discovery Early Learning Centres — Vacation Care Program

Sacred Heart Vacation Care

Mind, Body & Soul—Nurishment

In reflection with the children over the past holiday program, we have been exploring the idea of the importance of self care. During the term we have created sensory safe spaces and have continue to promote a mentally healthy environment. From this we have extended to established the Mind, Body and Soul program to nurture and foster the children's sense of belonging, play, comfort and leisure. This week we will foster self care, reflection, meditation, relaxation and leisure with ongoing experiences which include: journal keeping, mindfulness sessions, and access to our own Relaxation Station .

Monday 3rd October

Mindfulness introduction

Today we get our very own journal to start our using throughout vacation care. Start your journaling practice by freely expressing yourself with words, poetry or drawings. We can't wait to show you the journaling space we've created for you! We'll also be creating grass head people for you to take home to continue to grow and nurture there.



Pack: Lunch, water drink bottle and sun safe hat

Tuesday 4th October

MUSIC, MOVEMENT & SONG

We've got special guest from *Hey Dee Ho* coming to run a music and movement class for us today. We can't wait to experience what they have in store for us!

Outside we're going to raid our resources, using rope, pegs and whatever else we can find to build our own cubbies!



Pack: Loose and comfortable clothing, lunch, water drink bottle and sun safe hat

Wednesday 5th October

Handy-work

Today we're putting our busy hands to work—exploring different hair braiding patterns and trying our hand at creating a variety of styles. We'll also be nail technicians, as we explore nail art and do some nail painting together. Or how about some sensory experimentation and creating slime to take home? Sounds sense-ational!



Pack: Lunch, water drink bottle and sun safe hat

Thursday 6th October

Blissful Baking

We're planning to take a walk to the Clare St Oval for a day of yoga, music, fun and games! But first help us bake some yummy scones to take down to the oval to enjoy together!



**Walking excursion departs 10am
Returning 2:30pm**



Pack: Lunch, water drink bottle and sun safe hat

Friday 7th October

Zone 3

Join us as we start the day with a laser tag battle at Zone 3. Back at the service try your hand at making your own paper puzzles and friendship bracelets.



**Bus departs 9:30am
Returning 12:30pm**

Pack: Lunch, water drink bottle and sun safe hat

Morning and afternoon tea will be provided each day. Please pack a lunch for your child everyday unless otherwise advised. If the day includes an excursion or incursion a fee of \$15.00 will be added to your account. There will be a number of other experiences on offer each day including: painting, construction, craft activities, ball games, sports activities, outside play, music, board games, jewellery making etc.

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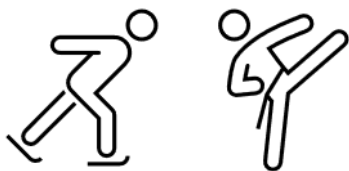
Sacred Heart Vacation Care

JOIN US AS WE CONTINUE OUR THEME OF MIND, BODY & SOUL—NOURISHMENT

Monday 10th October

Woody's & Martial Arts

Don't be late—this morning we're splitting into 2 groups: Kinder & Grade 1 children are going to Woody's Skate and Play for a twirl around the rink and play! While Grade 2 to Grade 6 children are attending a mixed martial arts class at the Hybrid Training Centre!



**Bus departs 9:30am
Returning 1pm**

Pack: Clothes that are flexible/
loose, socks, lunch, water drink
bottle and sun safe hat

Tuesday 11th October

Makers Corner

Today we're making a variety of things—help out as we cook a viral Tik Tok pasta recipe for lunch; design, create and laminate your own bookmark; collaborate with each other to resurrect our vacation care tyre swing!



Pack: Lunch provided, water
drink bottle and sun safe hat

Wednesday 12th October

Fun Run & BBQ

Fun Run Wednesday is on! We're meeting up with our Vacation Care buddies from Lauderdale at the Risdon Brook Dam for a day of competition, running and BBQ. We come back to Sacred Heart we will wind down with the movie *Cool Runnings* as we admire our racing ribbons!



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

Pack: Sports clothes and
appropriate footwear, lunch
provided, water drink bottle and
sun safe hat

Thursday 13th October

CULTURAL EXPERIENCE

Join in as we create our own Rain Sticks and Windchimes and make music today. We've also invited Auntie Rosie to join us at vacation care, she is going to run a drum circle with us—feel the rhythm!



Pack: lunch, water drink bottle
and sun safe hat

Friday 14th October

PJ Day

Come along today in your PJs and if you would like to, you can bring a personal electronic device from home to play on. Today we're making roasted marshmallows, using a mini fire pit; watching *Inside Out* and resetting our OSHC space together!



Pack: PJs / change of clothes,
personal device from home, lunch,
water drink bottle and sun safe
hat

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