Healthy Eating at OSHC

Did you know that the majority of foods served at OSHC are prepared from scratch? We do this to ensure that children enjoy flavourful and nutritious food and avoid less healthy alternatives. In preparing our menus we take into account children’s individual dietary needs and preferences as well as seasonal diversity. This term we have beautiful fresh wraps including chicken, beef and vegetarian, with all wraps including fresh salad vegetables and cheese. Going by the feedback so far, the children loved them. Other items on our Spring/Summer Menu include:

- natural yoghurt blended with peaches or fresh bananas
- assorted sandwiches
- fresh fruit salad
- noodles with vegetables and soy
- and, café style fruit toast

All snacks are also served with fresh fruit and, alternative foods are always available for children with special dietary requirements.

Upcoming Dates:

25 October:
School Fete

26 October:
School Closure Day
Halloween Carnival at OSHC

OSHC places still available. Book now by email, phone or a note in the OSHC communication book.

For more information visit: http://www.blforest.sa.edu.au/OSHC.htm

Summer Vacation Care:

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Year</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>14 - 18 December</td>
<td>2015</td>
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<tr>
<td>Week 2</td>
<td>21 – 23 December</td>
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<tr>
<td>Christmas Break</td>
<td>24 December to 1 January OSHC Closed</td>
<td>2015</td>
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<td>Week 3</td>
<td>4 - 8 January</td>
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<td>Week 4</td>
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<td>Week 5</td>
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<td>Week 6</td>
<td>25 – 29 January</td>
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<tr>
<td>Week 7</td>
<td>26 January Australia Day Public Holiday OSHC Closed</td>
<td>2016</td>
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Summer Vacation Care Program coming soon.
Mt Lofty Summit and Botanic Gardens

We tried our strength and skill, climbing the obelisk at the summit. Later we climbed trees and rolled down the grassy hill at the bottom of the Mt Lofty Botanic Gardens.

Ride a Bike Right

We had a very successful learning session with many of our younger children learning to ride with confidence. After the sessions we had free riding time!
Maritime Museum
Dive and Dig

We cracked dinosaur eggs and there were fossils of dinosaurs in them. Then we saw skeletons of them. We made our own T-rex out of sticks.

By Austin
Createx
After weeks of anticipation and preparation, our students finally put their hard work on display! We have had origami, tipi making and informative slideshows practiced in After School Care.

Lemonade Stand
We made lemonade and it was fun and it was easy. And we had a shaker and we squeezed them. There were lots of people.
By Maddi and Georgia

World Science Day
On Thursday 15 October OSHC children observed World Science Day with a variety of exciting and interactive experiments in our own “OSHC Science Lab”.

We made zip-lock bag lemonade, 3D gaseous hands, sand hour glasses, sticky static balloons, matched smells and measured our own pulses with tools made of play dough and straws.