

# Kardinya OSHClub Newsletter

## October 2018

### Healthy Eating

#### Fresh Fruit & Cheese Kebabs

- Cubes of cheese
- Grapes
- Strawberries
- Rockmelon
- Apple
- Skewers

Place each piece of fruit and cheese onto the skewers. You can pattern your favourite fruit onto the skewer.



### Holiday Vacation Care

We had a fabulous time at OSHClub these September and October holidays. The children had fun jumping at Bounce and lunch at Chipmunks Playcentre.

We had a farmyard visit at OSHClub. Children cuddled rabbits, guinea pigs and fed carrots to a piglet and 8 week old lambs.

2B Sports arrived with headphones for a silent disco of musical bobs!

We made lots of new friends and we will be organising more exciting, fun excursions and incursions for our OSHClub children for the Christmas and summer holidays. Look out for more information on our website

[www.oshclub.com.au](http://www.oshclub.com.au) or contact [kardinya@oshclub.com.au](mailto:kardinya@oshclub.com.au)

### Service Update

We have a new staff member at OSHClub.

Let's welcome Ethan Hargraves – Ingram.

He is a primary school trained teacher who has taught in China and South Korea for ten years. Ethan enjoys travelling, meeting new and interesting people, reading, listening to music and watching movies. Ethan said that he looks forward to meeting the families at OSHClub Kardinya.

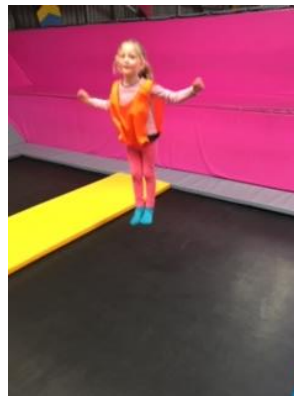


### What's on in October

Spring is here and so is our warmer weather so please remember sunscreen and your hat while playing outside in the sunshine.

### Children's Reflections

Can you pick me up later because I'm having so much fun?



Service phone number: **0478 044 383**  
Coordinator: Pattie Sgherza  
Educator: Ethan Hargraves-Ingram

#### Opening Times

BSC: Monday – Friday 7:00am – 9:00am  
ASC: Monday – Friday 2:30pm – 6:00pm  
VC: Monday – Friday 7:00am – 6:00pm