# Newsletter



### OSHClub

February 2024

## What's been happening at OSHClub...

### This term is all about STAYING HEALTHY!

Our team here at Dandenong South OSHClub hope that you have all had a lovely summer break and are starting to get back into the swing of things now that school is back.

This term we began with a strong and our students and staff brainstormed ways to promote healthy eating and physical activity, not only at OSHClub but at home and throughout the community.

The parents and children suggested healthy snack, breakfast and meal ideas and with the children meeting every week we were able to design and cater to different tastes, cultural foods, dietary requirements and allergens.

In the children's meeting each child had a say in the adventures they wanted to do each week, with majority suggesting sports such as soccer, tennis, basketball and yoga.

We hope that all the prep/foundation students have settled in nicely over the last couple of weeks, and both children and families are looking forward to a fun filled year at OSHCLUB!



Mon-Fri 7:00-9:00 & 15:00-18:00 0438 568 149 DandenongSouth@oshclub.com.au

#### Meet the team!

With the start of the year upon us, we wanted to take this chance to introduce ourselves. Please feel free to come and say hello, or ask any questions you may have, were here to help. **Coordinator Mahdia Safdari** 



#### **Educator: Sonia Mansour**





#### **Coming Up**



**Pupil free day** 



Mar

29

Labour Day No OSHClub program running.

#### **Easter break**

Enjoy the long weekend off, we will see you back at OSHClub Tuesdayst of April.

1300 395 735