

COOSH

Summer 2016/17 Vacation Care Program

Monday 19th December 2016-Friday 27th January 2017



Bookings must be made **in writing** by text on: 0419487660 or e-mail: cooshcambewarra@hotmail.com

- Our Fees**
- In centre days \$45
 - Incursion days \$50 (INCURSIONS ARE HELD IN-CENTRE WITH VISITING ATTRACTIONS)
 - Excursion days \$65 (EXCURSIONS REQUIRE WRITTEN CONSENT FROM FAMILIES)

Fee payments:

- Half of total fees must be paid at time of booking, with the remaining balance to be paid on the first day booked.
- Payment for the day once made, is NON REFUNDABLE.
- Full fees will be paid for an absence unless 48 HOURS NOTICE is provided to the Centre.
- Contact COOSH for any questions in regards to bookings and payments.

COOSH is open 7am to 6pm Mon- Fri

We provide breakfast, fruit and cold water

Children need to bring: water bottle, lunch, morning and afternoon tea, hat and wear sports shoes.

<p>Monday 19th December COOSH OLYMPICS: Olympic sport stations will be set up for a friendly competition.</p>  <p>Clay art: Let's use natural clay and materials and see what we can create.</p>	<p>Tuesday 20th December Excursion fee MOVIES AND PICNIC LUNCH: A trip to the Roxy Cinema to watch the movie 'Trolls' (G) followed by lunch at Harry Sawkins Park.</p> <p>Let's be mad scientists for the afternoon! Lots of hands on experimenting.</p>	<p>Wednesday 21st December Incursion fee JUMPING CASTLE: A huge castle for the children to use throughout the morning. -Please bring socks</p>  <p>Cooking damper for afternoon tea, yum!</p>	<p>Thursday 22nd December Excursion fee SHOALHAVEN ZOO: Visiting animal friends at our local zoo from 10-2pm</p>  <p>Beading, hama bead and loom band creations.</p>	<p>Friday 23rd December CHRISTMAS CELEBRATION: Christmas decoration making, COOSH family Christmas lunch and a special visit from Santa.</p>  <p>Christmas movie and popcorn afternoon.</p>
<p>Monday 9th January Excursion fee NOWRA AQUATIC PARK: A day of water fun, including unlimited swim, splash pad and waterslides 10-2pm. -Lifeguard at park plus additional staff for swimming supervision. <i>(Please bring swimmers/rash shirt and hat)</i> Making birdfeeders for our local wildlife.</p>	<p>Tuesday 10th January DRESS UP DAY: Come dressed as your favourite movie or book character, superhero, singer, etc.</p>  <p>Cake making/decorating afternoon and high tea, yum!</p>	<p>Wednesday 11th of January COOSH WHEELS DAY:</p>  <p>Bring your bike, scooter, skates or boards (and helmets) for a 'wheely' fun time! We will also have a visit from the local police to learn more about road safety. Pottering in the garden and seed planting afternoon.</p>	<p>Thursday 12th of January Excursion fee SHOALHAVEN HEADS BEACH VISIT: *Non swimming event 10-2pm Join us for a fun day at the beach, learn about water safety from surf lifesavers and take part in a sandcastle building/decorating competition. BBQ lunch at the surf club.</p> 	<p>Friday 13th of January Incursion fee BUILD A BEAR: Design and create your own unique teddy friend to keep.</p>  <p>Relax with a yoga class and meditation afternoon.</p>

Monday 16th January

IncurSION fee

ART WORKSHOP:

Sue from 'The Mud Shed' will be holding a 2 hour hands on art workshop from 10-12.

We will set up an art exhibition for others to admire our creations!



Tuesday 17th January

Excursion fee

FLIPOUT:

Flippin' fun at Flipout South Nowra, 10-1:30pm.



Movie and popcorn afternoon.

Wednesday 18th January

COOKING UP A STORM:

The children will be cooking yummy foods to take on a picnic tomorrow (and taste test of course!)



Scavenger hunt: Find all the items on your list to win a prize!

Thursday 19th January

CAMBEWARRA COMMUNITY OUTING:

A walking adventure to our local courts for a tennis lesson with a local coach, a few games, followed by a picnic lunch at the park, 10-12:30pm.

Let's take our own photos to scrapbook a special COOSH memory!

Friday 20th January

Excursion fee

BAREFOOT BOWLS:

Feel the grass between your toes with a day on the greens at Bomaderry Bowling Club, 10:30-2:30pm.



Tile art with colourful marker pens.

Monday 23rd January

MEXICAN FIESTA:

Arriba arriba! Making delicious nachos, paper mache pinatas and maracas.



Technology afternoon, let's explore different uses for our devices!

Children can bring their own device if they wish.

Tuesday 24th January

Excursion fee

NETWORK GET TOGETHER WATER FUN DAY:

A trip to North Kiama OOSH in Minnamurra for a Water Fun Day with waterslides, bubble mania, water games and a BBQ lunch. A great chance to meet new friends from local OOSH services!

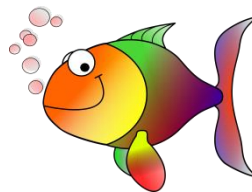
Please bring swimmers/rash shirt and hat.

Wednesday 25th January

Excursion fee

LADY DENMAN:

Mangrove walk and fish feeding. Lunch at Lady Denman.



Create your own colourful suncatcher.

Thursday 26th January

CLOSED AUSTRALIA DAY PUBLIC HOLIDAY



Friday 27th January

WET AND WILD WATER DAY AT COOSH:

Prepare to cool off with waterslides, sprinklers and water sponges!

Please bring swimmers/rash shirt and hat.



Movie and popcorn afternoon.



PROJECT BUCEPHALUS



Robo Camp

MAKE LEGO® COME ALIVE!

Students (aged 7+) learn to design, build, and program LEGO® MINDSTORMS® robots – and have a lot of fun in the process!

**Hosted by the University of Wollongong
(Shoalhaven Campus)**

Bookings Essential: Email coach@projectb.net.au

Full Information at www.projectb.net.au

- **INTRO TO MINDSTORMS®:** Jan 5 - 6, **\$130** (Inc. GST)
- **WACKY RACES:** Jan 5 - 6, **\$160** (Inc. GST)

Presented by Project Bucephalus and sponsored by the University of Wollongong

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WOLLONGONG
AUSTRALIA



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BECOME A BERRY MAGPIE TODAY

Join 2016's most successful Group 7 Junior Rugby League Club

ONLINE REGISTRATION IS OPEN at www.playnrl.com/register/

New players in all age groups welcome!

GIRLS LEAGUE TAG

In 2017 we are entering teams in the girls only League Tag Competition

in the 12's, 14's and 16's age groups!

If you would like to play League Tag, please register ASAP so we can get your team organised.

Not sure about what League Tag is about? Check out this YouTube video of a game at

www.youtube.com/watch?v=flpfmAM2IUA

BERRY SHOALHAVEN HEADS

Rugby League and League Tag are great team sports you can play with your mates.

register TODAY!

Join our [Facebook](#) page for updates for all Berry Shoalhaven Heads
Magpies news.

Login to Facebook & search Berry Shoalhaven Heads Junior Rugby League
Football Club

Join our [Team App](#) at www.teamapp.com

Select Find a Team

Type in Berry Shoalhaven Heads Junior Magpies to join

REGISTRATION DATES

2017

Thurgate Oval, Bomaderry
(Bowada St, Bomaderry)

Friday 10th February 4:00pm – 6:00pm

Saturday 11th February 11:00am – 1:00pm

Friday 24th February 4:00pm – 6:00pm

Saturday 25th

February 11:00am – 1:00pm

Or online

registrations will be available in January

For more information

visit www.bomaderryfc.sportingpulse.net



MORE THAN JUST A SURF SCHOOL

AT BULLI - NORTH GONG - THE FARM

CHOOSE YOUR LOCATION!

All of our programs are designed on building students confidence skills level in a fun and safe environment.

Boards & wetsuits provided, all Coaches are certified by Surfing Australia All coaches are Surfing Australia level 1 qualified, hold current first aid certificates & Working with children's checks.

BENDALONG SURF CAMP 3 DAYS/ 2 NIGHTS



GO ON AN ADVENTURE

DON'T MISS OUT!

**SURF CAMP FROM
3-5th JAN 2017**

3 DAY LOCAL HOLIDAY PROGRAM!



**LOCAL HOLIDAY
PROGRAM
DEC / JANUARY**

MAKE NEW FRIENDS!

BOOK YOUR PLACE NOW!

CONTACT MICHELLE AT 0413 406 719

OR EMAIL : ASTSURFSCHOOL@GMAIL.COM



Australian Government

Australian Sports Commission



**SURFING
AUSTRALIA**

IMPORTANT ROAD SAFETY REMINDER FOR PARENTS AND CARERS THESE HOLIDAYS

As the school holidays approach, it is important to remember when walking near roads, on footpaths, near driveways and in car parks always:

- **hold your child's hand.** Until they are at least 8 years old children need to hold an adult's hand. Until they are at least 10, children should be closely supervised by an adult and hold hands when crossing the road.
- **talk to your child about road safety.** Talk about how to be safe when near roads. Be a good role model.
- **point out road safety dangers and differences** in new environments. This is especially important when on holidays in different surroundings. Roads, footpaths and pedestrian facilities may look different in holiday areas.



The best way to keep your child safe on or near the road is to hold their hand.

Talk with your child daily about road safety.

Remind other adults and carers about this too.

You can find out more at [Transport for NSW](http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html).

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Have a safe holiday break!

SCHOOL HOLIDAY ROAD SAFETY REMINDER FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments.

So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.**

If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.

- **It's the law that everyone wears a helmet when riding a bike in a public place.**

It makes sense to wear a helmet when riding scooters and skateboards too!

- ***Click clack front 'n back every person for every trip.***

Everyone in the car must be securely buckled up in the right seatbelt or child restraint.

- **Talk to your child about being a safe road user.**

Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.

- **Point out road safety differences and dangers in new environments.**

This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.

The best way to keep your child safe is to actively supervise them.

Talk and teach your child about road safety every time you are out and about.

Remind other adults who care for your children to do this too.

You can find out more at:

[Safety Town](#)

[Department of Education](#)

[Transport for NSW](#)

Have a safe holiday break!

