School
Holiday
Activities

Spring 2021

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'Spring has sprung'
By Tom, age 12
Harbord Vacation Care



# **Vacation Care**

#### All day care for school age children

**7.30am to 6pm** weekdays.

Daily Fee is **\$80**.

Child Care Subsidy (CCS) available (see page 6 for details)



Please note that all excursions and activities are subject to change due to Covid restrictions.						
	Mon 20 Sept	Tue 21 Sept	Wed 22 Sept	Thu 23 Sept	Fri 24 Sept	
	IN CENTRE Crazy Craft	IN CENTRE Disco Mania	IN CENTRE Wheels 2.0	IN CENTRE Bubble Soccer	IN CENTRE Tastes from around the world	
Cromer	Craft - Go For Your Life! Bring your creative crafty skills and make amazing art and unique craft using a wide variety of materials. Let your imagination go wild.	Create disco decorations and transform the hall. Now you are ready to boogie and show off your karaoke skills! Don't forget to dress up.	Bring your own bike, scooter or skate board and try some tricks out on the ramps and obstacle course. Make sure you bring your helmet and safety gear as well. It will be a Wheelly good day!	Get ready to bounce!  Dress up in a bubble suit for a game of Bubble Soccer, King of the Ring, Last Man Standing and loads of other tag & relay games.	We will be cooking up a storm at Cromer. Put your chef's hat on and your culinary skills to the test while we create food from around the world including sushi, crepes and hot dogs.	
	IN CENTRE Inflatable Day	IN CENTRE Escape Room	IN CENTRE Get your Zen on	IN CENTRE Indigenous Literacy day - MuraD	IN CENTRE Forestville Talent Show	
Forestville	Back by popular demand - The Toxic Radial Inflatable by Bubbling With Energy. From tackling bags, inflatable arch obstacles to a jumping castle, rock climbing wall, and two slide lanes. The challenges will just keep coming!	Do you have a keen eye for clues? Get into teams follow the clues and crack the codes around the centre. Join in on the scavenger hunt and show your skills. You may even win a prize!	Come and relax your mind and body with Yoga. It's a great tool for growing healthy minds, spirits and body. Plus there will be calming craft and mindfulness jars to create plus yummy spring rolls to make.	Join us in creating a wall mural for Forestville. We will chat about animal tracks and native plants with Adam from Bush to Bowl and then express ourselves creatively on canvases. Bring a book to swap and learn about the Aboriginal Literacy Foundation.	Enjoy creating your very own talent show using circus props, dress ups and your imagination! Then it's show time.	
	IN CENTRE The holidays are here	IN CENTRE Rolling Coaches	IN CENTRE Market day	IN CENTRE Fun & Giant Games	IN CENTRE Amazing Race	
Harbord	Today we are going to do all that you have asked forArt with clay, a movie with popcorn and a nerf gun battle. No better way to start the holidays!	Rolling Coaches will bring all the gear- skateboards, scooters, helmets and protective gear for you to use in the outdoor area surrounding the centre. You are most welcome to bring your own gear if you want to!	Come together with a day at the markets. One of the most popular holiday activities! Design your own market stall and then it's time to open for business. Be a shopkeeper or go shopping for some retail therapy.	It's time to team up and get your thinking caps on. We will have a giant Jenga, giant connect 4, giant dominoes, giant noughts and crosses, quiots, limbo and loads more games to enjoy.	Get into teams, follow the clues and crack the codes around the centre. Show your skills and you could win a prize!	
	IN CENTRE My Centre	IN CENTRE Surf's Up	IN CENTRE Gamerz	IN CENTRE Crazy Claymation	IN CENTRE Colour & Bubble Day	
Manly Vale	Today the Manly Vale kids are taking over the centre. It's all about you! You will choose the activities, create a personalised poster and then design a photo collage of the day.	If sand in your shower is a favourite pastime of yours then you will love today's activities. Surfboard art including painting a real board, tarp surfing and water play. You'll be stoked!	Fully immerse yourself in the gaming experience when Gamerz bring the action to Manly Vale. Their limo style truck has a huge variety and the best video games on wheels.	Bring your imagination and your love for movies today. Mould characters from plasticine and design the backdrops and scenery from Lego. Then create Claymation movies using iPads.	Enjoy a day filled with bright smiles and bright colours! Turn your canvas into rainbows of happiness as you throw colour bombs! Design bubble wands and create giant bubbles.	

	Mon 27 Sept	Tue 28 Sept	Wed 29 Sept	Thu 30 Sept	Fri 1 Oct			
	IN CENTRE Gamerz	IN CENTRE Spring Market	IN CENTRE Fun & Giant Games	IN CENTRE Laser Warriors	IN CENTRE Party day - Kids vs Educators			
Cromer	Fully immerse yourself in the gaming experience when Gamerz bring the action to Cromer. Their limo style truck has a huge variety and the best video games on wheels.	Get together with friends to design your own market stall, create some funky stuff to sell and then open for business! You are only limited by your imagination.	It's time to team up and get your thinking caps on. We will have a giant Jenga, giant connect 4, giant dominoes, giant noughts and crosses, quiots, limbo and loads more games to enjoy.	Come play laser tag at Cromer Vacation Care and show us your skills and strategic thinking. Small group games lead by expert instructorswho will be the victor?	It's time for kids and educators to go head-to-head. Dodge ball, soccer, golden kid and best of all the rock-paper-scissors tournament.			
	IN CENTRE Robotix Day	IN CENTRE Paint and Sip	IN CENTRE The World of Anime	IN CENTRE Bubble Soccer	IN CENTRE Colour Run Fun Party			
Forestville	Express your creativity when designing, coding and painting with our remote controlled robots, Dash and Dot and Spheros. We will also have nerf gun battles and create our own cardboard robots.	Fire up your artistic flair and be guided by a professional to create a portrait of yourself, pet or loved one while sipping a delicious juice.	Explore the world of Anime originating from Japan. Design your own character, use gel to create your own anime look, fold amazing origami and make sushi.	Get ready to bounce! Dress up in a bubble suit for a game of Bubble Soccer, King of the Ring, Last Man Standing and loads of other tag & relay games on the oval.	Enjoy a day filled with bright smiles and bright colours! Turn yourself into running rainbows of happiness and party with your friends! Remember to bring a white t-shirt.			
	IN CENTRE Wheels Day	IN CENTRE Mini Master Chef	IN CENTRE Colour Fun Run	IN CENTRE Gamerz	IN CENTRE Illustration Hub			
Harbord	Bring your own bike, scooter or skateboard and try some tricks out on the ramps and obstacle course. Make sure you bring your helmet and safety gear as well. It will be a Wheelly good day!	We will be cooking up a storm at Harbord!! Make your chef's hat and put your culinary skills to the test to create a master piece. Have fun in group challenges. What will the judges decide?	Enjoy a day filled with bright smiles and bright colours! Turn yourself into running rainbows of happiness and party with your friends! Remember to bring a white t-shirt.	Fully immerse yourself in the gaming experience when Gamerz bring the action to Harbord. Their limo style truck has a huge variety and the best video games on wheels.	Illustration Hub will provide all the tips and tricks to draw all types of cartoons - including TV and movie cartoons, superheroes, spaceships, aliens and much more.			
	IN CENTRE Disco Day	IN CENTRE Patterns Tell Stories	IN CENTRE Fun with Food	IN CENTRE Corks, Canvases & Slime	IN CENTRE Giant Games Party Day			
Manly Vale	Create disco decorations and transform the hall. Now you are ready to boogie and show off your karaoke skills! Don't forget to dress up.	Investigate First Nation maps and symbols of our local area. Get creative and design your own symbols. We will also play 'Yulunga Traditional Indigenous Games'.	We'll be cooking up a storm at Manly Vale. Put your chef's hat on and put your culinary skills to the test. We will design menus, make sushi and decorate delicious cupcakes.	Fire up your artistic flair and be guided by a professional to create a portrait of yourself, pet or loved one while sipping a delicious juice. Then make all different types of slime with ooey gooey textures.	It's time to team up and get your thinking caps on. We will have a giant Jenga, giant connect 4, giant dominoes, giant noughts and crosses, quiots, limbo and loads more games to enjoy.			
	Families please reme	ember to:			Q			
	<ul> <li>Make sure there are no nuts or nut products in your child's lunchbox</li> <li>Pack an ice brick in your child's lunchbox to keep food fresh and cool</li> <li>Send a refillable drink bottle with your child every day</li> <li>Pack a hat for your child every day</li> <li>Make sure your child wears closed-in shoes (no thongs)</li> <li>Apply sunscreen to your child before you arrive at the centre</li> <li>Make sure your child has their shoulders covered.</li> </ul>							

## **Vacation Care**

#### Standard of care

Northern Beaches Council Vacation Care operates in accordance with the requirements set by the Australian Children's Education & Care Quality Authority (ACECQA) including the National Quality Framework (NQF) and the framework for school age care in Australia, My Time Our Place (MTOP).

#### **Philosophy**

Northern Beaches Council Vacation Care aims to provide the highest quality education and care service for children in a fun and safe environment.

At Northern Beaches Council Vacation Care we:

- Provide an inclusive and antibiased approach to our education and care service which welcomes and includes all children and families regardless of ability, language, race, culture, gender, religion, socio-economic status, family structure or lifestyle, within the capabilities of the service.
- Promote a positive environment where children have the opportunity to learn, explore, develop and be creative while fostering respect, self esteem and the unique contribution of each individual child.
- Acknowledge play as a vital part of a child's development and we encourage and support the principles of play through our programming by looking at the needs, interests and abilities of all children.
- Promote teamwork and value staff whom we support through communication, training and development.
- Build respectful partnerships with families and the community.
- Value the natural environment in which we live and encourage children to love and respect nature, the land, animals and people, while fostering an eco-friendly centre by recycling and discouraging waste.
- Encourage children to explore social learning by developing new friendships, negotiate rules of play and be encouraged to develop independent cognitive skills.

#### **General information**

Vacation Care is for children up to 12 years old attending primary school.

Children must have completed their first term of school to attend Vacation Care unless they are attending the Pre-school Vacation Care during the January school holidays at Manly Vale.

Staff are employed from 7.30am to 6.00pm and children are to be electronically signed in and out by a parent/guardian between these times. Children will only be allowed to leave the centre accompanied by an adult nominated in your Hubworks registration. Our admin team can help you register new authorised / emergency contacts - please call our office on 9942 2312. Centre staff will make an alternative arrangement if a person collecting the child appears to be under the influence of alcohol/drugs or if the child could be at risk - this is up to staff discretion.

Prescription medication can only be administered by staff with written permission from parents/guardians and be in the original packaging. Non-prescription medication is not permitted at Vacation Care. See centre staff for further details.

PG rated movies may be shown at the centre, please see staff if you have any concerns about this.

Every effort is made to provide the activities exactly as advertised in this brochure, however sometimes, due to circumstances out of our control, this is not possible. If an activity is cancelled we will try to provide another activity and inform families as early as possible, usually on the morning of the scheduled activity via signage at the centre.

Centre and program rules are established for the safety and well-being of all children. Please note consistent disregard of rules may result in exclusion from the program following consultation with Council staff and parents/guardians.

#### What to bring

Children need to bring a hat, lunch, snacks and a refillable drink bottle. We suggest you pack a frozen ice brick with your child's lunch to help prevent the growth of bacteria and keep it cool until lunch time. Cooking activities may be part of the day's program but they are not meal substitutes.

Children should not bring any valuable toys, electronic devices, mobile phones or expensive jewellery to Vacation Care as they may be lost. Vacation Care will not be responsible for lost valuable items.

#### What to wear

Please clearly label all items!

Sunhat and sunscreen – no hat means children may only be allowed to play in the shade. Children without hats may miss out on outdoor activities!

Parents – please apply sunscreen to your child every day before dropping them to Vacation Care. Sunscreen will be available at the centre.

Clothing should be practical and sun smart. Singlet tops are not appropriate as exposed shoulders are prone to sunburn.

Please note that centres often do messy activities so be prepared for dirty clothes at the end of the day!! The centre does not provide protective shirts for arts and crafts.

Please wear covered shoes only – thongs, slides and most sandals are NOT appropriate or safe footwear at Vacation Care. 'Wheelie' shoes and Crocs are also inappropriate footwear for Vacation Care. Please note children who do not have appropriate footwear may not be able to participate in all activities.

#### Food

Help us be allergy friendly! Many children have allergies to various foods. Nut allergies are especially common.

Please help us by not providing any nuts or nut products (including peanut butter and hazelnut spread) in your children's lunches and snacks.

Please provide healthy snacks and lunches. Lollies, sugary drinks and sweets are discouraged.

Please ensure your child has plenty to eat and a drink bottle to fill with water.

#### **Hours of operation**

The program runs from 7.30am to 6pm each day.

# Children with additional needs

Northern Beaches Council Vacation Care Programs are additional needs and disability friendly. Before enrolment, we require detailed information about your child's individual needs in order to work together to support your child. If your child has high support needs, additional support may need to be accessed via the Federal Government's Inclusion Support Subsidy (ISS). The application process can take some time as we consult with schools and complete an assessment to determine how to best meet your child's needs at Vacation care. Contact the Vacation Care Coordinator on 8495 6685 as early as possible to ensure that your child can access all aspects

#### **Immunisation**

Children who are not immunised are to be excluded for the duration of an outbreak of an immunisation preventable disease. Vacation care is exempt from collecting and keeping Immunisation records.



#### In centre days

Activities vary throughout the day and allow for sessions of high and low physical activity. Incursions scheduled for certain days will usually run for a one to two hour period. The remainder of the day will include activities organised by the educators. Each day will have a theme that will be incorporated into some of the activities during the program for the day. Please be aware that activities may be cancelled or modified at last minute, depending on Covid restictions at the time.

#### **Excursion Day**

Children and staff will travel by charter bus or walk to each excursion venue. On excursion days children will leave the centre at a time after 9.00am and return to the centre by 4.00pm. Please ensure children are dropped off before the children are required to leave the centre to get to the excursion.

There will be up to 80 children attending each excursion, with one educator for every eight children, except when they are attending a swimming excursion at which there will be a ratio of one educator to five children.

A risk assessment with more details about each excursion can be viewed on the Vacation Care website prior to booking.

Information on the time of departure for excursions, special requirements for the day, or late changes to the program are displayed at the centre or are available by phoning the centre during opening hours. Parents/ Guardians are responsible for ensuring they have all information required. Children will not be permitted to purchase food on excursions so please do not send money with your child to Vacation Care.

Please be aware that excursions may be cancelled or modified at last minute, depending on Covid restictions at the time.

#### **Child Care Subsidy (CCS)**

If you wish to claim Child Care Subsidy (CCS) you will need to complete an online Child Care subsidy assessment using your Centrelink online account through my.gov.au. You will also need to provide us with the date of birth of the parent/ guardian claiming the CCS, the date of birth of the child being enrolled and the Centrelink Customer Reference Number for both the parent/ guardian and the child.

Once your booking has been entered into our system you will receive an email from MyGov asking you to confirm your enrolment.

You will then need to login to your MyGov account and confirm your enrolment/s for our Vacation Care service/s. CCS will then be applied to the fee charged for your booking.

We will charge you the gap between our daily fee and your CCS entitlement.

Centrelink will withhold 5% of all subsidy payments which is reconciled with families at the end of the financial year.

No CCS will be payable where children are absent from the last day of care they are booked in for each holiday period.

If you have any questions with regard to your eligibility for Child Care Subsidy please call the Family Assistance Office on 13 61 50.

#### Vacation Care Centre locations

#### Cromer

Cromer Community Centre Fisher Road North Cromer 0418 265 803

7.30am to 6pm

#### **Forestville**

Forestville Youth Centre (Behind RSL Club) Melwood Avenue Forestville 0418 260 807

7.30am to 6pm

#### Harbord

Curl Curl Youth & Community Centre Abbott Road North Curl Curl 0417 201 798

7.30am to 6pm

#### **Manly Vale**

Manly Vale Community Centre 272 Condamine Street Manly Vale 0418 267 399

7.30am to 6pm

Australia Day Awards 2022

Shine a spotlight on a person or project that makes the Northern Beaches a better place

This is your chance to recognise someone who inspires and serves our local community:

- Citizen of the Year
- Young Citizen of the Year (under 25 years)
- Senior Citizen of the Year (65 years and above)
- Community Event of the Year
- Sportsperson of the Year
- Outstanding Community Service

Nominations close midnight Monday 1 November 2021 Enquiries: Volunteer Coordinator on 02 8495 6602 northernbeaches.nsw.gov.au







# Save with solar, sooner than you think

Did you know you could be saving up to \$1,474 a year\* on your energy bill with solar?

Visit our Simplifying Solar webpages at northernbeaches.nsw.gov.au for our easy five step plan.





# **Booking procedure**

# **Step 1:** Hubworks! (HubHello) enrolment

#### **New families**

To attend Northern Beaches Council's Vacation Care centres your child must be enrolled in Hubworks! (HubHello), our child care management system. This needs to be done before you can book in for Vacation Care.

- If you have not used Northern Beaches Council Vacation Care in the past then you will need to create a new enrolment. To do this you can go to the Vacation Care page on Council's website and click on the link to "Register for Vacation Care". You will then be redirected to an online registration form in HubHello. Please complete all details in the online registration form and if you wish to claim Child Care Subsidy ensure that you add your correct customer reference numbers to this form.
- Click on "SUBMIT".
- We will then receive your registration electronically and will be able to accept your details into whichever Vacation Care centre you have chosen.
- You will receive an automated reply from HubHello acknowledging your registration and you will also be sent a login and password for HubHello.
- You won't be able to book into Vacation Care until this process is complete, so please ensure that you complete this process by close of business on Wednesday 25 Aug to ensure that we can accept your enrolment and send you your login details before bookings open on Monday 30 Aug.

#### **Existing families**

 To book in for Northern Beaches Council's Vacation Care centres you will now need to login in to HubHello. If you have lost your login details please contact us on 9942 2312 or vacationcare@ northernbeaches.nsw.gov.au

- You won't be able to book into Vacation Care without logging into HubHello, so if you have lost your login details please ensure that you get in touch with us by close of business on Wednesday 25 Aug to ensure that we can send you your login details before bookings open on Monday 30 Aug.
- If you wish to add a new sibling, follow the steps for new families and we will link the new child to your existing family record. Again, please ensure that you do this by close of business on Wednesday 25 Aug to ensure that we can accept the enrolment before bookings open on Monday 30 Aug.

# **Step 2:** Sign up for iPay (HubHello's direct debit service)

To make a booking for Vacation Care, families will now need to sign up to iPay. This is a direct debit service within the HubHello program. Families can enter bank account or credit/debit card details. A 10% deposit is required at the time of making your booking. Please note, if you have elected to enter your bank account details into iPay you will be required to enter credit card details to pay the 10% deposit to complete your booking. The balance of fees owing will be charged to the account you have nominated in iPay after the school holidays.

#### To sign up to iPay

- Login to your HubHello account at hubhello.com
- Click on the picture icon next to your name on the top right hand side of the screen and select "Profile"
- Click on the My Account tab and scroll down the page to the pay section
- Click on the iPay checkbox
- Read the iPay Request Service Agreement. You will need to agree to this agreement to continue
- Complete your preferred payment method - either credit/debit card (no Amex) or bank account details

- Click on "Save"
- You will then be emailed a copy of your iPay Request Service Agreement
- For more detailed instructions go to the vacation care page on the Council's website: northernbeaches.nsw.gov.au

# **Step 3:** To make a booking for these holidays

#### Bookings open 7am Monday 30 Aug 2021

- Login to hubhello.com
- Select BookMe from the Quicklinks dropdown (love heart icon)
- Select the child you wish to book in
- Click on the calendar icon to select Sept/Oct dates
- Click on the day/s that you wish to book your child in and click on "Participate"
- Once you have selected all of the days that you wish to book in click on "Checkout"
- Select Partial Fee payable at checkout as only 10% is required to secure the booking
- To confirm your booking, check that the days you have selected are correct, agree to the Terms & Conditions, tick the privacy check box and cancellation policy check box", enter your credit card details if you haven't already entered them in the iPay section of HubHello (see above) and click on "Confirm Bookings"
- A booking confirmation will be emailed to you.

# Vacation Care Booking Terms & Conditions

#### Registration

All children must be enrolled in Hubworks! (HubHello) to book into our Northern Beaches Council's vacation care services. This enrolment process only needs to occur the first time the child uses a particular service. Once you enrol your child in HubHello you will receive an email with your logon ID and password for HubHello.

#### **Bookings**

Bookings for our vacation care program will open three weeks prior to the start of the school holiday period. All bookings are made using BookMe in the HubHello program.

Northern Beaches Council's Vacation Care centres follow the Federal Government's 'enrolment priority of access' guidelines. Priority of access will be given in the following order:

- 1. A child at risk of serious abuse or neglect.
- 2. A child of a single parent who satisfies, or of parents who both satisfy the work/training/study test under section 14 of the Family Assistance Act.
- 3. Any other child.

All enrolments indicating that they are eligible for priority of access will be assessed in accordance with the Federal Government Priority of Access guidelines.

Bookings can be made up to 24 hours prior to the commencement of the daily program and are subject to resourcing availability.

There are no cancellations, refunds, credits or transfers once your booking has been processed, unless a medical certificate is supplied for the day/s missed within one week of the missed day/s. Please note that activities and excursion may be cancelled or modified last minute for unforeseen reasons. This does not warrant a cancellation of your booking.

Should your family be instructed to self-isolate due to COVID testing, or potential exposure risk, please do not send your child to Vacation Care. Contact our office so that we can adjust your booking accordingly.

Children must have completed their first term at primary school to attend Northern Beaches Council's vacation care program unless they are attending our pre-school Vacation Care program during the January school holidays.

Council reserves the right to review bookings received through BookMe and to withdraw bookings where families have money owing from previous holidays or where we are unable to meet the needs of all children booked in on a particular day within the resources available.

#### **Fees**

The Vacation Care daily fee for \$80 per child. Child Care Subsidy (CCS) will be applied to this fee for families who have completed their Activity Test via the myGov website, and then confirmed their enrolment via myGov. Centrelink withhold 5% of all subsidy payments which is reconciled with families at the end of the financial year. No CCS will be payable where children are absent on the first or last day of care they are booked in for each holiday period.

#### Late pick up fee

Children who are collected after 6pm from the Vacation Care centre will be charged a late pick-up fee of \$11.10 per five minutes late, or part thereof.

#### Late payment fee

A late payment fee of \$11.10 will be charged to accounts when they reach 28 days in arrears.

#### Failed transaction attempt fee

A \$2.90 failed transaction attempt fee will be charged to accounts for every failed transaction attempt in HubHello iPay.

#### **Payments**

A 10% deposit is required at the time of booking. This payment is processed via iPay when checking out after you have made your booking in HubHello BookMe. The balance owing will be debited to the account you have nominated in HubHello iPay. These payments are usually processed on the Thursday of week two, each term. Please ensure that the account details you have nominated in iPay are correct and that there are sufficient funds to cover your Vacation Care fees at this time to avoid the \$2.90 failed transaction attempt fee.

# Medical treatment consent

By booking my child into Northern Beaches Council's Vacation Care program I give consent for the service to seek (i) medical treatment for my child from a registered medical practitioner, hospital or ambulance service (ii) transportation of the child by an ambulance service. I understand that I am responsible for any costs incurred. In the event of an emergency. Northern Beaches Council will make all reasonable attempts to contact the enrolling parent, and any other emergency contact nominated. Should attempts to reach emergency contacts fail, parents are advised that under Clause 174 of the Children's and Young Persons (Care and Protection) Act 1998, a medical practitioner or dentist is empowered to carry out treatment on my child in order to save his or her life or to prevent serious damage to his or her health. This authority granted by legislation does not relieve a medical practitioner or registered dentist from liability in respect of the carrying out of medical or dental treatment on a child or young person, being a liability to which the medical practitioner or dentist would have been subject had the treatment been carried out without my consent.



# Why choose us?

Enrol your child at one of our centres and be confident you're getting the best early learning and care, as well as excellent value for money.

#### We offer:

- Long day care for 0 5 years
- Pre-school places for 3 5 years (school hours and terms with NSW Government Pre-school funding)
- A warm and welcoming atmosphere
- Educational programs that meet each individual child's needs
- Investment in quality equipment and play areas
- Highly competitive rates with child care rebates available
- Regular intakes and easy to access waitlists.

#### We are:

- A not-for-profit service provided by Northern Beaches Council
- Focused on providing affordable quality education and care
- Proud that our staff are professionally accredited and passionate educators
- Proud that our centre meets the National Quality Standard.



# **Need some inspiration?**

#### Remember!

Always pack and ice-pack or frozen water bottle with your child's lunch. This will help prevent growth of bacteria and keep it cool until lunch time.

#### Try these nutritious lunches:

Main lunch	Nutritious snack	Fruit	Drink (in addition to water)	Plus 1
Chicken, hummus and cucumber sandwich	Reduced fat cheese slices with wholegrain crackers	Apple	Chocolate flavoured reduced fat milk	Air popped popcorn
Ham, reduced fat cream cheese and salad wrap	Sultana snack pack	Fruit salad	Water	Dry breakfast cereal
Pesto pasta salad with chicken and capsicum	Reduced fat yoghurt	Orange	99% fruit juice (200ml or less)	Vegetable sticks with dip
Egg, celery and reduced fat mayonnaise sandwich	Homemade pita chips with hummus	Frozen grapes	Reduced fat plain milk	Tinned fruit in juice
Tuna, corn, lettuce and reduced fat mayonnaise wrap	Reduced fat cheese slices with wholegrain crackers	Fruit kebab	Water	Muesli bar (weekly extra)
Ham and sweetcorn frittata	Vegetable sticks with dip	Banana	Water	Rice crackers or cakes with dip
Chicken salad with chick peas, baby spinach and pumpkin	Vegetable sticks with dip	Fruit salad	Strawberry flavoured reduced fat milk	Reduced fat yoghurt
Tuna and sweet potato patties	Reduced fat cheese stick	Frozen melon balls	Water	Fruit spice English muffin
Turkey, tomato, spinach and reduced fat cheese sandwich	Avocado, carrot and lettuce rice paper rolls	Apple	Reduced fat plain milk	Reduced fat custard
Sweet chilli chicken and lettuce wrap	Muesli and reduced fat yoghurt	Kiwi fruit and strawberries	99% fruit juice (200ml or less)	Small packet potato chips (weekly extra)

## Discount Vouchers

Simply cut out the attached vouchers and present them at participating venues to claim your special school holiday offers.

Please note that these offers are only valid during NSW Spring 2021 school holidays, unless otherwise stated.



#### **Functional Teens Class** Free 7 Day Pass

For 12-16 year old. Classes Monday - Thursday at 4.15pm

Booking online and proof of age is required

1525 Pittwater Rd, Narrabeen

0299 708408 Valid NSW Spring 2021 School Holidays



#### Present this coupon to purchase 2 Adults + 2 Children for \$47

Not valid for Grand Seats or 3D films. Selected movies only. Conditions apply. Not valid on public holidays or discount days.

One voucher per customer

4 Vuko Place, Warriewood 9913 2800

Valid from 18/9/2021 to 3/10/2021



#### Buy 1x18 hole round of Mini Golf, receive upgrade to 36 holes for Free!

MUST present this voucher to redeem the offer. Not redeemable for cash.

One voucher per person

1500 Pittwater Road, Warriewood (enter via Walsh St) 9913 7991 pittwatergolfcentre.com.au

> Valid NSW Spring 2021 School Holidays



#### Pay for 1 hour hire, Get the 2nd hour Free!

The Boatshed 11 Narrabeen St, Narrabeen

9970 7081 Not Valid Public Holidays

Valid NSW Spring 2021 School Holidays



#### Receive 75 balls for the price of 50 balls! MUST present this voucher to redeem the offer

Not redeemable for cash One voucher per person 1500 Pittwater Rd, Warriewood (enter via Walsh St)

9913 7991 pittwatergolfcentre.com.au

Valid NSW Spring 2021 School Holidays



Call us on 9982 2943 or book online: www.longreefgolfclub.com.au

> Valid NSW Spring 2021 School Holidays



#### Includes harness hire

(Under 13's need an older friend to belay) This voucher is valid for use by children under 16 years

One voucher per person

Joining fee may apply Unit 4E, 9-13, Winbourne Rd, Brookvale (entrance from Sydenham Rd) 9905 6202

> Offer valid only from 18/9/2021 to 3/10/2021



#### 10% DISCOUNT ON ALL **KIDS & TEENS** ART WORKSHOPS

#### DRAWING PAINTING SCULPTURE PRINTMAKING

Nurture and encourage your child's creativity with our fun and fabulous Art Workshops for kids and teenagers Quality Tutors Small Classes Art Materials Supplied Discount available for website bookings only

www.sydneyartspace.com Coupon Code: SPRING21

lid for Art Workshops run from 28th June to 9th July 2021 Not valid with any other offer

Creative Kids Registered Provide

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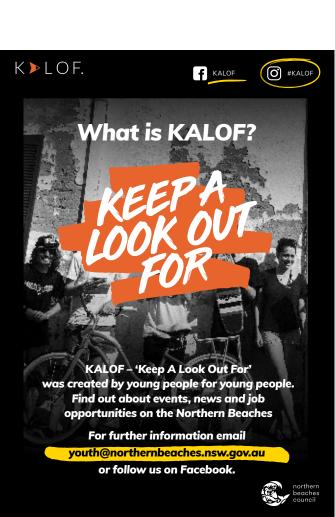
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