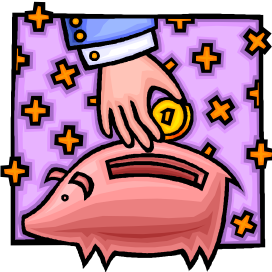


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HAPPY BODIES  
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Times:

Tues 7-8pm, Fri 6-7am

Date: Starting from

Tues 16<sup>th</sup> April till Tues 25<sup>th</sup> June

Fri 19<sup>th</sup> April till Fri 28<sup>th</sup> June

Where:

**Tues:** Overport Primary school Gym  
parking in the staff car park enter off Towerhill Rd  
just after the school crossing.

**Fri:** Meet at Delacombe Park , car park nearest to the  
kinder. Enter off Overport rd Frankston south.

**Cost:** 11 week term \$110 which works out to be \$10  
session. One off trial session casual rate \$10.

Trainer History:

Mother of two young children

Degree in Applied Science-Human Movement/ Dip Ed  
Physical Education

Completed courses in: Pre and Post Natal exercise/  
Functional Training and Advanced Core Conditioning

Certificate 4 in Training and Assessment

Registered and Insured with 'Physical Activity Australia'

Any inquiries please call:

Jessica Collins 0415579750



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Measuring the  
value of OSHC

Quarterly Industry Article, Edition 1, 2013



When was the last time you saw neighbourhood kids playing on the street?  
Enjoying a game of cricket while dinner was being prepared inside?

Lets be honest, it just doesn't happen anymore.

The truth is, our children are not growing up with the same social interactions you and I were  
exposed to growing up.

Do a Google search on social interaction for children and you will find tens and thousands of  
articles and research, emphasising the importance of social interaction amongst children. As  
parents and teachers, we need to ensure children have the opportunity to interact and build social  
skills with their peers. This needs to extend beyond the classroom (otherwise known as the comfort  
zone) so that they're interacting with peers they don't necessarily see every day. It's a necessary  
environment to facilitate modelling and mentoring of positive social behaviour and interaction.

This is where Outside School Hours Care plays a huge and valuable role for children developing social  
skills, confidence, and self esteem. Through activities like arts and craft, construction, team games,  
and group experiments, children are given the opportunity to problem solve, work as a team, try new  
challenges, take safe risks, and even interact with older and younger kids. You can't put a price on that.

And not only is it a valuable service for children, it's just as valuable for women. Before School Care,  
After School Care, and Vacation Care empowers women the CHOICE to work even if they have children.  
In the same way that Outside School Hours Care facilitates social interaction and stimulation for children,  
it does exactly that for women returning to the workforce. They're able to continue that social interaction  
at the workplace, and continue to build their skills and confidence. Not all women want to return to the  
workforce after starting a family, and that's ok - but OSHC gives women the choice. You can't put a  
price on that.

Outside School Hours Care really is much more than child minding.  
It's an important part of a child's development and it empowers parents  
to work. No doubt as parents and teachers we want to facilitate the  
best upbringing for our children.

So how do you measure the value of Outside School Hours Care?

