



Helping Hands Silkwood



Term 1 2019



After School Care

Tuesdays: Cooking Classes
 Wednesdays: Sports on the Oval
 Friday: Crafts
 3pm-6pm

Before School Care

Tuesday: Smoothies for breakfast
 Fridays: Pancakes for breakfast
 7am -8.45am

Cooking Classes

- Week 3: Crepes and fruit Kebabs
- Week 4: Sushi
- Week 5: Protein balls
- Week 6: Pizza
- Week 7: Vegetarian pasta
- Week 8: Wholemeal pancakes with fresh fruit and Canadian maple.



Children will learn a range of skills including food preparation, cooking and nutrition

Disco 4th April 2019

Come and join us as we celebrate the end of term with music, dancing, games and food



Bookings

To complete an enrolment, visit our website HelpingHandsNetwork.com.au

If you have already enrolled, you can book online through the Helping Hands Parent Portal or alternatively call/text us direct on 0475 824 342

Before School Care: \$18.50

After School Care \$ 24

Vacation Care \$49

Costs are before any eligible rebates

Child Care subsidy's is available on a sliding scale for families with a combined income of less that \$351K, subject to Centrelink Assessment

Sports on the Oval



Includes organised games of soccer, bull rush and dodgeball

Craft Day



Let's get creative as we sculpt with clay, make our own sun catches and paint on canvas