



New Service - Outside School Hours Care (OSHC) at Go Bananas

Thank you for taking the time to learn about this exciting new service.

Go Bananas, located on the grounds of St Mary's Rugby League Club, is a brand new state of the art and fully air conditioned indoor play and activity centre for children and their families, boasting the largest obstacle course in Australia that was purposely designed to provide the best facilities for children.

Overlooking the wonderful football oval at St Mary's League Club, Go Bananas enjoys its own huge fully fenced outdoor grass area for children to enjoy. Go Bananas is an aesthetic and physically enjoyable environment for children incorporating our unique murals and equipment design, providing children with a visually stimulating, safe and fun atmosphere.

Go Bananas is excited to advise that it has commenced providing a unique service; outside school hours care from the St Marys facility. Go Bananas has been successfully providing outside school hours care from our Perth facility.

Like the Perth service, the service operating from St Marys will provide working parents with the opportunity to work whilst feeling comfortable that their children are having a tremendous amount of fun in a safe environment. Go Bananas OSCH service complies with and is registered with the National Child Care Accreditation Council (NCAC).

Go Bananas is registered to provide Child Care Benefit Fee Reduction along with the Child Care Tax rebate for parents.

How It Works

Before School:

During school term, drop off your children at Go Bananas from 7:00 am until the time the Go Bananas buses leave to drop off at selected schools in time for the school bell:

- Includes a healthy breakfast snack, however all children are encouraged to get into the healthy habit of having breakfast at home with parents/guardians.
- A variety of supervised appropriate morning activities
- Drop off to school at pre-arranged school drop off location

After School:

During school term, Go Bananas buses pick up children from selected schools after school and bring them back to Go Bananas for the best after school fun in Sydney. You can pick up your children anytime after work up to 6:00 pm.

- Pick up from an appropriate collection point at selected schools
- Includes a healthy and nutritious afternoon snack and drink
- A supervised afternoon schedule of a variety of fun-filled activities to cater for all children
- On selected days, a professionally run active after school care physical programme will be available for children to participate in



Vacation Care:

During school holidays, drop off your children from 7:00 am. Every day is special and every day is different. A professionally-developed programme, including in-house activities and excursions. Children need to be picked up before 6:00 pm.

- Incursions and excursions as per the vacation care programme
- A supervised afternoon schedule of a variety of fun-filled activities to cater for all children
- Provision of all craft, cooking and other activity supplies
- Includes a healthy and nutritious afternoon snack and drink

Benefits to Children

Obesity in Australian Children

- An estimated 1.5 million people under the age 18 are considered overweight or obese in Australia
- This means about 20-25% of Australian children are overweight or obese.
- Children are getting less aerobic exercise; the amount of aerobic fitness is decreasing about .4% a year
- A study in Queensland showed that up to 30% of Australian children have low fitness levels while 60% have poor motor skills
- 50% of obese adolescents continue to be obese as adults
- One study estimates that for every 1% increase in the proportion of physically active people, nearly 122 lives can be saved that would have been lost to coronary heart disease, colon cancer, and type 2 diabetes. All of these diseases have links to obesity.
- It is estimated that in 1995-1996 the cost of obesity in Australia was between \$680-\$1239 million

Effect of Children who are left on their own after school

- A number of surveys over the years have identified deleterious effects on the long terms learning and behavioural effects on children.
- According to Poener and Vandell (cited in the US National Association of Elementary School Principals, 1993), after school programs help improve children's self-esteem, social skills, and academic performance.
- A 1987 Harris opinion poll found that many teachers felt that students' difficulties in school are associated with then being "left on their own after school,, (National Association of Elementary School Principals, 1993, p.l)

Enrolments and Fees:

- An enrolment form must be completed for each child including family details and the Customer Registration Number (CRN) to ensure CCB is accessed to reduce the amount that parents pay for fees.

Service	Casual Enrolment Fee (Per Child Per Day)	Permanent Enrolment Fee (Per Child Per Day)
Before School Care	\$18	\$16
After School Care	\$25	\$22
Vacation Care	\$45 (for incursions) and \$57 for excursions)	



Contact:

- Telephone: 1300 BANANA (226262)
- Web: www.gobananas.net.au
- To access the Child Care Tax Rebate and Child Care Benefit, Families must register with the Family Assistance Office (FAO) (telephone number 13 61 50) before enrolling with The Go Bananas Outside School Hours Care Service.
- Once parents have registered, they will be given a Customer Registration numbers (CRN) for themselves and their children.

Please contact us for any further information that we can provide. We would also be delighted in providing more flyers should you require them.

Melinda Weldon
Go Bananas @ St Mary's Business Manager