



Dear Parents,

We are really looking forward to your child/ren visiting Jump Up Outdoors as part of their OSHC vacation care program! We wanted to give you some information about who we are and what we do as well as some practical information for the visit.

### **Jump Up Outdoors - What we do**

The Jump Up Outdoors programs have been developed by Madeline Avci, an Occupational Therapist with over 25 years experience.

At Jump Up Outdoors we provide enticing outdoor play environments, with a wide variety of upcycled loose materials and the children do what they do best...play! The result is hours and hours of unstructured play in which children imagine, create, develop their interests and passions and follow their instincts.

At Jump Up Outdoors we believe:

- childhood should be cherished and valued
- a connection with nature is essential for healthy development
- unstructured play is as important to children as food, shelter and education
- children are capable and competent
- exposure to appropriate risks provides opportunities to develop and learn
- children need time (to develop ideas...with friends...alone...to finish play).

For more information about Jump Up Outdoors visit our FaceBook page or [jumpupoutdoors.com.au](http://jumpupoutdoors.com.au).

### **What to bring when visiting Jump Up Outdoors**

We will be outdoors all day. Whilst there are many areas of shade available, it is essential that children wear sun safe clothing at all times.

Children must wear:

- Sun protective clothing that covers as much skin as possible
- Sunscreen
- A hat that protects face, head, neck and ears (ie no caps)
- Closed toe shoes with socks.
- Sunglasses are also recommended.
- Please cover all open wounds with plaster.

Your child should bring a backpack filled with the following:

- Sunscreen (30+ water resistant)
- Insect repellent

### **Jump Up For Kids**

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- A spare pair of clothes
- A spare pair of shoes and socks
- Morning tea and lunch in an insulated container with cold blocks.
- A large water bottle
- A towel
- 2-3 plastic bags for wet clothes

On rainy days, your child may wish to bring:

- Rain coat
- Gum boots
- Umbrella
- **Please only pack items that can get wet and muddy.**

Please label all items with your child's name.

We are looking forward to meeting your child/ren at Jump Up Outdoors!

Bye

Madeline Avci

Director, Jump Up For Kids

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