

January 2017 School Holiday Timetable – SHENTON PARK

Guide to Class Codes:- Class – 1.5 hrs (Cost: \$22/child)
 :- Maxi Class – 2.5 hrs (Cost: \$40/child)

Booking Essential – [Book Now](#)

Venue Info – The Warehouse Café (Function Room; Enter through the café)
 221 Onslow Rd, Shenton Park. [Map](#)

Code to Classes:- **3-6 yrs of Age (90 minute Class)**
 - **6-9 yrs* plus younger siblings aged 4&5 yrs can enrol. (90 minute Class)**
 - **7-9yrs of Age (90 minute Class)**
 - **7-9 yrs Maxi (2.5 hr Class)**
 - **10 yrs of Age + (90 minute Class)**
 - **10 yrs of Age + Maxi (2.5hr Class)**

Shenton Park	Week 1 1-7th	Week 2 8- 14th	Week 3 15- 21st	Week 4 22 – 28th
Sunday NO classes				
Monday No Classes				
Tuesday	3rd	10th	17th 3 - 6 yrs 10.30- Noon 6 - 9 yrs 1 – 2.30pm	24th 10 yrs + 10.30- Noon 7 - 9 yrs Maxi 1 – 3.30pm
Wednesday	4th 6 - 9 yrs 10.30- Noon 10 yrs + 1 – 2.30pm	11th 3 - 6 yrs 10.30- Noon 10 yrs + Maxi 1 – 3.30pm	18th 3 - 6 yrs 10.30- Noon 10 yrs + Maxi 1 – 3.30pm	25th 6 - 9 yrs* 10.30- Noon 10 yrs + Maxi 1 – 3.30pm
Thursday	5th 6 - 9 yrs* 10.30- Noon 7 - 9 yrs Maxi 1 – 3.30pm	12th	19th	26th
Friday No Classes	6th	13th	20th	27th
Saturday	7th 3 - 5 yrs 10am- 11.30 10 yrs + 12 .30– 2 pm	14th 6 - 9 yrs* 10am- 11.30 6 - 9 yrs 12 .30– 2 pm	21st	28th

Scroll down for more info.

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For children aged 3-5 years, Parents are expected to stay for the duration of the class. If your child has reached comfort zone during the class, parents' and younger siblings can relax within the cafe and join us again for our indoor picnic.

NOTE: Classes 3-5 yrs ONLY. This class is specifically designed for young children who may show little interest in cooking at home but are sure to thoroughly enjoy the dynamics of our classes. These classes are kept as small groups and are not as busy or boisterous as our other classes.

NOTE: Classes for 6-8 yrs * and their younger siblings aged 4&5 joining in. These classes use a range of skills that are age appropriate.

All these classes are based on fun in the kitchen with an underlying health focus. Recipes used are suitable for afterschool snack and lunchbox fillers. Our Holiday Classes will use a range of recipes (sweet and savoury). To ensure recipes are **not** repeated, please inform us of previously made recipes when making your booking.

From harvesting ingredients from our mobile garden - To preparing their recipe -- And sharing a picnic at the end of class... these classes often help children overcome reluctance towards trying new ingredients. Ownership and fun can go a long way towards combating fussy eating.

All parents have the option of staying with their child(ren) for ANY class. [Make a Booking](#)

About our Maxi Classes

We can help your kids boost their self-confidence and gain lifelong healthy eating habits. Our Maxi Classes are very much hands-on with them. We involve the kids at every stage... from peeling, grating, mixing, chopping & cooking their ingredients. Food ownership is achieved and they are more willing to **try** ingredients and recipes.

You will be happily surprised at the results!

Cont.

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During the lessons they learn to:

- Work as a team – just like meal preparation times at home *should* be.
- Clean-up after themselves.
- Try new tastes and textures.
- Avoid foods high in salt, fat and sugar. We provide suggestions to replace these foods/ ingredients.
- Include more fruit, vegetables, whole grains, seeds & dried fruit when selecting recipes.
- Every Maxi Class will make 1 savoury & 1 sweet recipe.

We encourage them to use their new found skills and recipes at home.

Our recipes are often suitable for lunch boxes and we encourage them to ask “*What can I do to help?*” when parents are busy in the kitchen.

[Make a Booking](#)