Little Ducks Childcare Annerley

July/August 2021

A note from your Centre Manager

Dear families,
We thank the Jagara people for the use of the land on which we play and learn each day.

As term 2 comes to an end, it brings me great joy to reflect on all the learning, experiences and celebrations we have had within the service. A stand out to me, as it holds a close place in my heart was the Australia's Biggest Morning Tea for the Cancer Council. It truly was re-markable to see all the children enjoying a shared morning tea out in the beautiful sun, with the delicious treats made by our families. I am extremely proud to announce that we have raised over $300 towards such an important cause.

We have recently celebrated staff appreciation day. What a wonderful way to recognise the hard work, dedication, love and smiles each of our educators put in to each day. Thank you to our families for all of the flowers, sweet treats, cards and well wishes for the day. We shared some hearty homemade soups, sticky date pudding and custard.

Entering into term 3 we can see us as educators reflect and unpack the National Quality Frameworks Quality area 6; Collaborative partnerships with families and communities. For a service, collaborative partnerships with families and the community is something that we strive to exceed. We are eager to take you along on the journey with us!



We have NAIDOC week coming up, in which we will welcome Uncle Boomerang for an Incursion, sharing dream time stories, dance and music with us.

Kind Regards,
Erin Evans
Centre Manager/Nominated Supervisor

RATED EXCEEDING NATIONAL QUALITY STANDARD

35 Waldheim Street
Annerley QLD 4103
Phone (07) 3848 7688
Fax (07) 3848 6533

Kindergarten Approved Program — Queensland Government

annerley@littleducks.com.au

Upcoming Events!

July

- **Canada Day– Thursday 1st**
  Children will learn about Canada and the importance of Canada Day

- **Crazy Hair and Sock Day– Friday 23rd**
  Help support Leukaemia Foundation and the Worlds Greatest Shave by coming to Kindy with your craziest hair and a gold coin donation



- **NAIDOC Week—July 3th-11th**
  This week we celebrate the history, culture and achievements of Aboriginal and Torrest Strait Islander people

- **Burragun Aboriginal Culture Show– Tuesday 6th**

- **PJ Day!**
  No need to get dressed today, come along in your PJ's for a cosy, chilled out day



August

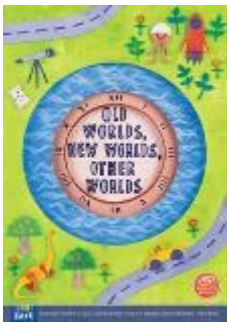
- **Aboriginal & Torres Strait Islander Children's Day**
  A time for Aboriginal and Torrest Strait Islander families to celebrate the strengths and culture of their children

- **Jeans for Jeans Day– Wednesday 6th**
  Wear your jeans to Kindy to support families and children with birth defects or incurable genetic diseases

- **Dental Health Week– 3rd to 9th**
  A week full of learning about oral hygiene and keeping your teeth healthy

- **Ekka Public Holiday– Wednesday 11th**

- **Book Week– 21st– 27th**
  Bring along your favourite story to share and dress up as your favourite book character *Book Week Theme: Old Worlds, New Worlds, Other Worlds*



Easy Art! - Natural paintbrushes

What you need:

- Sticks, leaves,
- Paints (I'd recommend 3 colours)
- Cardboard or paper
- Art apron
- String/ rubber band



Instructions:

This experience is fun and easy and gets your outside in nature. Go on a hunt to collect some sticks, leaves and bushes to turn into your own natural paintbrushes.

We value your input and feedback so please refer to the Policy Review Folder in the foyer for more information or to provide any comments or suggestions. The policies/procedures in review during May and June are:

- Child Protection Policy
- Collection and Delivery of Children Policy
- Animals and Pets Policy
- Orientation– Children and Families Policy
- Parents Involvement and Participation in Service Policy
- Record Keeping & Retention Policy

HAPPY BIRTHDAY TO:

<u>July Birthdays!</u>

Isabel, Martina, Charlie, Mayson, Scarlett, Alexander, Arthur, Elayna, Ayla, Eleanor,

<u>August Birthdays!</u>

Roman, Theodore C, Amelia, Adeline, Zemirah, Albie, Isabella, Edward, Violette, Matthew, Ava, Theodore S,



Easy Recipe

Rice Paper Rolls!

Ingredients

50g rice vermicelli noodles
1 carrot (peeled)
1 Avocado (peeled and destoned)
1/4 cucumber
8 Rice paper wraps
Choice of protein (prawns, chicken, tofu)
8 mint leaves
Sweet chilli sauce to serve

Method

- Put the noodles in a pan of water and bring to boil, simmer for 3 minutes, then cool under running water. Drain thoroughly
- Cut the carrots into matchsticks using a knife. Cut the avocado into strips and cucumber into thin sticks.
- Soak 2 of the rice paper wraps in warm water for 1-3 minutes until soft
- Lift the sheet of rice paper out of the water and gently shake, then lay carefully on a board.
- Place your protein in the centre, with a mint leaf between.
- Add strip of avocado, carrot, cucumber and noodles into the centre.
- Fold the rice paper over, then fold the sides in tightly to roll up.
- Repeat with second wrapper and soak 2 more.
- Service with sweet chilli sauce for dipping



Nursery Natter!

Time has flown fast and here we are approaching the second semester for 2021!

The babies have come a long way showcasing many milestones and interests and the observations will be shared with families through Summative Assessments for Semester 1. The two terms' goals being focused on secure relationships with peers and more than the familiar educators, the babies have showcased positive interactions with Ms Elle, Ms Emily Ms Anna, Ms Lee, Ms Achal, Ms Safia, Ms Manita, Ms Suki etc who float in the Nursery for lunch/programming breaks of Ms Manoja, Ms Pari and Ms Claudia.



Thanks for the valuable family inputs- always helpful to plan the program, appreciate your time taken for the inspirational shout outs on Staff Appreciation Day.



In the past two months the Nursery welcomed few new babies and families and all are settling in well with predictable routines and play based learning. We invite the new families to bring in their family photos for the wall display if you haven't contributed so far. The All About Me wall is looking great with all the family inputs on holidays, celebrations and special family moments. Your collaborations are fantastic!

In the Nursery the day starts by listening to The ACKNOWLEDGEMENT for the land through the music CD Stand and Grow - WARRAHABU BUWANHABU by Peter Stewart/ Sue Lewin/ Sharron Linda. For Reconciliation Action Plan the babies also had the opportunity to create a wall collage with resources with Indigenous symbols printed on felt/ velcro by placing them around the Indigenous Art in the Nursery. More symbols and art work will be added in this month.

It was great to see the physical milestones through MOVE and GROVE, the intentional teaching experiences such as dramatic play/action rhymes, balancing with help and also independent walking and climbing. The dome at first helped the busy little people to cruise around helping their balancing skills and lately it has been transformed to a popular resource for climbing. The sensory mat Ms Manoja created with recycled fabrics that invited crawling in the first term is currently being used for walking on, feeling the textures in busy feet!



Nursery Natter!



In May /June the Nursery also recycled the supplies boxes from MTA as storage boxes for cot linen. Ms Pari created boxes for each baby with a photo on for easy find and store, which are placed under the cots. Further more some babies had the opportunity to create a treasure box to take home to practice packing away their treasures after play, scaffolding on how to teach tidying up after play. The babies used house paint brushes and paint exploring the 3D aspect of painting a box.

For Health and Safety programme the babies are learning self regulation while waiting for meals at the table, getting ready with cleaning hands, wearing a bib listening to the song "This is the way we clean the hands/ wear the bib", a fun way to learn routines. They are using hand to mouth coordination with finger food and also in manoeuvring the spoon. We have interesting chats about the names, colours of the food we eat and how the food gives us energy to walk, dance and play receiving curious gazes, nods and smiles from the babies.



We also focused on extending on sensory interests the group demonstrated through sniffing herbs, exploring natural and processed materials. Unfortunately with the gastro outbreak we had to pause the sensory learning cycle we planned with 'chocolate mud' until term 3.

In Term 3 the Nursery got exciting learning experiences planned in home corner with natural materials, sun catching fun with sequinned torches, learning more balls skills (a popular interest to extend upon), colour awareness through a variety of books and also shape/picture identification through silhouette displays. During all these experiences, social play skills will be scaffolded teaching the group how to be gentle, share and care and wait for a turn.

Looking forward to having an exciting couple of months!

The Nursery Team.



Miss Manoja



Miss Chontida

Senior Nursery Tales!

Hi Families,



It was impressive to see the growing vocabulary of our children during the past two months. They really have showed their passion in learning new words through engaging in stories, music and movement, and repeated the words they heard from our conversations. Fine motor activities were another big hit in the room, we have set up different fun challenges to extend their interest in developing fine motor and problem solving skills. They also displayed their enthusiasm in art experiences, such as collage, drawing with crayons, chalks, colour pens, painting with brushes, cotton buds, strings and car etc. We have been also focusing on our individual children's goals of term two; there were different planned learning experiences each weeks to support our individual children to working towards their goals.



To celebrate National Sorry Day and National Reconciliation Week, our children participated in a variety of fun learning experiences to increase their recognition to our indigenous Australian cultures. Art is the most straightforward way for very young age children to recognizing the aboriginal culture. Our children participated in an Aboriginal art appreciation with their educators and peers. They engaged in aboriginal dot painting with natural materials, explored the colours of Aboriginal flat and Torres Strait Islander Flag through collage. We explored their music through music appreciation, watched their group dancing performance and danced along to the aboriginal music together. We explored the sounds of their instruments while listening to their music that we played in the room. Our children were also enthusiasm participants in our daily acknowledgement of country through action songs: "Taba Naba", "Inanay" - songs from the Torres Strait Islands. These learning experiences help our children to acknowledge and increase respect to our traditional owners and ongoing custodians of the land.

Senior Nursery Tales!

For our Move and Groove Program, our Senior Nursery children have been developing children's coordination and balance skills through a variety of action songs and ride on toys over the past two months. We have also started our daily yoga/pilates with our children this month; it benefits our children to increase a sense of mental and physical wellbeing through spending time to relax our body and mind through doing yoga/pilates together. We have been learning many poses already: sleepy cat pose, relaxation pose, core body pose, cat-cow pose, lunge pose, cobra pose, dog pose, mountain pose etc. It's an on going program, we are looking forward to learning more poses with the children each days.



We have spent two months gardening on Sustainability Program to extend our children's interest in looking after the plants and curiosity in observing their growth over time. Lately we have started a new topic of global warming; our children spent time exploring about things we can do to help reduce global warming with their educators. We scaffolded the three R's –
reduce, reuse and recycle through a variety of learning experiences throughout the weeks: we explored how to reduce the usage of water in hand washing, talked about the important of turning off unused lights, fans and air conditioning before leaving the room, reused our fruit scapes for composting or feeding the worms in worm farm, reused our scape paper for drawing or painting etc. We are also planning to explore how to regrow some fruit and vegetables through scapes with the children.

The next couple of weeks, we are going to celebrate Naidoc week, dental health week and book week; also with some fun events like PJ day, crazy hair day and Jeans for Jean's day etc. Our children's individual goals, interests and learning are our all time focus in the room. We are also going to spend time creating our new visible learning displays on the wall for children to revisit their learning and achievements.

Love,

Senior Nursery Team



Miss Concy



Miss Vicky



Miss Abigail

Toddler Time!

We thank the Jagera people for the use of the land on which we play and learn each day.

The Toddler room have had a busy last few months. We hope you all have been keeping well and staying warm!

Sorry Day (26th May) was a very important day as we acknowledged the struggles of our Indigenous people. The Toddler room created hand prints using the colours of the Aboriginal and Torres Strait flags and made a small sea of hands, an iconic symbol of reconciliation. We also listened to the "Sorry" story and read "Finding our Heart" by Thomas Mayor.

We celebrated Reconciliation Week from the 27th May to the 3rd of June. Our activities included using clapping sticks and rainsticks to upbeat indigenous music by Youthi Yindi - TREATY, making Damper (also known as bush bread that is traditionally cooked over hot coals however we used an oven), reading Dreamtime stories, exploring Aboriginal symbols commonly used in art and their meanings and painting on paper bark using the dot method and the colours of the two flags. Engaging in a cultural experiences creates awareness and an appreciation for other cultures - exploring different ways of being.

We also wrapped up our class Dinosaur Discovery project that stemmed from children's emerging interests. We created a Dinosaur World where there were a variety of different dinosaurs ranging from big to small, carnivores and plant eaters. A popular activity was finding dinosaur fossils in the ice and releasing them by slowly chiselling the ice away to unearth their frozen bodies. We also made moulds of dinosaurs using playdough and plaster. Our Toddler children had the opportunity to voice their opinions on what dinosaurs ate and used their knowledge to describe a feature of a dinosaur. Miss Lauren completed an egg hatching experience with our children, allowing them to see how the egg cracks before slowly the baby dinosaur comes out. Our last activity to wrap everything up was creating a volcano and watching it erupt - spilling all over our Dinosaur World.



Throughout our Sustainability Programme we have been focusing on reducing the impact of Global Warming through embedding daily sustainable practices that create a positive impact in the earth. One of these practices is Composting.



Toddler Time!



After meal times we collect fruit and vegetable scraps that we later add to our Compost Bin. Every day a different child is able to tip the scraps into the bin to build their knowledge and understanding of this practice. We have daily conversations and read books such as "Compost Stew" by Mary McKenna Siddals to extend children's learning. Offering sustainable experiences for children allows them to foster a respect for the environment and a natural curiosity in nature, enhancing their own happiness and wellbeing.

For Move 'n' Groove we have been practicing Pilates. This has been closely related to Yoga - another current interest of our children. Both Yoga and Pilates focus on breath, alignment, balance, strength and flexibility. Our children's favourite poses include Butterfly, Tree, Cat and Cobra.

We have had Marlie, our indigenous doll, visit a few of our children's homes including Lily, James, Amelia, Lucinda and Theodore. We have been eagerly awaiting to see what adventures Marlie get up to at home with our Toddies! This has helped build connections with our families and bringing a part of their home life into care.

Over the next two months we will be focusing on language development through stories, nursery rhymes and songs to help build children's confidence to express their thoughts and ideas and enhance their vocabulary and building simple sentences. Positive interactions with others is another avenue that would be beneficial for our Toddies - focusing on sharing and turn-taking, not as easy venture for any 2-3 year old but we are up for the challenge.

Area of Interest at the moment is Insects of all shapes and forms. We will create a small world with a Insectopia theme with lots of hands on activities and learning about their life cycles. Please feel free to catch some bugs and bring them in for us to investigate.

NAIDOC week is just around the corner and we have planned some great activities for the children to engage in as well as an Indigenous incursion for them to watch. The theme for NAIDOC week is HEAL COUNTRY which is so important for us as a nation to embrace. Heal Country.

Until next time,



Miss Di



Miss Lauren

Junior Kindy Column!



We have been quite busy in the Junior Kindy room celebrating different events like "Mother's Day, World's Ocean Day, Earth Day, Queensland Day and Educator Appreciation Day". Miss Sidra has been focusing on the ongoing project "My Feelings Matter" where we are focusing on the different feelings that the children might be experiencing and ways to recognise them and how to deal with them (going to the TP corner, taking deep breaths, doing a quiet activity; reading books, doing puzzles or drawing and talking to their educators or their peers). I have also been encouraging children to practice critical thinking as it helps them to utilise their own rational thinking and investigate their own truths for example after reading a book asking them 'open ended questions' which sparks children's logical & abstract thinking. The children also have been thoroughly enjoying the "Move and Groove" sessions such as dancing to the beat and doing Pilates with them.

Sarah has been focusing on teaching the children how to be kind to one another by using kind words. We've been reading a number of books about kindness, like Pat Zietlow Miller's "Be Kind" and "Have You Filled a Bucket Today". Also I've been focusing on art and craft because the children like creating art and taking it home to show their parents what they have accomplished during the day. In Junior Kindy, arts helps them develop their fine motor skills and children's essential vocabulary can be expanded through art.





Junior Kindy Column!



In the past months our Junior Kindy children have been working really hard on their Auslan learning development. You might have noticed your child singing and signing at our daily songs: We are particularly proud of our children as they now can sign "You are my sunshine" all by themselves as well as the "Rainbow song". We are now in the chase for a new song sing and sign.

We also have been working really hard in increasing our planting skills independently. Some time ago we had an intensive week when we all concentrated in learning the step by step of planting a seed. We hope it is still growing in our home.

A special note from Luana:
I just want to let you all know that I will be going on maternity leave from the 16/07. I am hoping to have lots of fun and cuddles with our littles ones in the remaining weeks as I am sure I will miss them all a lot in the time of my absence. And, also thank you all for being incredible families!



Miss Sidra



Miss Sarah



Miss Noo



Miss Luana

Senior Kindy Catch Up!

Wow, it is hard to believe that it is already half way through the year, hasn't the past six months flown by and what an amazing time we have been having together in the Senior Kindy room.



As the year continues and the children grow older there are naturally some change need to makes to our daily routine to adapt to their new needs and skills. One of these changes is that we have adapted our routine throughout the day around our rest time period. As many of you are aware most of the children in the Senior Kindy room no longer sleep but it is still important for them to have some quiet/unwind time. We have incorporated a Pilates session during that time for all the children to participate in if they wish to.

The children have been really loving this and displaying much interest in sharing their ideas about which of the movements they wish to do, so if you have not yet could you please bring in either a Yoga mat/beach towel so we can continue this routine with the children.

We have recently celebrated Reconciliation Weeks to which the theme this year was "more than a word" and this is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Throughout this week we participated in a variety of different experiences aimed at helping us to learn more about our indigenous culture including art and crafts, dance, storybooks, indigenous puzzles and also picture cards. These gave the opportunity for the children to explore similarities and differences and satisfy their own curiosity by asking questions about what they see.

We have also recently had a lot of focus on Science, as our curious little minds are becoming inquisitive about how different things work. We started this through our magnet play, learning how they attract and repel, and with the enthusiasm and interest from all the children – we have continued this for the past few weeks. We have included making lava lamps, milk and dishwashing repel experience, oil painting (effects of oil on water), bicarb and vinegar experiments just to name a few. We will continue this whilst the children are still displaying interest in this, as it is lots of fun and watching the excitement on the children's faces is priceless.



As you would know the children are really becoming passionate about the environment through our Sustainability program, and I am sure we will have the next generation of eco warriors in our room. With all their concern for the environment and "the yucky air", so we will be adding a lot more recycled materials in

Senior Kindy Catch Up!

We have also been having lots of discussion about emotions, feelings and respecting others, and this is an area which we will continue to work on over the coming weeks, so if you have any books, ideas that we could incorporate into this – please do not hesitate to see us or send us a message by Storypark.

We have also noticed that we are getting an abundance of books shared by the children throughout the week, which is great that the children are wanting to share their interests with each other and their love of books. We ask if possible that each child only brings in one book each day and we apologise in advance if we are not able to do all the children's books each day. If you would like we can work out a roster for children to bring in their favourite book to share with the group that way each child can feel that their ideas and interests are respected, included and supported in our program.



Till next time,

Miss Leighanne and Miss Vanessa



Miss Leighanne



Miss Vanessa

Kindergarten Program!

Kia Ora Families,



Here comes another newsletter from the kindergarten room. As usual, we are continuing the learning and exploring and making sense of the world around us by providing an empowering environment in our kindy room. The purpose of this is to lead our children to create and act on their own ideas by developing their knowledge and skills in areas that interest them.

There are several focuses that children have explored and learnt over the last few months. Our Discovery Garden is one of the continuing learning topics that we have been focusing on in May. By exploring the bees, hives, honey, honeycombs, pollen, nectar and earthworms, we then extended to the life cycle of a caterpillar turning into butterfly. The kindy children engaged and participated in setting up the caterpillar learning environment together with teachers using art & craft. They showed their creativity by sharing their ideas of how to create the eggs, caterpillars using collage and pipe cleaners, cocoon, and butterfly with their handprints. To support their learning, the children also learned a song called "Fuzzy Wuzzy Caterpillar" which they love to sing.

Respecting diversity has also been another focus in kindy room. By reading the book called "Sorry Sorry" written by Anne Kerr started with Sorry Day and Reconciliation week. Throughout the week, children explored from the range of activities such as the Aboriginal Symbol hunt, a sand activity where children explored and copied the Aboriginal symbols in colour sand, dot painting and our damper cooking experience. This supported the children to learn about history, culture, and the achievements of the first people of the land (Aboriginal and Torres Strait Island).

Kindergarten Program!



The Dragon Boat Festival is another event that the Kindy children have celebrated with Miss Jenny. It is one of the important festivals that Miss Jenny celebrated in her country Taiwan. Children explored the festival by watching a learning video knowing the story behind the festival and engaged in exploring the foods and activities they do and eat during the event which is rice dumpling and a dragon boat race. The Kindy children were keen to know more about the festival, so Miss Jenny shared about the food 'rice dumpling' with the children by showing the ingredients, flavours, wrapping and how it is cooked. In addition, the Kindy children initiated their own dragon boat race with their imagination and creativity. They used the resources around them to participate in dragon boat race. It was a privilege for Miss Jenny to share this diverse culture to kindy children where they showed a big interested in it.



Sustainability Program: Continuing with our sustainability topic of Global Warming, we have been learning about ways we can reduce the effects of Global Warming by implementing sustainable practices and gaining awareness of what contributes to Global Warming. Initially the children were introduced to the topic as a general overview, where we observed the children's interests and how it could relate to the sustainability topic. World Ocean Day was just around the corner, so the children started by exploring how the oceans of the world and its inhabitants are affected by Global Warming, which we concluded with a Simple Science experiment in which the children could observe how blue-dyed ice chunks (representing the polar ice caps) melted and flooded the interactive exhibit.

Kindergarten Program!

Move and Groove: Pilates



This month, the Move & Groove learning topic has been centred around Pilates, which the children have shown keen interest in. Miss Leighanne shared an extensive collection of Pilates poses with descriptions of how they help our body and instructions to follow, which we have been explaining to the children as they explore the resource. The children also enjoy their Pilates short workout video which they ask to follow almost every day! The aim of these workouts is to help relax the children and stretch their limbs and muscles, readying them for outdoor play and exercise, and we have noticed that the Pilates activities have contributed to such a result.



Ongoing learning experience:

With ongoing curiosity and interest, the kindy children will continue to explore "Science Lab". The teachers have set up a learning station where children can explore different types of science equipment, experiencing simple science themselves as well as planets. We also invited one of the kindy parent- Estelle (Scarlett's mum) to support children's interest in sharing science experiment with us.

Gardening which continue to support the sustainability program

Lastly, we also want to thank all our families for continuing to contribute. We appreciated your input and it definitely supports the kindy children's learning journey.



Miss Jenny



Mr Tim

Sustainability Program!

Over the past few months, we have been focusing on Global Warming in our Sustainability program, and it has been great to witness the children's growing understanding of this. Teaching children about Global Warming is extremely important, as it helps them to understand the consequences of global warming and encourages them to change their behavour to build a more sustainable world for their future. Particularly in the older groups, the children have really been displaying a lot of interest in this, and I will give you an example of this with an incident that occurred in the Senior kindy room recently. In a lead up to this I will need to explain to you one of the focus points we have been discussing, that trees can convert the "yucky air" (which is the children's term for the pollution in the air) into clean air and the importance of having lots of trees within our environment.

One day in the Senior Kindy room a child came to see me with a great sense of urgency and told me I needed to come and witness something that was occurring across the road at the school. The council had sent the tree loppers to remove overhanging branches, but all the children could witness was that someone was cutting down the trees, and the whole group was telling me "they are cutting down the trees" another child called out "the yucky air is coming" which displays their understanding of the importance of trees for our environment.

The children wanted me to go across and talk to the men who were cutting down the trees, which I did and when I came back I reassured the children that the men were cutting down the trees to plant somewhere where they needed more trees to help with the "yucky air" which was a comfort to the children that they were making a difference (I need to add that I had to ensure the children were all back inside and could not see when they put the branches into the wood chipper machine-as they would have been devastated.

The children have also been reminding us of the importance of turning off electricity and also not wasting water, so It has been great to witness their learning throughout this program.

Next month we will be focusing on protecting our waterways as we had World Ocean Week recently and we thought it would be a great opportunity to extend on this learning. The children can see the effects of pollution in our waterways and the impact it has on our marine life. We have a few parents who work in this area, and we are trying to encourage them to come and talk to the children about this, which would be amazing!

If there are any other areas you would like to see incorporated into this program, please do not hesitate to come and see myself or your room educator – or alternatively send me a message on Storypark.

Thanks,

Miss Leighanne



Miss Leighanne

Move and Groove Program

What a busy few months we have had in our Move and Groove program, with our focus on the past few months being Jumping and Pilates.
Both of these have been very well received by the children and here has been lots of engaged play within the centre whilst focusing on these Fundamental Developmental skills

Jumping helps to develop strength and balance. It requires coordination of upper and lower extremity movements, and is a movement that is used a lot in childhood games, as well as many sports e.g. basketball, volley ball, etc. This is why we had so much focus on the children learning the correct technique required for them to perform this movement properly, and promoted the bending of knees on take off and landing and also working on correct posture, coordination and balance. It was great to see the excitement from the children when they were performing this "look at me" was a common phase that was used throughout the playground, which was great to see the children recognising their own achievements and taking pride in those achievements.

Pilates month was also great, there are many benefits from Pilates which we felt were a valuable lesson for them to learn especially starting at a young age.
These include

- Good movement habits
- Muscle strength
- Balance and coordination
- Body confidence
- Managing stress and mindfulness
- Posture

Children throughout the centre participated in the Pilates/yoga sessions and several of the older age groups have now incorporated it into their daily routine as we have noticed many benefits from doing this, Especially during the rest period when the children are not wishing to sleep but still needed their much needed rest/calm time.
If you would like a copy of the different movements that we have been doing – please do not hesitate to contact me and I will email you a copy for you to have at home.

Over the next month we will be focusing on Striking a stationary object which is a skill which will not only strengthen their hand eye coordination skills, but also develop their sense of control and also gross motor skills.
Once many children grasp this skill, it will be the scaffolding needed to develop many other skills
If you have any questions about this please do not hesitate to come and see myself or your child's educator. Alternatively if you have any fundamental motor skill that you would like to see focused on within our service – please contact us.
Thanks,



Miss Leighanne