



The Benefits of Outdoor Play in Winter

As we deal with the cooler weather, we can sometimes be apprehensive about sending children outside to play. While it might feel like those rainy days restrict us from enjoying outdoor play, the truth is there are so many great benefits from popping on your gumboots, dressing warm and getting out into nature, even in winter! This includes;

Boosts the immune system - Research shows that being outdoors is excellent for kids' immune systems. Constantly being stuck indoors may mean an increased exposure to poorly ventilated indoor environments where bacteria and viruses live. Going outside means exposing our children to fresh air and boosts vitamin D levels.

Promotes physical activity— In winter, kids can be stuck indoors for a period of time, children need to get outside to run, jump and wiggle using their big muscles! These muscles are different to the ones used during other seasons as there is an increase in physical activity to support their gross motor development. For example, compare balancing on a wet, slippery log to a dry one over the warmer months.

Builds early science and maths concepts—Walking through puddles or running through them shows the different splashes that happen with different forces – all this is building science concepts. Noticing differences in sizes, shapes and colours and counting leaves /sticks / stones will help your child to develop their number and counting skills. We may not realise it, but our kids are learning so much through play. Exploring the world in winter gives lots of opportunity for making discoveries and experimenting. Doing something simple like shaking the branches after it has rained teaches cause and effect.

Builds risk-assessment and problem solving skills -Winter is a great time for children to learn about what is safe, what is not safe and why when playing outside. Children love to explore risk-taking: through this they learn it's ok to try new things and make mistakes – it's how we learn! Wet and slippery conditions in winter provide lots of opportunities to practice these skills.

Clambering over logs and attempting to climb trees develops gross motor skills, strength and agility – so encourage this movement. When children learn to solve problems on their own they develop independence and self-confidence as well as their thinking skills. So don't be afraid to give your child some space and time to take the lead.



May in Review 2024

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Our Preschool Programme in Review

Sweetpeas and Bluebells:

May has been quite a wet month and the children's time playing outside has not always been as frequent or as extensive as normal. However, we still try to incorporate as much movement and gross motor skills into our daily activities to keep the children active. It's recommended that children of this age be active for 3 hours per day, and being active helps your child achieve and maintain a healthy weight, build strong bones and muscles, improve balance, movement and coordination skills, promote mental, emotional and social wellbeing, promote better learning and thinking, and reduce injuries. At preschool, we bring obstacle courses inside and provide the children with opportunities to balance, crawl, hop, jump etc. We use lots of music and movement songs as well as yoga, with the children enjoying the stories from Cosmic Yoga. There are lots of fun activities you can do at home too, drawing hopscotch on the driveway and practicing hopping and jumping skills. Throwing a ball back and forth develops hand-eye coordination, as well as developing the gross motor skills involved in this activity. Take those opportunities when it is dry to visit the local playground where your child can put their big movement skills into practice and work off some energy, and if you are concerned about your child's gross motor skills, please speak to your child's educator.



Schoolies:

The past month has been a month of movement for our Schoolie children. They have participated in many activities that have encouraged their overall fine and gross motor skills. These skills involve small and large muscles working with the brain and nervous system to control body movements. These skills are crucial for day to day activities. The children have expressed their love for a challenge and have displayed their developing skills throughout the indoor and outdoor environment over the last few weeks. Tegan and I have set up and encouraged a wide range of activities to further these skills, some of which included indoor/outdoor obstacle courses, complex dance routines, exercise classes like yoga, pilates and quick pace dance routines, threading, scissor work, hammer and nails boards, tracing activities and more. The Schoolies have enjoyed a further challenge and are continuously working towards these skills daily through our preschool routine.



Reduce, Reuse, Recycle Week

W.C 6th May



The children showed respect for our environment this week as we explored sustainable practices to protect our planet. This included reducing and reusing waste, such as reusing old CDs to make sun reflectors, a craft that the children very much so enjoyed. We also took part in sorting activities where the children learnt what bin our rubbish can go into to reduce landfill. This led to discussions on compost bins, with the children adding items such as shredded paper, leaves and fruit scraps to our compost bin. Lastly, we discussed pollution in our oceans and the harmful effects it has on sealife as well as visiting the community garden in hope to spot a garbage truck. These hands on experiences allowed the children to identify and address environmental challenges and problems and contribute to group ideas and discussions as they begin to understand and use sustainable practices.





Things That Go Week

13th May

The children spent a week learning about different forms of transport and vehicles due to their current interest surrounding cars, trains, planes and more.

During the week we looked at many different land, water and sky vehicles of the children's choice. We learnt many new facts, researched the vehicles special features/characteristics and participated in many different hands on experiences where we could apply our newly gained knowledge. We went up to the Community Garden to look at all the transport on the highway where children were able to transfer knowledge from one setting to another. The children were all so inquisitive and keen to learn more, so we extended this onto emergency vehicles the following week.



Emergency Vehicles and Police Visit

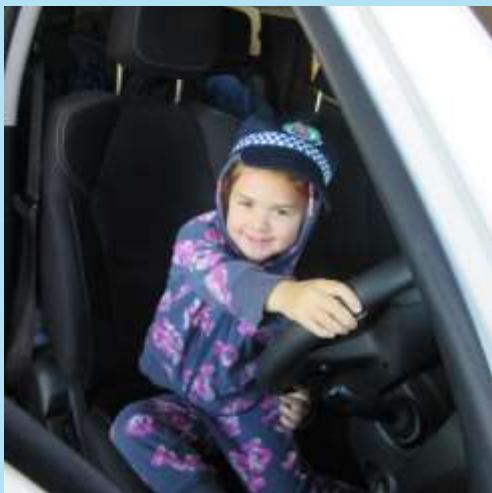
While we explored Things That Go, emergency vehicles were discussed and the children were keen to learn more about these. We used the ipads, books and smart board to research emergency vehicles, and discovered there are so many more emergency vehicles than police cars, fire trucks and ambulances. We discovered that the police sometimes use horses to get around and the fire service have boats that help put fires out in the water. We also discovered the Flying Doctors, how they get around and what they do to help people. How many emergency vehicles have you seen?



We were lucky enough to have a visit from Officer Katie and Officer Brad visit on Wednesday . They brought a police car to preschool! They told us what the lights and sirens are for and when they are used. We were able to sit inside the police car and look at all the buttons on the dashboard. Officer Katie and Officer Brad showed us some of the equipment they have on their vests. The children were curious and enthusiastic learners during this experience, posing questions and furthering their understanding on people in our community who help us. Thanks Officers Katie and Brad!



Emergency Vehicles and Police Visit



Does your child know their address? Who to call in an emergency? Community helpers e.g. telling the police if they are lost etc. Don't forget to have these important conversations at home!



Reconciliation Week

National Reconciliation Week (NRW) 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. This years theme was 'Now More Than Ever'. We engaged in a variety of experiences which helped to further our understanding of Aboriginal and Torres Strait Island peoples, histories, cultures and futures. Using the Lemon Myrtle given to us from our recent Bush to Bowl experience we made lemon myrtle shortbread. We shared stories including 'Come Together', 'Finding our Hearts' and 'Yaka Ayina' which Hunter shared, teaching us words from his Anaiwan mob. This was important in allowing the children to become aware of their own and other children's cultural events. Educators also used music, symbols, yarning circles and arts to further the children's knowledge and understanding on our First Nations People.



Little Endeavours with Jo



In LE there has been a big focus on recycling and we have made a new display to hang from the preschool ceiling. Working together in small groups the children created people from a wide variety of recycled materials, which we have saved at preschool and families have donated. While making their person the children had to discuss what they wanted to do and use, showing their ability to share ideas and compromise when there was not complete agreement. This activity showed how the children can work as part of a group and then share the satisfaction when they have completed the task.





Phonemic Awareness Programme

During the month of May, the Schoolies have been learning about the focus sounds /h/ and /c/ with Harry Hat Man and Clever Cat. The children have been engaged in a variety of songs, stories, activities and craft experiences.

While focusing on the /h/ sound, the children explored **h h h** houses from around the world. This included constructing the children's "dream" house using both recycled materials and loose parts. "My house has a pool!" "My house has a chimney" "My house has a slide". The children worked really well together in groups of 3-4, sharing and listening to each other's creative ideas. We made use of Google Maps, to explore our real life houses, discovering that some of us are neighbours as well as learning our home address in the case of an emergency.



While exploring the /c/ sound with Clever Cat, the children shared what topics they would like to learn about beginning with the /c/ sound to continue to practise producing the sound. This included cats, cars, compost, cobras and castles. We explored the big cat family including making cat boy masks. We went on a virtual visit inside a castle in Lebanon, discovering different parts of the castle including the drawbridge, moat and walls. The castles and figurines were then set up as a play space to further support the children's interests. We also discovered some new facts about cobras including that they spit venom into their prey's eyes, again, transferring our knowledge to the snake sanctuary play space.



Mini Moves



Hopping

Our first skill this month was hopping which required a lot of balance and lower body strength. The children made great progress over the fortnight, gaining confidence in their abilities and incorporating hopping into their outdoor play. Practicing this skill included activities such as hopscotch, hopping between hoops/dots and listening to the sleeping bunnies song (a favourite of the Sweetpeas and Bluebells group). This is a skill we will revisit later in the year when we will hopefully see even more progress!

Leaping

We also introduced leaping this month, and after initially seeing a lot of jumping and hopping, the children started getting the hang of it. Providing the children with obstacles to overcome helped increase their understanding of the action and encouraged them to lift their bodies up and over the obstacle in a leaping motion. They had lots of fun practicing this skill by playing the fire leap game and dinosaur dodge, trying their best not to land in the danger zones!

Next up - Kicking!



Quality Improvement Plan—Cultural Responsiveness

Language of the Month—Filipino/Tagalog

As we aim to further embed cultural responsiveness into our daily routines and programme the children have been exposed to a variety of words in the Filipino language this month.

Have you heard your child use any of the following?



June Birthdays

A big Happy Birthday to all of our children and educators having a birthday this month! What a busy month!

Jordan—5 years

Frankie—5 years

Sam E—5 years

Ava—5 years

Educator Deon

Educator Adele



Community Connections

Mt Colah Public School is having an Open Morning Thursday 27th June. The following brochures are at our entry table if you are interested with more details in regards to this and enrolment for your child in 2025.



Thursday 27 June 2024
9:15am - 10:45am

- Enjoy performances from our band, choir and dance groups
- Principal's Welcome
- Classroom visits
- Tour the school grounds
- Morning Tea provided

Educational Excellence

Extra Curricular Opportunities

Innovative Resources and Technology

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RESPECT | RESPONSIBILITY | PERSONAL BEST
Enquiries: 9477 3627
Email: mtcolah-p.school@det.nsw.edu.au
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2025 ENROL NOW
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Community Connections

NOW MORE THAN EVER

NATIONAL RECONCILIATION WEEK 2024

27 MAY – 3 JUNE

#NRW2024

RECONCILIATION.ORG.AU

FREE
EVENTS

THURS
30
MAY

ABORIGINAL HISTORY TALK & BUSHFOOD TASTING

Hear from an Aboriginal Educator from Koori Kinnections about the history of the Aboriginal and Torres Strait Islander peoples. Learn about the dreamtime, tools, crafts and meanings behind some of the traditional language used to describe the land around us. Find out about the clans from the local area and their connection to the lands and water and get a chance to taste some seasonal bushfoods.

When: Thursday 30 May 2024

Time: 10.00 – 11.30am

Where: Lachlan's Line Auditorium, Jarvis Circuit, North Ryde

WED
12
JUNE

When: Wednesday 12 June 2024

Time: 10.00 – 11.30am

Where: North Ryde School of Arts Community Centre,
201 Coxs Road, North Ryde

THURS
30
MAY

WEAVING CONNECTIONS

Murrawarri artist, Dr Virginia Keft, invites you to Weaving Connections. Connect with others while you learn about Aboriginal weaving techniques, share a story, and discover a new skill. Participants are invited to take their creations home or contribute to a collaborative weaving artwork.

When: Thursday 30 May 2024

Time: 12.45 – 3.00pm

Where: Ryde Library, 1 Pope Street, Ryde

Community Connections

FRI
31
MAY

Join us to celebrate National Reconciliation Week and take a walk down to Brown's Waterhole. Learn about the local plants and wildlife and be on the lookout for bush tucker plants as you are guided through the bush to Brown's Waterhole. Learn about the local Indigenous history of the Wallumedegal clan, understand their co-existence with the area and the cultural significance of Brown's Waterhole.

When: Friday 31 May 2024

Time: 10.00am – 12.00pm

Where: 109 Vimiera Rd, 109 Vimiera Road, Marsfield

TRADITIONAL ABORIGINAL GAMES

SAT
1
JUNE

Come along and join us this National Reconciliation Week and learn about traditional Indigenous games that all the family can play. Hear from Aboriginal educators from Koori Kinnections and learn about the history of each game and learn about the surrounding flora in Ryde Park.

When: Saturday 1 June 2024

Time: 10.00am – 1.00pm

Where: Ryde Park, Argyle Ave, Ryde

For more information and to book, scan the QR code, visit www.ryde.nsw.gov.au/NRW or contact customer service on 9952 8222.

