



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 2023

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Our Preschool Programme in Review

Sweetpeas: This past month the Sweetpeas have been participating in gross motor activities engaging in obstacle courses, balancing on beams and stepping bucket, climbing up and over A-frames and jumping on the trampoline. The children had fun visiting the church garden where they were further challenged as they negotiated their way up ladders, down slides and made their way up a fairly tricky rock wall. It has been wonderful watching how each child finds their own unique way as they negotiated their way around equipment. Not only are the Sweetpeas developing gross motor skills, they are also developing spatial awareness, understanding their position relative to objects around them helping them as they respond to a change in position working their way around and over equipment. The Sweetpeas have also been participating in Mini Moves skills each day. We have been practicing under arm throwing and leaping. While we were in the church garden, we took the opportunity to kick balls to each other. These skills can be challenging but with practice and perseverance we have seen a significant improvement and it has been wonderful to see how this has boosted the children's confidence bringing smiles to their faces as they master these basic gross motor skills. Developing these skills children can enjoy sport and physical activities helping them grow into happy healthy people.

Bluebells: It's hard to believe we are at the end of May already and we are almost half way through the year. Over the past month, the Bluebells have been working on their fine motor skills, including drawing, writing and scissors skills, and you may have seen examples of these coming home. The children are also enjoying spending time together as a group as we work on developing stronger social skills and developing friendships. This group enjoys games such as Duck Duck Goose, Bug In a Rug, and Doggy Doggy Where's Your Bone. While we play these games, the children are encouraged to use each others names to enable them to recognise each other in other areas of play. These games are a lot of fun and also encourage the children to share, think of others and fairness. When we play these games, we talk about making sure everyone has a turn and not always picking the same friends and the children are developing a good understanding of why this is important. Games such as these also encourage our counting skills as well as our gross motor skills. If your child is talking about a particular friend at home, we are happy to support you in organising a playdate outside of preschool, please just let us know.

Schoolies: Throughout the past month, the Schoolies have been exploring many areas of their cognitive development as well as being introduced to a variety of new skills and concepts. These skills include utilising the brain's core functions such as thinking, reading, learning, retaining information and paying attention which assists the children to solve problems, complete tasks and make decisions. They have focused on exploring basic mass and positional concepts as well as revising recognition of colours, numbers, shapes and letters. When being introduced to mass, the children were able to experiment weight using the scales by placing different objects in each side to discover which side is 'Heavier than' and 'Lighter than'. When exploring positional concepts, the children looked into concepts such as in, next to, behind, under and on. Understanding positional concepts allows the children to use this vocabulary when explaining something or giving instructions. These activities required the children to concentrate whilst applying a wide variety of thinking strategies to new cognitive activities, all of which will benefit the children as they transition into 'Big School'.



Dinosaurs

Throughout the week of dinosaurs, the children learnt all about the difference between herbivores and carnivores. They discovered all the different habitats and special characteristics of many dinosaurs. Learning through play was a big part of this week as they got to participate in many dinosaurs hunts all around the preschool and up at the community garden. The children spent the week uncovering dinosaur fossils using lots of Palaeontologists equipment and creating new ones made out of clay.

These incredible and fascinating creatures taught the children more about how species come to be, disappear, adapt, and survive. The interest in dinosaurs also helped the children understand the earth's timeline and appreciate that amazing things existed long before they did.



Mother's Day



We had a very busy week doing craft for all our special Mums, Grandmothers and Aunties, to express how much we appreciate all the love and care they give us. The children were enthusiastic about sharing all the special things Mums do for us every day and were surprised to discover just how much our Mums do for us as we counted all their jobs they do in just one day, counting way past 20. We decided to challenge ourselves and we shared things we did to help Mum during the week. Ideas shared were packing away toys, making the bed, helping to wash dishes and doing good listening to name a few. We have created a poster with all the photos of our special families, which were proudly shared with everyone. A big thank you for all your love.



We enjoyed a lovely Mother's Day Dinner at the Blue Gum with some of our amazing mums who had a well deserved night off!



It was a great opportunity to support relationships between families which is an important part of our Philosophy.

Healthy Eating and Bodies



The children were engaged in a lot of conversations around their lunch boxes and the healthy foods they had in them. This led to a discovery topic on healthy eating and bodies. The children were engaged in a variety of hands on experiences which included making yummy smoothies and trying fruits and vegetables we may not normally eat. We also sorted foods into healthy and sometimes foods and learnt about the effect healthy foods have on our growing bodies and the importance of eating these.

While learning about our bodies, we connected physical activity to our physical and mental health. This included exploring how our hearts and lungs operate while we exercise. We incorporated our Munch and Move programme into our learning, by practising fundamental movement skills such as skipping, leaping and throwing/catching.



Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:
 • vegetables • fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

TIPS TO PLAN HEALTHY SNACKS



Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



WHAT IS A HEALTHY SNACK?

Include fresh foods & wholegrain varieties as snacks



This material has been developed by Western Sydney Local Health District, published June 2021



High fat and sugar snacks • no more than 1 a day • only a small serve



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**HEALTHYEATING
ACTIVE LIVING**



Happy Smiles Dentist Visit

Tuesday 23rd May



We had a special visit from Dr. Matthew Cohen from Happy Smiles following our healthy eating topic. Together we discussed good foods and sometimes foods for your teeth. Matthew explained how our teeth can build up 'teeth poo' (plaque) and why it is important to brush them. We all took turns brushing the model teeth, ensuring that we didn't miss a tooth! We then shared our own experiences at the dentist and asked Mathew our curious questions such as "How long do you need to brush your teeth for?" Thank you to Matthew and his team for sharing your time and strengthening our knowledge on dental health hygiene.

Has your child recently been to the dentist? Don't forget to have regular check-ups to support your child's dental health.



Little Endeavours with Jo

In May we have spent two weeks celebrating our Mums and special role models in LE. The children love making a surprise for their loved one and found it hard to keep it a secret until Mother's Day. As one preschooler said **"I told her what it was but I didn't tell her what was on it"**. We are now in the process of making our Big Red Recycled Robot related to the Letterland sound 'r' and I think this year it may even be bigger than last year. Look out for him in the preschool although you really won't be able to miss seeing him – the next newsletter will show the process of making him. Also next month we will be doing a lot of group projects we can work together on.



Mother's Day Present – The bags that the preschoolers made for their Mums/Nans were made with lots of love and creativity. There was a choice of mediums to use on the bags and the children thought carefully before starting their design. They worked confidently and carefully, and were all very proud and impressed with their finished gifts.



SuperMum/Nan – All the women in our lives are super and the children thought hard about why their Mum/Nan was super and special. Lots of you are great at cleaning, giving hugs and taking your children to the park. Most preschoolers hoped that they would be the one to eat the chocolate freddo frog body. As we made our superhero the children happily shared information about their Mums with me and the other children they were working near.



Phonemic Awareness Programme



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



As we learnt about the /h/ sound with Harry Hat Man, the children focused on the topic—houses. This led to integrating technology into our learning by using Google Maps to explore our very own houses. We also explored houses from around the world and made recycled houses using cardboard boxes and other recycled materials. The whiteboards and magnetic letters were also very popular as the children revisited the previous sounds/letters taught.



We have had a very busy fortnight focusing on the /m/ sound! The children enjoyed exploring magnets and discovering how they can attract and repel. This included going on a magnetic materials hunt in the playground to discover what objects in our environment are magnetic. For a craft experience, the children made their own dragonfly magnets for their fridge. We also made yummy mango milkshakes, leading to a new /m/ word... moustache!



SUSTAINABILITY

100% Recycled Art Scrap Books



This past month, we have decided to try something new to help minimise the amount of paper we are throwing out at the end of each day. We have implemented 100% recycled scrap books for each child to use when drawing, writing, crafts etc, in hope that we see a positive change within the amount of paper we are wasting. The children have loved having their own book to show their families at the end of each day.



By using less paper, we can reduce the amount of waste generated and alleviate the burden on landfills, promoting more sustainable waste management practices.



Wonder Recycling Rewards

Did you know? In Australia, only 18%* of plastic packaging is recycled.



This month we have successfully filled up an entire Bread bag box with the help from all of you!

The first box has been sealed up and send off to our local post office to be counted up. The Wonder recycling rewards program will count up our bags and send us our rewards points to redeem new sports equipment for the preschool.

We will be continuing our collection boxes and have our new Wonder box stored at the front of preschool for any donations. A huge thanks to our fabulous preschool families who have donated their plastic bread bags towards this program :)

Self Assessment — Floorbooks Update

The educators take time to reflect upon and collaborate ideas in relation to our current practices under the National Quality Standards. Using children's voices, family and educator feedback we have decided to move forward with Floorbooks being embedded in our programme as part of our Educational Programme. We will continue to ask for your feedback around our programmes, policies, procedures and practices. If you have any strengths or areas for improvement we would love if you could please write this on our self assessment area in the foyer. Thank you!

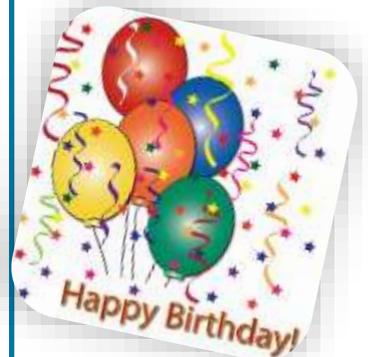


June Birthdays

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



Abba—5	Ava M—4
Jordan—4	Harper—5
Frankie—4	Sam E—4
Emel—5	Adele
Aliya—5	Deon



Community Connections

National Reconciliation Week events for families.

NATIONAL RECONCILIATION WEEK 2023 27 MAY — 3 JUNE

BE A VOICE FOR GENERATIONS

ABORIGINAL HISTORY TALK

FREE
EVENTS

Join us this Reconciliation Week and learn about Aboriginal history with Koori Kinnections.

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.

TUES 30 MAY ABORIGINAL HISTORY TALK (MANDARIN)

This session will be delivered in English and also translated in Mandarin.

TIME 1.30 – 3.00pm
WHERE North Ryde School of Arts Community Centre,
201 Coxes Road, North Ryde

THURS 1 JUNE ABORIGINAL HISTORY TALK (KOREAN)

This session will be delivered in English and also translated in Korean.

TIME 12.00 – 1.30pm
WHERE Ryde Library, 1 Pope Street, Ryde

THURS 1 JUNE ABORIGINAL HISTORY TALK

TIME 2.00 – 3.00pm
WHERE Ryde Library, 1 Pope Street, Ryde

NATIONAL RECONCILIATION WEEK 2023 27 MAY — 3 JUNE

BE A VOICE FOR GENERATIONS

FREE
EVENTS

SAT 3 JUNE TRADITIONAL ABORIGINAL GAMES EVENT

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 get involved. This is an all-ages event that everyone can enjoy.

TIME 10.00am – 1.00pm
WHERE Ryde Park, Argyle Ave, Ryde
(Opposite the basketball court and children's playground).

SUN 4 JUNE GUIDED WALK – GLADES BAY RIVERWALK

Learn about the local Indigenous history with a walk along the Wulaba Track through Glades Bay.

Enjoy the remnant of bushland in Glades Bay Reserve and be on the lookout for bush tucker plants as you are guided through the bush to the shores of the Parramatta River. Learn about the local Indigenous history of the Wallumedegal clan, understand their co-existence within the surrounding area of Glades Bay and visit Aboriginal rock carvings. The newly built Riverwalk track has been completed, so you can take in the new breath taking water views.

SESSION ONE

TIME 9.45am – 12.00pm

SESSION TWO

TIME 12.15 – 2.15pm

WHERE Grass verge on the corner of York Street and Linsley Street,
21 Linsley Street, Gladesville
Booking essential!

 City of Ryde
Lifestyle and opportunity at your doorstep

 RECONCILIATION
AUSTRALIA

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