NEWSLETTER

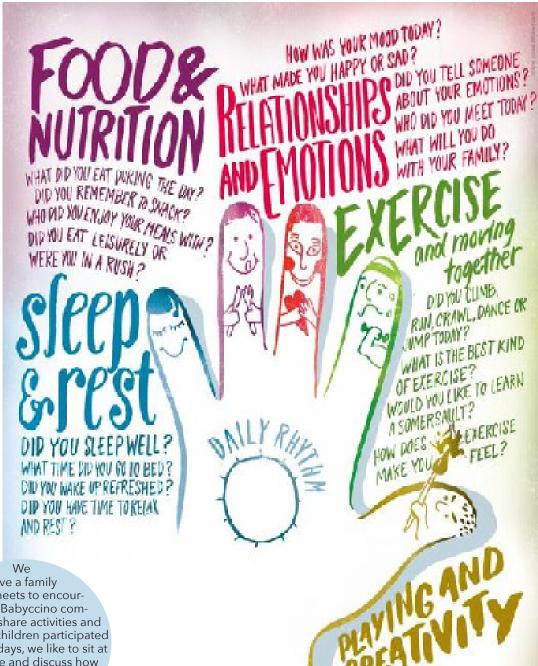
During
lunch time we
discussed the kinds of
food we eat at school. We talk
about how we have small snacks
for morning tea and afternoon tea
and a big meal for lunch to give us
enough energy until dinner time.
They also talked about what they
eat for breakfast at home and
why it is the most important
meal of the day.

We
love to listen
to music and dance at
school! We use the program 'Munch and Move' and
participate in activities such
as dancing and practicing our
fundimental movement skills
participating in obstacle
courses and play.

school, we like to recognise the iportance of play. It allows children to utilise their creativity while developing their physical, cognitive, imaginary and emotional strengths which is important for healthy brain development. We have different activites each day to develop different learning skills such as puzzles, building blocks, drawing and so many more.

We
have a family
input sheets to encourage our Babyccino community to share activities and events the children participated in. On Mondays, we like to sit at group time and discuss how we felt during these activities and how we enjoy time with family.

When it is the time of the day to rest, the children love to begin with meditation to relax. We sit quitely and listen to guided meditation which helps children regulate their bodies and emotions and increase concentration and focus.



HAND OF MENTAL HEALTH

