

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 fundamental movement skills participating in obstacle courses and play.

At school, we like to recognise the importance 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 activities 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 quietly and listen to guided meditation which helps children regulate their bodies and emotions and increase concentration and focus.

