



ST ANNE'S LONG DAY CARE CENTRE
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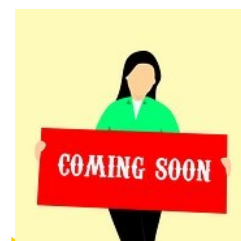
*Celebrating 13 years of Early Childhood Education at St Anne's
since 27th January 2010.*

St Anne's website under re-construction



St Anne's Long Day Care Centre website has been looking
a bit "neglected" for some time!
Sincere apologies.

We are now currently working with the
Lismore Diocese IT team to "re-vamp" it!
It may take a few weeks...but...it's underway!!



Dear Families,

There is always so much going on at St Anne's it's hard to decide where to start when I write a Newsletter...SO....I'll start this Newsletter with THANKING the Educators for writing and sending to you "Day Book Stories" with photos of all that goes on in their Learning areas each day, AND, THANK YOU, for reading them and keeping up to date with the learning experiences being planned for your children OR spontaneously emerging throughout the day!

Our work is underpinned by "intentionality" that is: *Educators being thoughtful and purposeful in their actions and making decisions in relation to the role they take in children's play, and, the way they intentionally plan the environment and curriculum experiences.*

*Yours as we educate and care for children together,
Narelle Dewhurst.
CENTRE DIRECTOR.*

UPDATE DETAILS PLEASE

Do you have a new address?

A new phone number?

A new workplace?

A new email address?

New people to authorise to pick up your child?

Please Log in to your HubHello account and update your details...don't forget to SAVE.

If any problems please check in with Alison at Reception.



We at St Anne's wish you all a happy and holy Easter!

Easter is the celebration of Christ's resurrection from the dead. It is celebrated on Sunday, and marks the end of Holy Week and the end of Lent. Eggs represent new life and rebirth, and it's thought that this ancient custom became a part of Easter celebrations. In the medieval period, eating eggs was forbidden during Lent (the 40 days before Easter) so on Easter Sunday, tucking into an egg was a real treat!



EASTER CLOSURE

St Anne's will be closed on Friday (Good Friday) 7 April (Public Holiday) and will re-open on Tuesday 11 April. Easter Monday (10 April) is a Public Holiday.



What does it mean when Educators say they are supporting the development of your child's fine-motor skills?

Fine motor development is vital to your child's confidence, self-care, and independence. Furthermore, increasing fine motor control enhances their play and prepares them for future success. **Fine motor skills** are the coordinated small muscle movements in the hands, fingers, thumb, and wrists.

We encourage development with activities like these:

Cutting with scissors.

Holding and using a pencil.

Mark making, colouring, or drawing with markers, crayons, or chalk.

Painting with fingers/hands/brushes.

Playdough or clay manipulation.

Snapping together manipulative construction pieces.

Stacking blocks, small cups, buttons, wooden spoons.

Building with small blocks.

Puppet play.

Putting together puzzles.

Playing board games.

Opening and closing things (latches, lids, boxes).

Eating with cutlery.

Holding and drinking from a glass.



Educators work on supporting this development with the youngest to the oldest of the children who come to St Anne's.



IDEAS FOR PLAY

ROUGH AND TUMBLE PLAY

Rough-and-tumble play is when children do things like climb over each other, wrestle, roll around and even pretend to fight. Rough play is probably a basic human instinct that helps children develop many skills – but mostly children like this kind of play because it's fun!

Rough play helps young children:

- understand the limits of their strength
- explore their changing positions in space
- find out what other children will and won't let them do

self-regulate

- work out social relationships as they play roles, take turns and sort out personal boundaries
- burn off energy and let go of tension.

Play fighting or real fighting?

You might worry that your child is being aggressive, but you can usually tell rough-and-tumble play or play fighting from the real thing. **In rough-and-tumble play, children smile and laugh.** You might see excitement and pleasure on their faces. No-one gets bullied, hurt or forced to do anything. Once children are finished with rough-and-tumble play, they keep playing together.

If you see **frowning, crying, fear or anger**, it isn't play, and children who are really being aggressive toward each other, move away from each other once the physical interaction is over.

Rough play can sometimes lead to real fighting, so try to set some rules about what is and isn't OK during play. You can get even young children involved in working out what the rules should be. For example, you and your child might make rules about checking that everyone is happy with playing this way and stopping if anyone seems uncomfortable. This is important because it helps to keep everyone safe.

Rough-and-tumble play: ages and stages

Babies and toddlers enjoy exciting movement, as long as they feel safe. Babies and toddlers like to be bounced on their parents' knees or lifted into the air. It's best to **be gentle with young children**, though, to avoid any accidental injury.

Toddlers love playing chasey or tiggy, spinning around and dancing. Some toddlers like gentle wrestling on a safe, soft surface with you or other toddlers. This kind of active play works best when children are wide awake and not expected to go to bed or sit quietly any time soon.

Preschool and primary school-age children are the biggest rough-and-tumblers, particularly with their friends. Like toddlers, they often enjoy wrestling on safe, soft surfaces where they can fall or roll around. At this age, it's important to talk with children about keeping rough play respectful, safe and fun.

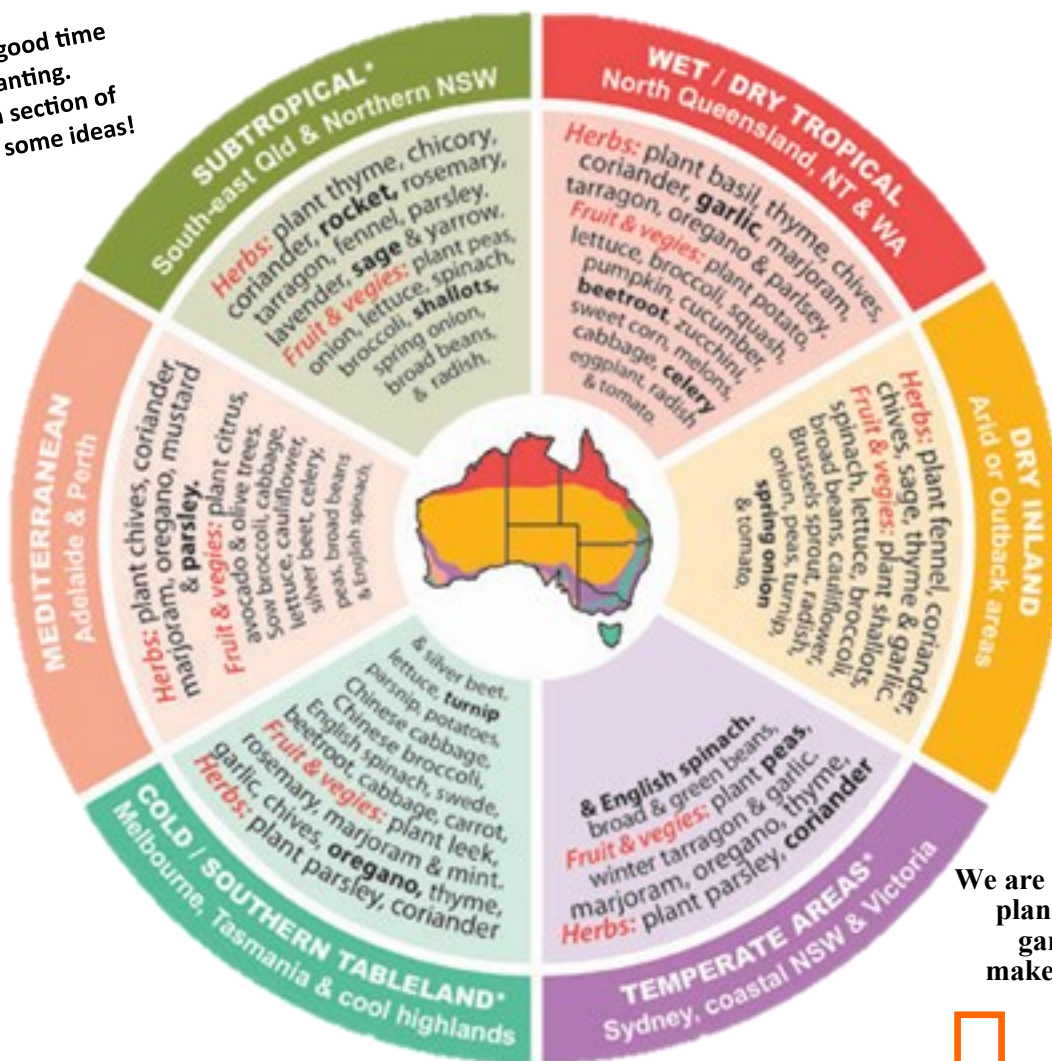
Source: raisingchildren.net.au

Gardening with children

Gardening is part of our educational program at St Anne's.
It develops new skills.

There's a reason why people enjoy gardening when they retire. The fresh air, connecting with nature and even growing your own food. But the benefits of gardening aren't just reserved for the elderly. Gardening has incredible benefits for children's health and development as well as planting the seed of a love of the outdoors.

April is a very good time to start planting. See the green section of the "map" for some ideas!



We are currently planning a garden make-over!!



Why Gardening Is Beneficial To Children

It's messy and dirty and children love it. Gardening brings so many benefits for children, like these listed below, as well as responsibility, understanding and self confidence.

Develops Motor Skills

Gardening isn't a static activity. It's dynamic and involves lots of different movements that help to develop both fine and gross motor skills.

Fine motor skills

Holding a small shovel or picking up a tiny seed to plant it in the ground are both examples of fine motor activities. Even grasping onto a cherry tomato to pick it from the plant or picking up a worm that you've found in the soil are helping to develop **fine motor skills**.

Gross Motor Skills

Along with the fine movements that come with gardening, there are also many opportunities to use the big muscle groups. Lifting and carrying a water can, digging a hole or stretching to reach to the back of the garden bed all use upper and lower body muscles.

Encourages Healthy Eating

Gardening teaches children about growing their own food and encourages them to try different fruit and vegetables. We all know that eating a strawberry picked from the garden tastes so much better than one you've bought from the supermarket.

They'll also feel a great sense of pride if you use the vegetables or herbs they've grown in the meals you cook.

Improves Cognitive Abilities And Social Skills

Gardening doesn't bring instant gratification. You plant a seed... and then wait for it to grow. It can be weeks before you can enjoy the fruits of your labour. From this, children get invaluable lessons in patience. They also learn listening skills and how to follow instructions.

While gardening can be great to do as a solitary activity, when children garden with siblings or their peers, it also helps them to develop their interpersonal skills.

Minimises Stress

There's something about connecting with nature. Being in the fresh air. Enjoying the sunshine. Gardening is relaxing. And it can help children to reduce their stress, or to use gardening as a way to reduce their stress as their progress through life.

Improves STEM Skills

Gardening relies on a certain level of scientific and mathematical reasoning. Measuring the space between plants or choosing the perfect spot for a plant based on the amount of sun it needs are both STEM-related skills.

Plants are living things that need water and nutritious soil to grow. So are the insects that live amongst the plants. Gardening is an opportunity to learn about the life cycle, another important STEM skills.

Provides Physical Activity

Think of all the lifting, digging, bending and reaching you do while you're working in the garden. It's a good way for children to get active and exercise different muscle groups that they wouldn't normally through their regular active play.