

NEWS²⁰²³ LETTER

May



WHAT WE WORKED ON

over the past few weeks we learnt about the sun and how we benefit from it. The earth and how it is made from land and water and how we utilise the earth as well as planting fruit trees, vegetables and watching seeds germinate as well as learning the different parts of a plant. A huge thank you to all our parents for supporting during this theme

WHAT'S COMING UP?

The month of May brings many exciting days for us. Our head theme for the month will be fairy tales. We will explore different all time classic fairy tales throughout the month helping us to expand our imagination and creativity all while recreating , reading and dressing up according to the chosen stories.

Birthdays

Ai Lian "Lucky " - 4th

Lola Mae - 20th

Elliot - 22nd

IMPORTANT DATES

- Children's day (Japan)- 5th
- International diversity Day- 12th (dress up day)
- Mothers day- 14th
- Recycling day - 19th
- Africa Day - 25th



As a follow up to last month's write up about routines, this month we will touch on sleep and why it's important for toddlers.

Sleep plays a crucial role in the development of young minds. In addition to having a direct impact on happiness, sleep impacts alertness and attention, cognitive performance, vocabulary acquisition and learning memory.

The best way to ensure your toddler is getting enough sleep is to ensure a bedtime routine.

*www.sleepfoundation.org raisingchildren.net.au

Here are a few examples of a bedtime routine.

*Turning off computers, tv screens video games and other bright lights. This will help your child realise it's close to bedtime and to avoid overstimulation close to bedtime.

- Having a bath, putting on pyjamas and brushing teeth. Having a relaxing bath is a good way to help your child wind down as well as a good way to spend some time with them.
- Reading a light book or singing a lullaby is another way to help them relax as well as enrich their language development.
- Picking a stuffed animal / or security blanket to help them feel secure and more calm at bedtime.
- Keep a regular sleep time. As toddlers are early to rise, getting them down earlier will help them gain their 10-12 hours of night sleep.
- Give your child a choice, at times around their bed time they may tend to be a little upset, give them the choice of what book they would like to read or to choose their pyjamas this might help make the bed time routine easier.
- Please find some examples of a bed time routine linked below, these are easy to print and are easy for your child to follow.

• https://drive.google.com/drive/folders/1gq0XhNBHNNrFLa-6538rxP78rWVvgCmq?usp=share_link



The practical life area, a daily favourite with activities to continue strengthening our fine motor and concentration skills.



The use of ordinary household items, opens up a whole new world for our toddlers imagination.

"The child gives us a beautiful lesson , that in order to form and maintain our intelligence , we must use our hands."

Maria Montessori



Taking turns , helping hands and exploring minds.



"He does it with his hands, by experience, first in play and then through work. The hands are the instruments of man's intelligence."

Maria Montessori.



The beginning of something wonderful. Planting vegetables we hope to eat as well as feed to our new pet bunnies.

Everyone's morning routine includes watering and checking up on the progress of our plants.



To celebrate earth day we planted some fruit trees and recycled the schools old and broken wax crayons into wonderful jumbo crayons. The children enjoyed sorting, crushing and breaking the crayons.