



Peninsula Community Centre Kindy Gym Newsletter - Term 3, 2018

Hello to all our families and welcome to those who are new!

We've had a lot of new families join in the fun which is lovely to see and we would like to take this opportunity to thank all our families for your continued support; the updated program is most successful when everyone is active and involved and is running beautifully. We can't wait to foster the interactions taking place and see the kids having a ball!

Safety Reminders

We would greatly appreciate it if shoes and socks are not worn during Kindy Gym, as they are a slip hazard. Additionally all fine motor toys and our bikes should be kept in the allocated area and not taken onto mats and other equipment. In addition to this is a reminder for parents and carers to be mindful of the equipment and avoid trip hazards such as mats and objects on the floor. We take every precaution to ensure a safe environment for all present and welcome you to let us know if you have any concerns.

Another quick reminder about food and drink in the hall; water and healthy snacks are encouraged however, should be kept with your belongings and not on the equipment. Similarly, coffee and other hot drinks require a lid and are to be kept in the seating areas and away from children and equipment. As always, safety is our greatest concern and your assistance is appreciated.

Benefits of Physical Activity

A growing body of research suggests that physical activity in early childhood may have beneficial health outcomes in both the short and long term. Physical activity in early childhood is associated with better physical health. This includes a healthier body composition, and better bone and heart health, particularly when the physical activity is more intense.

But physical activity may also be important for children's brains and social skills too. Studies have found favourable associations between the time children spend in active play and their management of their own behaviour and how well they get on with others. Others have identified that active movement breaks may improve preschooler's attention.

Term Dates

Term 3 concludes – 28th Sept, 2018

Term 4 resumes – 19th Oct, 2018

Thanks again to all our families and we look forward to supporting your child's development in the weeks and years to come.

Happy tumbling!
Kath, Lana & Sharon