



## Peninsula Community Centre Kindy Gym Newsletter - Term 3, 2017

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

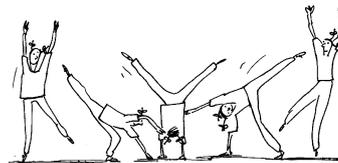
Welcome to Term 3 at Kindy Gym! What better way to keep warm in this cooler weather than to come for a climb and tumble with us. This term will see a continuation of our carer and child focus. I would also like to take this opportunity to thank families for your continued **support; the updated program is most successful when everyone is active and involved.** It's been so wonderful to watch the interaction take place and the kids are having a ball!

### Crossing the Midline

You may have heard me talk about crossing the **midline, it's an incredibly** important skill that we like to promote at Kindy Gym. Being able to cross the midline (an imaginary line down the centre of the body) is an essential developmental skill. It is needed for reading and writing, for being able to reach toward your foot to put on a shoe and sock with both hands, for participating in many sports and many other day to day activities. Children who have difficulty reaching across their middle may actually get stuck mid-reach and switch hands. Or they may compensate by turning their trunk to reach toward the opposite side. Poor midline crossing also makes it difficult to visually track a moving object from one side to the other or to fully track left to right when reading.

### Food and Drinks

A 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 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 priority and your assistance is appreciated.



### Term Dates

Term 3 concludes – 22<sup>nd</sup> Sept, 2017  
Term 4 resumes – 13<sup>th</sup> Oct, 2017

Thanks again to all our families, I have thoroughly enjoyed working with you to create a Kindy **Gym program that I'm incredibly proud of and we look forward supporting your child's** development in the weeks and years to come.

Happy tumbling!  
Kath, Lana & Sharon