

ACTIVE MOKOPUNA NEWS

Welcome to our first newsletter for the year!

There were a number of highlights for the Active Mokopuna team in 2017! Always it's a privilege to make friends and play alongside staff and tamariki at various early learning centres across the region but it's super special when we get to be part of amazing events or programme developments that really assist tamariki in achieving the active healthy start they deserve.



Tamariki at Te Puna Reo o te Riu o Waiapu in Tikitiki enjoy some target throw practice at their graduation celebration last year.

From a successful whanau sports day hosted by Whakarua Kohanga ending with a hakari that offered lots of healthy kai options, to a yoga programme implemented at Waiapu Kids following the Yoga for Preschoolers Workshop, staff are showing a great commitment to providing a healthy living culture in their respective early childhood environments. Barnardos Kidstart made some fantastic additions to their PA and nutrition policies while management at Creators at Home introduced natureplay excursions for their caregivers and tamariki and the list goes on...

Many thanks to everyone who got behind the kaupapa last year. We can't wait to see what things will transpire in 2018!

FACEBOOK WHANAU CHALLENGE

Let the whanau home baking begin and win a children's baking set !

Like our Facebook page "Active Mokopuna - Sport Gisborne Tairawhiti" and take part in the healthy home baking whanau challenge. Simply post a photo(s) of you and your preschooler making some healthy home baking and go in the draw to win. Challenge details are enclosed.

Meanwhile check out our Facebook page for further tips and information to support healthy living!

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LIKE US ON FACEBOOK!

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Check out the Events Calendar on our Website:
www.sportgisborne.org.nz

ACTIVE PLAY GUIDELINES FOR UNDER FIVES

Have you checked out Sit Less, Move More, Sleep Well: Active play Guidelines for under fives?

A useful document for all early childhood centres, Sit Less, Move More, Sleep Well: Active Play Guidelines for under fives provides you with evidence-based information, links to supporting information and practical ideas to achieve the recommendations set out to support healthy growth and development of young children in New Zealand.

A range of indoor and outdoor active play opportunities are recommended including opportunities to play on their own and with others. In line with the Department of Conservation's programme Healthy Nature Healthy People, the document especially advocates activities involving nature.

Published in 2017, these guidelines and accompanying resources replace 11 of the 14 Active Movement resources developed by SPARC (now Sport NZ). To download a copy go to <https://www.health.govt.nz/system/files/documents/publications/active-play-guidelines-for-under-fives-may17.pdf>

"Just as children need good nutrition and adequate sleep, they may very well need contact with nature. Healing that broken bond between our young and nature is in our self interest, not just because aesthetics or justice demands it, but because our mental, physical and spiritual health depends on it" (Louv, 2010)



MAKE TIME FOR NATURE PLAY

Would you agree that many of our best childhood memories took place outdoors?



Mark 8 August on your calendar for a PD opportunity you won't want to miss with Natureplay NZ founder Anna Gentry

Swimming, camping, running through corn fields, fishing, mud pies....definitely feature high on my favourite childhood memories. There is no doubt an understanding that nature play is of course good for children. Nature creates an unstructured type of play that allows children to meaningfully interact with their surroundings and freely design their own activities. Nature also teaches children how to behave responsibly, expands their creativity, reduces the stress in their life, and gets them moving and physically active. But times have changed...kids are spending so much time indoors that scientists have created a name for it: Nature Deficit Disorder. Although not a real disease, this disorder prevents children from obtaining many of the benefits of playing outdoors. The challenge for us all as educators and parents is to ensure we are creating time to help reconnect children to nature. Excursions to the beach, park or farm are great but what opportunities are there within your ECE environment to incorporate more nature play?

- Provide lots of natural resources - Use logs, wooden blocks, boards, sticks, bamboo sticks, branches, rocks and boulders, stepping stones, pebbles
- Provide pine cones, shells, sheep fleeces and other natural materials
- Plant trees, flowers, a vegetable garden, shrubs
- Provide water from multiple sources (hose, sprinkler, spray bottles)
- Create a mud kitchen, a dirt pit, a sand pit
- Bring in a leaf pile
- Build a bird house
- Wear gumboots and raincoats and play in the rain
- Think about resources or materials that may be available from your families (or the local community). Their active participation in providing natural or recycled materials will increase their involvement in your service.

EVENTS

Come and join in the fun this term

Whanau FUN Try

An SGT event for the whole family no matter what your age or size! Details to be finalised so watch this space!

Saturday 3 March, Churchill Park

National Children's Day

Local agencies and organisations including Sport Gisborne Tairāwhiti, will once again join forces to bring to the community a morning of fun activities as part of the nationwide initiative to celebrate tamariki.

Sunday 4 March, Kaiti Mall

Mini Commonwealth Games

If you enjoyed the ECE Mini Olympics event you'll enjoy this to. Details are still to be finalised but you can ear mark the following date.

5 April, venue TBC

WORKSHOPS

Janet Channon founder of Kids Music Company is returning to Gisborne

Music to Motivate Movement

For teachers of 2-5 year olds...

Music is a great motivator for moving and a powerful vehicle for learning. As well as developing movement skills, music also builds language, visual strength, focused listening, creativity, social confidence and memory. Janet, a music specialist, brings with her new music and a wealth of knowledge and experience to support teachers in bringing music and movement into the classroom. No previous skills are needed just a willingness to have fun. Wear some comfy clothes to move in and we will see you there!

Wednesday 28 March, 7-9pm, Waikanae Surf Club

\$20!!! Places are limited so register today

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CELEBRATE BIG HEART DAY IN FEBRUARY

Hold a Big Heart Day at your early learning service in February 2018 and go in the draw to win a special visit from Hearty, the Heart Foundation mascot...

And don't forget, if you're taking part in the Healthy Heart Award, you can use your Big Heart Day to help with the Collaboration strand and engage your parents and whānau in fun activities around healthy eating and physical activity. Physical Activity and Nutrition Snippets like the two below are regularly sent to ECE's by the heart Foundation. Are you receiving yours? Add them to your centre newsletter for some simple ideas to promote health messages to your whanau.



CHINESE NEW YEAR

Chinese New Year is one of the most ancient events celebrated around the world.

Today the festival is about bringing family together, celebrating a year of hard work and to wish for a lucky and prosperous coming year.

The date of Chinese New Year is based on the Chinese lunar calendar.

This year, it falls on 16 February and celebrates Year of the Dog.



Ideas to celebrate

- Make lanterns or do Chinese paper cutting.
- Invite a parent or whānau of a child who celebrates Chinese New Year at home to share skills to make traditional decorations.
- Create art relevant to the Chinese animal of the year.
- Make traditional foods like dumplings or steamed buns (recipes at fuelled4life.org.nz).
- Dress in red and have your own Chinese New Year parade.
- Cook with traditional vegetables (learn more here: bit.ly/2B4xdkg).

For more ideas, download *Healthy Celebrations* at fuelled4life.org.nz/resources



BIG HEART DAY

FEBRUARY 2018

Have a Big Heart Day at your early learning service and bring together staff, children & whānau to celebrate what it means to look after your heart.

Fun Heart Day Ideas:

- ♥ Hold a 'Dress up in red' day
- ♥ Sports day with whānau
- ♥ Cook and share healthy kai
- ♥ Play 'pin the heart' on the person
- ♥ Combine it with a Valentine's Day event
- ♥ Visit a garden centre, learn how to grow fruit and veggies
- ♥ Create & laminate placemats using cut-outs of healthy foods
- ♥ Learn to say different foods and body parts in other languages



Register for a free Heart Day kit: learnbyheart.org.nz/heart-day

NUTRITION TIP

Dinner leftovers and weekend baking make a great lunch box alternative to sandwiches.

If you are frustrated with sandwiches returning home uneaten, try adding some of last night's dinner. Leftovers are easy, save you time and money and often taste better the next day too! Alternatively weekends are the perfect time to try your hand at some home baking. Not only providing you a great opportunity to bond with your child, home baking means you'll reach less for the packaged foods at the supermarket which are often high in sugar, fat and salt. There are a number of websites with easy and healthy recipe ideas you can follow. Scones, muffins, loaves, pikelets, pies, pizzas can all have a healthy twist if you make it yourself and add your favourite fruit or vege toppings.



Our lunch box recipe this term comes from Kidspot.co.nz but we also recommend as a starting point you check out www.healthyfood.co.nz www.myfamily.kiwi www.fuelled4life.org.nz

RECIPE **kidspot** Thousands of Mums. One Spot.

Make pumpkin scones your next sandwich substitute

Ingredients
1 tbsp butter
half a cup sugar
half a tsp mixed spice
1 egg
1 cup cold mashed pumpkin
2 cups self-raising flour



Method
Preheat oven to 225C. In a bowl, combine butter and sugar. Add egg, spice and pumpkin and beat until well combined. With a spatula, stir through the flour, and turn out on bench. Combine with your hands and flatten the dough out until you get to 1 inch thickness – add more flour if you need to. Flour a mould rim with flour before cutting each out. Place on greased tray with 1cm space around each scone and bake for 10-20 minutes depending on the size of your scone. When cooked, they should be brown on top. These freeze and reheat well. Serve warm with butter.

MOVEMENT TIP

Bring yourself down to their level...

The need for unstructured play must be balanced with adult-led activities, which too are an important part of a child's development. Adult-led activities allow children to learn new skills and ideas on how to do the activity as well allowing them to try higher-risk activities. Social concepts such as sharing and respecting others can also be supported when an adult is actively involved.

But have you ever thought what it must be like for a child trying to communicate with an adult towering over them. They are constantly having to look up at adults when they speak, which not only can hurt their neck and be generally uncomfortable, but can actually distract them from the message you are sending. Your child is less likely to be able to listen, focus, understand and learn from communications that are literally above their head than if you simply get down at their level. So whenever possible "get shorter" and see the world through their eyes!



FUN SKILLS CORNER



Chalk! A resource must for ECE's

We all know how much fun children have drawing with chalk but it can also come in handy for a range of games to help children with their fundamental movement skills....and they're cheap!

- Draw lines and shapes on the ground for children to walk along (forwards, backwards, sideways...)
- Draw a ladder along the ground for children to climb
- Draw circles to act as targets in a game of toss the beanbag
- Play Pirates Popcorn - Put a number of crosses in a concrete area. Children move around the space, when they come to the pirates cross they have to jump over it! Add circles, when they come to the circle they have to spin around. You can add more chalk markings with different movements