



ACTIVE MOKOPUNA

NEWSLETTER | APRIL 2018

FROM THE TEAM



Welcome to term 2. Autumn is here and while you may not be so happy the warm long days of Summer are almost over, don't forget what a lovely time Autumn can be out in nature. Make the most of it by taking nature walks. See the leaves turning on the trees and admire all the signs of the season around you. Let kids jump in a pile of leaves or run through them and see who can kick them up the highest. Climb trees, go on a nature hunt and discover what insects and birds make these environments their home. Given the opportunity children will thrive in this outside world of discovery and exploration.



Many thanks to those who took part in the Mini Commonwealth games last term. We had over 100 tamariki from 8 centres/kohanga reo come together for a morning of fun movement skill activities. We were also thrilled to have 23 educators come along to Janet Channon's "Music to Motivate Movement" Workshop which was extremely motivating and a great reminder that music is such a powerful vehicle for learning. Crossing mid-lines, using our imaginations, body awareness, language development, health messages, fine and gross motor skills, eye tracking...the songs covered it all. If your centre is looking to update your music selection we would definitely recommend the Kids Music Company CD's. Visit www.kidsmusic.co.nz.

We are looking forward to the term ahead and with Matariki Celebrations approaching, think it would be great for centres to begin thinking how they might engage with whanau at this time. A hangi, a disco, perhaps a healthy shared breakfast or lunch? We would be more than happy to support you with your planning.

FACEBOOK WHANAU CHALLENGE



Upload onto our Facebook page a photo of your under five year old enjoying an activity that incorporates one or more of our 5 Under 5 Fundamental Movement Skills: Run, Jump, Bounce & Catch, Balance and/or Climbing. If the whole family's involved even better! **Head to Active Mokopuna - Sport Gisborne Tairāwhiti**, like and share our page. Post your photo and help inspire others to get active and feel great! Add the hashtag **#5under5activeforlife** and go in the draw to win an activity play pack to keep your little one moving.



RISKY PLAY FOR PHYSICAL, SOCIAL AND EMOTIONAL DEVELOPMENT



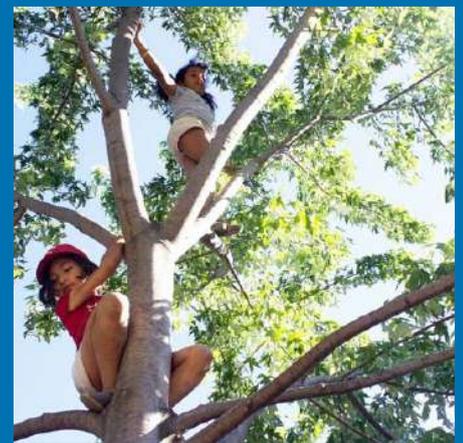
'Young people need the opportunity to experience risk and challenge through play'
- Sport New Zealand Principles of Play

Everyone has their own level of motivation, confidence, physical competence, knowledge and understanding that affects how they value and choose to be physically active. This is called Physical Literacy. In Sport New Zealand's document *The Importance of Play* they describe their set of 7 play principles. All these principles are at the heart of Sport New Zealand's Physical Literacy Approach and can be found at www.sportnz.org.nz

A person's physical literacy evolves throughout their life. For young people who are building and developing their physical literacy, quality play experiences that meet their holistic needs are vital. The principle above around risk calls for the 'provision of opportunities for all children to encounter or create uncertainty, unpredictability and potential risks (including physical, cognitive, social/emotional and spiritual) as part of their play.'

Doesn't risk taking involve putting kids in danger? Putting children in danger of serious harm is not the intention. The risks need to be age appropriate and not reckless. Risky play most often occurs outdoors, during free play, where children challenge themselves by overcoming fear and trying something new, or by tiptoeing the line between being in or out of control. Below are some benefits of risky play:

- **Climbing, jumping down or hanging from a height** - develops muscular strength and endurance, develops spatial awareness, less likely to be afraid of heights
- **Biking or running at high speed; swinging; sliding** - develops fitness and physical literacy, enhances depth, movement, size, and shape perception
- **Play wrestling and fighting; chasing** - develops skills to regulate aggressive behaviour, develops social skills, physical fitness and motor practice
- **Exploring and playing independently in unfamiliar environments** - less likely to have separation anxiety, learn about the environment
- **Using sharp or dangerous tools** - learn the properties and functions of objects and tools
- **Playing near fire, cliffs and deep water** - enhances familiarity of environmental constraints, may reduce the risk of phobias of, or the inability to cope near water, heights, fire



NEW NUTRITION ADVISOR APPOINTED



Want to create a 'heart healthy' environment in your ECE/kohanga reo?

Having worked in the health sector for a number of years Sharon, also a mother of four, gets the importance of supporting our tamariki to lead active and healthy lives. She now joins the Heart Foundation and is your point of contact for the Healthy Heart Award - a programme that can provide guidance and structure for you to create an environment that promotes healthy eating and physical activity. If you would like to know more contact Sharon on 868 5891 or email .sharonp@heartfoundation.org.nz.

Tips for a healthier sausage sizzle - Learn by Heart

- Use wholegrain/wholemeal bread
 - Don't spread the bread with margarine or butter
 - Choose lower-fat sausages
 - Pre-boil sausages to remove some of the fat
 - Don't add fat/oil during the cooking process
 - Offer toppings like salad, coleslaw, onion, mushrooms, lite tomato sauce, mustard, relish or salsa.
- Visit <http://www.learnbyheart.org.nz> for fundraising ideas that promote health messages to your wider community.



EVENTS

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Come and join in the fun this term



MATARIKI WEEK

Kai Pai Kaiti will host a range of activities throughout the week in celebration of the Maori New Year. Contact Tuta Ngarimu for more information: kapaikaiti@gmail.com

Begins 25 June, Kaiti Mall



WAY TO PLAY - AUTISM NEWZEALAND

Playing with a child with autism can be challenging, so the Way to Play workshop offers simple, easy to use strategies to begin playing joyously together.

9:30-3:30

\$100 for professionals

\$20 for whanau

Saturday 4 July, Venue to be advised on registration - complete rego form

at http://www.autismnz.org.nz/training_programmes/way_to_play



ACTIVE MOKOPUNA STEERING GROUP

The Active Mokopuna Steering Group was formed in 2016 to help shape the direction of services offered by Sport Gisborne Tairawhiti in the ECE sector. We welcome new members. (Quarterly meetings)

Next meeting 5:15 - 6:15 pm Tues 3 July, SGT

WORKSHOPS

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Upcoming professional development

YOGA FOR PRESCHOOLERS

This term we welcome back Yoga Instructor Maria Del Gaudio whose Yoga for Preschoolers Workshop in 2017 inspired a number of educators to implement kids yoga in their early childhood centres with confidence. Come and discover the benefits of yoga for under fives, learn child friendly yoga poses and tips for creating a positive, safe environment from which tamariki can develop and grow.

Wear comfy clothes and bring a mat if you have one.

**Tuesday 22 May
5:30-7pm**

**Venue to be confirmed
\$5 - Register and pay online
through the event on our
Facebook page Active Mokopuna -
Sport Gisborne Tairawhiti**



MYTH BUSTING - NUTRITION WORKSHOP

Confused about what you should or shouldn't eat? There's a lot of mixed messages out there making it hard to know what our families need nutritionally. Pop along on your lunch break to hear registered dietitian Mary Hope dispel some myths, answer your questions and help simplify your nutrition choices.

12:10 - 1pm, 10 May, SGT Board Room \$2



SAY AE TO WAI FOR A WAI - FIRST TAIRAWHITI

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Making water the first choice for Tairawhiti tamariki

Unfortunately statistics tell us that tamariki in Tairawhiti consume the highest weekly rates of fizzy drinks in NZ. We also have the second highest rate of childhood obesity and childhood teeth removed due to tooth decay. Healthy Families East Cape have been leading the way with the development of a Wai Water Strategy which kicked off on the 1st February. Their "Say Ae to Wai" video can be viewed online by visiting their Facebook page - <https://www.facebook.com/SayAe2Wai/>

A local collaborative approach is currently being undertaken in order to influence change in a number of public settings including schools, ECE's, sports clubs and work places. It's great to see so many groups working hard to make a difference to the health of our tamariki.

These early years are a really important time for setting healthy habits. Early Childhood Services here in Tairawhiti can be really proud of the work they do to ensure tamariki are receiving the message that water is best. Of the ECE's that completed last year's Water Only Survey, 96% indicated that they have a water only policy and did not report any barriers. In addition to a Water Only Policy, your centre may want to consider the following options to support the Say Ae to Wai message:

- Find resources to support water only activities - visit www.rph.org.nz/water-only-schools
- Consider how water is accessible to tamariki throughout the day?
- Water promotion messages/photos to whanau in newsletters, Facebook



- Display posters promoting water only
- Have tamariki taste water with lemon, mint, cucumber, apple- what's their favourite?
- Review fundraising, celebrations and events - are these water-only?
- Staff encouraged to be water drinking role models

NUTRITION TIP

Encourage children to eat "Nude" foods straight from Mother Earth not foods in "fancy clothes" (packaging)...

A diet based mostly on plant foods, such as fruits and vegetables, is one that involves healthy food choices. Playing a game that helps preschoolers identify where their food grows will help them learn to choose foods that grow, rather than man-made foods like French fries and pizza. Show children pictures of foods growing on trees, on bushes, and in the ground. Play a guessing game after you have shown them all the pictures. Choose a fruit or vegetable and give them clues, such as color, size or shape.



See if they can correctly guess the food, as well as where it grows. Play the game several times to reinforce the concept of eating a plant-based diet (or "nude" foods).

MOVEMENT TIP

Create a "magic door" to begin their day the active way...

Child development expert and co author of Moving Smart, Gill Connell describes the Magic Door as a transformative experience that takes children from an ordinary day into an extraordinary adventure! A magic door can be anything that greets the children each day with something they already love....MOVEMENT. The possibilities are endless but here's a few ideas to get you started:

- Hang crepe paper streamers in the doorway or a balloon they must strike as they walk through.
- Have kids pretend to be pirates walking the plank.
- Set up a small plastic slide and slide into class.
- Have parents carry them through the door upside down.
- Jump from hoop to hoop
- Crawl through a tunnel
- Place a bar across the door and limbo under it
- Play hopscotch



OVEN BAKED EGGS

Eggs are a very good source of inexpensive, high quality protein

Eggs are incredibly nutritious, containing large amounts of nutrients and protein. Scrambled, poached, baked or boiled they are great for growing kids.

INGREDIENTS

- One Dozen Eggs
- Salt and Pepper, to taste
- Non stick cooking spray

METHOD

Preheat oven to 350F (180C). Crack eggs into a lightly greased muffin tin. Sprinkle a bit of salt and pepper onto the eggs. Bake at 350F for fifteen minutes. Remove from oven, let cool. Use a spoon to scoop out each egg and transfer them into a food storage container. You can store them in the fridge for up to four days in an airtight container. SERVING: They can be enjoyed on there own or try dicing them up and adding to some pre-made rice and salsa. Alternatively serve them on a toasted muffin.



FUN SKILLS CORNER

Bubbles Bubbles Bubbles!



Bubbles are a super fun way for children to learn spacial awareness, fine motor skills, visual tracking skills, gross motor skills, social and communication skills and much more!

- See how many bubbles they can pop in 1 minute.
- Can they pop the bubbles with their elbows? Their knees? Their heads? The tip of their finger?
- Try and pop the bubbles before they hit the ground.
- Have the children lie on their backs and watch how high the bubbles can get.
- Turn on some music and dance among the bubbles!
- Get children to spin around with the bubble wand and let the moving air create the bubbles.