



Koringa Hihiko
ACTIVE
MOVEMENT

0–5 Years
May 2010

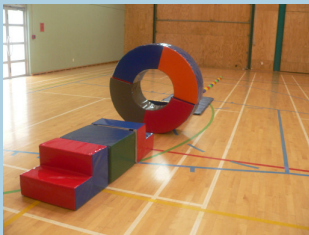


Active Movement also acknowledges that positive early movement experiences impact on the way infants, toddlers and young children learn and grow.

Early Childhood Educators:
Please feel free to photocopy this newsletter for parents.

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AM Equipment Pool available to hire for 2010!

Kia ora Koutou,

I hope Term 2 is progressing nicely for you all. For myself, the last few months have been exciting and busy, learning the ropes and getting to meet some of you in my visits to Early Childhood Education (ECE) Centre's and at the Active Movement workshops.

We are thrilled to announce that Roimata gave birth to a not so little, totally gorgeous baby boy, and both are doing really well.

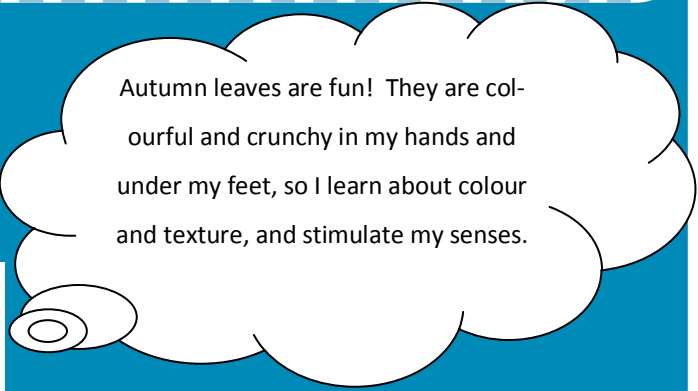
April saw the very knowledgeable Gill Connell in Whangarei, delivering workshops and an Active Movement Facilitators course for Educators at ECE Centre's, so it was a great opportunity for me to meet some of these dedicated educators and it's fantastic knowing there are more people out there now who will be able to pass the Active Movement message on to parents!

Remember if you know of anything Active Movement-wise happening in your community, please send in stories and pictures so we can include it in our next terms newsletter and don't forget to check out the website www.sportnorthland.co.nz and click on Under 5s!

Ngā mihi nui, Best wishes

Cara Forbes/Roimata Macfarlane

Sam Says...



Autumn leaves are fun! They are colourful and crunchy in my hands and under my feet, so I learn about colour and texture, and stimulate my senses.

Check out more information on fun activities and ideas that Sam suggests on our website...just click on 'Under 5s' then 'Sam's Space'.

Active Movement Activity Guide of the Month

'Developing Self-esteem through Active Movement'



Everyone likes to feel good about themselves and feeling wanted and loved helps to build self esteem for life.

Key Points:

- ◇ Creating a child who is positive about Active Movement will have life long benefits for health and wellbeing.
- ◇ Children learn best when the parent or teacher is an active participant in the learning process.
- ◇ A young brain is fuelled on success and the enjoyment of the successes they achieve.
- ◇ Children feel good about themselves when they are given positive feedback.

A positive caring environment and positive, successful movement experiences leads to a happier, more capable child who is not afraid to take risks to learn. A willingness to take risks is linked to success in later life.

So what can you do?:

Be an active role model

- ◇ Your children learn so much from you, if they see you active on a regular basis and enjoying it, they are much more likely to accept it as a norm.
- ◇ Give them the right message—if they receive positive feedback, their self esteem will grow.
- ◇ If they are always told they can't...they won't.
- ◇ Provide opportunities for children in your care to move.

Watch your body language too, a smile on your face says as much as the words "You did well".

Cuddle and touch them to reinforce an activity well done— high five!! Thumbs up!

Allow them to explore and try different ways of doing an activity to encourage independence and self-esteem.

Talk to the child and find out what they enjoyed doing.

When giving positive feedback, make sure you tell them what they did well to re-enforce that behaviour e.g. "you did well bending your knees when you landed after jumping off the box, well done".

Young children enjoy the simple activities and the best thing is for them to do it over and over as they learn from repetition.

If the activity has a potential for harm, tell the child in a positive way and offer to work it out safely together. E.g. "That looks tricky. How can we do it safely?"

The smile on their face when they successfully accomplish an activity, regardless how simple, says it all....

Information and excerpts taken from "An introduction to Active Movement and "Developing Self-esteem through Active Movement" activity guide for under fives.

Active Movement Accreditation Update



Congratulations to **Onerahi Kindergarten** for achieving their **Silver Award** !!
Look at the lovely, happy faces in the photo below—Well done everyone!!!

We also have a few centres which are very close to achieving both **Silver** and **Gold** so that is very exciting!!!

Due to a number of staff changes, we have had a few centres doing Silver accreditation who have elected to 'start from scratch' again, which is a good option especially when some time has elapsed. If you feel you are in the same boat or are just not too sure how you are progressing, please give me a call or send me an email so I can help.

Becoming an Accredited centre is not designed to create more work for a centre, it is aimed to increase educator and parent awareness about the importance of Active Movement and to recognise, with **an award**, centres which understand and value the importance and the impact of Active Movement on the under 5's.

When a centre registers, they will be sent a Centre Review Tool which helps the centre assess where they are at in regards to Active Movement and from there determine their needs going forward. It is a very straight forward tool, made easy with tick sheets.

An Action plan will from there be created, if areas need to be addressed, and a progress folder in which to collect data (such as learning stories detailing 'active movement experiences'), over the next year or so will be given to the centre.

Exemplars of folders are available for you to get an idea of what you can put in them.

I will come and visit you and provide the staff with 'an introduction to Active Movement workshop' and also deliver one for the parents when it suits.

Becoming an Accredited Centre is a great way of showing parents it's more than play.....movement = learning!

If your centre is not yet involved but would like to be, please contact me on (09) 470 3211 or email me on ca-raf@sportnorth.co.nz for more information .



"Play is a child's work"

Up and Coming Workshops

May 26th—Encouraging Movement in Babies / Reflecting on Reflexes. For Parents / Educators of 0-1 year olds. To book or for more information, please call me on (09) 470 3211 or email me on caraf@sportnorth.co.nz or caraf@sportnorth.co.nz. Bookings are essential!

Regular workshops are held in the Plunket Family Centre in King Street, Whangarei for parents with babies up to 6 months old. Phone 437 1907 for more information.

Some comments from parents: "Very good program, helpful and practical points", "lots of fun", "Awesome session thanks"

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: **District offer!!!** If your centre would like to host an Active Movement workshop in your community please contact your local Dis-
: trict Staff Coordinator. Many of you have now attended a general Active Movement workshop, so please advise us if you would
: like to do a focus workshop on a particular topic with parents / educators and community groups. For example, Games and Activi-
: ties for Under 5's, Creating a Challenge Course, Reflecting on Reflexes, just to name a few.
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FMS (Fundamental Movement Skills) Course

Sport Northland are facilitating this Active, two-day professional development course which focuses on helping educators make effective use of the Fundamental Movement Skills resources in their own centres.

Educators will have time to discuss and explore key aspects from the Fundamental Movement Skills: Book 1, Book 2 and the Fundamental Movement Skills DVD.

Some comments from Northland educators who have completed the 2 day FMS course:

"Thanks for a valuable professional development opportunity. I am going back to work inspired & motivated."

"Excellent & well worth giving up 2 days in holidays. The whole staff should do it."

Date: 12th & 13th July 2010 at the ASB Lounge, Kensington Stadium, Western Hills Drive, Whangarei. Course Costs vary depending on the number of people attending and the resources required.

Please see flyer insert for further information.

Please note, this course is required for centres going for Gold Accreditation.

Kids Music Company presents "Mango Tango"

Before a child can develop literacy, foundation skills must be established in all the essential learning areas. Movement is critical in this process and is enhanced and strengthened with the addition of music.

Songs on this CD help children to jump, hop and skip. Independent movement of each side of the body is developed in the *One-Sided Dance* and *Draw a Circle*, balance and fitness is developed in *I Can Do It*; Months of the year are learned in *When is Your Birthday?*; sun-smart actions are re-inforced in *Summer*; imagination and core strength are developed in *Roading Engineers*, as well as good nutrition in *Mango Tango* and *Giant's Breakfast*.

'Mango Tango' is guaranteed to excite your ears with a tasty collection of a variety of music styles. Come and join us. Let's help kids to get moving, get healthy, and get learning!

Tuesday 10th August, 2010, 7-9pm at the St John's Ambulance Hall, Western Hills Drive, Whangarei.

Cost: \$60 per person. (10% discount for 4 or more staff from the same Centre/School paying full rate)

For enrolment forms go to www.kidsmusic.co.nz or email annemarie@kidsmusic.co.nz

Please bring a small drum (or an ice cream container) and a shaker.

MONTHLY ACTIVE MOVEMENT PRAM-WORTHY STROLLS and 10,000 STEPS

The walks are self run from the suggested location, simply turn up at 11am and join the walk.- bring your friends!

The suggested walks can be found on our website - <http://sportnorthland.co.nz/> go to "Under 5's" then "Pram and Toddler Strolls". The next suggested walk is on June 4th, at the lovely Waimahanga Track at 11am.

More walks can be found on our 10,000 steps website - <http://www.10000stepsnorthland.co.nz/>

NDHB PRAM INCLUSIVE WALK/RUN SERIES EVENTS

May 30th - Come and enjoy the beautiful walk in Paikia, incorporating the Waitangi treaty grounds. With sea views, it is a rather spectacular walk.

July 4th - A 9km walk from Mangawhai Heads Ocean Beach to the Mangawhai Tavern.

We recommend an off-road capable buggy for both of these walks. For more information see our website—<http://runwalkseries.co.nz/>
Hope to see you there!!

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ACTIVE MOVEMENT EQUIPMENT POOL

Winter is fast moving in so if you have the Space in your centre, consider hiring the Active Movement equipment.

There is a large range of fun equipment for hire including soft mats, steps and wedges and hard equipment such as ladders and beams. At a cost of only \$50 a week or \$ 10 per day, it is a great, fun way to get the kids moving!

For more information contact Scott on 470 3208.



For more information on the Active Movement Resources (14 Activity guides for Under Fives available) and your free copy phone 0800 ACTIVE or contact:

Cara Forbes/ Roimata Macfarlane
Active Movement Advisor (0-5yrs)

DDI: 09 470 3211
Mobile: 0273 343 472
Email: caraf@sportnorth.co.nz / roimatam@sportnorth.co.nz

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Fully breastfeed infants for at least 6 months
Eat more vegetables and fruits



Peel and cut up fruit and veges into fun shapes. Keep presenting several times if a child first does not want to try.



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