



Newsletter

IMPORTANT DATES

**SCHOOLS CLOSE ON WEDNESDAY
20 MARCH AND OPEN ON
WEDNESDAY 3RD OF APRIL**

T-SHIRT ORDERS

**THANK YOU FOR EVERYONE WHO
ORDERED A T-SHIRT. WE LOOK
FORWARD TO HANDING THEM
OUT SOON!**

EVALUATION PERIOD

**TERM 2 IS EVALUATION PERIOD! WE
WILL BE ASSESSING OUR CHILDREN
WHEREAFTER REPORTS WILL BE
WRITTEN AND HANDED OUT
TOWARDS THE END OF TERM 2.**



MARCH

March

MADNESS

Let's take a look at what our little ones got up to during our Kinderkinetics sessions in March!



FINE MOTOR SKILLS & GRASPING



BALANCE & COORDINATION SKILLS



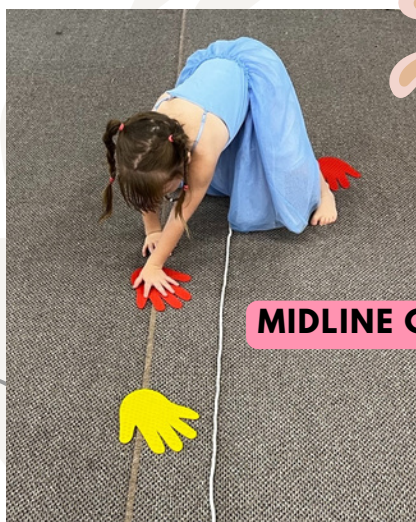
SPATIAL AWARENESS



MOTOR PLANNING & TEAMWORK



UPPER BODY & CORE STRENGTH



MIDLINE CROSSING



WHAT TO KNOW ABOUT...

Postural Control

Postural control can be defined as a child's ability to maintain a stable position or posture while they are sitting or standing.

Ever wonder why some kids struggle to stay focused in the classroom? It might be related to their postural control! Here are some activities to improve postural control:

1. **SUPERMAN:** Helps strengthen the core muscles & muscles in lower back.
2. **CRAB WALK:** Children uses arms and legs to keep their torso up, which provides the support needed to keep their posture while sitting in the chair or on the floor.
3. **WHEELBARROW WALK:** Strengthens the arms, legs, tummy & back as the child engages their core and uses all extremities to work together.
4. **BUM LIFT:** Your child lies on their back, knees bent backwards and arms on the sides. They now use their arm and tummy muscles to lift their bum off the floor.

Happy Easter!

May you and your family have a blessed Easter weekend and end to the first term. We have thoroughly enjoyed developing our children through purposeful play this term, seeing old faces and meeting several new faces. We look forward to the upcoming term and seeing the children's progress during our evaluation period. Travel safe and rest well!

