



REDDAM EARLY LEARNING SCHOOL ST LEONARDS NEWSLETTER



REDDAM

ELS

5th March 2021

Principal's Message

By Mrs Simone Cooke

Dear Parents,

The children thoroughly enjoyed their "Frozen" school vacation and the range of fun activities which the teachers set up each day. Undoubtedly the opportunity to dress up as Elsa or Olaf (or one of their favourite Disney characters) was a highlight for many of the children, although I think our teachers and parents were quite relieved to see a return to school multi-forms this week.

During these challenging times it is more important than ever before that young children have the opportunity to play with friends, engage in imaginative play and experience joy and happiness. In times of stress it is vital that that we offer opportunities for our children to experience joy as it reduces anxiety, relief from the tensions of the world around them and builds emotional wellbeing. As we deal with uncertainty in our own lives providing consistency and opportunities for laughter, smiles and joy has a calming influence, allowing children to move from self-protection mode and to be open to new experiences and exploration.

Research into brain science shows that joyful interactions with adults and other children builds psychological resilience. We know how very difficult it is when we are juggling working from home with caring for young children, to take time out of our busy day to find these moments for joy. However, instead of cramming your child's day with activities, remember it is equally important to just laugh, sing, dance, run and enjoy the simple joys that life has to offer.

In a time of pandemic when being close to other people is considered a potential threat, our children more than ever before need to have the comfort of friends, family and teachers with whom they can be silly, experience fun and laughter. Our children are very perceptive and will take their cues from us. It is important, therefore, that we find new experiences at home and school that can bring joy, such as building a pillow fort, playing family board games, dressing up or dancing together, creating a herb

Principal's Message Continued...

garden together or having a family karaoke night, a little laughter in our day goes a long way to helping all of us through these trying times.

Here's to a weekend of finding some simple joys.



Monday 28th June: Frozen Dress Up & Movie Day



Tuesday 29th June: Chill Out Dance Party



Wednesday 30th June: Snowman Factory



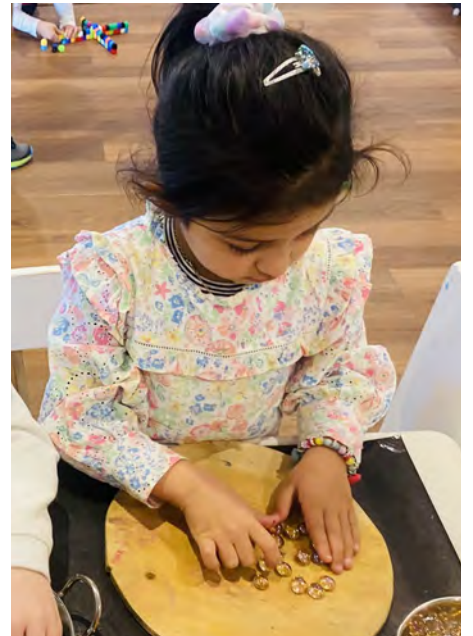
Thursday 1st July: Winter Baking



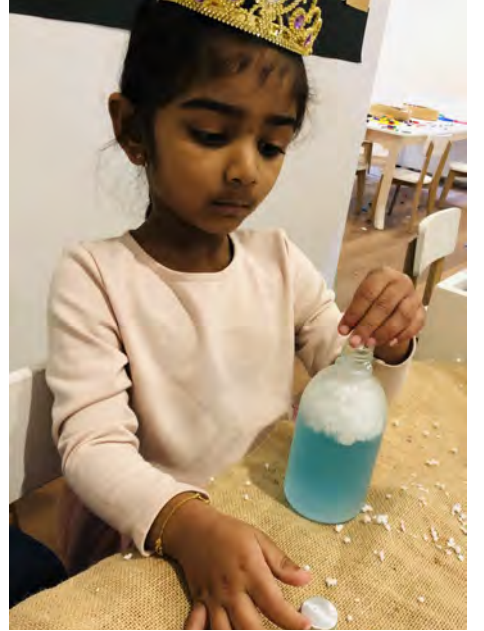
Friday 2nd July: Snow Much Fun!



Monday 5th July: Hibernation Exploration



Tuesday 6th July: Frozen Science Fun!



Wednesday 7th July: Snow Process & Olaf Dress Up



Thursday 8th July: Ice, Ice, Baby



Friday 9th July: Igloo Fun



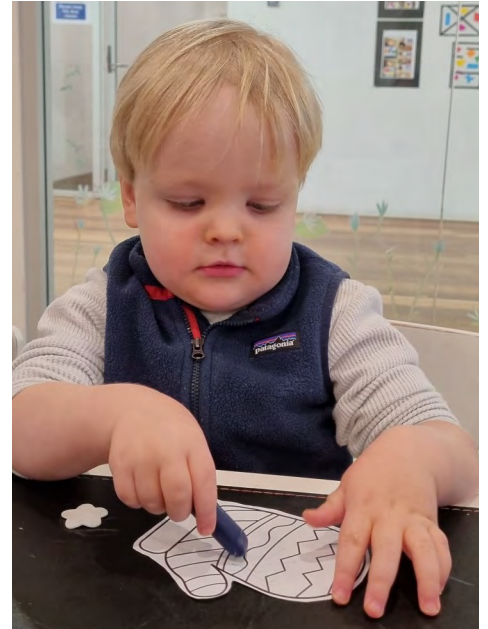
Monday 12th July: Winter Board Games



Tuesday 13th July: Fun with Olaf & Elsa



Wednesday 14th July: Mitten Madness



Thursday 15th July: Twigs, Strings & Building Things



Friday 16th July: Let's Go Fly A Kite

