

<u>Our happy recyclers</u>

## The seeds have sprouted!





## The importance of playing with sand:

- Sand play builds tactile sense.
- Sand play promotes physical development.
- Sand play develops creativity and imagination.
- Sand play develops social and language skills.





## **Parents Corner**

## 7 Minutes workout to help keep children fit at home

#### FROG JUMPS

Hop, hop, back and forth like a frog

#### **BEAR WALK**

Hands & feet on the floor, hips high - walk left and right

#### CORILLA SHUFFLE Sink into a low sumo squat, with hands on the floor, shuffle around the room.

STARFISH JUMPS Jumping jacks as fast as you can, with arms and legs spread wide.

#### CHEETAH RUN Run in place, as FAST as you can! Just like the fastest animal in the Sahara.

CRAB CRAWL Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.

#### ELEPHANT STOMPS March in place lifting your knees as high as you can and stomping the ground as hard as you can!

## **Upcoming Event:**

## **ECD Sports Day**

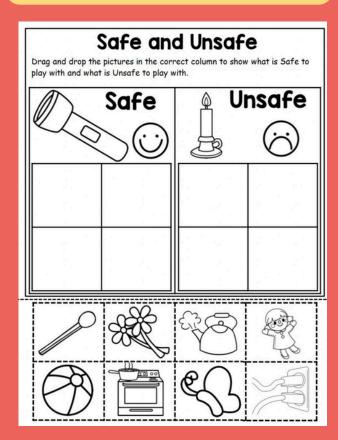
Date: 25th of May 2024 Time: 9:00am - 12:00am Venue: Ridgeway College Sports Field. Food stalls, Family fun, Pony

rides, Face painting and Adult

Zumba!

### Program: Will be available on

## **Grade R Homework**



## Please bring the above homework to school - please check your child's file.



On the 31st of May the children can wear their slippers to school for FREE!!

# D6.