

Garden to Plate

Our garden to Plate Program Provides the foundations to our cooking Program.

We believe children should have Positive experiences with food and understand where food comes from.

We believe that by Providing children the opportunities to be involved in growing, harvesting and cooking their own food they will develop Positive food habits for life.



The garden to Plate Program will explore seasonal herbs and vegetables that the children will plant, harvest and cook.

The Program will also explore seasonal fruits and where and how they grow, along with other farm produce including eggs, milk and cheese.



Mindfulness & Yoga

Part of the holistic approach is to consider the mind, body and spirit.

Therefore, at first steps we include a mindfulness and yoga Program for the children.

Studies have found that children who have been taught mindfulness and yoga have improved focus, memory, self-esteem, academic performance, and behavior, and can even reduce anxiety and stress.

We will teach a variety of different mindfulness Practices from guided meditations, Emotional Freedom Techniques ('tapping') and yoga movements.



Language

Language creates an identity that children learn from a young age. The People children meet and interact with allow them to embrace their own identity and respect the identity of People around the world.

At First Steps we encourage a language Program to help nurture the many cultures that First Steps welcomes and embraces.

Early Learning Languages Australia (ELLA) is digital language Program for Kindergarten children.

ELLA is an exciting digital language learning Program for Preschoolers.

ELLA is a digital, Play-based Program that makes language learning engaging and interesting to Preschoolers.

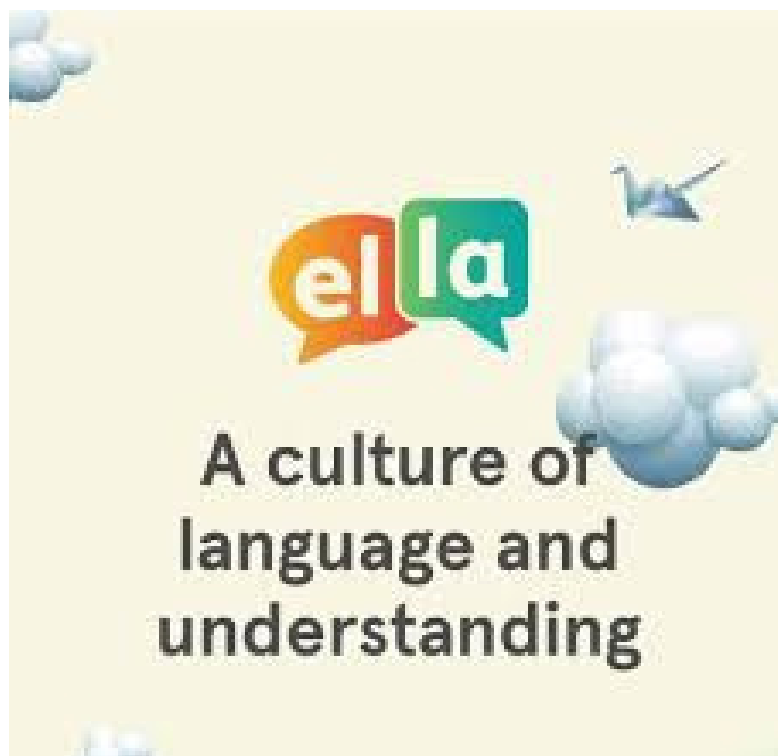
The children at First Steps will learn one of thirteen languages using Play-based apps from the Department of Education.

The apps have a cast of colourful characters called the Polyglots. The Polyglots are multicultural characters who introduce children to a new language through digital Play. ELLA has created experiences to match young children's interests, like cooking, art, building, role-Play and music into our Program.

ELLA is a Proven method of language discovery for Preschoolers.

Children learn to respect diversity as they learn about new cultures.

ELLA develops children's social, thinking and digital skills. It supports their literacy, and can even improve memory and concentration.



Sustainability

At first Steps we believe creating a better future for all begins with the resources around us.

Sustainability will be embedded throughout the centre through the Products we use, turning water off, turning lights off, recycling, being aware of our consumption to name a few.

In our sustainability Program the children will learn about their environment. We will take them outside by to observe, explore and experiment in the natural world.

Some examples of what the children will learn in the sustainability Program are Plant life cycles, Planting and gardening, composting and worm farming, recycling and reducing Plastic, seasons, water usage, bugs, native Plants, collecting, displaying & reflecting on nature materials.

Our focus is on being friendly to our environment, reducing, reusing and recycling so as to leave the land as nature intended.



Nature Kinder

At first steps we recognise that all families are living in different types of homes with all sorts of dynamics.

As society changes some children may not have the opportunity to spend a lot of time outdoors. Research demonstrates this leads to the early onset of mental health problems in children as young as 3, including anxiety. Children's behaviour can also be significantly impacted as we are spending more time indoors than previous generations.



At first steps we offer a Nature Kinder Program at Aloha Gardens Reserve to explore nature in an unhurried and uninterrupted way.

"Outdoor learning spaces are a feature of Australian learning environments. They offer a vast array of possibilities not available indoors. These spaces invite open-ended interactions, spontaneity, risk-taking, exploration, discovery and connection with nature. They foster an appreciation of the natural environment, develop environmental awareness and provide a platform for ongoing environmental education."
EYLF: Learning environments, Pages 15-16



Intergenerational Program



At First Steps we believe that children learn best when they are part of a community.

We will be working with a local aged care home bringing older people in retirement and children together.

Now more than ever it is important to build connection and bring our community together.

Research shows that intergenerational programs have improved older people's mood, their mobility and given them a sense of purpose.

For children research has shown an increase in confidence and communication skills.

The aim of the program is to bring the community together, bridge the gap of isolation and loneliness, support children who may not have extended family or have extended family close by.

Planned experiences will take place such as storytelling, cooking, sewing, dancing and art. We believe both age groups will be able to share skills with each other and bring each other joy that only a different generation can.



Phonics



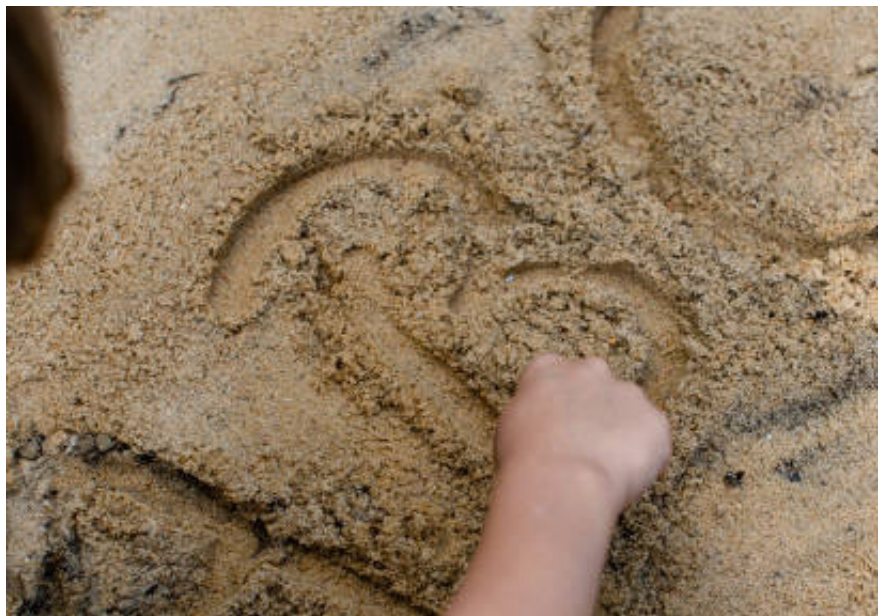
From a young age children will hear thousands of words being spoken everyday.

Phonics is a method for teaching children how to read and write by sounding out the sounds that make words.

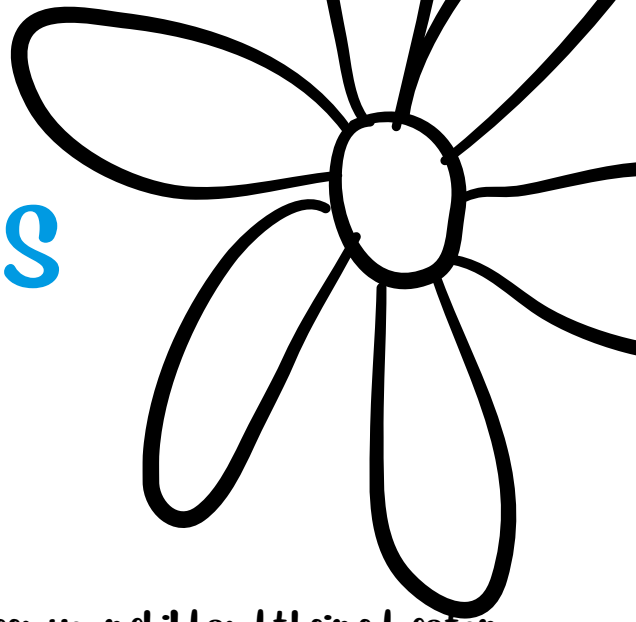
The method of Phonics is by instruction that helps children learn and be able to use the alphabetic Principle - the concept that words are made up of letters, and letters represent sounds.

At first steps we nurture children's development in learning the letter sounds that children will use to form simple words.

In our kindergarten Program we will use the Phonics Program to support your child to learn to read and write as part of school readiness Program.



Rituals



Our daily rituals support strong relationships between your child and their educator because such care and importance are taken to ensure these are positive interactions and learning moments.

Our rituals set the tone and rhythm for the day and provide a calming and relaxing learning environment that guides and supports children through experiences and transitions.

"Drifting off to sleep is a delightful feeling, the body is calm, the mind is still, and the heart is at peace"

Lyon, M & Christie, T. (2019). Rituals, pg51

