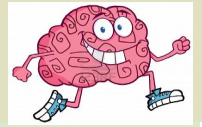


KIDZ CLUB - OCTOBER 2023



HEALTHY EATING AND NUTRITION

October is dedicated to promoting healthy eating and raising awareness about nutrition and maintaining health and well-being. The children will be learning about healthy foods, nutrition, bones and how our brains function and also discuss different parts of our bodies. Children are encouraged to participate in educational cooking demonstrations, workshop and activities that empower children to make informed decisions about their diet and lifestyle, ultimately leading to improved health outcomes. Nutrition Week aims to combat issues such as obesity, malnutrition and chronic diseases related to poor nutrition.



Baby Room are learning about Space and Halloween

Interactive Experiences:-

- ◆ Foil moon balls to encourage hand & eye co-ordination
- ◆ Art and craft planet water craft watch colours mix and be creative
- ◆ Space sensory table to encourage texture and awareness
- ◆ Black playdough with stars and glitter to encourage fine motor skills
- ◆ Craft using paper plates making spiders to promote language and discover
- ◆ Drawing with crayons on planet cut-outs
- ◆ Collage using various materials e.g. Foil, glitter, pictures of the galaxy, cotton wool for clouds to create a display of the universe

Toddler Room are learning about Healthy Eating Interactive Experiences:-

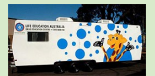
- ◆ Making a collage of fruit in a basket by pasting fruit cut-out pictures
- ◆ Healthy Eating meal activity, what shall we eat for dinner on paper plates.
- ◆ Vegetable cue cards for children to identify and verbalise
- ◆ Research on Ipad the importance of making good healthy food choices
- ◆ Discuss Dental hygiene by implementing a fun and easy dental craft using marshmallows
- ◆ Sensory table using cooked and coloured pasta with tongs and scales, numeracy and measuring

Kindy Room are learning about Bones, Brains and Skeletons

Interactive Experiences:-

- ◆ Sensory tubs with sand and bones to encourage discovery and fine motor skills
- ◆ Building a skeleton with cut-outs to encourage cutting skills, co-ordinary and creativity
- ◆ Researching facts on Ipad about the human brain and how many nerve cells it sends and receives
- ◆ Play brain surgery with playdough using different utensils egg scissors, knife, fork and syringe
- ◆ Science experience about the nerves system and the importance of cerebrospinal fluid
- ◆ Facts on how many bones the body has, by watching YouTube video - Bones for kids from Learning Bright

Special Guests



- ◆ Kindy excursion to Studio Vino for an art and craft experience on Tuesday 10th October 10am—12pm
- ◆ Healthy Harrold - Life Education - Healthy Eating on Thursday 19th October @ 10.30am
- ◆ Nitro Nat Science experiment learning about human skeleton bones visiting on 26th at 10.30am
- ◆ Dietitian who provides information on topics such as balanced diets, portion control, benefits of fruits and vegetable and protein foods, will visit on Friday 20th 10.30am

Brainy Fact: The brain contains billions of nerve cells that send and receive information around the body.

Bones Fact: Babies are born with more than 300 bones in their body.

Body Fact: Children have more tastebuds than adults.