

# NEWSLETTER

## Family Edition



ISSUE #2 | 1st May 2020

### Welcome and update

We're back for Issue 2 and it's May already!

Just because we're in isolation, doesn't mean we can't still have fun and celebrate...what's on in May?

- Star Wars Day
- Mother's Day
- Birthdays?
- Join a 'Zoom' trivia or exercise class?



Victorian COVID-19 restrictions will be reviewed on 11<sup>th</sup> May 2020. We will keep you updated with how these changes will look for SCHS. Stay tuned for issue #3 of the newsletter for our next update around service delivery moving forward.

### SCHS Groups

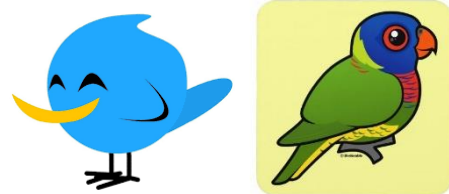
Our child health groups; [Language Stimulation](#), [Little Wrens](#) and [Active Lorikeets](#) are still running, but just a little differently than we are used to.

[Little Wrens](#) and [Active Lorikeets](#) will start on **Tuesday 5<sup>th</sup> May 2020** and [Language Stimulation](#) will start on **Monday 11<sup>th</sup> May 2020**.

We will deliver these programs in the spirit of social distancing online via 'Zoom'!

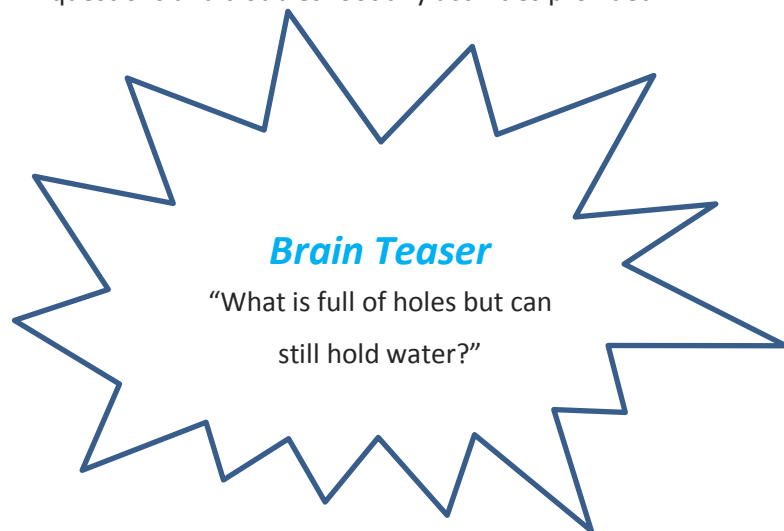


[Language Stimulation](#) → This is a group for our parents/caregivers. There will be 5 weekly parent only sessions where we will learn about language stimulation strategies for your little one. You will be provided with an activity pack to complete between each week.



[Little Wrens](#) and [Active Lorikeets](#) → Will have a Zoom meeting once a week to sing the 'hello song' and read a story. Parents will be given a homework pack prior to the sessions to go through with their child after the Zoom meeting.

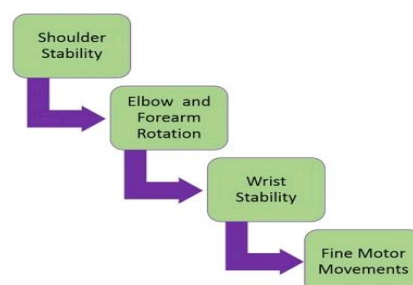
Both groups will have plenty of opportunities to ask questions and troubleshoot any activities provided.



### Fine Motor Skills

**Fine motor skills** are finger and hand skills such as writing, cutting, opening lunch boxes, and tying shoelaces. The development of these skills relies upon the age appropriate development of physical skills (such as core control) providing the stable base from which the arm and hand can then move with control.

#### Progression of Fine Motor Skills



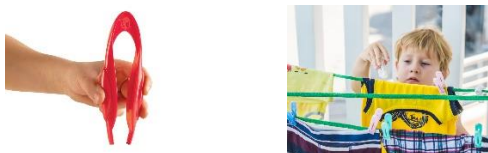
**#StayHomeMildura**  
by staying home you are saving lives and protecting our health system

**Hand and finger strength** is one of the main problems a child faces that inhibit their ability to participate in handwriting activities. Activities to improve finger and hand strength include:

- Squirt bottles
- Popping bubble wrap
- Play dough



- Threading
- Using tongs/tweezers



- Using pegs
- Working on vertical surfaces (also helps with shoulder stability) writing from left to right, rainbows, figure 8's

### Engage the senses

Expired lentils in the cupboard? Try putting them in a tub and hide some of your child's favourite toys in there to find. It is important for your child to explore different senses. It doesn't always have to get messy, but if you are happy for some clean up, don't underestimate the power of shaving cream and drawing on the table.

### Activity ideas instead of screen time

It is important to try and mix screen time with non-screen time activities. These activity ideas require minimal supervision so you can continue to work from home, help other siblings with school from home or complete other daily tasks.

You could try;

- Listening to music or audiobooks
- Have a "busy bag" or "special box" that only comes out at certain times

- Threading, e.g. pasta onto string
- Puzzles, sorting or matching activities
- Indoor cubby house with a blanket over table or chairs
- Make a fort out of a large box which kids can decorate
- "Paint" the house/shed/concrete with a paint brush and water
- Put out "fires" with hose (use chalk to draw image on concrete/fence/bricks)

### FUN ZONE!

If you have any suggestions for fun activities, send them to [cnapoli@schs.com.au](mailto:cnapoli@schs.com.au)

Brain Teaser Answer.....



### Scavenger Hunt

Print this list and see who can find the most items in your family. You can even create a point system e.g. a rubber band = 5 points.

1. A rubber band
2. The oldest can in the pantry
3. Something blue
4. Something that floats
5. The oldest coin (any value)
6. Something see through
7. Something that makes a noise
8. The oldest newspaper or magazine
9. A photo of yourself (can't be on a phone)
10. Something that starts with the letter 'b'
11. Something that is smaller than a 5 cent piece
12. Something from another country
13. Something younger than you
14. A coloured paper clip
15. Something in the shape of a triangle
16. A shoelace (not in a shoe)
17. Something that rhymes with 'Tan'
18. The coolest object found in a jacket pocket
19. Something that stretches
20. Three things that can be stacked on top of each other (must be different objects).

Take Care, your **SCHS Team**