

# St Nick's Curriculum

Our curriculum is built upon the Early Years Learning Framework (EYLF). Here at St Nick's, we believe that play-based learning provides opportunities for children to learn as they discover, create, improvise and imagine. As part of our emerging curriculum, we provide the following learning experiences.

## Intentional Teaching Sessions

Intentional teaching Sessions are group learning times where educators are deliberate, purposeful and thoughtful in their decisions and actions. Together as a community of learners, these sessions encourage discussion and promote children's confidence to share their knowledge and ideas, fostering high-level thinking skills. We encourage children to listen to their peers; converse with each other; be introduced to new concepts; and collaborate with one another during these sessions, providing them with the tools to succeed in later schooling years.

## Greek Language

A key element of our curriculum is participation in daily Greek language classes. Classes encompass stories, songs, history and musical expression utilising Information and Communications Technology (ICT) and structured intentional teaching periods. Our Greek teachers speak Greek to all children throughout the day to reinforce new words, phrases and 2-step instructions. Recent studies have proven that people who speak more than one language fluently have better memories and are more cognitively creative and mentally flexible than monolinguals.

## Sports Classes

Leonie from Ready Steady Go delivers our weekly sports classes promoting physical activity, healthy nutrition and sportsmanship. Our sport classes aim to enhance children's gross and fine motor skills, encourage their continued participation in sports and embed the importance of an active lifestyle. We conduct these sessions with small groups of 10-12 which allows for more focused instruction. At St Nick's it is important for our children to develop self-confidence; enhance their self-esteem; and feel a real sense of achievement, all of which shape their physiological wellbeing.



## Yoga Garden

Here at St Nick's we are so lucky to have Suzanna from the Yoga Garden deliver a Yoga program weekly. The practice of yoga teaches children how to use their attention to join the breath, body and mind. As children learn this skill they experience increased strength; energy; and are able to think more clearly and make better choices. Each session provides the children an opportunity to use their imagination and creativity through the use of body movement and posture. Physical activity and attention to fine and gross motor skills provide children with the foundation for growing independence and satisfaction in being developing new skills.

## Kimochis Program

Kimochi (KEY.MO.CHEE) means "feeling" in Japanese. Our Kimochis Program is a fun and relatable communication tool to support children in learning how to identify and express their feelings. Our lovable Kimochi characters are unpredictable and feel many emotions at once. This program provides our children with the knowledge, skills and attitudes they need to recognize and manage their emotions; demonstrate caring and concern for others; establish positive relationships; make responsible decisions; and handle challenging situations constructively.

## Mindfulness & Meditation

Introducing meditation and mindfulness at an early age, helps nurture children's mental wellbeing and stabilise their emotions. Practicing mindfulness helps children to notice the positives in their lives, and develop a sense of appreciation, gratitude and contentment. Our children practice mindfulness daily, guided by Andy from Headspace. Other forms of mindfulness and relaxation are practiced after mealtime including audio stories, child podcasts and soothing yoga sessions.

## Sustainability

The only get to fill up Here at St Nicholas Preschool, we teach our children to become socially responsible and show respect for their environment. Environmental responsibility builds on the important foundation of children's care, wonder and appreciation of the environment and fosters their accountability. We promote responsibility by engaging our children in critical thinking, problem solving and action. This is supported by our physical resources including compost bins; worm farms; vegetable gardens; recycling bins and water conservation practices which help them apply the theories outlined.

