

Date Week 9 02.04.2020

weekly newsletter

Website of the week: Let's Count



Have some fun with your kids by bringing maths into your family's daily lives- help them notice, explore and talk about maths. It is a free program. [Click here](#) for more information and registration.

Craft Activity

We are suddenly faced with the challenge of keeping our children occupied at home. We can do a number of activities alongside our kids that facilitate active, engaged learning.

An easy activity you can start with is colouring with your kids. Colouring in pictures and drawings may seem like a simple task but there are so many learning benefits for children to engage in the act of colouring in. All you need is some pencils, textas or crayons, some paper or picture templates- plenty available online.

Click [here](#) to read about the benefits of colouring.



When should I get the flu shot?

Annual influenza vaccination is recommended for all persons aged 6 months and over (unless contraindicated). This will reduce their chance of becoming ill with the flu.

Vaccinating from April provides protection before the peak season. [Click Here](#):

Self-care

Maggie Dent is a well-known educator and author focusing on strengthening families and communities. We are mindful that families are having a tough time at the moment and you may find Maggie's page devoted to [Self-Care for Parents](#) helpful.



Stay Connected with Our Children.

We need to keep our families safe, healthy and happy! [Click here](#) to find some ways to help your children share how they are feeling and that everything is okay.