

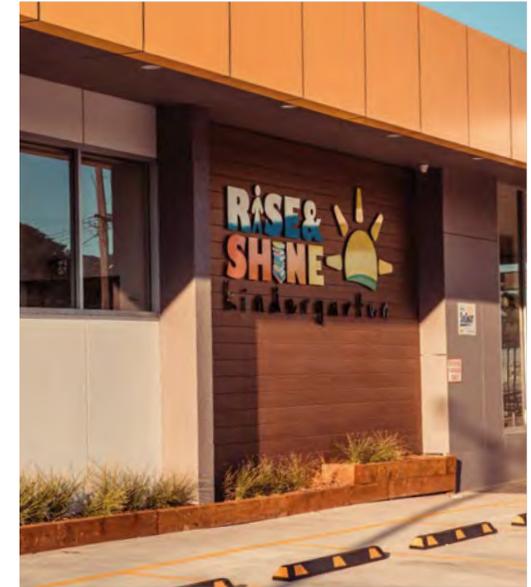


Curriculum Handbook



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Our Vision

To provide an innovative curriculum and unique learning environments designed for children to Rise & Shine!

Our Philosophy & Values

At Rise & Shine, our philosophy underpins everything we do.

We believe in all children's capacity to succeed and think they are capable and confident learners. We provide experiences that challenge the children and create a sense of wonder, exploration and learning every day.

We recognise that families are children's first and most influential teachers. Families are encouraged to become meaningfully involved in our centre through participation in social events, programs and shared decision making. We aim to embed ourselves into and support our local community.

We make curriculum decisions that promote inclusion and participation of all children and help them to respect and appreciate their differences. Our programs reflect the cultures of those families who use our service, the local community, as well as Australia's culture, past and present.

Our Shine Advantage curriculum allows our educators to promote children's development holistically. This program supports our crew in offering your child the best start to their educational journey.

Our programs and centre operations are reflective of the Early Years Learning Framework, the National Quality Framework, and The Education and Care Services National Law and Regulations.

Our centres' environments, programs and resources reflect the modern classroom. We utilise the latest technologies which allow the children to seamlessly adapt to the future, and have a smooth transition and head start in school.

We value the environment as the third teacher. We incorporate natural materials – timber, plants, soft furnishings and lighting which all help to create a warm, home like environment. Our outdoor spaces are natural and help to teach children to appreciate the beauty of nature.

We are passionate about teaching children about sustainability and environmental awareness. We take an active role in caring for our environment and teaching children about respect for their planet.

We value children's voices, and these help to guide our curriculum, routines and environments.

Quality, consistent educators are important and should be greatly valued. Everyone in our crew contributes to decisions, every opinion matters and everyone feels important and valued in their roles.

Rise & Shine is a family owned and operated business. Integrity and honesty are values we hold dear and these values guide our decision making.

Early childhood education should be fun. If we are having fun, the children are having fun learning too!



Rise & Shine is a family owned and operated business. We provide exceptional education and care for children aged six weeks to six years. Our modern centres have been designed to engage young children, with indoor learning spaces and outdoor nature areas that will captivate your child's imagination and support their growth and development.

The Shine Advantage Curriculum

Here at Rise & Shine Kindergarten, we have developed our own unique curriculum to ensure your child is learning and developing holistically; it's called the **Shine Advantage Curriculum**. We know that learning letters and numbers is important for your child, but it's only one small part of how they will grow and develop as a person. In order to promote the holistic development of your child, our curriculum consists of five key elements.

Smart Start



Our Smart Start program focuses on the cognitive development of your child. We engage children in experiences that teach them early literacy and numeracy, STEM (science, technology, engineering, mathematics) problem solving and geography; all experiences that are age and developmentally appropriate to your child.

Crew



Our educators are highly qualified, passionate and nurturing people who create wonderful memories with each and every child.

Inspired



Creative play has a central role in children's learning and development. It fosters creativity, nurtures the imagination and stimulates important problem solving, thinking and motor skills. Children engage in a variety of creative art experiences that allow them to express themselves, explore and discover.

Fit



Our Fit program educates children about their physical well being through cooking lessons, the Munch & Move program, gardening classes, a specifically designed physical activity & dance programs, and nutritious home cooked meals.

Unite



Our Unite program involves teaching children to be socially responsible towards others and the environment, learn compassion, kindness and respect for diversity. Relationships are key to our Unite program – relationships with children, families and the wider community.





Smart Start

Extensive research in neuroscience and psychology shows that the first five years of a child's life are a critical period of development. This is the time when the brain develops more rapidly than at any other point in life. In fact by the time a child is five years old, 90% of their brain has already been developed. It is now understood that the impact of early experiences has a greater influence on development than heredity.

This really reinforces what an important job we have in challenging and stimulating your child each day while they are in our care. Our Smart Start program combines thoughtful and creative learning spaces with an engaging educational curriculum, to give your child the best chance of success at school and in life. It offers education in early literacy, numeracy, STEM problem solving, geography – all appropriate to your child's age and developmental stage.



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Modern learning spaces

Unique to Rise & Shine, our centres each contain a **Smart Start Room**. Our Smart Start room is a well thought out learning space, designed to allow children the opportunity to learn collaboratively with their peers and to really engage with our curriculum in small groups. Smart Start rooms reflect the Australian government's initiative to move towards more flexible learning spaces and modern classrooms of the future.

In our Smart Start room you will find an amazing interactive Promethean ActivPanel® LED touch board used by many elite schools across Australia, and forms a key element of the modern classroom. The LED board allows our educators to teach rich, dynamic and interactive learning experiences to the children and promote increased child engagement. Children in virtual learning environments grow in their understanding of the world around them and develop higher order thinking skills.

Incorporating a modern classroom space into each of our Rise & Shine centre's helps to prepare children for their technology-based schooling years ahead and forms an important part of our school readiness program.

We incorporate ABC Reading Eggs® and ABC Mathseeds® into our Smart Start program, which is an award-winning online resource that supports children's reading and numeracy skills. It is created by an experienced team of Australian primary school teachers and provides your child with an educationally sound and highly enjoyable learn to read program and numeracy skills. The online phonetics, reading and numeracy lessons make learning to read and mathematics fun and easy to integrate into each child's early literacy and numeracy experiences.

To learn more about our Smart Start program, contact our educators or book a tour to experience the **Shine Advantage Curriculum**.

"Both my kids attend Rise & Shine and they're so happy there. The educators are warm and truly passionate about teaching and nurturing the kids and I'm a big fan of the philosophy of the kindy. Sometimes it's hard getting my kids to leave at the end of a day! Highly recommend RSK". Iline (2018)





Inspired

Our Inspired program gives children the freedom to express themselves through art and a variety of creative experiences. Children have an innate connection with nature and we want them to enjoy and respect the beauty of the outdoors. This is why environmental awareness and sustainability are also part of our inspired program, because we want children to connect with nature and become environmental advocates.

Our program:

- Supports physical and cognitive development
- Encourages creative play and artistic expression
- Promotes environmental awareness and sustainability
- Provides hands - on experiences in nature
- Encourages children to play outdoors



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Nurturing the imagination

Creative play has a central role in children's learning and development. It fosters creativity, nurtures the imagination and stimulates important problem solving, thinking and motor skills. While children may not yet have the language skills to communicate their feelings, they can often express themselves through music, song, dance, drama and visual arts. Art also helps children develop their senses through exploration and discovery, so they understand more about the world they live in.

Young children should be exposed to the creative arts as their cognitive skills mature, as research shows that if their right brain is as developed as their left brain, then both hemispheres work in tandem. This then achieves the full potential of their mind. And let's not forget – children just love creative arts!

In our Inspired program, we encourage children to participate in creative art experiences every day. Your child will enjoy activities including painting, drawing, music, puppetry, dance, drama and more. We also welcome a number of special guests throughout the year, who entertain the children with fun and interactive theatrical performances.

Enjoying the great outdoors

If you recall your most treasured memories of childhood, there's a good chance that involved being in the great outdoors – camping, fishing, swimming at the beach, searching for bugs or climbing a tree. These days, children are spending so much time indoors that they are missing out on the benefits of playing outdoors.

Research shows that being out in nature has a positive impact on our health and wellbeing. Spending regular time in nature can:

- Facilitate better social and physical development
- Reduce stress and anxiety
- Support creativity and imaginative play
- Increase memory, attention and thinking
- Develop respect, appreciation and a responsibility for nature

We've developed outdoor classrooms at our Rise & Shine centres that compliment our outdoor learning spaces and provide children with hands-on experiences in nature. When children play or learn in our outdoor classrooms, they will see real bugs, eat fresh herbs and experience nature the way it was meant to be enjoyed.

We aim to educate, motivate and inspire the children in our centres to become environmental advocates. By participating in sustainable practices and understanding how to respect the environment, we teach your children lifelong values about caring for our planet.

Our outdoor classrooms stimulate children's senses, creativity and appreciation for the natural environment. They feature sensory and edible gardens, outdoor seating for lessons, vegetable patches, creative art spaces and even **alfresco dining areas** to have their meals. The children learn to grow vegetables and herbs as part of our gardening program, before heading into the kitchen to cook them up as part of our **Mini Bakers program**.

To learn more about our Inspired program, contact our educators or book a tour to experience the **Shine Advantage Curriculum**.





Unite

Our Unite program teaches children kindness, compassion and respect for themselves and others, with a focus on diversity and the importance of social responsibility for the community and environment. Our Unite program aims to:

- Bring families together
- Help children understand the world
- Support local communities
- Promote identity, culture and heritage
- Celebrate all forms of diversity
- Build strong attachments and trusting relationships between educators and children



The Shine Advantage curriculum > Smart Start > Inspired > **Unite** > Fit > Crew

Making a difference

Our communities are rich with diversity and we embrace this by talking openly about identity, heritage, and culture. The principles of the Unite program are embedded into every activity at Rise & Shine centres, from the resources and children's books selected to the range of community and cultural events we celebrate throughout the year. Celebrating diversity helps when children understand other cultures, traditions and families. We enjoy engaging and connecting with our families through annual social events such as Mother's Day breakfasts, Father's Day afternoon tea, Grandparent's Day, parent teacher evenings, cultural events, Christmas and graduation concerts and many more.

Building strong communities

We believe in being active participants in our local communities. As part of our school readiness program, we form partnerships with our local primary schools to ensure your child has a smooth transition to school and support your family through this important event. Rise & Shine Education has formed close relationships with a number of support agencies in the community, to give children and their families any additional help they may need. This may include advice, visits from professionals such as speech or occupational therapists, or hosting parent information sessions and professional guest speakers.

Learning together

We believe it's important to work together on the important job of raising your child. Our Unite program includes a range of events, information evenings and seminars, so we can stay connected to families and help you learn more about topics such as transitioning to school, fussy eating, and behavior guidance.

We also welcome special guests to Rise & Shine centres, who help children understand the world by teaching them about different experiences, such as surf lifesaving, dog safety, multicultural dance and music, nature and much more.

Primary caregiver approach

We know that for children of all ages, but particularly infants and toddlers; strong attachments to educators create a sense of security that allow the children to be confident and comfortable to thrive in their environment. At Rise & Shine we believe that secure and trusting relationships are at the core of everything we do. In our Nursery classrooms, we take a **primary caregiver philosophy approach** to each child in our care, which allows educators to genuinely know and understand your child, their cues and care needs. This means we can provide the best possible care for each and every child at our centre; as well as understanding the needs of you and your family. To find out more about our primary carer approach, speak with one of our educators or book a tour to experience the **Shine Advantage Curriculum**.





Fit

With the obesity epidemic becoming a worldwide health issue, we believe it's important to teach children how to nurture their bodies from a young age. Our Fit program educates children about physical wellbeing and encourages them to take responsibility for their own health. The program includes the following:

- Physical health checks conducted by health care professionals
- Mini Bakers cooking lessons
- Munch & Move program
- Gardening lessons
- Nutritious home cooked meals
- Sports, dance and yoga lessons



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Keeping kids active

Our Fit program includes a range of specifically designed sports, dance, yoga and gardening activities that will encourage your child to stay physically active at Rise & Shine and at home. Staying active is essential for healthy growth and development in children and offers a number of benefits including:

- Maintaining a healthy weight
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improving balance, coordination and strength
- Improving flexibility and posture developing fine motor and gross motor skills
- Improving concentration and thinking skills
- Promoting relaxation and improving sleep
- Developing social skills and improving confidence

The Fit program supports the recommendations of the National Association for Sport & Physical Education (NASPE) which suggests that Preschool aged children have 120 minutes of physical activity every day.

Our fun sports program has been developed by a qualified sports instructor and teaches children valuable skills; such as fitness, teamwork and communication. We also offer dance and yoga classes each week, to help children of all ages develop strength, flexibility and balance. Gardening lessons not only get children outside and moving, but help them develop a love of nature and respect for the environment but also about the importance of fresh healthy foods.

Healthy food choices

We believe it's important to teach children about the importance of nutrition and encourage them to make good food choices. Our qualified cooks serve home cooked meals in every Rise & Shine centre, with fresh and nutritious ingredients that give children the energy they need to learn and grow.

Our **Mini Bakers** cooking lessons give children an opportunity to learn how to make healthy food, with the added benefit of teaching them important math and science skills in a fun and engaging way. We're also trained to deliver the Munch & Move program, which is a NSW health initiative that incorporates active play and healthy eating into learning experiences for young children.

Health initiative

We take our role in caring for your child's health very seriously, which is why we partner with local community healthcare professionals, who visit our centres and teach children about topics such as oral hygiene, nutrition, visiting the doctor and more.

Rise & Shine also participates in programs that offer convenient health checks in the comfort and safety of our childcare centres, including the statewide eyesight preschooler screening (STEPS) program, which offers all four year old children free eyesight testing to make sure any vision problems are detected prior to school. We also ally with a local audiologist and speech therapist to offer families complementary screenings throughout the year.

The Fit program is tailored to the age and abilities of each child and included in your daily fee. To learn more about our Fit program, contact our educators or book a tour to experience the **Shine Advantage Curriculum**.





Crew

When we think back to our pre-school or primary school years, we usually recall a fantastic teacher who encouraged and nurtured us as children. In fact, it has been said that every child is one caring adult away from being a success story.

We take great pride in knowing that our educators are great teachers and mentors, as well as passionate and nurturing people who create wonderful memories for each and every child. How do we know? We're reminded every time a family tells us how grateful they are to have their child educated and cared for by our incredible crew.



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We offer a supportive team environment, because we know if our crew are happy, the children are happy. Our crew are provided with ongoing professional development to strengthen their skills and knowledge. When educators are confident in their skills, their passion and enthusiasm is contagious and creates a fun and nurturing learning environment for the children.

We offer a leadership program at Rise & Shine to provide specialised training for those wanting to grow in their careers and take on future leadership roles. We believe it's important to reward our shining stars and offer career progression opportunities within our company.

A team that cares

So what makes a good educator?

- They are attentive, warm and caring towards children
- They are passionate, excited and love their job
- They are professional in the way they communicate, their attitude, commitment and presentation
- They are qualified and experienced, they know what they are doing and they do it well
- They are friendly and approachable

We also know that consistency is important to you and your child, so we focus on keeping our educators happy because we know if they are happy, they'll stay with us for many years to come. We pride ourselves on high staff retention rates because we take care of our crew and they become part of the RSK family.

Relationships are key

At Rise & Shine we believe that secure and trusting relationships are at the core of everything we do. Our educators focus on creating secure attachments with children in our care, so that all children from infants through to preschoolers feel secure to explore and discover in a safe and predictable environment. Educators take the time to genuinely know and understand each child – their cues and personalities, so we can provide the best possible care for each and every child. In our infant and baby groups, this can be seen through our **primary caregiver approach**. Our practices in these groups are influenced by attachment theorists such as *Emmi Pikler* and *Magda Gerber*; as well as the *Circle of Security*. To learn more about our crew program, contact our educators or book a tour to experience our **Shine Advantage Curriculum**.

Join the Rise & Shine Community

At Rise & Shine we feel like we don't just create a community, it feels more like an extended family. If you would like to become part of the Rise & Shine family, please visit our website where you will find an abundance of information on us – about our Shine Advantage Curriculum, take a virtual tour of our centres, or book a tour so you can meet our amazing crew and see our beautiful services. Don't forget to like our Facebook page so you can see all of the exciting events and programs taking place at Rise & Shine every day.

Watch your child
rise and shine

Learn more at
www.riseandshine.edu.au

