



JAN/FEB 2023 NEWSLETTER

Welcome to Educational Moves first newsletter for 2023! In this edition you will learn and read about:

- Why ROLLING is important and the signs/symptoms to look out for if your child did not roll enough;
 - Why is Balance important for learning to read?
 - What is the Fitzroy Reading Method?
 - Upcoming PD Workshops and registration details
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Why is ROLLING important?

Rolling is an important early developmental stage that assists with:

1. Balance and coordination
2. Spatial awareness - knowing where the body is in space
3. Sensory and reflex integration



Signs and symptoms if a child did not roll enough:

1. Poor balance and coordination - slow to learn activities such as: jumping, riding a bike, swimming, sitting still;
 2. Difficulties with formal learning in the classroom, reading, writing, maths etc;
 3. Misunderstanding verbal and written instructions;
 4. Low body awareness
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Why is Balance important for learning to read?

A well-integrated Balance system is important for not only writing but also reading. It provides a stable platform not only for eye movements but it assists with good posture. Beyond the early years of learning to form letters, after the age of eight most learning requires the ability to sit on the chair, hold the pencil correctly, listen and remember what the teacher has said and then put pencil/pen to paper.



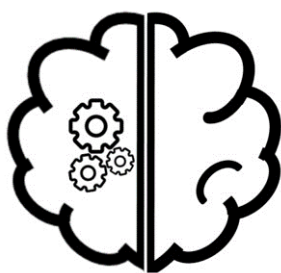
What is the Fitzroy Reading Method?



The **Fitzroy Readers** are a set of 70 story books that children read **for themselves**. The Readers take the young learner from simple sounding words like **cat** and **mat** (in the 1st story) through to words like **appreciative** and **consciousness** (in the final story) in 70 easy steps. Each set of Readers has a corresponding workbook to consolidate what has been learnt.

Children using the Fitzroy Readers typically reach a high standard of literacy by the time they enter early secondary schooling. Strong literacy opens the door to all other subjects. www.fitzprog.com.au

PD Workshops



High Performance Mindfulness – FREE Information Seminar

When: Monday 20th March, 2023

Time: 7pm to 8pm

Where: Ashburton Community Centre - 160 High Street
Ashburton (Melbourne)

Bookings: <https://www.trybooking.com/CGHOW>

Primitive Reflexes Workshop

When: Wednesday 15/03/2023

Time: 6.30pm to 8.30pm OR 10.30am to 12.30pm

Venue: Ashburton Community Centre - 160 High Street
Ashburton (Melbourne)



Bookings: <https://www.trybooking.com/CGHNN>

Move to Learn Workshop



When: Wednesday 19/04/2023

Time: 10.30am - 12.30pm OR 6.30pm - 8.30pm

Venue: Ashburton Community Centre - 160 High Street
Ashburton (Melbourne)

Bookings: <https://www.trybooking.com/CGHOD>

Introduction to Bilateral Integration

When: Saturday 20/05/2023

Time: 9am to 4.30pm

Venue: Ashburton Community Centre - 160 High Street
Ashburton (Melbourne)



Educational Moves
Training, Early Movement & Sport

Bookings: <https://www.trybooking.com/CGHNT>

Fun Exercises to Support Neurological Development



When: Wednesday 14/06/2023

Time: 10.30am to 12.00pm OR 6.30pm to 8.00pm

Where: Ashburton Community Centre - 160 High Street
Ashburton (Melbourne)

Bookings: <https://www.trybooking.com/CGHOR>

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