

## Why We Do What We Do

'Why We Do What We Do' is a list of questions for educators to understand why particular practices take place at your service. These questions will assist new employees to learn these practices and help them understand the centre's philosophy.

It can also be a great tool for educators to prepare for the assessment and rating process.

Below are questions relating to Bonkers Beat Music Kinder and Childcare, however, feel free to add your own questions you believe are relevant to your service. Visiting these questions at a Staff Meeting (prior to an assessment) will build your team's confidence and develop consistency with responses to the assessor.

### **1. Why do we have kinder children gathering together for lunch?**

We believe lunchtime is a social and highly educational experience for all children.

For children: It helps to bond, co-operate, improve independence skills and enhance their healthy habits.

For educators: to create a sense of family, provide many educational experiences and promote healthy eating.

The initiative of gathering kinder children for lunch was inspired by a visit to Italy for a Study Tour in 2017 to Reggio Emilia. During the COVID pandemic in 2020, the practice was modified to reduce the number of children and minimise any risks associated with Coronavirus.

### **2. Why do we encourage children to have rest time or sleep?**

We believe rest is a critical time for children to relax, rejuvenate their brains and have a break from stimulation. We have done lots of research and found that children have more energy after a short rest break to learn and participate in afternoon activities. They are more alert and behavioural issues are decreased.

### **3. Why do we use mindfulness and wellbeing practices?**

Wellbeing is core to children's physical and cognitive development and helps to develop their emotional skills. Wellbeing practices and strategies help children understand and self regulate their emotions. These skills are built for life.

### **4. Why do we have music every day?**

We are passionate about music as we can see it improves the whole brain development of a child. Music is powerful for enhancing children's IQ, wellbeing and practical life skills. Music simultaneously impacts both, the left and right sides of the brain.

## **5. Why do we incorporate the Reggio Emilia approach?**

The Reggio Emilia approach is powerful. It helps children communicate and use 100 languages to express themselves and learn about the world. Through its guiding principles, children are better able to solve problems, engage with their community and environment. Problem-solving skills as well as creative and scientific thinking are just some of the benefits of this approach. Children welcome new experiences, build **social skills**, express themselves with confidence, and enjoy **learning**.

## **6. Why do we use different language chats in each room?**

We use children's language as we want them and their family to have a sense of belonging and inclusiveness. Every new family in the centre is asked what language they speak at home. We invite families to share traditions, recipes, stories, celebrations etc.

## **7. Why do we sing transitional songs?**

Singing is a powerful tool to engage children. Singing transitioning songs maximises children's learning and helps them transition and smoothie routines.

### **Your Questions:**

**Why...?**