



CASE STUDY

Wilmington Kindergarten

Wilmington Kindergarten has been using Wyndham City's Active Kinders resources to help their enrolled children and families increase their physical activity and establish healthy habits.

This case study shares their experiences and success, providing other Kindergarten services examples to create a healthier learning environment for Wyndham's young children.

THREE CREATIVE WAYS OF IMPLEMENTING ACTIVE KINDERS RESOURCES

1. Empowering Home Engagement

Wilmington Kindergarten recognised the potential of Active Kinders resources to extend beyond the classroom. They created printed folders and utilised the online StoryPark platform to share videos and pictures, encouraging families to use these resources at home.

2. Active Alex on a Journey

They introduced the "Active Alex Pack" to foster sense of ownership and excitement, allowing a child to take it home for a week, share their experiences with show-and-tell sessions, and inspire others.

3. Promoting Healthy Eating

Using the supplied Healthy Eating posters, they purchased a selection of fruit each week, encouraging kids to try new fruits and promoting healthy eating habits. They also established a "giving tree" to support vulnerable families to access to fresh produce.

Engaging with the Community

Wilmington Kindergarten actively reached out to local community physical activity providers including booking sessions with a dance group. The free 30-minute sessions not only reinforced physical activity but also facilitated socialisation. The dance sessions also helped connect families with ongoing participation opportunities.

The Wyndham City Sport & Recreation team have a list of community physical activity providers that Kindergarten services can engage with to arrange similar sessions.

TOP TIPS

for Maximizing Active Kinders Resources

- 1 Start Early:** Implement Active Kinders from the beginning of the year to integrate it into the curriculum.
- 2 Team Engagement and Enjoyment:** Encourage all staff team to contribute ideas and identify fun ways to help children and families get active. Just give it a go!
- 3 Support Vulnerable Families:** Be cautious about the needs of vulnerable families and offer appropriate support.
- 4 Incorporate into Quality Improvement Plans (QIP):** Include Active Kinders in the QIP under "Children's Health and Safety."
- 5 Learn from Others:** Connect with other kindergarten services to share experiences and ideas.

Discover the
Active Kinders
home page



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EFFECTIVE COMMUNICATION STRATEGIES

MESSAGING TO KINDER FAMILIES AND CHILDREN

WITHIN GROUPS: Providing information and updates within kindergarten groups.

STORYPARK: Introducing new topics and highlighting new programs through the StoryPark platform.

ACTIVE ALEX PACKS: Offering tangible resources to engage kids and families.

VISUAL SIGNAGE: Using visual signage within the kindergarten premises for clear communication.

TRANSLATION EFFORTS: Utilising the skills of Early Educators to help translate Active Alex instructions for families.



SUCCESSSES AND CHALLENGES

WHAT WORKED WELL

STARTING EARLY

Beginning the Active Kinders at the start of the year improved integration and consistent messaging.

CLEAR UNDERSTANDING

Developing a shared understanding among staff about the importance of physical activity, play, and healthy eating in child development.

TEAM COLLABORATION

Encouraging all staff to promote Active Kinders across all groups and identifying the best options to use resources.

CHALLENGES FACED

MID-YEAR IMPLEMENTATION

Starting the program part-way through the year posed challenges in adapting to a new routine.

CONSISTENT MESSAGING

Ensuring consistent messaging across the team especially for new staff.

CATERING TO VULNERABLE FAMILIES

Addressing the unique needs of vulnerable families without causing additional stress requires careful consideration.

RECOMMENDATIONS TO OTHER KINDERGARTEN SERVICES

1. Encourage others to start implementing Active Kinders early in the year, fostering a culture of physical activity and health.
2. Stress the importance of clear expectations and active team engagement.
3. Provide additional support for vulnerable families without adding stress.
4. Emphasize that using Active Kinders resources can be adapted to suit unique needs.
5. Make Active Kinders a part of the Quality Improvement Plan (QIP).
6. Seek inspiration and knowledge sharing from other kindergartens, team leaders, and educators.

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