

Wednesday May 3, 2017

Dear Parents

PMP-PERCEPTUAL MOTOR PROGRAM

PMP is a Perceptual Motor Program designed to enhance the children's ability to determine their body in space. This ability to 'perceive' where their body is has links to 'cross patterning', which is both sides of the brain working together with gross motor functions. These exercises have fantastic benefits for fine motor skills, which are also linked to eye-hand coordination and cognitive (intellectual) thinking - critical for developing literacy and numeracy skills! Other benefits are improved concentration skills and ability to focus.

We plan to run PMP exercises for 20-30 minutes at the beginning of each Wednesday before our kindergarten program starts to help the children settle and concentrate. The program will take place in the PUMP room (Multipurpose room) in the Primary School. Children will need to remove shoes once we are in the PUMP room. This adds to the sensory experience. **PLEASE** send children in comfortable clothing and easy to self-manage shoes. Velcro shoes are **VERY** helpful. **No tights or stockings** on this day please, as the children gain the maximum benefit from using bare feet (giving important sensory input) as well as that socks or tights can be slippery and not safe. This is also a great opportunity for children to practise taking off and putting on their shoes!

We will need parent helpers each week on Wednesday mornings in order for us to be able to run the program. One of the benefits of participating in this program is that you get to see the activities the children are involved in, and can follow up at home with simple things like "Can you balance on that rock?, Can you stand on one foot while I count to 5?" etc. thus giving children lots of practise in these important skills.

If you are running late on a Wednesday and your group is not in their room, you will need to sign your child in at the kindergarten, place their bag in their cubby hole in the play room and bring them up to the PUMP room.

Koalas will begin PMP at 9am and Possums at 9.30am, each Wednesday. We aim to begin this program in Week 4, **Wednesday May 10.**

Any extra help you can offer will also be gratefully accepted!

Blessings,
Wendy

Wendy Mason
Kindergarten Director