



From the Castle Queen...



Benefits of children being barefoot

Walking barefoot is an integral part of normal development and has broad, long term health benefits and here are some of the reasons why:

Walking barefoot develops a sense of body awareness or proprioception

Babies and children learn about their bodies, where different bits are and what they can do with them through all the sensations they receive through nerve endings. Feet and toes are jam packed with nerve endings so that children can feel the ground beneath them in order to develop a sense of where their body is in space and how they can move to safely negotiate their environment. By placing shoes on our children's feet we are reducing the amount and quality of sensory information the child is getting about their environment and body. This in turn limits the development of sensory pathways that promote healthy and functional movement patterns. When wearing shoes, we get less information about where we are walking and therefore need to look down to get this information. This increases the risk of losing balance and falling, particularly for toddlers and young children.

Walking barefoot develops a natural, healthy gait

Barefoot walking promotes better biomechanics in terms of distributing weight evenly and efficiently throughout the body. When children are born they do not have bones, but only cartilage in their feet. It is not until the late teenage years that the 28 bones of an adult foot are fully ossified. Up until that point forcing feet to conform to the shape of a shoe will ultimately result in permanent changes to the shape of a child's foot. Changing the shape of our feet will in turn alter how effectively and efficiently our feet work.

When we are barefoot, we develop a more natural gait which is gentler, has a shorter stride and less pressure through our heels. When barefoot, our knees bend more to cushion each step and our toes work to help us grip and move forward. Many of the functions of our feet are altered when walking in shoes. The resultant gait is much harder on many joints throughout our body and can result in both pain and deformity.

Walking barefoot strengthens the feet and body

When walking barefoot we can grip the ground more easily using the muscles of our feet and toes. Our feet are designed similarly to our hands and have lots of small muscles that allow us to develop finely tuned movements with small muscle adjustments. When we are barefoot, the small muscles in our feet adapt the shape of our foot and body position to the surface we are walking on. This not only strengthens these muscles but also results in more effective grip and balance thereby reducing the risk of trips and falls. When wearing shoes, our feet stop working in the way they were designed resulting in reduced strength and agility. It is only through walking barefoot that we are able to maintain the full function of our feet.

Its science: Being barefoot boosts your child's development
A 1992 *Bone and Joint Journal* study found shoe-wearing in early childhood to be detrimental to the development of a normal arch. Specifically, the authors found a positive relationship between wearing shoes in early childhood and the subsequent development of flat-footedness.

A 2008 *Gait and Posture study* found that slimmer and more flexible shoes interfered with children's natural foot motion far less than conventional shoes did. Based on detailed analyses of children's movement patterns in barefoot-style shoes versus traditional shoes, the authors recommended all children wear barefoot-style shoes. In 2008, *Foot and Ankle Surgery* published a review recommending small children wear a sports shoe, which is as flexible as their own foot. It stated that the impact forces affecting a child's foot during sports are small enough that extra cushioning is unnecessary. The authors argue that although the hard indoor surfaces on which children play increase the need for cushioning, as the child's foot grows there is an increasing need for sufficient mechanical stimuli to facilitate healthy development of the bones and muscles. Because cushioned shoes interfere with the foot's natural movement, they can cause poor positioning in the flex zone, thereby causing harmful stress on the foot.

A 2011, *Journal of Foot and Ankle Research* found shoes alter children's gait patterns. One notable finding was that wearing shoes decreased the movement of the intrinsic muscles of the foot, possibly contributing to weakness in those muscles. In fact, eight of the nine range of motion variables measuring foot motion were decreased in subjects who wore shoes versus the control group. There's no doubt about it, the foot is complex and amazing. Each foot has 200,000 nerve endings in the sole alone. Additionally, the foot and ankle are home to 26 bones, 33 joints, and over 100 muscles, tendons and ligaments. It's not hard to imagine that altering the movement of this complex web of structures would create a ripple of changes.

"We are meant to have a raging river of information coming to [our brains and spinal cords] through our feet to help us move our bodies through space and we have slowed it to a trickle... the moment we put [on] shoes." In contrast, when we walk barefoot on a variety of surfaces, our feet adapt by developing musculature and fatty padding to protect our feet and to fully support healthy movement in all planes. It is a classic case of "use it or lose it," Stenstrand says.

Conscious shoe selection

Dr. Gangemi, chiropractor, elite triathlete, dad and barefoot enthusiast, recommends looking for these qualities in kids' shoes:

- Low heel height, Minimal cushioning, Flexible throughout

Lead by example

For better or for worse, our kids learn more from what we do than from what we say. We can encourage them to kick their shoes off when we do the same. While it might not make sense to walk into your office barefoot, you can set

Articles from:
<https://www.mother.ly/child/benefits-of-being-barefoot-for-children>
<https://www.natureplayald.org.au/the-benefits-of-being-barefoot>

Kind regards
Lizell Botha
Castle Head and Nursery
Specialist



Important Dates!

28 FEBRUARY 2020

- No shoes day
- PTA fun day
- Inter Curro tennis

2 MARCH 2020

- Curro Rivonia Birthday (4 years old)

9 MARCH 2020

- Castle Parent /Teacher consultations 14:00- 16:00

10 MARCH 2020

- Castle Parent /Teacher consultations 14:00-16:00

12 MARCH 2020

- Holiday programme letters to parents

13 MARCH 2020

- Teddy bear picnic and camping fun day

16 MARCH 2020

- PTA meeting

23 - 30 MARCH 2020

- HOLIDAY PROGRAMME

Themes:

Week 7 - MY FIVE SENSES

Week 8 - FEELINGS

Week 9 - CAMPING

Week 10 - REVISION

WHAT HAPPENED THIS
PAST MONTH AT CURRO
CASTLE....
LET'S HAVE A LOOK!

VALENTINE'S DAY...



A day filled with love, laughter and joy!

So many heartfelt moments shared on this day. We enjoyed a day with our learners that was filled with love! We adore our learners and we have so much more love to give for the rest of the year!



WATER FUN DAY...



What an exciting day for our learners. They had so much fun exploring and playing in the water. For a hot summer's day this was the perfect start to our week on Monday, 17 February 2020!



STAFF BIRTHDAYS!



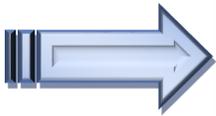
**Sadie Eustace - Group 4
Educator**

(4 February)

HAPPY BIRTHDAY!!

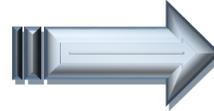


**Tiané Du Plessis -
Group 3 Educator
(5 February)**



**Keneilwe Mabe - Group 1
Educator (23 February)**

HAPPY BIRTHDAY!!

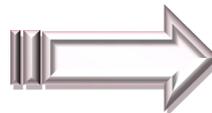


UPCOMING STAFF BIRTHDAYS!

**Dane Brink - group 5
Educator**

(11 March)

HAPPY BIRTHDAY!



**Janelle Coaters - group
4 Educator (20 March)**

HAPPY BIRTHDAY!!



LET'S TAKE A LOOK AT SOME OF OUR FAMOUS LEARNER SNAPSHOTS!





EXTRAMURALS

All extra murals will officially start on Monday 3 February and all extramural activities will take place in the afternoons in the Extramural classroom. Our learners are enjoying them so much! We had a blast seeing our little princes and princesses enjoy their activities and going home with big smiles and it's all about happy moments in the Castle.

EXTRA-MURAL

LOST AND FOUND

Please see that your child's clothes and belongings are labeled. Our Lost and Found locker is packed with belongings we can't return due to not being marked.

We will have a location left from the after-care room where all lost and found items will be displayed. Please see that you look there if any item is missing or has not been returned home for a few days.



Extramural time table

	Monday	Monday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday
	Session 1	Session 2	Session 1	Session 1	Session 2	Session 1	Session 2	Session 1
10:00 - 10:30								
10:30 - 11:00			Abacus Maths					
11:00 - 11:30								
11:30 - 12:00								
13:15 - 14:00				Ballet (4/5)				
13:30 - 14:00	Music Box 4/5		Dance Mouse 4/5	Ballet (4/5) 45 min				
14:00 - 14:30	Music Box 2/3	Cheffies	Dance Mouse 3	Ballet (3)	Soccer Starz	Buzz Drama		
14:30 - 15:00	Judo		Playball	Ballet (3) 45 min		Catrobat kidz	Hockey Stars	
15:00 - 15:30			Playball					
15:30 - 16:00								



HOLIDAY PROGRAMME

Term 1 Holiday Programme – EASTER FUN

Monday 23 rd March	Tuesday 24 th March	Wednesday 25 th March	Thursday 26 th March	Friday 27 th March
Water Fun day (Bring costumes and towels)	Ice cream Truck Visit (R10)	Minute to win it	Build a fort day (Bring old blanket and picnic basket)	Movie and Troll dress up (Trolls)
Arrival Lego Sandpit play Material play	Arrival Soft bricks Boxes Animals	Arrival Sandpit play Sensory tubs car play	Arrival Lego Magazine play Construction blocks	Arrival Sensory tubs Soft Bricks Animals
Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Outdoor Activity	Indoor Activity	Outdoor Activity	Outdoor Activity	Indoor Activity
Slip and slide Water games Music		Minute to win it games Different tables with games and prizes	Children build forts and have their picnic	TROLLS Movie morning with popcorn
Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine
Snack	Snack	Snack	Snack	Snack
Outdoor Activity	Outdoor Activity	Outdoor Activity	Outdoor Activity	Outdoor Activity
Slip and slide Water games Music	Face paint Fantasy Play Soft Lego	Minute to win it games Different tables with games and prizes	Fantasy Play with Forts	Dance party Friday
Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine
Lunch	Lunch	Lunch	Lunch	Lunch
Story	Story	Story	Story	Story
Sleep time	Sleep time	Sleep time	Sleep time	Sleep time
Home time for half day children	Home time for half day children	Home time for half day children	Home time for half day children	Home time for half day children
Afternoon activity	Afternoon activity	Afternoon activity	Afternoon activity	Afternoon activity
	Free drawing Play dough Blocks			Colouring in Reading Fantasy toys
Free Play outdoors	Free Play outdoors	Free Play outdoors	Free Play outdoors	Free Play outdoors
Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine	Wash hands and toilet routine
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Outdoor / in the Cinderella room	Outdoor / in the Cinderella room	Outdoor / in the Cinderella room	Outdoor / in the Cinderella room	Outdoor / in the Cinderella room
Home time	Home time	Home time	Home time	Home time

General Information:

Emergencies

Parents are responsible for keeping all emergency contact phone numbers up to date. Send updated information to marilie.u@curro.co.za and lizell.e@curro.co.za. All our staff are First Aid trained.

Minor accidents

The center will administer first aid and the parent/s will be contacted immediately if it is necessary. Teachers will complete the communication book when we decide not to contact the parent/s.

Serious accidents

We are privileged to have a Qualified Nurse on our staff.

When an incident occurs, we:

- Administer First aid
- Call a parent or emergency contact person if the parent/s cannot be reached
- Stay with the injured child until a parent or appointed contact person arrives

Contact us:

Address: 43 Homestead Road, Rivonia, 2191

E-mail: info.rivonia@curro.co.za

Tel: 087 287 9550

Curro Castle Rivonia

