

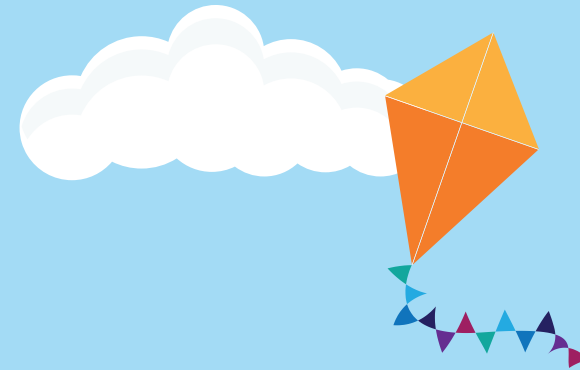


Shine Advantage Handbook



Orbit Launch Edition





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Rise & Shine is a family owned and operated business. We provide exceptional education and care for children aged six weeks to six years. Our modern centres have been designed to engage young children, with indoor learning spaces and outdoor nature areas that will captivate your child's imagination and support their growth and development.



Our Vision, Philosophy & Values

Here at Rise & Shine Kindergarten™ our vision is to provide an innovative curriculum and unique learning environments designed for children to Rise & Shine!

Our philosophy underpins everything we do. We recognise that early education and care provides better outcomes for children, their families, and our community. We are committed to reconciliation for an Australia where we acknowledge the traditional custodians of the land on which we work and live, the people of the nation, and recognise their continuing connection to land, water, and community. We pay respect to elders' past, present and emerging.

We believe that children come to us with prior knowledge as we recognise that families are children's first and most influential teachers. We foster collaborative partnerships with families and communities and believe that active communication, consultation, and collaboration are also essential in achieving quality outcomes for children.

We make curriculum decisions that promote inclusion and participation of all children and

help them to respect and appreciate diversity. Our curriculum reflects the cultures of our local community and demonstrates our commitment to ensuring that every member feels a sense of belonging.

We provide opportunities for children to be socially responsible members of our community and are passionate about teaching children about sustainability and environmental awareness. We value the environment as the third teacher and incorporate natural materials – timber, plants, soft furnishings, and lighting which all help to create a warm, home-like environment. Our outdoor spaces are natural and help to teach children to appreciate the beauty of nature. We believe that in partnership with families, educators will teach children respect – respect for each other, respect for themselves and respect for their environment.

We believe that for children of all ages, but particularly for infants and toddlers; strong attachments to educators create a sense of security that allows the children to be confident, comfortable and thrive in their environment. RSK believe that secure and trusting relationships are

at the core of everything we do. We take a primary caregiver approach to infants and toddlers in our care, that preserves the continuity of relationships which allows educators to genuinely know and understand each child, their cues and care needs.

Our curriculum and Centre operations are reflective of the Early Years Learning Framework, the National Quality Framework, and The Education and Care Services National Law and Regulations. Our Shine Advantage™ Curriculum allows our educators to promote children's development holistically. We believe in all children's capacity to succeed and think they are capable and confident learners. We provide experiences that challenge the children and create a sense of wonder, exploration and learning every day. We value children's voices and decision making which helps to guide our curriculum, routines, and environments.

We believe in the importance of children from our services having access to Orbit, which is a unique, innovative learning environment designed to inspire the imagination of children. The children benefit from learning STEM subjects, which include

Science, Technology, Engineering, and Maths because these disciplines play a fundamental role in setting the foundations for future learning. Our Centre environments reflect the latest technologies which allow the children to seamlessly adapt to the future and have a smooth transition to formal schooling.

RSK promote the importance of ongoing professional development and training for our crew, and we are committed to investing in providing opportunities for professional growth and career progression. All our crew contribute to rich reflection and are valued in their role.

RSK is a family-owned and operated business. The best interests of our families, crew and community are always at the heart of every decision.

We believe that we are leaders in the early childhood sector, with our innovative ideas and pioneering vision.

We believe that early childhood education and care should be fun. If we are having fun, the children are having fun too!

Our Brand & Programs

Industry first, pioneering,
STEM hub exclusive to
Rise & Shine Kindergarten.



An innovative program consisting of a
comprehensive calendar of nature, sport, art,
and STEM themed incursions and excursions.



A holistic crew, lifestyle, incentive, program
available to all permanent employees.



The Rise & Shine Kindergarten care approach for children
from 6 weeks to 3 years that has been influenced by the
Pikler and RIE key principles and practices.



A Leadership, Education, Advancing Program
designed by learning specialists to equip leaders to
grow and thrive professionally.

The Shine Advantage™ Curriculum

Here at Rise & Shine Kindergarten, we have developed our own unique curriculum to ensure your child is learning and developing holistically; it's called the **Shine Advantage™ Curriculum**. We know that learning letters and numbers is important for your child, but it's only one small part of how they will grow and develop as a person. In order to promote the holistic development of your child, our curriculum consists of five key elements.

Smart Start

Our Smart Start program focuses on the cognitive development of your child. We engage children in experiences that teach them early literacy and numeracy, STEM (science, technology, engineering, mathematics) problem solving and geography; all experiences that are age and developmentally appropriate to your child.



Inspired

Creative play has a central role in children's learning and development. It fosters creativity, nurtures the imagination and stimulates important problem solving, thinking and motor skills. Children engage in a variety of creative art experiences that allow them to express themselves, explore and discover.



Unite

Our Unite program involves teaching children to be socially responsible towards others and the environment, learn compassion, kindness and respect for diversity. Relationships are key to our Unite program – relationships with children, families and the wider community.



Fit

Our Fit program educates children about their physical well being through cooking lessons, the Munch & Move program, gardening classes, a specifically designed physical activity & dance programs, and nutritious home cooked meals.



Crew

Our educators are highly qualified, passionate and nurturing people who create wonderful memories with each and every child.





Smart Start

Extensive research in neuroscience and psychology shows that the first five years of a child's life are a critical period of development. This is the time when the brain develops more rapidly than at any other point in life. In fact by the time a child is five years old, 90% of their brain has already been developed. It is now understood that the impact of early experiences has a greater influence on development than heredity.

This really reinforces what an important job we have in challenging and stimulating your child each day while they are in our care. Our Smart Start program combines thoughtful and creative learning spaces with an engaging educational curriculum, to give your child the best chance of success at school and in life. It offers education in early literacy, numeracy, STEM problem solving, geography – all appropriate to your child's age and developmental stage.



The Shine Advantage™ Curriculum > **Smart Start** > Inspired > Unite > Fit > Crew

Modern learning spaces

Unique to Rise & Shine, our centres each contain a **Smart Start Room**. Our Smart Start room is a well thought out learning space, designed to allow children the opportunity to learn collaboratively with their peers and to really engage with our curriculum in small groups. Smart Start rooms reflect the Australian government's initiative to move towards more flexible learning spaces and modern classrooms of the future.

In our Smart Start room you will find an amazing interactive Promethean ActivPanel® LED touch board used by many elite schools across Australia, and forms a key element of the modern classroom. The LED board allows our educators to teach rich, dynamic and interactive learning experiences to the children and promote increased child engagement. Children in virtual learning environments grow in their understanding of the world around them and develop higher order thinking skills.

Incorporating a modern classroom space into each of our Rise & Shine centre's helps to prepare children for their technology-based schooling years ahead and forms an important part of our school readiness program.

We incorporate ABC Reading Eggs® and ABC Mathseeds® into our Smart Start program, which is an award-winning online resource that supports children's reading and numeracy skills. It is created by an experienced team of Australian primary school teachers and provides your child with an educationally sound and highly enjoyable learn to read program and numeracy skills. The online phonetics, reading and numeracy lessons make learning to read and mathematics fun and easy to integrate into each child's early literacy and numeracy experiences.

To learn more about our Smart Start program, contact our educators or book a tour to experience the **Shine Advantage™ Curriculum**.

"Both my kids attend Rise & Shine and they're so happy there. The educators are warm and truly passionate about teaching and nurturing the kids and I'm a big fan of the philosophy of the kindy. Sometimes it's hard getting my kids to leave at the end of a day! Highly recommend RSK". Iline (Parent)





Inspired

Our Inspired program gives children the freedom to express themselves through art and a variety of creative experiences. Children have an innate connection with nature and we want them to enjoy and respect the beauty of the outdoors. This is why environmental awareness and sustainability are also part of our inspired program, because we want children to connect with nature and become environmental advocates.

Our program:

- Supports physical and cognitive development
- Encourages creative play and artistic expression
- Promotes environmental awareness and sustainability
- Provides hands-on experiences in nature
- Encourages children to play outdoors



The Shine Advantage™ Curriculum > Smart Start > Inspired > Unite > Fit > Crew

Nurturing the imagination

Creative play has a central role in children's learning and development. It fosters creativity, nurtures the imagination and stimulates important problem solving, thinking and motor skills. While children may not yet have the language skills to communicate their feelings, they can often express themselves through music, song, dance, drama and visual arts. Art also helps children develop their senses through exploration and discovery, so they understand more about the world they live in.

Young children should be exposed to the creative arts as their cognitive skills mature, as research shows that if their right brain is as developed as their left brain, then both hemispheres work in tandem. This then achieves the full potential of their mind. And let's not forget – children just love creative arts!

In our Inspired program, we encourage children to participate in creative art experiences every day. Your child will enjoy activities including painting, drawing, music, puppetry, dance, drama and more. We also welcome a number of special guests throughout the year, who entertain the children with fun and interactive theatrical performances.

Enjoying the great outdoors

If you recall your most treasured memories of childhood, there's a good chance that involved being in the great outdoors – camping, fishing, swimming at the beach, searching for bugs or climbing a tree. These days, children are spending so much time indoors that they are missing out on the benefits of playing outdoors.

Research shows that being out in nature has a positive impact on our health and wellbeing. Spending regular time in nature can:

- Facilitate better social and physical development
- Reduce stress and anxiety
- Support creativity and imaginative play
- Increase memory, attention and thinking
- Develop respect, appreciation and a responsibility for nature

We've developed outdoor classrooms at our Rise & Shine centres that complement our outdoor learning spaces and provide children with hands-on experiences in nature. When children play or learn in our outdoor classrooms, they will see real bugs, eat fresh herbs and experience nature the way it was meant to be enjoyed.

We aim to educate, motivate and inspire the children in our centres to become environmental advocates. By participating in sustainable practices and understanding how to respect the environment, we teach your children lifelong values about caring for our planet.

Our outdoor classrooms stimulate children's senses, creativity and appreciation for the natural environment. They feature sensory and edible gardens, outdoor seating for lessons, vegetable patches, creative art spaces and even **alfresco dining areas** to have their meals. The children learn to grow vegetables and herbs as part of our gardening program, before heading into the kitchen to cook them up as part of our **Mini Bakers program**.

To learn more about our Inspired program, contact our educators or book a tour to experience the **Shine Advantage™ Curriculum**.





Unite

Our Unite program teaches children kindness, compassion and respect for themselves and others, with a focus on diversity and the importance of social responsibility for the community and environment. Our Unite program aims to:

- Bring families together
- Help children understand the world
- Support local communities
- Promote identity, culture and heritage
- Celebrate all forms of diversity
- Build strong attachments and trusting relationships between educators and children



The Shine Advantage™ Curriculum > Smart Start > Inspired > **Unite** > Fit > Crew



Making a difference

Our communities are rich with diversity and we embrace this by talking openly about identity, heritage, and culture. The principles of the Unite program are embedded into every activity at Rise & Shine centres, from the resources and children's books selected to the range of community and cultural events we celebrate throughout the year. Celebrating diversity helps when children understand other cultures, traditions and families. We enjoy engaging and connecting with our families through annual social events such as Mother's Day breakfasts, Father's Day afternoon tea, Grandparent's Day, parent teacher evenings, cultural events, Christmas and graduation concerts and many more.

Building strong communities

We believe in being active participants in our local communities. As part of our school readiness program, we form partnerships with our local primary schools to ensure your child has a smooth transition to school and support your family through this important event. Rise & Shine Education has formed close relationships with a number of support agencies in the community, to give children and their families any additional help they may need. This may include advice, visits from professionals such as speech or occupational therapists, or hosting parent information sessions and professional guest speakers.

Learning together

We believe it's important to work together on the important job of raising your child. Our Unite program includes a range of events, information evenings and seminars, so we can stay connected to families and help you learn more about topics such as transitioning to school, fussy eating, and behaviour guidance.

We also welcome special guests to Rise & Shine centres, who help children understand the world by teaching them about different experiences, such as surf lifesaving, dog safety, multicultural dance and music, nature and much more.

Primary caregiver approach

We know that for children of all ages, but particularly infants and toddlers; strong attachments to educators create a sense of security that allow the children to be confident and comfortable to thrive in their environment. At Rise & Shine we believe that secure and trusting relationships are at the core of everything we do. In our Nursery and Toddler classrooms, we follow the Care+ approach, which is influenced by RIE and Pikler principles. We take a primary caregiver approach to each child in our care, which allows educators to genuinely know and understand your child, their cues and care needs. This means we can provide the best possible care for each and every child at our centre; as well as understanding the needs of you and your family. To find out more about our primary carer approach, speak with one of our educators or book a tour to experience the **Shine Advantage™ Curriculum**.



Fit

With the obesity epidemic becoming a worldwide health issue, we believe it's important to teach children how to nurture their bodies from a young age. Our Fit program educates children about physical wellbeing and encourages them to take responsibility for their own health. The program includes the following:

- Physical health checks conducted by health care professionals
- Mini Bakers cooking lessons
- Munch & Move program
- Gardening lessons
- Nutritious home cooked meals
- Sports, dance and yoga lessons



The Shine Advantage™ Curriculum > Smart Start > Inspired > Unite > Fit > Crew

Keeping kids active

Our Fit program includes a range of specifically designed sports, dance, yoga and gardening activities that will encourage your child to stay physically active at Rise & Shine and at home. Staying active is essential for healthy growth and development in children and offers a number of benefits including:

- Maintaining a healthy weight
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improving balance, coordination and strength
- Improving flexibility and posture developing fine motor and gross motor skills
- Improving concentration and thinking skills
- Promoting relaxation and improving sleep
- Developing social skills and improving confidence

The Fit program supports the recommendations of the National Association for Sport & Physical Education (NASPE) which suggests that Preschool aged children have 120 minutes of physical activity every day.

Our fun sports program has been developed by a qualified sports instructor and teaches children valuable skills; such as fitness, teamwork and communication. We also offer dance and yoga classes each week, to help children of all ages develop strength, flexibility and balance. Gardening lessons not only get children outside and moving, but help them develop a love of nature and respect for the environment but also about the importance of fresh healthy foods.

In NSW we have partnered with Soccer De Brazil to include a weekly soccer program which focuses on real functional football development while building smiles, forming friendships, teaching social skills, and creating memories.

In Queensland, Kindergarten children participate in professionally delivered sports as a part of the KINDY+ program (see page 19). Both programs are delivered at no additional cost to families.

Healthy food choices

We believe it's important to teach children about the importance of nutrition and encourage them to make good food choices. Our qualified cooks serve home cooked meals in every Rise & Shine centre, with fresh and nutritious ingredients that give children the energy they need to learn and grow.

Our **Mini Bakers** cooking lessons give children an opportunity to learn how to make healthy food, with the added benefit of teaching them important math and science skills in a fun and engaging way. We're also trained to deliver the Munch & Move program, which is a NSW health initiative that incorporates active play and healthy eating into learning experiences for young children.

Health initiative

We take our role in caring for your child's health very seriously, which is why we partner with local community healthcare professionals, who visit our centres and teach children about topics such as oral hygiene, nutrition, visiting the doctor and more.

Rise & Shine also participates in programs that offer convenient health checks in the comfort and safety of our childcare centres, including the statewide eyesight preschooler screening (STEPS) program, which offers all four year old children free eyesight testing to make sure any vision problems are detected prior to school. We also ally with a local audiologist and speech therapist to offer families complementary screenings throughout the year.

The Fit program is tailored to the age and abilities of each child and included in your daily fee. To learn more about our Fit program, contact our educators or book a tour to experience the **Shine Advantage™ Curriculum**.





Crew

When we think back to our pre-school or primary school years, we usually recall a fantastic teacher who encouraged and nurtured us as children. In fact, it has been said that every child is one caring adult away from being a success story.

We take great pride in knowing that our educators are great teachers and mentors, as well as passionate and nurturing people who create wonderful memories for each and every child. How do we know? We're reminded every time a family tells us how grateful they are to have their child educated and cared for by our incredible crew.



The Shine Advantage™ Curriculum > Smart Start > Inspired > Unite > Fit > Crew

We offer a supportive team environment, because we know if our crew are happy, the children are happy. Our crew are provided with ongoing professional development to strengthen their skills and knowledge. When educators are confident in their skills, their passion and enthusiasm is contagious and creates a fun and nurturing learning environment for the children.

We offer a leadership program at Rise & Shine to provide specialised training for those wanting to grow in their careers and take on future leadership roles. The Shine Advantage™ Curriculum extends to our Crew which links in with ongoing specialised professional development training. Our Educators are provided with STEM training to deliver the ORBIT program as an extension of The Shine Advantage™ Curriculum. We believe it's important to reward our shining stars and offer career progression opportunities within our company.

A team that cares

So what makes a good educator?

- They are attentive, warm and caring towards children
- They are passionate, excited and love their job
- They are professional in the way they communicate, their attitude, commitment and presentation
- They are qualified and experienced, they know what they are doing and they do it well
- They are friendly and approachable

We also know that consistency is important to you and your child, so we focus on keeping our educators happy because we know if they are happy, they'll stay with us for many years to come. We pride ourselves on high staff retention rates because we take care of our crew and they become part of the RSK family.

Relationships are key

At Rise & Shine we believe that secure and trusting relationships are at the core of everything we do. Our educators focus on creating secure attachments with children in our care, so that all children from infants through to preschoolers feel secure to explore and discover in a safe and predictable environment. Educators take the time to genuinely know and understand each child – their cues and personalities, so we can provide the best possible care for each and every child. In our infant and baby groups, this can be seen through our Care+ approach. Our practices in these groups are influenced by attachment theorists such as *Emmi Pikler* and *Magda Gerber*; as well as the *Circle of Security*. To learn more about our crew program, contact our educators or book a tour to experience our **Shine Advantage™ Curriculum**.

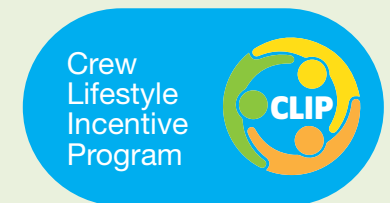




Crew Lifestyle Incentive Program (CLIP)

Rise & Shine Kindergarten offers a Crew Lifestyle Incentive Program (CLIP) exclusive to Rise & Shine Kindergarten crew.

The CLIP program has been carefully thought out to provide a range of lifestyle incentives to thank crew for all their hard work, and to help staff reach their full potential and deliver the best possible service to the Rise & Shine community.



"LEAP has taught me a lot about myself personally, as well as just how important my role as a leader is. The impact that leaders have on their team, is reflected in the quality of their work, their motivation and overall team morale. The importance of self-awareness, emotional resilience and interpersonal skills all go hand in hand when effectively leading others amongst many other aspects. The power of giving and receiving feedback is something else that I have learnt, and I am now a lot more comfortable doing this with my team," "

Jackie Tannos, Centre Director



Leadership Education Advancing Program (LEAP)

The LEAP program is Rise & Shine Kindergarten's™ very first Leadership Excellence Achievement Program to equip our Directors, 2IC's, 3IC's and Educational Leaders to grow and thrive professionally.

Our LEAP program has been carefully designed for Rise & Shine Kindergarten by learning specialists to equip our leadership team with effective communication and resilience methods and the tools to inspire, motivate, encourage, and empower their team to be the best possible early childhood educational professionals. The LEAP program is delivered during the work day.





Care+

6 weeks – 3 years

Key influences: Pikler and RIE educaring approach

As a part of the Care+ approach, Rise & Shine Kindergarten crew work closely with each family to meet the individual needs of their child to maintain their daily routine in a caring and nurturing environment where children feel safe and secure.

Care+ key principles:

- **Respectful Care**
- Develop secure attachments
- Slowing Down
- Build Trust
- Free Movement
- Full Attention

Care+ Goal: An authentic child

This is achieved through:

- Uninterrupted play
- Tuning in respectfully for cues
- Trust in infant's competence
- Sensitive observation
- A safe, challenging and predictable environment
- Consistency

Care+



Kindy+

3 years – 6 years

Kindy+ is a program exclusive to Rise & Shine Kindergarten's Sunshine Coast community. The innovative Kindy+ program includes a comprehensive calendar of nature, sport, art, and STEM-themed incursions and excursions on Rise & Shine Kindergarten's own excursion bus. All program inclusions are delivered by Rise & Shine Kindergarten's own Kindy Ranger and are linked to The Shine Advantage™ Curriculum and the Queensland Government approved Kindergarten Program.

Kindy+

Introducing Orbit,
an industry-first excursion hub.





About

Orbit 'centre of imagination' is a children's interactive STEM (science, technology, engineering, mathematics) hub located in the Inner West Of Sydney. This extraordinary learning hub is the first of its kind in Australia and has been designed to inspire the imagination of children aged three to six years. Orbit is an unprecedented purpose-built exploration hub filled with interactive STEM experiences, mind blowing resources and educational materials for curious little scientists.

Inspiring

The Orbit hub inspires children's imaginations, stimulates curiosity, encourages problem-solving, innovation and invention.

Backed by curriculum

Research supported by the National Science Foundation concludes that young children benefit from learning STEM subjects, which include Science, Technology, Engineering, and Math; because these disciplines play a fundamental role in setting the foundations for future learning.

The innovative learning environment extends on the Smart Start element of our Shine Advantage™ Curriculum by providing a dedicated, thoughtful and creative STEM themed learning hub that reflects the Australian Government's initiative to move towards more modern and flexible learning spaces. Young children are innately curious, and have a burning desire to explore all of their surroundings, make discoveries, and try out new things. Orbit is sure to inspire children's imaginations, stimulate curiosity, innovation and invention!

"From the moment you step into Rise and Shine's purpose built STEM facility, Orbit, you will be engaged, fascinated and challenged! A lot of thought has gone into the design and fit out of the different exploration areas and there is a great mix of traditional and new technologies - all there to enhance the children's STEM experiences,"

Sibylle Siedler, Project Director, Little Scientists.





Orbit is operated and supported by Rise & Shine Education and access is exclusive to children enrolled at Rise & Shine Kindergarten Centres.

Preschool children from all NSW Centres will be able to access the Orbit hub by Rise & Shine Kindergarten's own bus and visits will be rostered on a monthly basis.

"ORBIT, Centre of Imagination is an incredible STEM learning environment for Preschool-aged children where experiences are grounded with evidence, which is beneficial for young developing minds in their early years. This space is unique and a great innovation for early STEM Education."

Dr M. Chang PhD (Motor Control and Learning)



Join the Rise & Shine Community

At Rise & Shine we feel like we don't just create a community, it feels more like an extended family. If you would like to become part of the Rise & Shine family, please visit our website where you will find an abundance of information on us – about our Shine Advantage™ Curriculum, take a virtual tour of our centres, or book a tour so you can meet our amazing crew and see our beautiful services. Don't forget to like our Facebook page so you can see all of the exciting events and programs taking place at Rise & Shine every day.



Learn more at
riseandshine.edu.au

