



# Úlla Beag Childcare Childminding; Pre & After school; Yoga; Kindermusik Parental Handbook.

# The Úlla Beag Team...



# Denise Sheridan

## Owner & Childcare Manager .

GDPR for Management	DCYA
LINC	MIC & UL
Diploma in Children's Yoga	BSY
Certificate in Children's nutrition	Shaw Academy
Kundalini Yoga for Children	Radiant Child Program
Schoolage Childcare Fetac 5	Early Childhood Ireland
Certificate in Informal Siolta application	Early Childhood Ireland
Diploma in Child Psychology	ATI
Yogic Storytelling	Storytime Yoga
Breath Rock Draw Self regulation for kids	TLC
Working with Children with ASD: Play & social skills and Behaviour management	CEIS
Clinical Specialist in Art; Play & Bibliotherapy	TLC
Adv. Diploma in Inclusive Education	Queens University
Adv. Childcare Management Major Award	FETAC Level 6
Childcare Supervisory Management	FETAC Level 6
Carers Practice	FETAC Level 5
Occupational First Aid	FETAC Level 5
Organic Horticulture	FETAC Level 5
Certified in Ethics of Art & Play Therapy	TLC
Licensed Kindermusik educator	Kindermusik
Certified Kids Yoga & Meditaion Instructor	Aura Yoga
Búntus Sports for Preschool Certificate	Clare Sports Partnership Program
Teaching Happiness	ICEPE
Advanced Classroom Teaching Skills	ICEPE
Trained in HSE Child Protection	HSE
MBA Business Administration	Open University



## Rhona Sheridan

Early Years Educator ,PG, ECCE & Afterschool Leader

GDPR for management	DCYA	
Hanen Language Development		
Austism Awareness		
Advanced Childcare Management Fetac Level 6		
Working with Children with ASD: Play & social skills and Behaviour management		CEIS
Childcare Supervisory Management	FETAC Level 6	
Carers Practice	FETAC Level 5	
Occupational First Aid	FETAC Level 5	
Kindermusik Educator		
Trained in HSE Child Protection		
Búntus Sports for Preschool cert		
Trained in HACCP		
BA English and Media		

**Current Studies : Mindfulness for Children**



**Elaine Quinton**  
Student : MA Early years

GDPR For management  
 Qualified Secondary school Teacher  
 First Aid  
 Scout leader and all scout training completed.  
 Experience in Steiner education  
 DCYA qualification recognition to work within an  
 Irish Childcare setting while studying  
  
 Children First elearning

**Current Studies : MA in childhood studies**



**Sharon Delaney**  
Preschool and Afterschool Leader

GDPR for management  
 National Diploma in Applied Social Studies  
 National Certificate in Applied Social Studies      Level 5  
 BA in Applied Social Studies      Level 6  
 GDPR for Management      DCYA  
 Marte Meo Communications  
 Children First National Certificate of attendance

# ULLA BEAG CURRICULUM STATEMENT

At Ulla Beag we are an inclusive green school our curriculum is Play based learning delivered through Aistear. We received our Siolta Quality Framework validation in June 2018 after a 3 year program of process development and introduction of a quality management framework .

By adapting a child centered learning approach we promote a creative learning environment providing equal opportunities for all children. We place high value on nutritional learning running our own school garden with the children and outdoor play experiences. Aistear is an emergent curriculum where childrens' interests are paramount and they influence our long term , short term and day to day planning.( Identity and Belonging)

Children's likes and interests are documented through direct consultation with the children, collaboration with parents and real time observations. ( Communication)

Uninterrupted Play based learning is how children learn optimally and by designing the correct environments we provide opportunities for the development of multi-layered complex levels of play. While your child is at Ulla Beag we create a learning environment which provides your child with varied play opportunities to:

- Develop their self confidence, self management ; independence, creativity, resilience, and problem solving skills . Develop active sports skills ; yoga and meditative skills, active listening skills through storymaking and story telling.( Well Being)
- Learn about social relationships through individual small and large group play, learn about their environment around them, develop language, music, art, science, gardening and pre maths' skills ; develop reasoning and language skills. ( Exploring and Thinking)
- Develop positive attitudes to themselves , others and a love of continual learning which promotes seamless transitions ; developing a sense of individual and group identity and belonging while meeting each individual child's emotional, developmental and physical needs . ( ET,WB)



# Our Green Code .....

## ***Úlla Beag***

**Ú** can make a change

**L**ook at the world around you

**L**ove the world around you

**A**ct now

**B**egin with our steps to making a change

**E**veryone makes a difference

**A**nd now

**G**et going !!

Úlla Beag where children learn to care for and respect themselves, each other and our environment.

# Úlla Beag – why we are different

- We spend as much time outdoors as possible and include organic gardening and sustainable living skills in our education programs. As a result we were awarded Early Childhood Irelands 2012 National Award in Innovation in Environmental Awareness; An Taisces' Green Flag for Litter & Waste in 2012 and An Taisces Green Flag for Energy Management in 2014; our 3<sup>rd</sup> Green Flag for Water management in June 2016. Jan 2016 we were published on the Department of Educations – Art in Education Portal for our innovative approach to art in Early Years Education.
- We follow a Play Based Ethos in line with the Síolta Quality Framework and Ireland's Aistear curriculum( 0-6 yrs). We are currently going through a Formal Quality Framework roll out in Siolta with Early Childhood Ireland.
- We keep our programs active through play ; dance ; music ; Buntus Sports games ; going for walks ; caring for our chickens and gardening from sowing seeds to harvesting fruit and vegetables with the children.
- We have developed, documented and teach Early Years Introduction to :
  - Irish Language; Irish music and Irish Dancing to our ECCE children.
  - Yoga and Meditation.
  - Gardening and Harvesting Seeds.
  - Energy ; Litter & Waste Management, currently working on Water management.
  - WE also introduce Lamh to the preschool group and follow Hanen language developmental guidelines.
- We provide an introduction to Letters and Numbers for Children through Art; Song ; Stories; Poems following the Jolly Phonics Letter and Sounds Program from an Early age in support of each child's own developmental stage.
- We have been awarded 4 Green Flags from An Taisce for Waste and Recycling management in May 2012 and Energy Management in 2014 and Water conservation in 2016, Transport management in 2018 . We are currently working on our 5<sup>th</sup> flag on Biodiversity
- We provide a 2,3,4 or 5 day preschool service and 5 day after school service from OGNS.
- We are ECCE ,TEC; CSSP ; CSSU and CEC approved. We are also contracted to the NCS program
- We have been approved by the Department of Education as delivering a Higher Quality ECCE Service 2018
- We provide a high quality Afterschool service which includes projects on sustainable skills; art & crafts; sports and yoga.
- All meals are home cooked and a morning snack is included in the morning sessions.

# Our services

- We keep our numbers low with 15 max number of children per day. So our max ratio is 1 adult to 5 children.
- We offer a limited number of Child-minding for local families throughout the year.
- Sessional services :
  - Playgroup : Children from 2- 3 year olds
  - CSSU – subvention for 2-3 year olds.
  - NCS contracted.
  - ECCE /Free Childcare 2 Year : Children from 3– 5+ years.
  - Afterschool service Mon – Thurs National school service with pick up from OGNS #
  - Homework club for Juniors and Seniors 13.40-14.30 Mon – Thurs with pick up.
  - Out of school camps – Easter & Halloween
  - Afterschool Yoga Classes in OGNS
  - Yoga, Arts & Crafts and Actvitiy camps over July.

# What is New 2019

- We again successfully passed our annual Tusla Sessional and Tusla Childminding Audits
- We are working on our Biodiversity flag for recognition in May 2020.
- We successfully completed our 3 years work on introduction of a Siolta Quality management framework being accredited at the highest level – level 4 detail enclosed.
- Rhona has Mindfulness for children training.
- Denise has begun forest leadership training.
- Elaine Quinton has completed her first year in her Masters in Childhood studies with NUI.
- Denise & Rhona have completed the Hanen language developmental program.
- Denise has completed level 1 Lamh training and we have rolled out a number of words & signs to the preschool group.
- We successfully completed our first Department of Education and Skills Curriculum inspection receiving Very Good & Excellent ratings in the four key areas of curriculum. Detail included.
- NCS – the National Childcare Scheme will launch in Oct/ Nov 2019 Information included in the presentation.
- Regulated Afterschool Adult to Child Ratio 1: 12 implemented from 2<sup>nd</sup> Sept 2019
- Newly documented Authorised Collections and Medication Administration Policies have been emailed to all and can be found on our website :

# Awards and Recognition 2010-2019



<http://www.greenschoolsireland.org/>

2012 Litter & Waste Management

2014 Energy Management



2016 Water Conservation

2018 Travel Management

<http://www.managenergy.net/education/articles/176#.VMiLeLlybre>

## Pre-schoolers earn second Green Flag

AN Quinlan's pre- and after-school facility has earned a second Green Flag for the introduction of an impressive waste and energy reduction programme.

The facility received their first Green Flag in 2013 for litter and waste management, and now awarded their second Green Flag recently at An Taisce's awards ceremony in Galway for energy management.

Staff and children have continued effectively with outside expertise to deliver a number of inspiring and environmentally-friendly initiatives in recent years.

Their team here includes Denise Sheridan, manager and owner of Ulla Beag, and Rhona Sheridan and Pádraig Shanley, the pre- and after-school staff. For the energy focus, they also received direct support from local market gardener, Eoinie McQuinn, MSE in Organic Horticulture, in developing and showcasing their energy management curriculum and projects, which they completed with their children.

Over a three-year period, from 2013 to 2014, fuel consumption was reduced by 1,188 litres, eliminating 1.7 tonnes of CO<sub>2</sub>, saving €943 annually.

Daily electricity consumption was cut from 20 kwh to 14kwh, saving €235

annually. Their first low-energy programme, with its focus on fruit from indigenous fruit, The school developed, documented and rolled out an energy management curriculum with 17 individual projects.

A car-pooling service was introduced in 2012, with no charge, reducing their carbon footprint by 1,001 tonnes of CO<sub>2</sub>. 12.6 gallons of fuel was avoided. This was developed further from 2013 to 2014, with 1,057 gallons of fuel avoided.

They planted Calendula plants from their own harvested seeds and compost the 'Mudlark' Day - zero-carbon compost. Staff and children saved their own seedlings and puppy seeds, and sent these home to families, which allows them to spread their carbon footprint.

The partnership approach maintained and grew their focus on litter, waste and recycling, to meet their growing provision from one child per day in the 2013/2012 school year to 18 in 2012/2013 and 28 in 2013/2014. This commitment saved €709 annually.

Their included using coffee grinds as mulch for their potted plants, outside the school windows (using as food in salads) on top of their potted plants, and composting as well as mulch on pot-



Staff and children of Ulla Beag celebrate their Green Flag achievements.

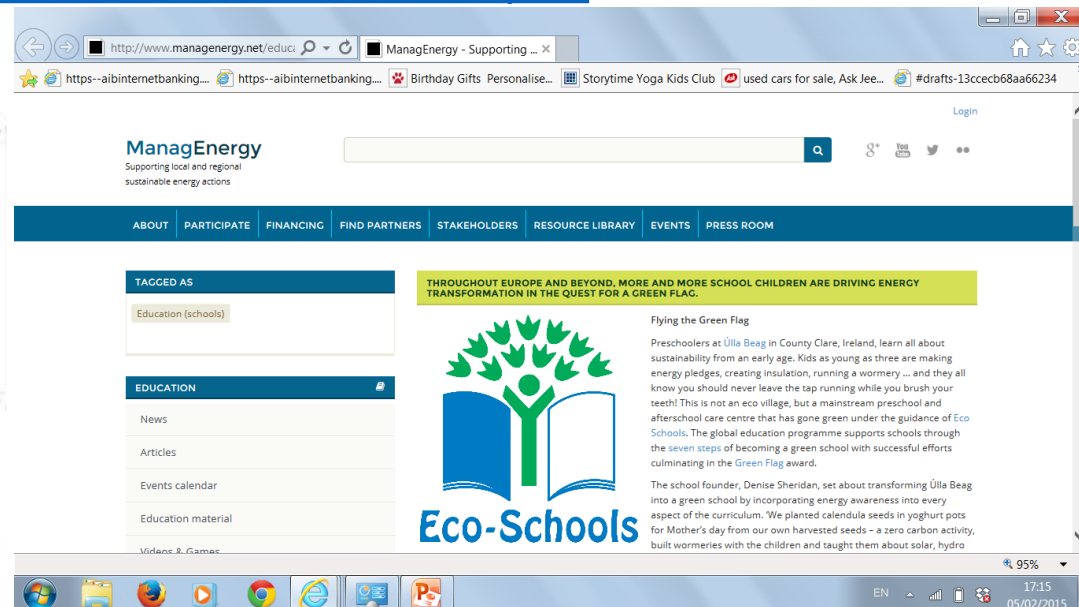
and plants, to keep seeds off and keep local as just as in pot to grow French beans, peas and broad beans.

They developed a dedicated Green Schools Curriculum website on their website, [www.ulla-beag.ie](http://www.ulla-beag.ie).

Denise Sheridan says, Ulla Beag is a place where children learn to care for and respect themselves, each other and their environment.

"We have expanded this programme to include a specific focus on energy management. We encourage environmentally-friendly practices at home and at school."

"This year, we designed an Irish rap focusing on energy - we have an Irish language song and play session every Wednesday, starting with our EFL children," she said.



## National Awards :

2012 An Taisce Litter & Waste Management

2014 Innovation in Environmental Awareness & An Taisce Energy Management

ECL 2016 Innovation in Creative Learning & An Taisce Water Conservation

Dept of Education 2018 National Quality Siolta accreditation & An Taisce Travel Management

# Department of Education : Arts Portal Collaborative Project on Introduction of Print media in developing pre reading and pre maths skills

<http://artsineducation.ie/en/home/>

The screenshot displays the Arts in Education website interface. The top navigation bar includes links for HOME, DIRECTORY, PROJECTS/PARTNERSHIPS, ABOUT, READING ROOM, WATCH/LISTEN & READ, CONTACT, NEWS, and SUBMIT. A search bar is visible with the text 'I AM LOOKING FOR?'. Below the navigation bar, the search results for 'ulla beag' are shown, listing 'Projects & Partnerships - One result'. The main content area features a large image of children working on a project, with the title 'Ulla Beag: Print media project' and the artist's name 'Lynn Kenney'. To the right, there is a 'Spotlight' section featuring two portraits of artists, Lynn Kenney and Denise Sheridan, and a table of project details.

Artists	Lynn Kenney
School Level	Early Years
School/ Participant Group	Ulla Beag
No. Participants	all
Region	Clare
Age/Class	ECCE Years 1 & 2 (ages 2-5 years)
Dates	Jan-June 2018, Sept 2018-June 2019

The story of our project from the teacher – Denise:

I approached Lynn in Nov 2014 to collaborate on developing an art class for ECCE in Ulla Beag which would cover many art disciplines: painting, printing, working with 3 dimensional forms and various craft skills to provide a more holistic teaching approach to pre-reading, pre-writing and pre-maths skills.

Collaborating with Lynn has been a great experience as we both started out with the same beliefs and ethos – We need to recycle more and look at using old materials. It is amazing how you can transform a rubbish bin into a robot, providing hours of fun and play for children. Through this process, children can create their own toys and the empowerment and confidence they get through using old materials is amazing.

As an educator you know children learn in different ways...One of the critical areas as an educator is to acknowledge this and find a new method of teaching to enable the child.

Denise Sheridan, Ulla Beag

[WWW.ULLABEAG.IE](http://www.ullabeag.ie)

<http://www.ullabeag.ie/resources/policies-procedures/>

Inbox (6,381) - denisejoannash x Welcome to the NATIONAL CH x an taise green schools - Yahoo x SEAI Workshops - Green-Scho x Policies & Procedures — Ulla B x

Not secure | [www.ullabeag.ie/resources/policies-procedures/](http://www.ullabeag.ie/resources/policies-procedures/)

Ulla Beag Preschool, Childcare, After Sc... 13 1 + New Edit Page Howdy, Denise

**Beag** Further Education  
"delivering Childcare, Education and Community Services."

Ulla Beag Preschool, Childcare, After School, Kids Activity Camps & Further Education Service Ogonnellloe, Nr Killaloe, Co Clare

Home About Us Childcare Services Úlla Beag Blog Resources Gallery Green School Committee Contact Us

You are here: Home / Resources / Policies & Procedures

### Policies & Procedures

- ulla beag -policy-on-authorisation-to-collect-children MASTERUlla Beag Policy-on-administration-of-medication
- Ulla Beag -GDPR-Privacy-Notice-for-Parents
- Ulla Beag GDPR-Data-Breach-Policy
- Ulla Beag -GDPR-Data-Retention-Policy
- Ulla Beag -GDPR-Data-Subject-Access-Request-Procedure
- Ulla Beag -GDPR-Employee-Privacy-Notice
- Ulla Beag -GDPR-Personal-Data-Protection-Policy
- Ulla Beag-GDPR-Employee-Personal-Data-Protection-Policy-Transition Policy and Procedure (1)
- Úlla Beag Child Protection Policy updated 19th jan 2017-deniseUlla Beag INCLUSION POLICYAccident

**Contact Us**

Want to find out more about Ulla Beag?

**Random Gallery Pics**

Report1\_10CE0152.pdf Education and Skill....p... NCS Parents Prese....pdf

Show all

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# Our Quality Framework Validation and Education and Skills Curriculum Inspection reports

# Siolta Quality Framework : Inspection results

## Level 4 achieved Highest level Comprehensive Evidence of Quality



**siolta**  
Quality Assurance Programme

**Record of Validation**

Ulla Beag, Killaloe, Co. Clare  
achieved the following Siolta quality ratings on 24th May 2018

Standard	Quality Rating
1 Rights of the Child	4
2 Environments	4
3 Parents and Families	4
4 Consultation	3
5 Interactions	4
6 Play	4
7 Curriculum	4
8 Planning and Evaluation	3
9 Health and Welfare	4
10 Organisation	4
11 Professional Practice	4
12 Communication	4
13 Transitions	4
14 Identity and Belonging	4
15 Legislation and Regulation	4
16 Community Involvement	4

**GUIDE TO QUALITY LEVELS**  
LEVEL 1: No evidence of quality | LEVEL 2: Some evidence of quality  
LEVEL 3: Significant evidence of quality but some issues still outstanding  
LEVEL 4: Comprehensive evidence of quality

# Barnardos Childlinks 2019 Issue 2 Publication



# Department of Education and Skills inspection report detail

## AREA 1 QUALITY OF CONTEXT TO SUPPORT CHILDREN'S LEARNING AND DEVELOPMENT

### Result : Very Good

- The quality of the context to support the children's learning and development is very good.
- A welcoming, affirming atmosphere is evident as the children and families arrive to the setting. The practitioners greet the children and information is exchanged between parents at a relaxed pace.
- Active, free-play is the main medium through which the children organise and lead their learning across the daily routine. The practitioners consistently consult with the children to make decisions about how the daily routine will unfold.
- Snack time is a social occasion where the practitioners place a strong emphasis on healthy eating. The children discuss the food that is prepared and have an understanding of where their food comes from. Transitions are completed in consultation with the children and ample time is given to ensure that they can complete their play intentions or receive practitioner support as needed. ? Respectful relationships promote a sense of partnership between children and practitioners. They are responsive to the children's needs and demonstrate a clear understanding of the developing individual personalities and temperaments. A well-being programme is facilitated as the practitioners embed yoga and relaxation experiences during the week.
- Celebrations and events are facilitated during the year in consultation with the children. For example, the children organise and make decisions on how they would like to celebrate with their families at the end of the year. While a few of the children's drawings are displayed in the learning environment, there is scope to increase the representation of children as individuals, members of their families and communities.
- Strong connections are in place between the setting and the local community. The preschool is part of a green school programme where a local horticulturist visits to converse with the children and support the planning of the preschool garden. Parents are regularly invited to participate in preschool events and fundraisers.
- Action advised: To build on the children's developing sense of identity and belonging, it is advised that the practitioners address the extent to which the children are represented in their learning environment. This can be achieved by increasing the displays, play props and books that are informed by the children's individual interests, families, communities and developing personalities.

# Department of Education and Skills inspection report detail

## AREA 2 QUALITY OF PROCESSES TO SUPPORT CHILDREN'S LEARNING AND DEVELOPMENT

### Result : Very Good

- The quality of the processes to support the children's learning and development is very good. A broad-based curriculum that is informed by Aistear: the Early Childhood Curriculum Framework is in use. The practitioners have developed a long term curriculum plan which very effectively demonstrates their emergent and inquiry-based approach to curriculum planning and implementation. The children's emerging interests, needs and investigations inform the short-term learning experiences that are facilitated. This short-term plan is not yet documented and is informally followed as interests and ideas arise during the children's play. Assessment methods very effectively capture the children's learning and development through narrative observations, termly reviews, photographs and samples of the children's drawings and creations. There is scope to develop the narrative observations to highlight the children's developing dispositions and attitudes towards learning. The practitioners demonstrate very good interaction skills as they engage with children. Using prompts, suggestions and open-ended questioning, the practitioners naturally lead children towards new learning and thinking in a playful manner. They join children's free-play and organise group learning experiences and conversations that involve all children. Play is the central medium through which the children explore new learning both indoors and outdoors. A commendable outdoor area provides enriching, natural spaces that support active, exploratory learning through play. Strategic planning supports the consistent introduction of pre-literacy, numeracy and scientific concepts through play. The practitioners skilfully introduce discussion about quantity, texture and investigation. A specific focus has been placed on the development of pre-literacy skills as each child has their own mark-making drawer. Their efforts to independently express their ideas and thoughts on paper are captured while extra supports are used when children express motivation to replicate their names, write letters and use text and imagery to depict their ideas. ☑ Very good efforts are in place to support the inclusion of all children. The practitioners have made connections with external agencies to develop their inclusive practice. They consistently use the Lámh sign language system to support communication.
- **Actions advised** It is advised that the practitioners develop their short-term plan to ensure that children's developing dispositions, needs, interests and skills are central to the short-term planning process. The shortterm planning template from the Aistear Síolta Practice Guide provides a useful structure for this action.
- It is advised that the practitioners develop their narrative observations to ensure that children's developing dispositions, interests and skills are highlighted and celebrated as part of these learning and development evaluations.

# Department of Education and Skills inspection report detail

## AREA 3 QUALITY OF CHILDREN'S LEARNING EXPERIENCES AND ACHIEVEMENTS

### Result : Very Good

- The quality of the children's learning experiences and achievements is very good.
- The children are settled, motivated and engaged in their learning and play experiences. They make many decisions during play and demonstrate confidence in carrying out their play intentions.
- They demonstrate highly effective thinking and communication skills as they use language to represent their thoughts and ideas. The children think, talk and negotiate as they collaborate and support the development and enhancement of their play scenarios.
- They engage in highly effective exploratory play outdoors and have a very good understanding and respect for the natural environment. On the morning of inspection, the children enhanced their learning as they searched for natural accumulations of rain water and used many different sized containers to transport and use this water for their play.
- The children successfully use mathematical language and reasoning skills throughout the day as they discuss who is present at pre-school and identify the items they need to wear while preparing for outdoor play. An appreciation for the natural environment is evident as the children engage in planting, digging and outdoor exploration.
- The children enjoy group experiences both indoors and outdoors and are eager to share their thoughts and reflections. There is scope to develop the extent to which the children's reflections and voices are made visible within their learning environments.
- They enjoy songs, rhymes and books and eagerly interact during story-time and group discussion. The children experience many opportunities to have their voices heard and are respected as leaders within their play.
- **Actions advised:** To build on the new practice of taking photographs to document learning within the setting, it is advised that practitioners use these photographs to prompt further recall and reflection for the children. This can be achieved as the practitioners make better use of the cosy spaces indoors to create areas to display these images.

# Department of Education and Skills inspection report detail

## AREA 4 QUALITY OF MANAGEMENT AND LEADERSHIP FOR LEARNING

Result : Excellent

- The quality of management and leadership for learning is excellent.
- The manager fosters a strong sense of teamwork and commendable leadership skills. Daily informal discussions are held and termly team meetings promote continued discussion and reflection on the children's curriculum experiences. An annual plan provides a structure to review and monitor the many areas of practice maintained in the setting. These include the holistic development of children, Síolta and Aistear reviews.
- The staff has completed an extensive formal review of its practice from a whole-setting perspective through the Síolta Quality Assurance Programme and has achieved their accreditation. As part of this formal review, the practitioners engaged with the Aistear Síolta Practice Guide and it is reported that they plan to continue their regular reflections using the contents of the guide.
- Continuous professional development is prioritised through the use of local training supports and participation in various national and local initiatives. The setting previously achieved an innovation in environmental awareness award and has participated in a national arts in education project. The practitioners continue to implement the learning achieved from these projects in their current practice.
- A strong sense of partnership with parents has been established. The parents are informed about the many initiatives which take place during the year and are encouraged to participate and support the preschool. The practitioners regularly communicate with parents regarding their child's learning and development. Weekly emails, the pre-school website, observations and a bi-yearly progress report collectively inform parents of the curriculum and their child's progression.
- To support smooth progression to the primary school setting, the practitioners develop a final transition plan that is discussed and reviewed with parents and shared with the primary school. The manager also attends the primary school open evening as a support to parents. Many discussions and focused learning experiences are planned with children in the preparation for this significant transition.

## Communication & Partnership with Parents

As we prioritise continual training to ensure we are offering a high quality service we are in a position to share all the latest findings and research with parents on Early Childhood Care including but not limited:

- Hygiene Management including Illness and Infection prevention
- Eating; Toileting and Sleeping Guidelines
- Twice yearly Developmental Reports and reviews

We publish a weekly email overview of the week; discuss daily with Parents on pick up how the day / session went; provide regular updates on our website

[www.ullabeag.ie](http://www.ullabeag.ie) and through our Class information updates on facebook:

<https://www.facebook.com/UllaBeagChildcare/>

In 2018 we introduced a Whatsapp Parents group to share observational photos and videos of their children at play.

# School Garden Map 2015-2016



# Edible Hedge



# Cooking & Baking with the kids





# Green School Management

Through participation in the Green Schools Program with An Taisce at Úlla Beag we have been able to raise the environmental awareness for our pre and afterschool children and their families.

By integrating the Green Schools Program into our overall Pre and Afterschool curriculum in line with Aistear we have established a sustainable green focus including litter and waste management program which allows us to use recycled materials on a daily basis and run our own school garden.

Since 2010 we have completed 5 2 year projects

- Litter & Waste management 2012;
- Energy Management 2014;
- Water conservation 2016 ;
- Travel management 2018
- We are currently on our 5<sup>th</sup> flag focusing on Biodiversity Children get to design lead and participate in projects and fun activities while learning invaluable skills about caring for ourselves, each other and our environment.
- On completion of the 5<sup>th</sup> flag we will look at 3 global flags focusing on Global Litter & Waste management Global Energy management and Global Marine Environmental management.

# Afterschool ; Carpooling ; Water & Wind energy management



# About Kindermusik.....

I am a licensed Kindermusik Educator and Business Owner and as part of my staff training program at Úlla Beag all staff will become Kindermusik Educators, with one currently completing their final training stages at the moment and the other two starting training in Aug & Sept.

- We are the only childcare service in Ireland where we have incorporated the Kindermusik ABC program into the pre and afterschool programs.
- Kindermusik is an educational age appropriate program designed on child developmental stages. The activities include music; dance; songs and rhymes; storytime; imagination.
- The Kindermusik program which I would bring to the school is ABC Music & Me .*ABC Music & Me* is a research-based language and early literacy program built around music. This class helps two to six-year-olds develop pre-literacy and language skills through a child's most-loved rituals: music and story time. This program encompasses instrument and vocal play, dance, rhyme, story time, and more, to boost the early language and literacy, pre-math, and social and emotional skills young children need.

## What we will do in the class

- Songs and rhymes to develop phonetic awareness and early reading skills
- Tapping, clacking, and ringing rhythm instruments in time with music to improve hand-eye coordination
- Focused listening with music to improve skills in following directions
- Instrument play to strengthen fine motor skills
- Developmentally-appropriate songs to develop vocal chords and expressive speech
- Learning that emphasizes storytelling, imaginative play, and taking turns

# About Children's Yoga at Úlla Beag

- I am a qualified children's Hatha yoga teacher with 6 years experience teaching children.
- I supply the yoga-mats; blankets; workout sheets.
- As well as integrating yoga movements into preschool activities, I also hold a yoga class from 14 to 16.00 every Tuesday afternoon and from Feb 2013 I will be running a weekly toddler and parent class.
- Children's yoga is a fun introduction into practising yoga which is a life long skill.
- Our kids yoga classes are a wonderful way to increase children's co-ordination, self-awareness, confidence and self esteem while they stretch and strengthen their bodies. Using yoga, children can learn to relax, concentrate and be gentle in a fun and creative environment.
- Children's yoga activities include learning yoga positions (Asanas) in a child friendly way – through mimicking animals , lions, cats, dogs, jellyfish etc. I also include meditation for children in the yoga term & yoga dance and music.
- The Class includes warm up asanas( yoga positions) ; animal parades; music, song, dance and meditation ( wind down time:).
- My yoga program incorporates yoga teachings and practice from Wai Lana <http://www.wailana.com/yoga> ; Itsy Bitsy Yoga programs; Flowmotion Yoga for kids.
- I also teach meditation and recreating our meditation journeys through drawing and painting.



# About Story making@ Úlla Beag

- Story making with children is about choosing an item and tapping into the child's creative mind to create a story through painting ; drawing; narrating.
- Topics we will cover will include learning about Nature; Bird watching; Irish fairy tales.
- It is about telling stories together rather than reading from books. Story Making builds children's confidence and helps to improve their speaking and writing in fun, creative ways.
- Stories are told with actions. These are fun and help children to memorise new words and patterns in the story.
- The children will tell their stories through the medium of drama; art ; song , rhyme and dance.

# Some of our photo collages









# Testimonials

***Irene Gunning CEO of Early Childhood Ireland*** on Úlla Beag

"demonstrates a pedagogical and environmental value system that is noteworthy...growing things gives children an experience in childhood that is enriching, educative and downright practical. I commend their efforts and admire their achievements"

## ***Parent feedback :***

- "We love that the children are mixed so our children get to socialise with each other every day."
- "Our kids love yoga , gardening and kindermusik!"
- "It is a one stop shop for family care!"
- "Our kids cannot wait to get to school!"