

# ACTive Play Digest



Welcome to your ACTive Play Digest. This hard copy update with the latest news and links to articles is sent out to Playgroup Contacts with playgroup profiles early each month. News articles are now regularly posted on our website and on Facebook. We are hoping this will allow for families and playgroups to better access up-to-date stories, information and resources. All feedback is appreciated and welcome.

Best wishes from your ACT Playgroups Team



## July 2017 ACTive Play Digest

### PlayDates

Playdates were an amazing success this month. Don't forget to have a look at Facebook and our website to read about Playdates and see some fabulous photos.

Do you have any thoughts, feedback, ideas and suggestions on how we can make playdates better? Please email us and let us know.

### Special Interest Playgroups

ACT Playgroups is looking to start some new special interest playgroups. Are you interested in becoming involved?

If you are or know anyone interested in being part of or attending any of the following special interest playgroups please email ACT Playgroups with your details today:

- Mature aged mums playgroup
- Dad's playgroup
- Young mums playgroup
- Intergenerational Playgroup
- Weekend playgroup
- Science, maths, sensory, literacy, fundamental movement skills, nature or music playgroups
- Language based playgroups

### Latest Articles on our website

Don't forget to keep checking our new website and Facebook page for news and updates.

Articles go up regularly so keep checking to read all our news. The latest news articles can be found at the bottom of our home page.

If you have any suggestions for topics to be covered or would like to submit an article, please feel free to contact us!

### Volunteers at Playgroup

Would you like a volunteer to help at your playgroup? From time to time volunteers contact us because they would love to help out at a playgroup. If you think your group could benefit from having someone assist you, please contact us. We are keeping a register of interested playgroups, and volunteers!



## MIGHTY MOVERS CBR

**Do you ever feel stuck for play ideas at home or playgroup?**

As part of your ACT Playgroups membership, you have access to a program called Mighty Movers CBR. Mighty Movers is about helping families with ideas to make their kids play more active, reduce screen time and create active family time.

You can now access Mighty Movers CBRs tips, tricks and ideas online from home. **Joining is easy** - simply send an email to [nsadlier@bluearth.org](mailto:nsadlier@bluearth.org) with the subject 'Mighty Movers'.

Each week you'll be sent an active play idea that's easy to set-up at home or your playgroup - using items that can be found mostly around the home.



Supported by





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10AM - 3PM FITZROY PAVILLION, EXHIBITION PARK IN CANBERRA

4 February, 18 March, 22 April, 20 May, 24 June, 5 August, 9 September, 4 November 2017

NEW STALLHOLDERS ALWAYS WELCOME! BOOK ONLINE TODAY

[WWW.FASHTREASURE.COM.AU](http://WWW.FASHTREASURE.COM.AU)

## Welcome to....

We'd like to welcome the following playgroup:

\*Suomi-Kerho Finnish Playgroup, Cook, Wed am, 0-5

\* indicates group has vacancies

If you would like more information about this or any other  
playgroups, please contact ACT Playgroups' office.

Thanks to the  
**Canberra Weekly**  
for their continued support.

## ANU Sleep and Word Learning Study

The ANU Child Cognition Unit is undertaking a sleep and word learning study and are looking to get the support and help of playgroups. Emma from the Child Cognition Unit is keen to come and talk to families further about the study. If you are interested in participating in the study, or your playgroup would like more information, please contact Emma at [childcog@anu.edu.au](mailto:childcog@anu.edu.au) or phone 02 6125 0788.



Australian  
National  
University

Research School  
of Psychology

### How does sleep affect toddler word learning?

We are exploring the effect of sleep on toddlers' memories  
for new words.

There are 3 sessions: 1 at the university and 2 at home.  
Parents are with their child at all times and each session  
takes about 40 minutes.

**Toddlers 2.5 years of age  
(~30 months)**

email: [childcog@anu.edu.au](mailto:childcog@anu.edu.au)

**02 6125 0788**

Facebook: Child Cognition Unit

6-12 years

# Mr Stink

a play by **Maryam Master** directed by **Jonathan Biggins**

based on the book by  
**David Walliams**

Live on Stage!

"boisterous fun"  
Daily Telegraph

20 & 22 JULY 2017  
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