

SESSION INFO FOR NEWBIES

* **Song Props** - Each term we will be using **shakers** and **scarves**. We no longer hand out props and have been asking if whānau could bring their own, please. We can let some whānau hire a Props Pack for the term, for \$6. This option is available on the registration form and the Props Pack is returned at the end of the term, or at the last session you attend for the term.

The main reason is that we simply don't have enough to supply everybody and don't have time to clean them between sessions. Sourcing your own props is handy when your child/ren want to go over the songs with you at home, so if you were able to source your own, then that will be a huge help! More details below about the shakers/scarves...



- The shakers can be anything that makes a rattle sound. You can make it an at-home activity with your tamariki to make their own using bits and pieces you already have at home, including popping a couple of pegs or random small items (ie. buttons, game counters, dice) into a small plastic container/bottle. In term four, we usually do a jingle bell song, so you are welcome to bring along a shaker with jingle bells on them, or you can make up your own by putting some jingle bells in a container. Unless you want to, there's no need to go out and buy a jingle bell shaker especially, a regular shaker will work absolutely fine. 😊 🎵
- The scarfs are ideally the light, silky (old skool) scarves that you can pick up from an op shop for \$2 or less. We recommend the square-shaped ones, and slightly see-through if possible (so as not to give the wee ones too much of a fright), as they work best for covering their heads and doing 'peek-a-boo'. The average length is approx. an arm's length, eg. from your elbow to the tips of your fingers - some are obviously smaller and some bigger, but about that size will work well.

Don't worry if you forget... a set of keys and a jersey or top will work fine as a last-minute option! lol!! 😊 🤝

* **Set-up and Structure of Sessions** - When you arrive, you will see **cushions** on the floor indicating the seating arrangement, so grab yourselves a spot. We'll start the session as soon as everybody arrives. If you arrive late, kei te pai, just head in and grab a cushion spot. A few of the sessions serve **morning tea**, after the session. Due to a lack of volunteers, a few have not been able to start this service up. Morning tea is always a great opportunity for whānau to meet other whānau and to chat with the volunteers at each venue. We are hoping to have morning tea back at all venues, in due course.

We love to get tamariki up and grooving to the songs each term! We have a set of waiata that relate to a particular theme each term, and these songs will be **repeated each week** to help solidify tamariki learning of the new words and actions to songs that are new to them. We still start with our Welcome Song, which individually welcomes each child, by name, and then a Warm-Up Song (with body actions). The rest of the songs will be a mixture of upbeat and calm songs and we always end with our breathing song, "Hā Ki Roto, Hā Ki Waho" before singing a lullaby and finishing with the "Goodbye Song".

Birthday rocks! Usually, if it's a child's birthday, we start the session by singing "Happy Birthday" to them and at the end of the session, we offer them a rock with the number that's the age they're turning, painted on it. Let us know when you arrive, although we will ask just after we share any notices, anyway.

* **Online Session** - At the beginning of each term we record the term's session and upload it to Vimeo. Full-Term registered whānau are given access to it, as part of their registration, and it is then available for them to view, all day, every day. It has become a well used learning aid for some whānau (and a great 30-min babysitter for others! lol!), and has enabled tamariki to grow in confidence within the sessions.

All other whānau on our Outreach Sessions Mailing List are given the option to 'rent' this session, for \$15, for a 3-month period (also available via Vimeo). During the rental period, you will have unlimited viewing of the video, too.

* **Links Page** - Lastly, we have been trying to limit the amount of emails we send out so have set up a page with links to information that we have to pass on, including access to the Online Sessions, a link to the Registration Page, etc. I try to add [this link](#) to each email I send out.

I believe that's it! As always, one super final reminder when in sessions, to please lead with kindness and respect (aka. manaakitanga) at all times. We are aware that some whānau may choose to mask-up now and then, which we absolutely support. Please let us know if there is anything else that we can do to help and support you, if needed. 💖 💖 If there's anything else that you'd like to know about that hasn't been covered, just flick us an email, and we'll do our best to answer it for you!

"We just love it all!!! The video is an added bonus - it's been so wonderful so many times! Thanks so much for the heart and joy you share weekly." - Team Vercoe! 💖

"We absolutely love our weekly music sessions! They're so much fun. It's been beautiful watching Maia grow and join in as she learns the waiata. It has been really special having the opportunity to use te reo Māori too." - Vic Thomas 💖

"My absolute favourite activity I've done with my daughter - we have been since she was six weeks old and she is about to turn one." - Jess Glen 💖