

Welcome to the RAMSR Newsletter for December 2022 - A few things you will find in this edition. Click on any of the topics to go to that page in the newsletter.

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RAMSR Updates December 2022



Merry Christmas from the RAMSR Team

It has been a very busy year for the RAMSR team! We have trained over 600 participants online and over 300 participants face-to-face, to use the RAMSR Program. This has resulted in over 900 educators, allied health and other practitioners living the RAMSR Vision by having the confidence, skills and resources to use evidence-based rhythm and movement activities for self-regulation support within their context.

We have added **three new trainers to our team**, including **one in NSW** and we are in the process of accrediting **two new trainers in Victoria**. This will make the RAMSR Professional Learning modules more accessible to people across the country.

Whilst the RAMSR Program has a fair amount of structure built in, we encourage

you to consider how you might take some well known Christmas tunes and **adapt them to support children's self-regulation**. Our RAMSR team have been brainstorming ideas and came up with a few below. **We'd love to hear if you have come up with your own this festive season.**

If you are interested in undertaking RAMSR training in 2023, you will find more information below or click the READ MORE button for further information.

READ MORE

We would like to take this opportunity to thank you for supporting RAMSR in 2022 and wish you all a safe and happy festive season. Our office will be closed from the 23rd of December until the 9th of January, 2023. We will respond to any emails or calls after this time.

Christmas Resources



We All Clap Hands Together

View this song "**We All Clap Hands Together**" on [YouTube](#) – but **replace** the words “and have a happy day” with “coz Christmas time is here”.

You could do this similar to the RAMSR Song “This is the Way”

Use your eyes and ears cue cards and mix up the actions.

Eyes: Do what you see; **Ears:** Do what you hear



Washing Day Variation

Think about the Washing Day Song, can you think of some **Christmas-related poses**? Bauble, star, tree, present, reindeer, elf? Put on any Christmas music and be ready to pause the song and call out the action!

Your Turn



Head on over to our [FaceBook Page](#) and share your ideas. We'd love to hear how you modified the RAMSR activities over the festive season.

Team News



Kate moves to Play Matters

We are delighted to let you know that Kate has taken on a new role at [Play Matters](#) as Executive Manager – Operations. This is a fantastic opportunity for Kate to enhance the lives of young children and families and we wish her all the best in this new role. Whilst Kate is not here at QUT every day she continues on as an Adjunct Professor and also the Director of RAMSR. Dr Sally Savage and Cathy Nielson will be the prominent faces of RAMSR in the office with Rebecca Eager continuing to facilitate the online workshops.

We look forward to continuing to partner with you and enhance the lives of young children.



G8 Roadshow

The RAMSR Team spent 2 weeks in November travelling across Australia to introduce RAMSR to G8 Education ECTs. We had the opportunity to share RAMSR with over 400 educators from Brisbane, Sydney, Melbourne, Perth and Adelaide.

You can read more about this initiative [here](#).



RAMSR For Toddlers

We are excited to let you know that we are in the early development stages of creating a new series of session plans and resources, specifically designed for Toddlers.

Stay tuned over the next 6 months while we test out the new program.



RAMSR In the News

Read more about RAMSR and the evidence-based approach in the latest Belonging Early Years Journal (Vol 11, No. 3).

[READ MORE](#)

2023 RAMSR Professional Learning Opportunities



RAMSR In-Person Training 4th February SEQ

After a successful face-to-face workshop attended by over 30 educators and allied health specialists in October 2022, we are excited to announce we will be running four face-to-face workshops in South East Queensland throughout 2023.

About the Workshop

The 5-hour workshop **includes morning tea and lunch** and aims to teach participants how to **use the RAMSR program** including simple rhythm and movement activities to support positive behaviour for children aged 3-6 years old.

By the end of this workshop, **participants will be able to lead the full Rhythm & Movement for Self-Regulation (RAMSR) program** (15-minute sessions daily with the program able to last a full year) or adjust it and use it as they see fit for their setting.

Workshop participants will be provided with

- four full 15-20 minute RAMSR sessions plans to create a program lasting 12 months as desired
- 24 RAMSR activities as a base level and more than 30 extension activities, with demonstration videos
- 28 audio tracks
- 4 sets of visual cue cards
- 120-page RAMSR Resource folder (self-printed)
- Certificate of Participation for 5 hours of Professional

Learning.

This workshop is open to all **early childhood professionals including educators, allied health and others** with an interest in implementing a Rhythm and Movement program to enhance self-regulation in young children. No prior knowledge or music ability is required, and we guarantee you will have a fun day.

Registrations are now open for the first workshop of the year on the **4th of February, 2023**.

REGISTER NOW



Online Training Module

Registrations are open now for the next 6-week self-paced online course **starting on the 6th of February 2023**. The course is moderated for the first 6 weeks and accessible for a duration of 12 Months.

This course is held entirely online, via QUT's online learning platform and is **self-paced and flexible**. You can access the content during the recommended 6-week timeframe (roughly 2-2.5 hours per week - 1 hour of content and 1-1.5 hrs of practice), during which time your expert facilitator will be available for advice and question and answer sessions or you can take your time and access the learning materials beyond the 6 weeks at your leisure. Participants will be **granted access to online learning materials for 12 Months**. Learning materials and content include short videos, reading, optional live webinar attendance (week 5) and 'real world' practical activities to practice in your own time.

Resources Included in this course

- four full 15-20 minute RAMSR sessions plans to create a year-long program
- 24 RAMSR activities as a base level and more than 30 extension activities, with demonstration videos
- 28 audio tracks
- 4 sets of visual cue cards
- detailed learning on the theory and rationale behind the program, including self-regulation and executive function in early childhood and the value of rhythmic movement

120-page downloadable RAMSR Resource folder with comprehensive curriculum materials

- A certificate of attainment for 13 hours of CPD.

The RAMSR online module is remote learning-friendly and many of our RAMSR-trained educators have implemented the program through online learning.

Early Bird Registrations close 4 weeks prior to the course commencement, get in quick and register now before the 6th of January 2023.

REGISTER NOW



Funding Options

Did you know that you can now access RAMSR training through the [Queensland Department of Education Kindy Uplift program](#) along with the [Victorian School Readiness Funding Menu](#)?

Enrolment in RAMSR Training will give you the confidence and skills to implement this program in your settings.

Check out our website <https://research.qut.edu.au/ramsr/> for further information about professional learning options or email us at ramsr@qut.edu.au.

Our Vision

Our vision is for all early childhood practitioners and parents internationally to have the confidence, skills & resources to use evidence-based rhythm and movement activities for self-regulation support for children. In particular, for those children who do not gain access to specialist music programs and associated benefits, and for those children whose life circumstances mean they are most at risk of poor self-regulation, learning, and wellbeing outcomes.

Contact us

We welcome you to get in contact with any questions at all and look forward to assisting you and your colleagues in supporting our young children to thrive in their early years and beyond.

We wish you all a safe and happy festive season.

Warm regards,
The RAMSR Team

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