

At Rosemont House, our children enjoy the magic of our truly authentic Montessori program. On top of this incredible pedagogical foundation, we enhance their holistic growth even further with a range of specialised enrichment programs that inspire the mind, body and heart!

Yoga Program

Our Yoga program nurtures your child's wellbeing by incorporating gentle stretching and movement, breathing exercises and mindfulness techniques such as guided relaxations for a peaceful mind. These practices help children develop a sense of calm, balance and emotional resilience, supporting both their mental and physical health. Yoga for children:

- **Calms the Nervous system** - Yoga activates the parasympathetic nervous system, promoting relaxation and reducing anxiety. This helps children feel more at ease and emotionally balanced.
- **Grounds the body** - Practicing Yoga encourages body awareness and stability, helping children feel more centred and connected to the present moment.
- **Reduces Stress** - Through deep breathing and mindful movement, Yoga lowers stress hormones, creating a sense of inner peace and relaxation.
- **Improves Focus and Concentration** - Yoga enhances cognitive function by training the brain to stay present, leading to better attention, memory and learning.
- **Creates a Supportive & Positive Environment** - The program fosters self-confidence, emotional regulation, and a sense of community, making children feel safe and supported.



Language Program

At Rosemont House, we believe it's powerful and valuable for children to start learning a second language early. Why? Because it gives their brains - and hearts - a big boost! Research shows that learning a new language enhances brain function and improves problem solving skills, multitasking abilities, and memory retention. Exposure to different languages fosters cultural appreciation and empathy by broadening a children's worldview and their understanding of diverse perspectives. By exposing children to a second language early on, we empower them to communicate across borders, fostering inclusivity and facilitating collaboration.

Our Portuguese language program also sets children up for success later in school and even in their future careers. By helping them learn the fundamentals in a second language early on, we're not just giving them a new skill, but also helping them become more prepared for a global community. Learning another language can be super fun too! It opens a whole new world of books, movies, and friends from different parts of the globe. So, let's give our children the gift of language - it's a present that'll keep on giving throughout their lives!

Music

Our vibrant and engaging music lessons are an integral part of our Montessori curriculum, designed to ignite a love for music and foster holistic development in our young learners. Our program combines elements of music methodology with hands-on experiences and body movement. Through a playful and interactive approach, children explore the fundamentals of music theory. By engaging in rhythmic movements, percussion play, and ensemble activities, children enhance their body movement skills, balance, and coordination. Our music program also nurtures creativity, social-emotional development, and overall well-being, laying a strong foundation now for future explorations of music.



Visual Art

Art and creativity should be an organic part of every early childhood setting, but we are proud to also take a particularly intentional and structured approach to introducing Visual Art tools, techniques and experiences. The benefits of a Visual Arts program are not really about what emerges on the page or the canvas, it is about what is being built within each child's heart, mind and body. Learning to express themselves through visual arts builds confidence and communication skills. Mastering new tools and techniques encourages physical dexterity, coordination and self-regulation. Engaging with shapes, patterns and perspectives builds cognitive comprehension of the world around them!



Flying Start

We are proud to be a Flying Start Preschool partner. Our Flying Start Preschool program for 3 and 4 year olds is backed by the Office of Early Childhood Development. It ensures that our Preschool program is enriched by our teachers accessing specialised training, including in Trauma Informed Practice and Cultural Sensitivity. We also have access to the Preschool Boost funding that allows us to work with a diverse array of allied health professionals and other specialist services to respond effectively to the holistic needs of the children in our program.

Keeping Safe Curriculum

We are proud to implement the 'Keeping Safe: Child Protection Curriculum'. This is an approach to a child safety and respectful relationships developed by the Department of Education in collaboration with child protection experts, teachers, educational leaders and other professionals. It provides the framework to teach children in an age-appropriate way how to recognise abuse, talk to trusted adults and understand ways to keep themselves safe; including appropriate and inappropriate touching. This ensures that all of our Rosemont House children are empowered by access to this approved child protection curriculum. The program explores two main themes including: 'We all have the right to be safe' and 'We can help ourselves to be safe by talking to people we trust'. This is then broken down into the four focus areas of: The right to be safe; Relationships; Recognising and reporting abuse; and Protective strategies. The activities are structured in a sequential nature and at an age and developmentally appropriate level covering a range of topics.