



February 2022 Newsletter

Dear Parents and Carers

January was a busy and enjoyable month, with the children highly engaged by our different themes. Hopefully the children have shared lots of interesting facts about the birds, mammals and trees! As you will know, we have been working hard on independence and self-help skills. Well done to all those children who are now able to put on their own coats and to do up their own zips! What a great achievement!

Our Term 2 parent/carer consultation meetings will take place on Monday 6th, Tuesday 7th or Wednesday 8th of February 2023 and the Class Teachers will look forward to meeting with you then. On these three days the children will finish at 11am and no school lunches will be served. If you would prefer a telephone meeting please let your class teacher know in advance. Term 2 Reports will be shared at the parent meeting.

Safer Internet Day will take place on Tuesday 7th February 2023 and throughout this month, we will be raising awareness of how to use the internet safely in Nursery. Please find enclosed our information leaflets which may be useful when helping your child learn how to stay safe online.



Nursery will be celebrating World Book Day on Thursday 2nd March 2023 with a range of engaging literacy activities. The children are also invited to dress as their favourite book character and donate to the charity Book Aid. If you would be willing to come into Nursery and share your favourite story with a small group of children between 8.30-9am on Thursday 2nd March, please sign up using the sheet available on your child's classroom door from Monday of that week.

Themes

This month we will be completing mini-topics on Lunar New Year and Valentine's Day. There are lots of resources and activities on our 'Home Learning' tab on the website that you can use at home.

Important documents for parents/carers relating to e-safety are attached to this email. Please scan the QR code for our school policy. All our policies are available on the schools website at:

<https://www.knockbredanursery.co.uk/>



We will continue to learn about shapes, learning their names and counting the number of sides and corners of each shape. The children will also be working on learning to recognise their names, without the aid of their photos. Please support your child at home with this so they get used to recognising their name independently.

Phonics

While helping your child recognise their own name you may wish to introduce the letter names and sounds. We would encourage you to use the rhyme “This is the and it makes the sound.” For example the letter A “This is the A (Ay) and it makes the a (ah) sound.”

Alphablocks on CBeebies is a great way to introduce letter sounds and names.

More information can be found here:

<https://literacytrust.org.uk/information/what-is-literacy/what-phonics>



Free games:

<https://letters-and-sounds.com/index.php/phase-2-games/>



Cash for Clobber

Thank you for all your Cash for Clobber donations in January. As well as helping those less fortunate than ourselves by donating, we are also helping the environment by reducing the need for landfill.

Our clothing bank at the main entrance is available all year for continuing to recycle unwanted fabric items including reusable clothing, shoes, curtains, towels, sheets and blankets.

Important information

- Nursery will close for half-term on Friday 10th February 2023 at 11am - school lunches will not be served on this date. Half-term takes place from Monday 13th February until Friday 17th February 2023. School will reopen as normal on **Monday 20th February 2023**.
- A reminder that our drop off window is **8.30-8.45am**. After this time the doors will be closed and you will need to ring the bell and wait until a member of staff is free to open the door. Our teaching time starts at 8.45am prompt with our Welcome Time session in the Quiet Room.

Children's Mental Health Week



This year, Children's Mental Health Week is from 6th-10th February 2023. In our circle time sessions we will focus on our feelings and developing our coping strategies to deal with different situations.

More information and support can be found here:

<https://www.childrensmentalhealthweek.org.uk/>

<https://raisingchildren.net.au/preschoolers>



In this Newsletter we have included some ideas which may help your child to better understand the emotions they are experiencing and to make sense of the changes in their feelings.



THE STRESS RELIEF GIRAFFE



OUT OF
CONTROL

SCARED OF
LOSING
CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water





THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



10 Things to Say instead of Stop Crying



1. It's ok to be sad

2. This is really hard for you

3. I'm here with you

4. Tell me about it

5. I hear you

6. That was really scary, sad, etc.

7. I will help you work it out

8. I'm listening

9. I hear that you need space.

I want to be here for you.

I'll stay close so you can find me when you're ready.

10. It doesn't feel fair



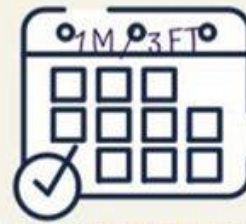
STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.



Glasgow Psychological Service
nurturing wellbeing and learning



Glasgow
CITY COUNCIL



Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

Five Steps to Wellbeing

Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

The value of outdoor play on Mental Health

Knockbreda Nursery School is committed to the value and importance of outdoor learning and the power of playing outside. We spend half of our play sessions outdoors as well as our weekly Forest School sessions. Being outside will help to promote your child’s physical development and will also help to lift their mood.

Knockbreda Nursery School is an accredited Forest School setting and the Northern Ireland Forest School Facebook page uploads simple outdoor activities with no specialist resources required:

<https://www.forestschoolorawards.org/cgi-bin/main.cgi?page=Family%20Zone;vat=1642760711>



Children's Mental Health Week
5 Outdoor Activities

- Monday**
Go outside and close your eyes.
What can you hear?

- Tuesday**
Stand in an outdoor space.
What is the weather doing?
What does it feel like?
How does it make you feel?

- Wednesday**
Can you spot any signs of spring?
How many can you find?

- Thursday**
Watch the clouds.
Look up at the sky in the morning, afternoon and early evening. How has it changed?

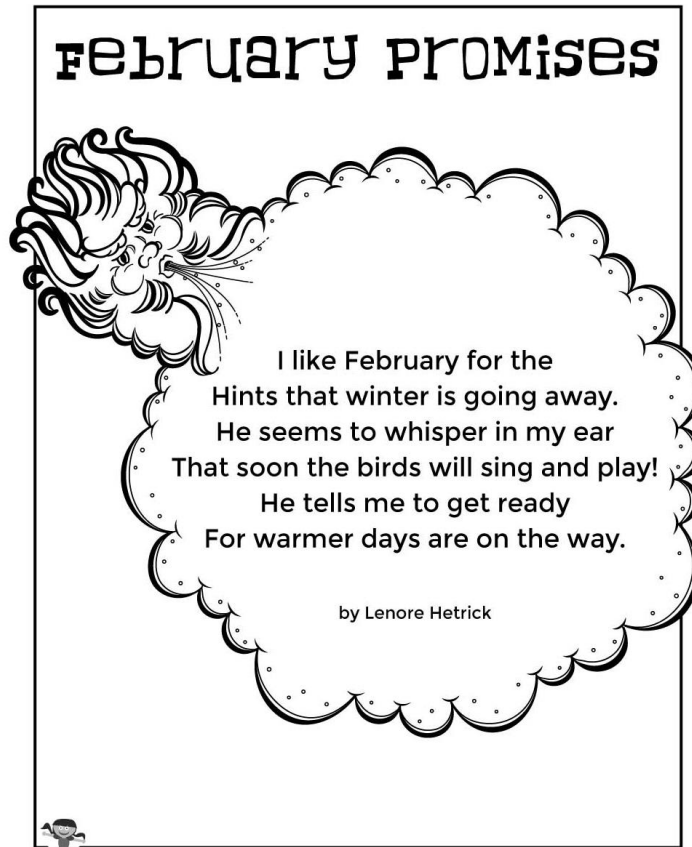
- Friday**
Have fun!
Go for a walk, play a game, run, jump, skip or hop.


Teach Outdoors
Learning Through Discovery
www.teachoutdoors.co.uk
@teach_outdoors

Diary Dates:

Date	Time	Event
Monday 6th to Wednesday 8th February 2023	Finish at 11am No school meals.	Parent/Carer Consultation Meetings. This is an opportunity to speak with your child's Class Teacher. Children will finish at 11am. No school dinners to be served on these days.
Friday 10th February 2023	Finish at 11am No school meals.	Half-term holiday from Monday 13th February until Friday 17th February. School re-opens on Monday 20th February as normal.
Thursday 2nd March 2023	All day	World Book Day- Dress as your favourite book character and donate to Book Aid.
Friday 17th March Monday 20th March 2023	Closed	School closed Children return Tuesday 21st March
Wednesday 5th April 2023	Finish at 11am No school meals.	Easter egg hunt. School closes for Easter and will re-open on Thursday 20th April, as normal.
Monday 1st May 2023	Closed	School closed for May Day.
Monday 8th May 2023	Closed	School closed for the bank holiday.
Monday 22nd May 2023	All day	World Day for cultural diversity. Celebrate with us as we learn about different cultures from around the world.
Friday 26th May - Tuesday 30th May 2023	Closed	School closed for the bank holiday. Children will return to school as normal on Wednesday 31st May.
Monday 5th, Tuesday 6th and Wednesday 7th June 2023	Finish at 11am No school meals.	Parent/Carer Consultation Meetings. An optional final term discussion meeting. Children will finish at 11am. No lunches will be served on these days.
Friday 9th June 2023	All day	Hats and Shades day.
Thursday 15th June 2023		Red Apples Celebration show at 11am. Green Apples finish at 10.30am. No lunches will be served on this day.
Friday 16th June 2023		Green Apples Celebration show at 11am. Red Apples finish at 10.30am. No lunches will be served on this day.
Friday 30th June 2023	11am finish	School closes for summer. No lunches will be served on this day.

February Songs and Rhymes



Family Love

I love you, you love me!
We're a happy family!
With a great big hug and a kiss from me to you!
Won't you say you love me too!

