

St Christopher's EYFS News

Friday 2nd February 2024

Happy Birthday!



Theo



Dates for your Diary

5-11.02.2024—Children's Mental Health Week

09.02.2024—St. Christopher's Stay and Play—wear something red to school to celebrate Lunar New Year

09.02.2024—Last day of half term

19.02.2024— First day of new half term

08.03.2024—INSET St. Christopher's and Sunflowers will be closed for staff training

It is hard to believe that next week marks the end of another half term!

The focus of our learning this half term has been exploring ways to stay healthy and this includes mental health. Next week, we will be participating in Children's Mental Health Week and we will be sharing resources and activities that you can use at home. If you would like a sneak peek, have a look at: <https://www.childrensmentalhealthweek.org.uk/>. Supporting children's personal, social and emotional development is always a high priority and is something we work on constantly. We do this in a number of different ways, from dedicated lessons such as myHappyMind to establishing clear and consistent routines and rules. It is the 'ordinary magic' found in day to day rituals and routines that help children feel confident and comfortable and this is when learning and growth happens.

Another important date for next week is Safer Internet day. We know that many children will have regular access to electronic devices and the internet. There are a whole host of resources available to support parents in setting up the appropriate security features and for starting conversations with children about how to stay safe online. Have a look at:

<https://saferinternet.org.uk/> and https://www.thinkuknow.co.uk/4_7/

Finally, we just want to give you advanced notice about one of our favourite events of the academic calendar...World Book Day! This annual celebration of books and reading will take place on Thursday 7th March and children are invited to come to school dressed as their favourite character. There is no need to buy a costume, some of the best ones we have ever seen were home made.

What have we been up to?



In Sunflowers we have been learning about everything healthy. We had the dentist come to visit and checked all our teeth. In the morning session the children have really been enjoying the hospital role play and construction areas. In the afternoon the children have been spending a lot of time in the craft area junk modelling and painting new artwork. In the garden the children have been bug hunting, using magnifying glasses and binoculars to look at the creatures we can find in nature.



In baby room they have really loved their doctor story shelf and have even tried their hand at threading, working on their fine motor skills. In craft they have been moulding clay and making pink and red themed art.

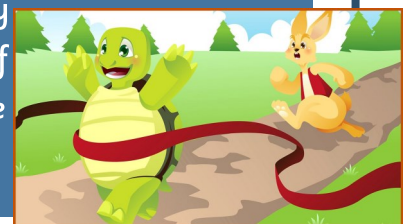


In the last fortnight, we have seen sharks invade our school playground which has required us to design some new shark tanks to keep everyone safe. We have also continued our learning about ways to stay healthy and this included a visit to the PRMC. The children had opportunities to

practise their bandaging skills, explore machines that monitor our health and visit the Dentist. This has inspired lots of the children's play back in school, any thing that moves is quickly sent to the role play area for a check up and a bandage!

In our story sessions, we have been working on the story of the Hare and the Tortoise and what messages we can take away from it. This is supported by our myHappymind sessions, which this half term have focused on our character strengths and the things that make us unique. The children have made their own special glasses to help them spot character strengths in their friends.

In art the children have been investigating the properties of clay while producing self-portraits and have re-discovered a love of paint. The children have also been very busy in the mark making area.



Teacher Jargon Buster—Safeguarding

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child

For more information visit: <https://learning.nspcc.org.uk/safeguarding-child-protection/>



Something to try at home...

Self-Regulation

Home Learning Challenges

Ask a grown-up to help you create a calm box or calm space in your home for when your emotions are feeling big. Choose things to add to your box or space that help you to feel better when you are feeling worried or angry. You



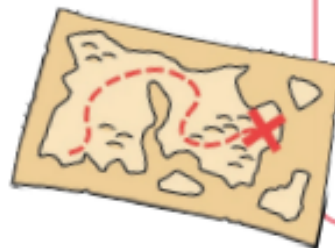
could decorate the box and add photos of special people and special places that you have visited.

Challenge yourself to complete a tricky puzzle or make a model with bricks. Are you able to keep working until you have completed the task? Talk about how you felt as you were doing the puzzle



or model and how you feel when it is finished.

Think about the things that make you happy. Draw or paint a picture of something that makes you happy and share it with a friend or grown-up. Talk about why it makes you happy.



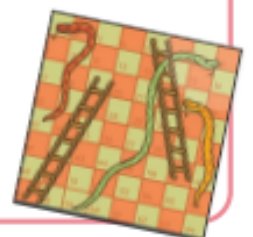
How are you feeling today? Draw a picture to show how you are feeling at the moment. Have you felt this way all day? Talk to a grown-up about some of the different feelings you have had and why. You may wish to create a feelings diary. Each day, draw a picture of how you are feeling.

How do your feelings change?



Ask your grown-up to send you on a treasure hunt. They will need to give you instructions about where to go and what to find. Can you remember and follow the instructions?

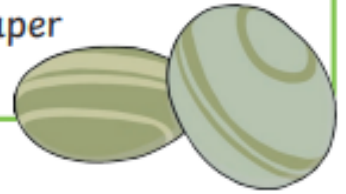
Play a game of snakes and ladders with your grown-up. How does it feel when you win the game? How do you feel when you lose the game?



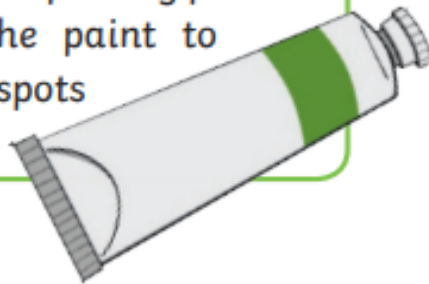
Pattern

Home Learning Challenges

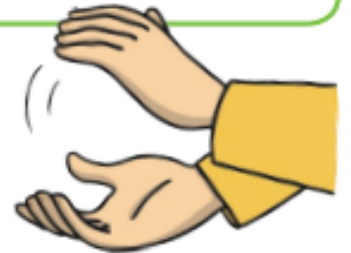
Collect a range of different leaves from outside. Can you make a pattern with their shapes or colours? What other objects can you find outside that you can make a pattern with? Can you find pebbles or sticks? How about fallen flower petals or seeds? You could stick them onto paper to keep the pattern or take a photograph.



Choose 2 different colours of paint and make stripes across the paper in the 2 colours. Remember to change colour each time, to make it a repeating pattern. Can you also use the paint to make patterns with spots or circles?



Ask a friend to clap a repeating pattern for you to copy. Repeat it back to them. Then, you clap a repeating pattern and see if they can repeat it. Try this with some other body percussion, including tapping on your legs, knees, shoulders and head.



Can you draw some animal patterns? Try black and white stripes like a zebra, yellow and brown spots like a giraffe or orange and black stripes for a tiger. Make up your own new animal skin pattern. What would your animal look like? What would it be called? Draw your animal and add the pattern onto its body.

