

Bright Sparks News

Newsletter No. 11

March 2017



Hello and welcome to Spring-hopefully! I hope you are having a lovely term so far and enjoying watching the emerging bulbs. With any luck I'll have flip-flops on my March. . A special welcome to new parents. Please feel free to contribute to the newsletters; you

Games to play

Auditory processing game:

Expanding Sentences

Child and adult take turns to increase the sentence length

"I watched T.V." "I watched T.V. on Wednesday"

"I watched T.V. on Wednesday and saw Neighbours"

"I watched T.V. on Wednesday and saw Neighbours with my mum".

Visual Perception activities:

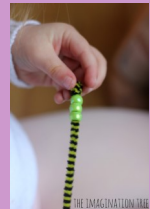
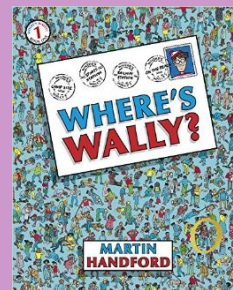
Where's Wally. Finding certain characters from a largest picture for example the 'Where's Wally?' images.

Fine motor skills

- Threading beads onto pipe cleaners. Threading pipe cleaners through a colander or sieve.
- When listening to a piece of music, in pairs work against each other to roll the dice and thread that number of cheerios onto the spaghetti. The winner is the one who has the most by the end of the song– a player can't roll the dice until their team mate has finished threading!

Random bit: Did you know?

Venus is the only planet that rotates clockwise.



APP safety

Technology moves fast these days and it's likely that your children will be using different apps to you, so how can you keep them safe? NSPCC and O2 have teamed up to help you

O₂ 😊 NSPCC
Let's keep kids safe online

do just that. Support includes an online video called 'Top child friendly apps that keep your child safe online' and there's a lot of information from the NSPCC about online safety including risks around using apps. There's also an online safety helpline with expert advisors, open 9-7 Monday to Friday, 10-6 weekends and 10-4 on bank holidays Tel. 0808 800 5002. Finally there's an online guide to apps that children might be using, this can be found at www.net-aware.org.uk. Whilst this doesn't approve apps, it does give parents information about the app, what to look for etc. so they can make a more informed decision about the suitability of them

Top tips: Remind children to think before they post.

Talk to children about where they go to watch videos or find information.

Remind them about how accurate information is and how people can present a different identity online.

Talk about the risks of sharing their own videos or live streaming. Once the content is out of their hands, they may not have control over who sees it.

Parenting support

Parenting is really hard! Knowing how to manage your child's emotions as well as your own can be a minefield of confusion. Did you know that the Family information service offers free parenting groups and support? Currently they are running the following courses:

Strengthening Families, Strengthening Communities- It will be a lot of fun and you'll learn some good stuff along the way like... How to encourage your child to behave the way you want. How you can build a better relationship with your child. Why your child sometimes behaves like that. Wednesdays 9.30am till 12.30 am Burton Green School, Clifton. There is a free crèche and lunch!

Time Out from Anger- This is a 4-session course consisting of 2 sessions looking at how parents handle their own anger and 2 sessions exploring how parents can help their children manage their anger.

Topics include: recognising and learning to deal with the early warning signs, educating stress, raising children's self-esteem, responding helpfully to children's anger and helping children find appropriate ways to deal with their anger.

This course starts 6th March 2017 and runs from 12.45-14.45 for four weeks. It is at Tang hall Primary School and applications and enquiries can be made to <http://fmy.org.uk/contact/enquire-about-this-course>

Staff Training

Glenys Engleman, Jane Collinson, Leah Hulse and Andrea Walton- Autism and Awareness training. This was extremely useful in understanding autism and the strategies we can use in school to support learning, social and emotional needs.

Lisa Solanki-Sensory Integration. This was the BEST course I have ever been on! I learned a huge amount about how to develop sensory processing skills.

Did you know that all our teaching assistants take part in staff training half termly? This is so we can be kept up to date with the best ways of supporting your children. This year we have run training on Attachment and traveller support.

Fishergate teaching assistants are amazing!

Sensory processing and support

I recently attending some fab training and it convolved looking at simple strategies to support sensory needs. The key sensory need it linked to core strength and stability. So a circuit to build this system could include:

- * Commando crawling, pushing obstacles, working on a gym ball on tummies. Anything done laying on tummies is brilliant, so reading, Lego or even watching television.

To develop the system relating to co-ordinated movements:

- * Badminton. Anything that offers resistance such as digging and building sandcastles.

To develop the system relating to tactile and taste needs:

- * Feely bags with different shapes and textured items, taste games. Guess the flavour of crisp?

Fancy a coffee and chat?

I would like us all to get together for a cup of coffee or tea on Monday 3rd April. From 2-3.15. This will be a great opportunity for you to talk to other parents and have a cup of tea/coffee and a piece of cake. As a parent it is always reassuring to chat to others about your child, especially those tricky things. In my case, my lovely child having enormous tantrums! Please let me know if you can come..



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