

Bright Sparks News

Newsletter No. 20

July 2023

Hurrah for the sunshine! Its nearly the summer holidays! I hope you have all had a good term and have some nice things planned for the break. There are a variety of great things happening in York over the summer-more details in this newsletter. Thank you for all your support this year. Please feel free to contribute to the newsletters; you can do this by emailing me. All contributions welcome.



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Games to play

Developing bilateral coordination

What is bilateral coordination?

It is an indicator that both sides of the brain are communicating effectively and sharing information during functional tasks. It is the ability to utilize a dominant hand and a non-dominant hand in activities indicates a maturation of the brain and lateralization in functional tasks, which is very important for motor planning, directionality, and visual motor skills.

In school bilateral coordination is needed for: using scissors, writing- including holding the paper and erasing Tracing, using tools such as rulers, managing clothing- buttons, zippers, snaps, managing lunch container, putting on and taking off a backpack, turning pages in books, managing and organisation skills in folders and backpacks.

TYPES OF BILATERAL COORDINATION:

There are three different types of bilateral coordination. Let's break these down.

1.) Symmetrical movements- Both hands do the same thing at the same time. An example of this would be pulling up pants or socks. Other activities that can work on this skill include

Holding a squeeze bottle with both hands at the midline to paint., Jumping rope, Jumping Jacks, Catching a ball with two hands, Holding onto a swing as it moves back and forth, Holding onto a rope in tug of war, pushing oneself against an object to propel oneself forward or backward against a stable object, Pushing oneself forward or backward against an unstable object.

2.) Alternating Movements- Using the two extremities in alternating motions. You will see alternating bilateral coordination with swimming or climbing a ladder. Activities to work on this skill include:

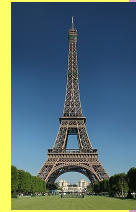
Riding a bike, Marching, Holding onto a swing, slide, or other object while using the other hand to move and manipulate toys or objects, Alternating movements with the arms or legs

3.) Dominant hand/Non-dominant hand- Using one hand to perform a task while the other assists is needed for many fine motor skills. This type of bilateral coordination is needed for writing, and cutting with scissors. Activities to work on this skill include:

Threading, Lacing cards, Colouring, Writing, Tying shoes

Random bit: Did you know?

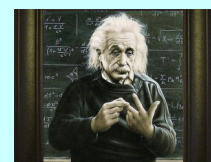
The Eiffel Tower can be 15 cm taller during the summer, due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.



Top Tips from parents

"Parenting is really hard and especially so when you have children with additional needs. Be kind to yourself and cut yourself some slack! If your child has shoes on that match you're having a winning day.

Parent of Y5 child



Summer Activities 2023

Yor-ok is a brilliant website linked to a range of support for families. There are a number of activities for the summer holidays on there and many are free. Have a look:



<https://www.yor-ok.org.uk/young-people/shine-new.htm>

maxcard

If your child has a disability or additional need, they will be entitled to a Max Card. This card provides free or discounted entry into many attractions across the UK. In signing up for the Max Card, you also sign up for our myFIS+ newsletter which provides enhanced information for families who have children with disabilities and additional needs. To sign up for the myFIS+ and Max Card scheme, please go to the FIS Newsletter sign up page:

<https://www.yor-ok.org.uk/families/FIS/myfis-sign-up.htm>

Useful activities



25 Speech & Language Strategies

Self Talk Talk out loud about what you're doing	Parallel Talk Talk out loud about what your child is doing	Repetition Repeat words over and over	Increase Opportunities Target the same word all day	Simplify Use short phrases and sentences
Add 1 Word Use 1 more word than your child is using	Model Tell them what you want them to say	Imitation Teach them to copy you	Visuals Show objects or pictures when talking	Sign Language Teach early sign language
1 at a Time Give only 1 so they ask for more	Give 2 Choices Do you want ___ or ___?	Sabotage Set it up so they need your help	Out of Reach Let them ask for what they want	Be Forgetful Let them ask for what they need
Be Silly Get attention with unexpected actions	Follow their Lead Talk about their interests	That's New! Explore something new	Verbal Routines Use the same words in daily routines	Sing Teach language using songs
Wait Pause and give time to respond	Make Comments More statements than questions	Open-Ended Questions Use Wh instead of yes/no questions	Pacing Boards Tap or clap to add more words	Say it Back Repeat back with stress on correct word

Speech & Language at Home

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York Inspirational Kids – a group for parents/families of children with a disability and/or additional need. . offering support, friendship, activities, training and outings for both children and their families who live in the York area.

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

Phone details:

01904 780880

In addition there is also a parent/carer forum.

Tea, coffee and chat

Thank you to those of who were able to attend our coffee afternoons this academic year.

Parents have felt these to be reassuring to chat to others about your child, especially those tricky things. They are always very informal and a great chance to chat and relax! All are welcome! So if you would like to come to the next one in the autumn term let me know what days and times work and I'll let you know when we arrange something. There is always cake!



Head teacher–Tina Clarke

Deputy Head teacher –Dani Rees

Inclusion leader– Lisa Solanki

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