

Bright Sparks News

Newsletter No. 23

March 2024

Happy Nearly Easter. This term has gone so fast. It has been lovely seeing the signs of spring and occasional days of warmer weather. 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.



Games to play

Developing auditory memory

Orienteering Type Activities- Give your child simple verbal directions such as "go to the gate, and return to me".

The gradually add more information such as "go to the gate, turn left, take 6 paces and return to me".

Messages- Give your child a messages of increasing complexity to give to another person pre-arranged if necessary!

Drawing to Instruction- Draw a basic outline e.g. a house or a person, and your child has to draw details as requested e.g. give the house a white door and 3 green windows".

Hand strength Development

Animal walks - pretend to be different animals e.g. bear, crab, frog etc

Wheelbarrow walking / scooter boards (on tummy)

Crab football - the child walks on their hand and feet with the tummy facing the ceiling

Playground equipment - let the child spend time playing on playground equipment that utilises the upper body e.g. the monkey bars, climbing, the swings

Cutting with scissors - vary the paper thickness

Crumpling paper using one hand - the child crumples thin paper into a small ball and throws into a bin or at a target. Do not allow them to use their body or the table to assist. Increase the difficulty by making the paper size and thickness bigger

Popping bubble-wrap or using a hammer and nails

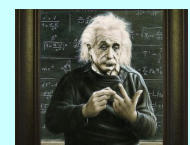
Random bit: Did you know?

Did you know that Mammoths still walked the Earth when the great pyramids were being built?



Top Tips from parents

Active Ignoring-This can be used for those annoying, irritating behaviours – giving cheek, moaning, arguing, pestering, silly noises etc. The more attention given to a behaviour, the more likely that behaviour will be repeated. Some behaviours can therefore be reduced, if they are actively ignored. However, If there is a risk of damage to the child or property, then this strategy is not appropriate.



Thank you to a parent of a Y2 child.

LOCAL AUTHORITY UPDATE

RAISE York is a new initiative pulling together services available to families. The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. The website provides links to Family Hub networks, activities and services as well as support on Health and well-being, finances and houses. RAISE York can be found here:

<https://www.raiseyork.co.uk/> If you're not sure where to find information or answers to your questions contact York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you.

City of York council have updated the Local Offer and SEND pages. All new information can be found here: <https://www.yorksends.org/>

Good ideas

In school we look at Behaviour as communication of a need. As a result we have been using the Zones of regulation programme as a way of helping children to develop their recognition of feelings, language to describe and explain them and finally strategies to help them feel calm (green)



Tea, coffee and chat.

Previously we have met during the school day for a chat and cake. If you would like to meet in the Summer term please let me know. It would be a lovely way to enjoy the Spring.

All are welcome! So if you would like to come to the next one let me know what days and times work and I'll let you know when we arrange something. There is always cake!

Yellow Zone	Green Zone
I need to take caution.	I am good to go.
 Worried, Nervous, Annoyed, or Upset	 Happy, Calm, Ready, or Okay
I can try these tools:	I can do these:
 Take a break, get a drink, walk, or inner coach	 Learn, listen, work hard, follow expected behaviors
Blue Zone	Red Zone
I am running slow.	I need to STOP.
 Sad, Tired, Bored, Sick	 Mad, Yelling, Mean, Hands On
I can try these tools:	I can try these tools:
 Take a break, talk to an adult, Ask for a hug or listen to music	 Take a break, talk to an adult, Take a Break, or Walk Laps

Head teacher—Tina Clarke

Deputy Head teacher —Dani Rees

Inclusion leader— Lisa Solanki

Contact details: Lisa.Solanki@fishergateschool.com

