

# Brambles Weekly News

WB: 19/02/18

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## Reminders

Please ensure that your child's green bag has a change of clothes in it.

For sickness or diarrhoea you MUST keep your child away from Brambles for a minimum of 48 hours from the last episode of sickness or first hard stool. Please notify Brambles by text or email if your child is unwell.

## Carpet Time

**Stories:** Come Home With Us! by Oxfam  
All kinds of People by Emma Damon

**Song:** Around The World We Go

**Rhyme:** Ring-a-ring-a-roses

**Focus:** Number 6, semi-circle and colour purple

## Upcoming Events

**Thursday 1<sup>st</sup> March**  
World Book Day  
More details to follow

**Friday 23rd March**  
Brambles Spring Sports Day  
11am – 12.30pm

## This Week's Learning

We have made a fantastic start to Spring 2 Term, with our new topic of, 'Near, Far, Where Ever You Are' which is all about our wider community. We have learnt that we live in a house, in Cambridgeshire, in England which is part of our world. We have learnt that we speak different languages, listen to different types of music and eat different kinds of food. Over the next few weeks we will be learning about the cultures of some of our friends in class.

## Something Special

### **Mini Moves**

Proprioception is your child's awareness of his or her body in space. We all have, in our joints, muscles, and so forth proprioceptive receptors. These receptors send signals to our brains to let us know when we are moving as opposed to staying still. They let us know where our body parts are in the first place! Our brain knows where our body parts are, without looking. It just knows. It's how we are able to drive a car, pushing our foot down on pedals when we can't see our feet or the pedals. This is all proprioception.

These suggested activities can be done anywhere, they will support your child in gaining more control and provided the muscles and joints with some good, hard, deliberate stimulation. Just as little as 10mins to complete a few of these activities before having a focused task such as bed time, a long car journey, cinema trip, reading together etc will have an impact on your child's concentration and focus.

### *Movement Monday*

Can you be a plank, a wheelbarrow, a bridge, a skittle or a superhero?



### *Tumble Tuesday*

Can you lay tall and roll? Can you be a ball and roll? Can you use your space hopper and roll forwards or on your back and stretch backwards?



### *Wiggle Wednesday*

Put some favourite music on and wiggle your toes, legs, hips, tummy, arms, hand and fingers!



### *Throwing Thursday*

Roll a pair of socks into ball and practice throwing them into a container under arm, to someone and to yourself. Outside try throwing a ball over head and see how far it goes



### *Free Choice Friday*

Choose three different activities that you have enjoyed this week and try to make some up of your own!

