

Brambles Weekly News

WB: 25/9/17

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Reminders

If you are going to be late dropping off your child for a session that starts at 11.30am there will be no one in the classroom, so you will need to go to the school office to drop off your child.

If you are late collecting your child at the end of the day, please telephone to let staff know as soon as possible. A reminder that Brambles finishes at 3.00pm and late fees are invoiced via the school office at a rate of £5 for every 5 minutes you are late. The doors will be closed by 3.10pm at the latest. Any children not collected at that time will be taken to the main school office for collection. More information is in the welcome pack.

Do you have any old Brambles sweatshirts that you no longer need? If so, please let Brambles know. Thank you.

Carpet Time This Week

Stories: All kinds of people by Emma Damon.
Watch out! Around Town by Claire Llewellyn

Song: Here we go round the mulberry bush
(but using different family celebrations)

Rhyme: Families

Upcoming Events

Wednesday 18th October Brambles individual photos

Friday 6th October Cake Friday 3pm

Wednesday 18th October Parents Evening 3.30 – 7.00pm

Thursday 19th October PTA meeting 2.00pm

This Week's Learning

We have been learning all about how some of us have straight hair and brown eyes and some of us have curly hair and blue eyes. Others have glasses or freckles – or both! We now know people come in all different shapes and sizes and have different interests and hobbies.

We met our Year 5 school friends for an autumn treasure hunt on the green on Thursday and Friday.

Something Special



Exploring W sitting

W-sitting looks like this: a child sits on the floor, his bottom is between their legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a "W". All children have the potential to begin the W-sitting habit.

WHY IS W-SITTING PROBLEMATIC FOR KIDS?

In this position, a child cannot achieve active trunk rotation and cannot shift his weight over each side making it difficult to reach toys that are outside of their immediate reach. It is so important for kids to be able to weightshift and rotate in order to develop adequate **balance** reactions (think of the ability to catch their fall when they are running) and for developing the ability to cross midline (very important for writing).

W-sitting causes the hip and leg muscles to become shortened and tight which may lead to "pigeon toed" walking and could increase chance of back or pelvis pain as they grow. One study also suggests that W-sitting as a preschooler may increase the likelihood of a child becoming flat footed in both feet (European Journal of Pediatrics, Chen KC, 2010)*.

WHAT CAN YOU DO TO HELP?

If a child is frequently in a W-sitting position, **core strength** may be an issue, which may lead to poor posture, delayed developmental skills, and overcompensation of other muscle groups. If your child is a W-sitter, there are a few things you can do to help him correct his sitting.

First and foremost, encourage other ways to sit on the floor. Side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important!