

Brambles Weekly News

WB: 20/02/17

Contact Information: Brambles Pre-School, The Green, Brampton, Huntingdon, Cambs. PE28 4RF. 01480 375063

Reminders

The children had lots of fun learning about First Aid and now it's the turn of the staff and parents. If you are interested in learning such an important lifesaving skill, Brambles are running First Aid Training at the end of August and you are welcome to join (there will be a charge). Please speak to staff for more details.

Carpet Time

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

Song: Around The World We Go

Rhyme: Around My Home

Upcoming Events

Monday 27th February
World Book Day
Dress up as your favourite book character

This Week's Learning

It may only have been a four day week, but we have made a fantastic start to Spring 2 Term, with our new topic of 'Near, Far, Wherever 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 our 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, etc, proprioceptive receptors. These receptors send signals to our brain 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 provide the muscles and joints with some good, hard, deliberate stimulation. Just as little as 10 minutes 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?



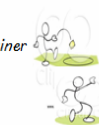
Wiggle Wednesday

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!

