

Sylvester Primary Academy

Early Years Newsletter

Spring Term- 7th February 2025



Nursery Class

As part of Children's Mental Health Week we have been learning about different feelings and emotions with the help of some characters from the film Inside Out. We thought about 'Joy' and talked about all of the things which make us happy. We made yellow happy paper plate faces to celebrate this. Also we thought about the emotions sad and angry. We had a visit from our puppet friend Jenny who was feeling very sad, but we managed to make her happy again by helping her solve her problem! We talked about how we can deal with angry feelings and practised some calming techniques. In Maths we have been learning about number 5. We had a number 5 shop and designed t shirts which would make number 5 happy! Also this week we have been talking about the importance of exercise to help keep our bodies and brains happy and healthy. On Move It Monday we went for a run around the school grounds. We also did some yoga and practised our balancing skills. What a busy week!

Relaxation Techniques:

Bubble Bounce: <https://www.youtube.com/watch?v=UEuFi9PxKuo>

Fish Breathing: <https://www.youtube.com/watch?v=O1hKRtDclXI>

Rainbow Relaxation: <https://www.youtube.com/watch?v=IIbBI-BT9c4>

Reception Class

This week we have continued reading our Literacy Tree text 'The Magic Paintbrush'. We have been thinking about the character of Shen and how she feels when she is asked to do something she knows is not right. In Maths we have been thinking about pairs and talked about how we have pairs of socks and pairs of shoes etc. This then led us to thinking about how sometimes their can be an even number or an odd number.

In our continuous provision time we have been working on our fine motor skills. The children have been practising using scissors and working on following lines. If it is possible to do so safely at home please try and encourage your child to work on their cutting out skills. This will help them develop their coordination and support their pencil grip.

Key Dates:

Reception Class- Stay and Play

Thursday 13th February 2025- Parents will have the choice of attending a session 9-10am or 2-3pm that day. We will send letters out nearer the time so that you can indicate which session you would prefer.

Reminders:

Reception PE Days- Miss Ball's Class (Tuesday) Miss Tomlinson's Class (Thursday)

Just a reminder for Nursery and Reception, if you are in a position to be able to do so we kindly ask for £1.00 a week snack money. Thanks

Reception children were all given book bags earlier in the school year. Can you please ensure that these are brought into school each day as we are trying to encourage children to put their pictures and things to take home in them. Thanks

Reading Books in Reception- If your child has a reading book (not all children do yet) can you please bring them into school on a Tuesday. If you could please encourage your child to have it out of their bag as they approach the classroom door that day it will help us to ensure we do not miss changing any books. Thank you for your support.