



## **Pre-School Newsletter 2**

### **Brrrrr! It's getting cold out there!**

One of the most wonderful things About our Pre-school Day is the opportunity to spend time outdoors.

As you know, being outside has fantastic benefits for our physical health and mental well-being. It also helps many areas of your child's learning and development including:

- Strengthening muscles.
- Negotiating turn taking.
- Improving hand to eye co-ordination.
- Problem solving.
- Thinking creatively.
- Developing friendships.

Please can we ask that your child comes to school every day prepared for learning in the outdoor environment- whatever the weather!

### **A few tips for feeling warm, comfortable and dry when learning outside:**

- Wear a warm, waterproof coat with a hood.
- Wear a hat, scarf/snood, gloves/mittens.
- If it looks like wellie weather, you can bring wellies to Pre-school.

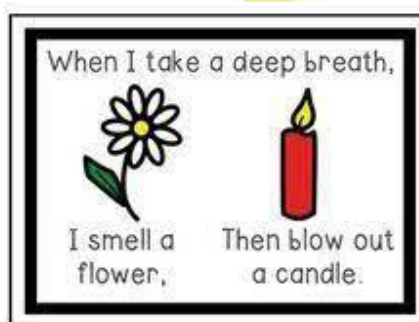
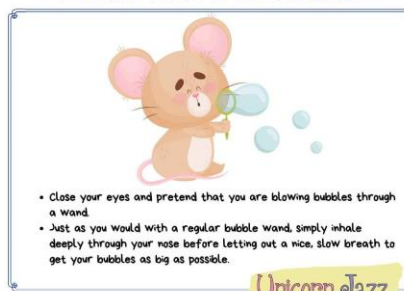
### **Feelings, Emotions and Self-Regulation**

At Pre-School we have been continuing to explore and manage our feelings. We understand the importance of sharing with our friends and waiting for our turn.

We have been learning about ways to Relax and Regulate our emotions through various breathing techniques.

You may find some of these strategies useful at home.

## **BUBBLE BREATHING**

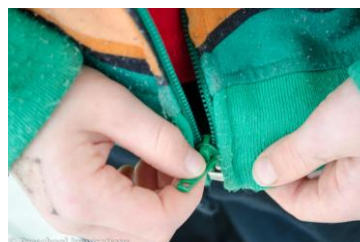


I pretend I am holding a mug of hot chocolate. I sniff slowly with my nose. Then I slowly blow on the hot chocolate to cool it down.

### **How to help at home - a few key areas**

- Promote independence in managing coats and attempting zips.

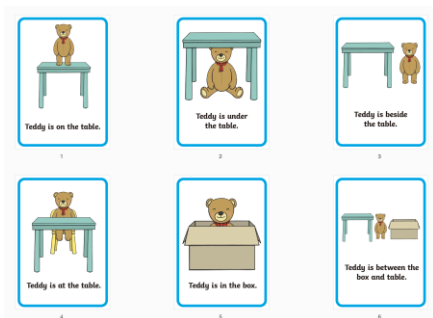
We talk about putting the train in the tunnel.



- Encourage children to put on items of their own clothing in the morning or before bed.
- Continue to promote independence when using the toilet.

### Some of our learning.

In Pre-school we have been using prepositional language such as in front of, behind, beside, above, under.



We have been using language to describe size e.g. big, bigger, large, small, long, longer, short, shorter, shortest.



We have been sorting and sequencing routines and encouraging the use of language e.g. first, next, after, before, later, morning, night, today, tomorrow, o'clock.



We have been singing days of the week and months of the year songs as well as other nursery rhymes.



Congratulations to all of our Pre-school children who have turned 4 already. Happy Birthday to those who have a Birthday coming up in December!

Holly, Daniel and Jacob.

And finally, we have been doing lots of practice for our Christmas Nativity!

The play is on Monday 19<sup>th</sup> December 2022 at 10.45am in the School Hall.



Please could we ask that you practice singing the first verse of 'Away in a Manger' at home with your child.

**Away in a manger, no crib for a bed,  
The little Lord Jesus laid down his  
sweet head,  
The stars in the bright sky looked  
down where he lay,  
The little Lord Jesus asleep on the  
hay.**

Thank you for your continued support.

Miss McGuinness, Mrs Lavery & Miss Bunting

