

# CHOLSEY PRE-SCHOOL

Newsletter 17  
February 7th 2020

## This week we have.....

Been joining in with Children's mental health week and looking at their theme 'Find Your Brave'. We have been speaking to the children about what being brave means to them. We had some lovely answers to this question

Being brave is going on holiday on an aeroplane.

Being brave is doing the thing that scares you.

Being brave is trying something new.

Spoken about other situations that you may be brave in and also that it is ok to not be brave all the time.

Had some lovely mindfulness activities out for the children to try.

Had some wonderful meditation time, the children go and get their cushions, lay down on their backs and get ready for some meditation time. One of our children also asked if they could take charge of the meditation and did the first two minutes of talking the children through the breathing techniques. This was then followed with one of the mediation sessions from our cds. Meditation is great for the children, it is some time they can relax, use their imagination, listen to instructions and learn about their bodies.

Been outside using the big building blocks and making pirate ships, finding what we needed to make the sail.

Been making the most of our new look reading area, looking at all the books we have, listening to stories and also using the puppets to tell a story. Goldie Locks and the 3 Bears was very well acted out by some of our children. This is a wonderful display of understanding the story, acting it out, working with each other and using the puppets to do the actions.

**Dates for your Diary (please check Newsletters, Notice boards and Website regularly for updates)**

**Internet Safety Day**

11<sup>th</sup> February

**Term 3 Ends**

February 14<sup>th</sup>

**Term 4 Starts**

February 24<sup>th</sup> 9am

**Reading Workshop**

March 5<sup>th</sup> 4pm (Details will follow soon)

## Getting School Ready...

So you are having a lovely time playing and then you need to tidy up.

Do you get;

‘No’

‘I’m tired’

‘I didn’t do it’

‘I need a wee’ to name a few?

Don’t worry we get it to, but tidying up is a part of Pre-School and School.

We know it can also be easier/quicker to put the toys away yourself rather than face this particular battle but please do persevere as it will benefit your child in the long run.

At Pre-School we like to give all the children a 5 minute warning before tidy up time so they can finish off whatever they are doing, that way they aren’t disappointed/annoyed/upset/angry when it happens.

We then try and make tidy up time fun, sometimes with beat the timer which seems to be a favourite.

We encourage and praise good putting back and also role model tidying up ourselves.

Try some of these at home and see if it can make a difference in your tidy up time at home. Remember to keep going if it doesn’t work that well the first time.

## This Week's Highlights

**Monday**

Mindfulness

**Tuesday**

Being Brave

**Wednesday**

Relaxation

**Thursday**

Yoga

**Friday**

Being healthy

## Things to do at home

### Listening

Listening is a really important skill to have, it is an important part of being able to communicate. By speaking to your child you are helping them to develop their language and communication and this is the same with listening.

Listening is a skill that needs practice to make it work to the best of its ability. Pre-School children go through single channelled stages, where they can focus on one thing, then whilst playing they may turn towards you to dual channelled which is being able to carry on doing an activity whilst listening to you.

At Pre-School we practice our listening skills all the time, small group times, large group times, free play, snack times, lunch times, story times, it is ongoing.

As adults it is important to role model good listening skills, get down to their level, make eye contact, ask open ended questions and take time to listen to their answers (even if this takes a few minutes), show interest in what they are saying. You can also use this time to increase their vocabulary by adding in extra words or repeating a word they have trouble saying the correct way without making them self-conscious.

Click on the link below for more regarding listening and how it can affect your child's development.

<https://www.teachearlyyears.com/learning-and-development/view/learning-to-listen>

This week try some listening activities with your child, remember it all helps with their overall wellbeing.

Play a game of musical statues!  
They are listening out for when the music stops.

Whilst reading a book, stop every so often and ask them questions or find an object in the picture.

Limit background noise

Encourage groups of children to take turns in listening and speaking. Sometimes we use a toy and if that child has the toy it is their turn to speak.

Give them feedback and praise when they are doing good listening.

Get outside and go on a listening walk. Stop and listen to the sounds that are going on around you and see if you can identify them.