



Broadhembury Church of England Primary School
Honiton
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4th February 2022

Dear Parents,

The Class 1 children have been working with Councillor Adam Powell to create a Tree Trail around the village. Last week, they walked the trail and learned about 10 trees around the village. Using their map reading skills, they followed a map to get to each tree and found out from Adam, all about the leaves, stems, buds and bark of each tree. On returning to school, the children drew a huge scale map of the village and placed the samples that they had collected in the correct place on the map.



In the afternoon, the Class 1 children used their well-honed skills of sketching and watercolour painting to create scientific pictures of each of the 10 trees - labelling different features of each tree. The children are now working on creating a brochure containing information about each of the 10 trees with pictures and artwork. This will be printed and used for visitors to Broadhembury to follow the Tree Trail. A big thank you to Adam for all of his input and time.



Proprioception is an awareness of the position and movement of the body. Many of the activities that we do with the Early Years children in our Leap into Life daily P.E. session help to develop this sense. Activities set up in the classroom provision give the children opportunities to practise this.

Here are some really simple activities that you can do with your child at home to help develop their proprioceptive skills. Challenge them to complete some each day!

Kids Master Skills

Ways to Provide PROPRIOCEPTIVE Activities at Home

RESISTANCE WORK!

- Push chair, table, or heavy box
- Pull wagon; Jump on bed; Hang from bars
 - Sweep floor; Wipe counter;
- Push feet on theraband on legs of desk
- Pull on a rope tied to a doorknob or tree

CARRY & CLIMB!

- Carry books; Carry backpack; Stack chairs
- Toss, roll, carry, and catch a weighted ball
 - Wear wrist and ankle weights
- Rearrange a shelf of cans and boxes
- Climb on outdoor play equipment

ANIMAL WALKS!

- Slither like a snake; Slide like a worm
- Creep like a spider; Crawl like an ant
- Bear walk with hands and feet on floor
 - Cat walk and arch your back
 - Pony gallop on hands and feet

MUSCLE WORKOUT!

- Knee push-ups; Wall push-ups; Chair push-ups; Planks; Long jumps
- Play tug of war; Commando crawl
- Crawling/Creeping obstacle course
- Wheelbarrow walk; Yoga poses

ORAL MOTOR INPUT!

- Chewy jewelry; Vibrating oral toys
- Suck a candy; Drink from a straw; Chew gum
- Drink from water bottle; Eat crunchy foods
- Blow bubbles; Blow a whistle; Blow pompoms across a table; Blow into pop tubes/straws

SQUISH AND BE SQUISHED!

- Give and get bear hugs and massage
- Squish between cushions; Roll in blankets
 - Stress ball; Playdoh; Theraputty
- Weighted lap pad/vest; Compression garments
- Squish under therapy ball; Joint compressions

Dr. Lisa Marnell, Occupational Therapist www.KidsMasterSkills.com

Don't forget Class 1 have a visit to Honiton on February 10th. If you have not already returned the permission slip, please can you do so as soon as possible.

This month, Class 2 went on an exciting, immersive and informative trip to Tiverton Museum as part of their Victorians topic. The children got to experience a lesson in a Victorian classroom, where they learnt about the many strict rules children would have to follow - some even endured the back straightener! Later, they had hands-on experience, exploring items that would have been found in the Victorian home such as a chamber pot and a ceramic hot water bottle.



The children were fascinated to learn that John Heathcoat's lace factory in Tiverton was the proud maker of Queen Victoria, Queen Elizabeth II and Princess Diana's wedding veils. They also discovered John Heathcoat's factory conditions were much nicer than many in the height of the Industrial Revolution in Victorian times.



This excellent experience provided inspiration for the children's diary writing in the role of a Victorian child in literacy. They have written detailed entries which really show off their understanding of what life was like for children in this time period.

Thank you all for your continued support.

God bless and have a lovely weekend.

Best wishes from Katie Gray and the staff at Broadhembury CE School

Key Dates - Spring Term 2022

7th February- Futsal at HCC, Trip for some of Class 2.

8th February- Safer Internet Day.

10th February- Key Stage 1 Trip.

BROADHEMBURY BRIDGES

Class 1:

Aria - for being such a good learner in Reception.

Albie - for being such a good learner and always trying his best.

Freddie - for being such a good learner in his phonics and computing.

Emily - for being a super learner all week and really engaging in our Tree Trail, asking some super questions and producing some tremendous work.

Class 2:

Connor - for his attitude to learning and kindness to others.

Harrison - for using his initiative and being helpful to others.

Alfie - for his perseverance in learning.

Blake - for being joyful, happy and always wearing a smile.

Well done to you all - what super learners you all are!

Question of the month

Class 1: Why do we need trees?

Class 2: How was a Victorian school day different from a school day today?

Reminders:

Safer Internet Day - Tuesday 8th February.

The theme of this year's event is to #PlayYourPart in creating a better internet and the children will be exploring respect and safe relationships online. They will take part in a range of activities such as creating a school e-safety mascot in art and writing letters of advice for worries or concerns in literacy.

Drop off and Pick up

Please can all parents and carers remember to keep 2 metres apart at drop off and collection time. This is important for all of our safety to reduce the spread of Covid-19. If possible adults and teenagers should wear masks outside the school gate. Thank you for your help with this.

Free School Meals

If your circumstances have changed as a result of the Covid-19 crisis your child may have become eligible for free school meals. This will also bring extra funding to the school, which will be used to help your child. For an instant decision or to learn more please go online at

<https://www.devon.gov.uk/educationandfamilies/school-information/school-meals>.

Wellbeing

There has been much press in recent months about children's mental health. As part of our drive to support this we are going to include something each month in the newsletter about Health and Wellbeing. We hope you find this section useful. If you have any topics you would like us to find some helpful tips about, please let us know.

Today in school the children have dressed up as Rockstars to raise money for the NSPCC. As you know the NSPCC works to protect children today and prevents abuse tomorrow, to transform society for every childhood. Along with all the essential work they do protecting children from abuse and harm they also use their website to inform parents about how to support their children when they are anxious. Please follow the link below for further advice. Thank you for all of your generous donations.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>



[How to Help Children Suffering From Depression & Anxiety | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)

Whether you're working from home for the first time or supporting children with anxiety due to COVID, we've got tips and advice for you. Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. Signs of depression or ...

www.nspcc.org.uk

Collective Worship Activity

This term we will be focussing in school on the value of Hope. We hope your family will find these ideas helpful as you explore the value and have fun together. If the children bring back something that you have done at home linked to the Collective Worship activity, or can talk about a discussion they've had at home linked to it, then Mrs Gray will award them with a new special sticker.



FAMILY FOCUS

Spiral of Hope

Start with a circle of paper or light card and draw a spiral. On the spiral write a **hope** or dream that you have that will make the world a safer, cleaner or more healthy place to live. Cut along the lines until you get to the centre, leaving a circle in the middle. Make a hole in the middle so you can hang your spiral from a thread.

(You may want to practice drawing a good spiral on some scrap paper before you start.)

