

The Weekly News

BROADHURST SCHOOL NEWSLETTER | 23 JUNE 2022

DEAR PARENTS,

We have enjoyed wonderful weather this week which has enabled us to get plenty of practice in for Sports Day coming up on 5 July. We hope that the information you have received this week explains how the day will run. The only thing we cannot plan for is the weather, of course, but we are optimistic for a fine day and look forward to seeing you all there.

END OF YEAR PARTIES

We will be giving the children an end of year party in school on Tuesday 4 July. The children are welcome to dress in party clothes or fancy dress for the day and we will be having a treat of ice creams and ice lollies along with playing some party games and generally having fun!

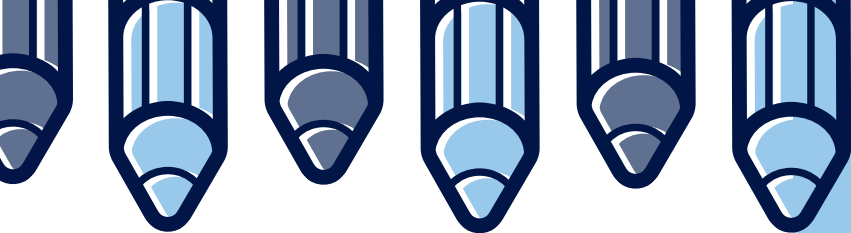
NURSERY CONCERTS

We have had a fantastic run of performances from our Nursery children this week which have been a delight to watch. It is so wonderful to see how much the children have grown up over the year and even from the time they performed at Christmas to now. We always feel that the concerts show how much confidence the children have built and how, for most, the time has now come for them to be moving onto their next schools ready to face new challenges ahead in September. My thanks, as always, go to the teachers who have worked so hard to write, produce and direct the shows and to prepare the children so well for the performances.



Mrs Sylvester

B
BROADHURST
School



LET'S TALK ABOUT THE CURRICULUM

BY MRS ROBERTS

MINDFULNESS IN THE EARLY YEARS

Mindfulness is awareness of the present moment and acknowledgement of one's feelings, thoughts and bodily sensations.

In an over stimulated and busy world, practising mindfulness with children can help deepen their understanding of emotions, support learning function and develop self regulation.

How can we support mindfulness in the early years?

BEING MINDFUL EVERYDAY

We can implement mindfulness into our daily routines, for example, asking children what they can hear on their way to school, what they can smell when eating and closing their eyes when outside to isolate the sounds they hear. Encouraging children to be present can help alleviate anxiety.

MINDFUL BREATHING

This can help calm both adults and children and support self regulation. Breathing in for a count of four, holding the breath and then releasing the breath for a further count of 4 can help manage faster breathing and return children back to a calmer state.

YOGA

Moving slowly and stretching the body can lift children's mood and encourage a sense of calm.

GUIDED MEDITATION

There are many audio guided meditations for children online and can support concentration, self awareness and imagination . Listening to audio books can also support early reading skills. Guided meditations should be short and provide time to relax in a comfortable and quiet space.



CLASS 3 NEWS

BY MISS CHLOE

This week Class 3 have been learning all about rain. They enjoyed listening to the sound of rain and sharing their ideas about what happens when it rains.

Then they created rain shakers using rice and lentils and enjoyed turning them to hear the sounds of rain.



IN MATHS...

this week we have been practising matching the numeral to the correct quantity up to ten. Class 3 have made lots of progress and some can already complete this independently.



IN PHONICS...

the children learnt the letter sound 'k' and began to identify objects with the matching sound. We practised tracing the letter 'k' and created a kite to help us remember the sound.



We are very excited for more learning next week!