

**A VERY WARM WELCOME TO OUR NEWSLETTER**

Welcome to the January edition of our monthly newsletter, which will keep parents up-to-date on what is happening in our school. We would like to take this opportunity to wish everyone a very Happy New Year and wishing all our families the very best in 2022. Due to the ongoing high numbers of Covid 19, we greatly appreciate your ongoing support in the systems we have in place including continued mask wearing at drop off and pick up times, ensuring your child is kept at home if they are sick in any way and seeking medical advice.



Just a reminder of the different clubs that are available to our morning classes, which are an ideal way for furthering children's social skills, in a fun environment.

**Morning Clubs Monday – Friday**

Class 1      8.30 am – 9.15 am  
 Class 2      8.30 am – 9.30 am








**Afternoon Clubs Monday – Friday**

Class 1      12.15 pm – 1.15 pm  
 Class 2      12.30 pm – 1.30 pm

**Monday – Lego**  
**Tuesday – Science**  
**Wednesday – Buntas/Keep Fit**  
**Thursday – Arts & Crafts**  
**Friday – Free Play**

School Tracksuits (€30) and Hoodies (€15) are available to purchase throughout the year (subject to availability). Should you require any further information on any of the above clubs and/or wish to purchase tracksuits/hoodies, please speak to a member of staff.

**Quick ways to CALM down!**  
**Sea Life Sensory Solutions.**

			
<b>Puffer Fish Puff</b>	<b>Clam Cuddle</b>	<b>Turtle Tongue</b>	<b>Starfish Stretch</b>
Puff your cheeks like a puffer fish!	Cuddle yourself like a clam.	Poke your tongue out like a turtle pokes out its neck.	Stretch out like a starfish.
Fill your cheeks with air and hold for 5 seconds.	Place your hands on the opposite shoulders and squeeze.	Stick your tongue out and quickly hide it again.	Place your arms up over your head and stretch out wide. Stretch your legs out wide too.
			

Your Kids OT

**Recycling Made Fun**

Recycling is an activity that the entire family can get involved in and it's a great way for your children to get creative and a good concept to promote as parents and educators. Children will see that recycling goes beyond simply putting things into our green bins. By repurposing items before throwing them away, children will learn that making new items from recycled items reduces waste. There are lots of fun activities that can be done using recycled materials in our homes including make a hanging garden by using large plastic bottles as hanging planters or making plastic bottle birdfeeders. Instead of throwing away toys your children are done playing with, help them choose some to be donated and reused by other children. Lots more activities can be found at <https://www.naturespath.com/en-us/blog/19-activities-kids-learn-recycling> <https://handsonaswegrow.com/free-recycling-activities-kids>

We will have lots of fun in KBM during our Recycling Week.

*Along with following the children's emergent interests, our themes for the month of January will include:*

Recycling  
 Healthy Eating  
 Dental Hygiene