

A VERY WARM WELCOME TO OUR NEWSLETTER

Welcome to the February edition of our monthly newsletter, which will keep parents up-to-date on what is happening in our school. **Just a reminder we will be closed on Monday 6th for the February Bank Holiday and Mid Term Break will be from Monday 13th – Friday 17th February 2023.** We would like to take this opportunity to congratulate Aoife and Anna in Class 2 on the safe arrival of their new baby brother Fionn and our very own Siobhán and Niall on becoming proud parents to baby Lily May. Comhghairdeas.

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)

School CLUBS

Currently we have availability in all our Morning Clubs in Classes 1 and 2. These clubs are an ideal way for furthering children's social skills, in a fun environment. Please note we have very limited availability in our Afternoon Clubs in Class 1 and a waiting list applies for all our Afternoon Clubs in Class 2. Please speak to a member of staff or text us for further details.



While the children in KBM regularly carry out acts of kindness, which are always lovely to witness, we have introduced our Random Acts of Kindness Doors for the month of

February. When we see any child helping another child or teacher, this will be documented and displayed on these doors. Although this has only been introduced this week, the children are already loving it.



Monthly Observations

Every half term via WhatsApp we send parents an observation carried out on their child, but you may be asking yourself what does each observation mean and why do we do them? Observations allow us to understand each child's developmental progress, their strengths, abilities and interests and also their dislikes. They help us as Early Year Educators to evaluate our own work...is an activity too easy or too hard? What type of interaction does a child like from us when doing an activity – are they happy to do it solely by themselves or are they looking for more engagement from us? Observations also help us plan more developmentally appropriate activities for each child. We share these observations with parents to provide regular communication celebrating every child's progress and share their learning experiences in KBM with you. These observations can be done as an individual observation or as a group activity and carried out in different formats, e.g. written, a video, or simply just a picture of a painting/drawing a child is doing (NCCA, 2009). We hope you enjoy receiving these observations from us throughout the year.

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

Random Acts of Kindness/Valentine's Day

Pancake Tuesday 21st February 2023

Emotions