

# Curnow School



# Newsletter

## January 2022

Happy 2022, and what a busy start it has been in school! Sadly the effects of Covid continue to present us with daily challenges and our focus remains on keeping the children and staff of the school safe. We are still following the guidance of the DFE and the NHS to ensure that best practice is adopted and update risk assessments in line with their advice.

Despite this we are beginning to see glimmers of our old 'normal'. Children have started to access swimming again which is fantastic to see. The groups that have been, have made it look like they have never been away! Rebound therapy groups have started at Upper School (see pages 6 and 7) and we are anticipating the opening of the newly revamped hydrotherapy pool very soon.

We are very excited to be taking part in Place to Be's mental health week. The pandemic and its changes and restrictions have affected everyone so it is great to be able to share activities and events with the children aimed at supporting good mental health.

### Dates for your diary!

**Mental Health Week—7-13th February**

**Dress to Impress day—Friday 11th February**

**Feb 21st—Feb 25th  
Half term**

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# Lower School News



## News from Eden Class!

We have loved learning through The Gruffalo story!



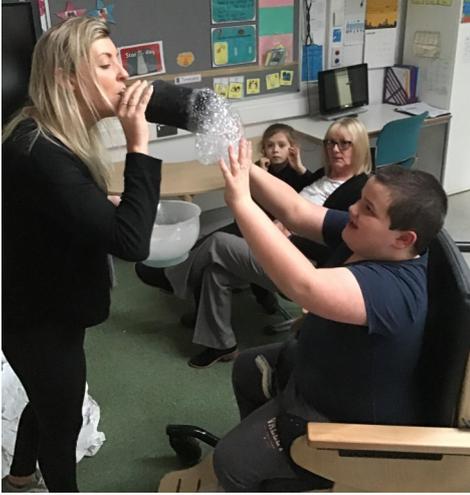
We developed our mark making skills by painting the Gruffalo as a team effort!



# Lower School News



We have been enjoying and engaging well in our attention autism bucket sessions!



Enjoying sensory sessions to make snakes from our sensory story!

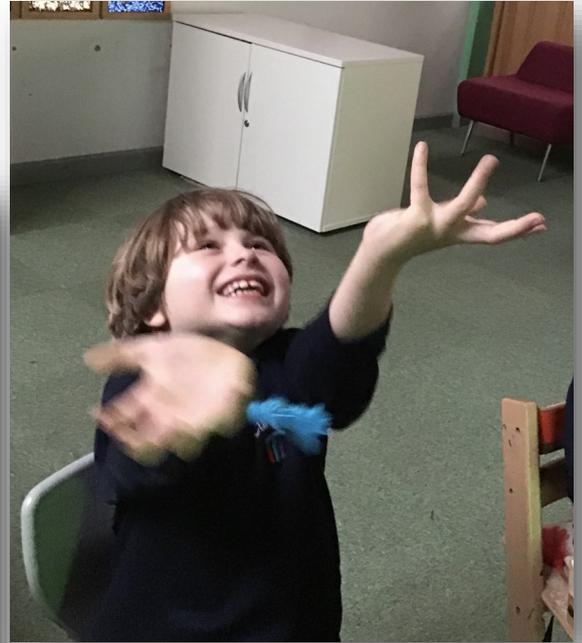


Following instructions to make a Gruffalo crumble!

# Lower School News



Using all our senses in  
Our Gruffalo Sensory Story



Enjoying the winter sunshine and  
making friends!

# Lower School News



Learning to copy actions, find the pulse and experience different kinds of music through parachute games and songs, whilst having lots of fun with our friends!



We have been finding out about sound. Here we are with our very own glass jar xylophone and having a lot of fun (and making a lot of mess) with cymbals and shaving foam!

# Upper School News



We have started our Rebound Therapy Sessions at Upper School this term and will be giving everyone a go on our lovely new trampoline before we decide on groups. For pupils who want to have a go we will offer 4 week focused slots to work on balance, core and movement targets alongside speaking and listening and communication targets. We will also be starting our tasters for pupils who need the assistance of equipment to get on in the coming weeks

The girls were the first to have a go in Fistral Class and did very well navigating the big soft steps to get onto the trampoline



Isabelle liked how it felt when the bed moved underneath her while Savannah enjoyed supported bouncing

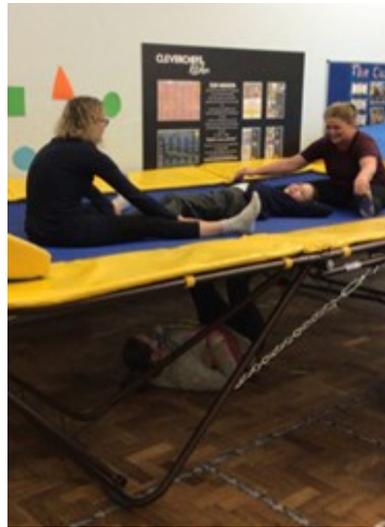
# Upper School News



Tolcarne Class was full of budding professional bouncers with Phoebe enjoying a lovely back massage after her go



Beautiful balance and following instructions on show in Tolcarne Class

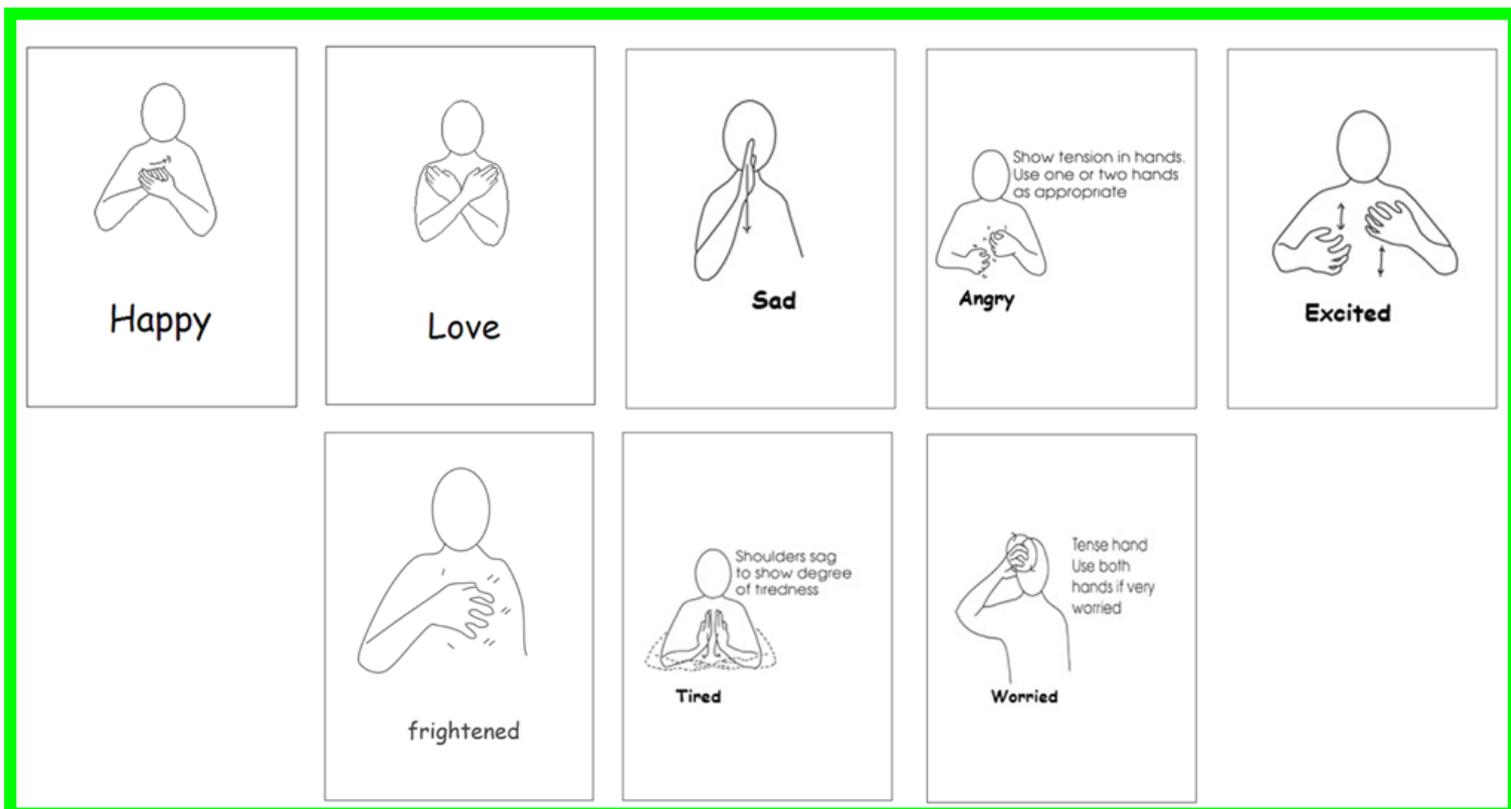


# Communication focus



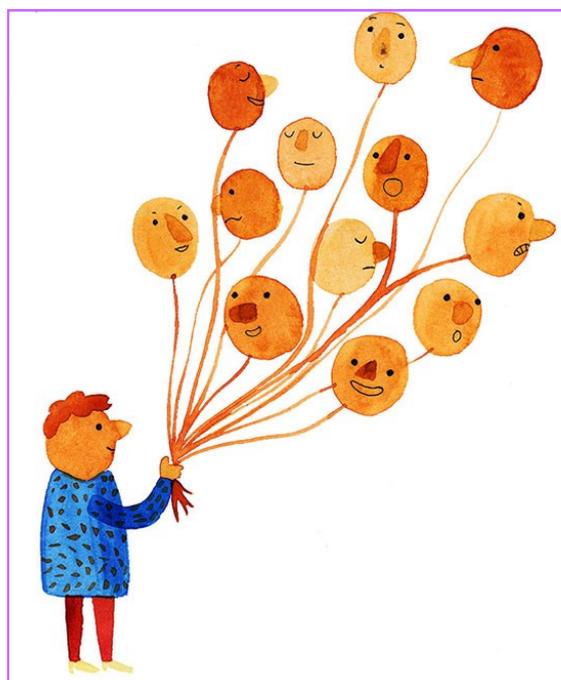
## Mental health week.

To support your child during mental health week you might like to focus on how they are feeling. Here are some Makaton Signs to support you with this at home, and on the following page a core board.



## Tips for teaching children about their emotions.

- Label emotions as they happen. This can be yours, your child's or what they are seeing. It will help them to associate language with feelings.
- Validate how they are feeling by acknowledging feelings—'It looks like that made you feel very sad', 'I can see that you are really happy to see your friend'.
- Separate the feelings from a reaction. While the behaviour may not be appropriate, the emotion that evoked the reaction needs to be accepted.
- Teach children ways that they can deal with their emotions, e.g. using a calm space.



# Communication focus



Basic Emotions Board  
[www.SpeechAndLanguageKids.com](http://www.SpeechAndLanguageKids.com)



tired



hungry



thirsty



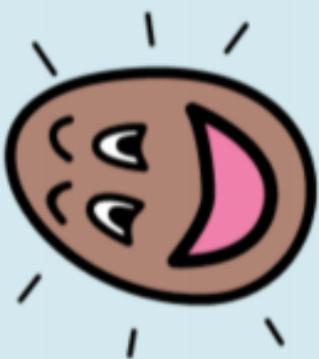
scared



frustrated



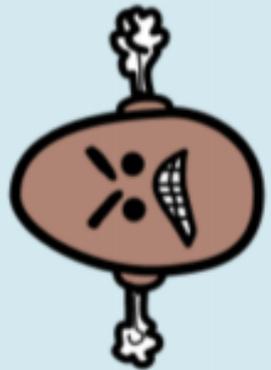
hurt



happy



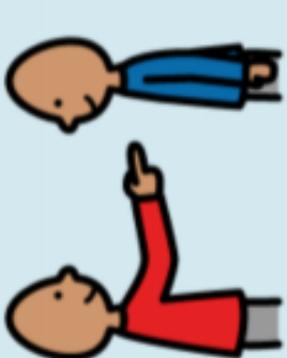
sad



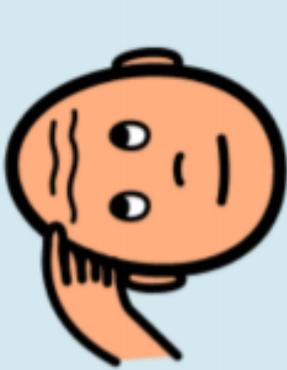
mad



I



You



feel



## Children's Mental Health Week 2022 - Growing Together

From 7-13 February we will be taking part in Children's Mental Health Week. This year's theme is **Growing Together**.

Classes will be completing work and activities to support the children's understanding of feelings, emotions and their own wellbeing. They will be learning ways to support their own wellbeing such as yoga, breathing techniques, how to label how you are feeling and who to talk to when you need help.

The week will finish with 'Dress to Express' day on **Friday 11th February**.





## DRESS TO EXPRESS

THIS CHILDREN'S  
MENTAL HEALTH WEEK



Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

7 - 13 FEBRUARY 2022

On **Friday 11th February** we will be holding out Dress To Express day in school. Children and staff are invited to come to school dressed in whatever makes them feel comfortable and happy, and if you would like to make a donation all funds raised will go to Place2Be who provide mental health support to schools across the UK.



## Conference

### **Get Ahead: Post-16 options for Disabled young people**

Date: February 22, 2022

Time: 9:30- 16:00

This is a free online event

Annual conference for Disabled young people, careers and enterprise advisers, coaches, teachers, employers, mentors, training providers, family carers/parents and others working with Disabled young people.

This event aims to:

- Provide information and relevant resources for Disabled young people to make informed choices on their post-16 journey.
- Share best practice on strategies and techniques that support Disabled young people in work, training, and education.

Register for the conference [here](#)

# And finally... a self care calendar for you to print and follow.



1	Find three things to look forward to this year	2	Make time today to do something kind for yourself	3	Do a kind act for someone else to help brighten their day	4	Write a list of things you feel grateful for and why	5	Look for the good in others and notice their strengths	6	Take five minutes to sit still and just breathe	7	Learn something new and share it with others
8	Say positive things to the people you meet today	9	Get moving. Do something active (ideally outdoors)	10	Thank someone you're grateful to and tell them why	11	Switch off all your tech at least an hour before bedtime	12	Connect with someone near you - share a smile or chat	13	Take a different route today and see what you notice	14	Eat healthy food which really nourishes you today
15	Get outside and notice five things that are beautiful	16	Contribute positively to your local community	17	Be gentle with yourself when you make mistakes	18	Get back in contact with an old friend	19	Focus on what's good, even if today feels tough	20	Go to bed in good time and allow yourself to recharge	21	Try out something new to get out of your comfort zone
22	Plan something fun and invite others to join you	23	Put away digital devices and focus on being in the moment	24	Take a small step towards an important goal	25	Decide to lift people up rather than put them down	26	Choose one of your strengths and find a way to use it today	27	Challenge your negative thoughts and look for the upside	28	Ask other people about things they've enjoyed recently
29	Say hello to a neighbour and get to know them better	30	See how many people you can smile at today	31	Write down your hopes or plans for the future								