

The NEST Newsletter (The Eagles)- Autumn 1

I am so excited to welcome you and your children to The Eagles Class, part of our new NEST provision. The Eagles Class will have a consistent routine with a range of opportunities to develop learning, communication and independence. Each week, we will take a trip to Asda to buy ingredients for our cooking and baking sessions, using this as an opportunity to develop road safety, shopping and money skills.

Each morning, children will have access to our Snack Shop, where they will use pretend money to 'buy' a snack and practise important life skills such as using a toaster, pouring cereal and cutting fruit. We will also have weekly swimming on Wednesdays at our local leisure centre. Each day will include Maths, Literacy, Speech and Language support and Sensory Circuits. All learning will be delivered through sensory experiences and practical group activities. At the end of each day, we will enjoy a sensory story, allowing the children to become fully immersed and engaged in the story through sounds, movement, objects and sensory experiences.

We will be learning to:

- Name facial features and body parts
- Identify and name members of my family
- Notice what is similar and different between myself and others
- Understand why teeth brushing is important
- Identify the emotion that I and others are feeling
- Notice the difference between myself now and as a baby
- Develop life skills through cooking activities
- Understand what makes me special and unique

You can help at home by:

Encourage communication - use words, Makaton, visuals and gestures to help your child express themselves.

Build independence - encourage your child to dress themselves, tidy up and complete simple daily tasks.

Practise life skills - involve your child in preparing snacks, cooking, shopping and making choices.

Share stories - read together, talk about pictures and encourage your child to join in with repeated words or actions.

Talk about feelings - name emotions and talk about how you and your child are feeling.

Have fun together - sing songs, play games and explore sensory activities.

Tuesday PM- Weekly walk to Asda (Ensure your child is wearing sensible shoes).— Starting from week 2

Wednesday PM- Swimming- Send your child to school with a swimming kit (swimwear and towel)- Starting from Week 3

Friday- Your child is welcome to come to school wearing PE kit. If they choose not to, that is ok.