



Bakewell Class Newsletter

Working together to

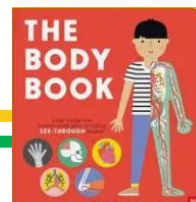
inspire nurture empower

Welcome Back & Updates

Hello Bakewell Families,

We hope you all had a wonderful half-term break! The Bakewell team is excited and ready to begin a new half term as we head into the festive season. If there are any updates or changes regarding your child that we should be aware of, please let us know as soon as possible. You can do this by writing a note in their school diary or by calling the school office directly. Sharing this information helps us provide the best support for your child each day in the classroom.

Best wishes, The Bakewell Team.



Key Concepts and Skills

We're excited to kick off the term with our new topic: 'Our Bodies'!

This engaging theme will take the children on a creative journey, exploring what their bodies can do through music, art and physical activities.

We will be reading extracts from "The Body Book" by Hannah Alice, bringing the story to life in a sensory way using props and hands-on materials. Communication will be central to each activity, encouraging children to share their likes, dislikes, and personal experiences. Well-known rhymes and songs linked to the body will be explored during soundboard sessions, helping children enjoy rhythm, movement and musicality. In art and food technology, children will also create decorations for our 'Our Bodies'-inspired Christmas tree, combining creativity with festive fun.

Our much-loved soundboards session will continue, providing the children with opportunities to develop their musical skills and enjoy collaborative performance. This half term promises to be full of fun, creativity, and exciting learning experiences as the children explore and celebrate their amazing bodies.

Reminders / additional information



If it is appropriate for your child to have snack, please use our ParentPay app to pay for it. We have a range of snack options including yoghurts, crisps, biscuits and juice.



This half term our hydro days are **Monday** but please send in your child's kit at the beginning of the week as we may take them in whenever there is a space, please include a costume/trunks, 2 towels and some body wash/shampoo. Please remember to send in a change of clothes for your child each day, thank you.



Cognition and Maths

A messy (or sensory) tray about "Our Bodies" can help students explore textures, colours, and concepts related to how our bodies work in a fun, hands-on way. Here are some examples:

- Playdough or clay – for shaping body parts (e.g., hands, feet, faces).
- Cooked spaghetti – can represent "muscles" or "hair."
- Mirrors – encourage your children to explore facial expressions or identify features.
- Sand or salt – for drawing body outlines or tracing letters like *arm*, *leg*, *head*.

Communication



Providing children with frequent opportunities to make choices helps to develop their decision-making skills, independence and confidence. Choices can be offered in many areas, such as:

Clothing – allowing children to choose between two coats, hats, or shoes.

Positioning – letting children decide where they sit, stand, or work during activities.

Music – offering a choice of songs and instruments

When presenting choices, it is important to use symbols, signs or other communication methods that are relevant to each child.

PSED



As we approach a colder climate, going for a walk outdoors offers plentiful of sensory opportunities to enjoy and explore. So wrap up warm and go for an outdoor adventure, where there is amble of opportunities to smell and listen to new things.



PSED

In our weekly PSED sessions, we'll focus on 'Body Image and Mental Well-Being'

At home, you can support this by:

Encouraging positive self-talk – remind your child of the things that make them special and unique.

Promoting calm moments – try simple mindfulness activities together, such as deep breathing, gentle stretching or listening to relaxing music.

Making healthy choices together – involve your child in choosing foods, staying active, and getting enough rest to look after both body and mind.

Sharing stories – read or listen to books that explore confidence, kindness and self-acceptance (like "Giraffes Can't Dance" or "I Like Myself!").



Expressive Arts

Students will be encouraged to explore and express their understanding of themselves through a range of creative activities. You can support your child's creative exploration of 'Our Bodies' at home by:

Using playdough, clay, or recycled materials to model body parts or whole figures.

Exploring music and movement, such as dancing to favourite songs, stretching, or creating their own "body movement sequences."