



The Dales Class

Newsletter inspire nurture empower

Spring 1 -2026

Welcome Back & Updates

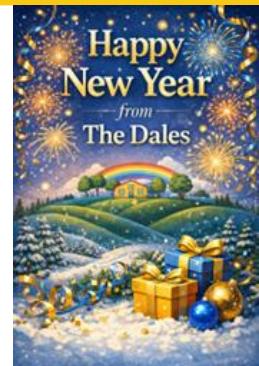
Welcome back and Happy New Year!

We hope you had a restful and enjoyable holiday break and are ready for an exciting term ahead filled with lots of engaging activities and learning opportunities.

If there are any updates or important information you need to share with us, please do not hesitate to contact us via phone call, email, or the school diary. Each week, we will continue to share a selection of photographs and diary messages highlighting activities that your young person has particularly enjoyed and been engaged in through the EFL app. You are very welcome to upload photographs from home activities as well, should you wish to share these on EFL. These will be shared with their class peers during our chat and share sessions in school.

Whole-school updates will continue to be shared via the school newsletter, so please keep an eye out for text links to these.

Thank you for your continued support. We look forward to a positive and successful term ahead.



Key Concepts and Skills

This half term, we will be focusing on **self-care, personal growth, and building confidence**. Students will be developing key life skills, including independence, decision-making and resilience. As part of this, students from Dovedale will take part in a weekly rota to visit the local **Asda**, where they will practice their **shopping skills** and gain confidence in being in the **community**. These trips help students build independence while learning to manage real-life tasks safely and responsibly.

We are also looking forward to celebrating some **exciting events in school** this half term, including **Chinese New Year, Number Day** and **Children's Mental Health Week**.

These activities help students engage with the wider world, explore new experiences and build confidence in social and learning situations. We are excited to see our students **grow, develop, and thrive** as they practice new skills and celebrate their achievements!



Reminders / additional information

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

This half term our hydro days are **Wednesday morning & Thursday afternoon** 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 spare clothes for your child each day, thank you.



Home Learning Curriculum Ideas

Skills For Life



At home, you can support your child by encouraging independence and simple decision-making throughout the day.

Self-care routines:

Encourage your child to make small choices, for example:

Would they like to use a **face wipe or a flannel**? Which toothbrush or towel would they prefer?

Giving choices helps build confidence and communication skills.

Helping around the house:

Involve your child in everyday routines such as laundry: Sorting clothes into **colours and whites**.

Putting clothes **into or out of the washing basket**

Talking through the steps helps them understand **what comes next** in the routine.

Health & Wellbeing



Supporting calm, connection and relaxation is important for emotional wellbeing.

Mindful moments:

Snuggle together under a cosy blanket and listen to a guided meditation. This can help your child relax and feel safe.

<https://www.youtube.com/watch?v=inpok4MKVLM>

Gentle movement:

Try some calming stretches together, such as chair Tai Chi or gentle yoga. These are great for relaxation and body awareness, especially with limited mobility.

[Tai Chi \(Chair\) - Episode 1 - Move It Or Lose It 2019](#)

Communication Community and Friendship



You can practise everyday situations through role play, making them feel familiar and less worrying. Visiting places such as the dentist or hairdresser are good examples!

Practise asking for help, saying hello and goodbye.

If you need extra support with this, please don't hesitate to ask.



Creativity, Contributions & Choices



Music and rhythm can be very motivating and enjoyable.

Explore music together:

Create a playlist of songs that help support your child's mood and motivation.

If you discover any favourite songs, please let us know so we can use them in class too.

Join in with rhythm:

Encourage your child to:

Tap, drum, or clap along to music

Choose objects around the house to make sounds.

[MUSIC | *Winter Theme* Interactive Action Song!](#)

Makaton signing

This half term, we are learning a lot of signs to help with our emotions. Here are some to have a go at home with. There is also a link to more emotions.

[Makaton Topic - FEELINGS / EMOTIONS - Singing Hands \(ft Dave Benson-Phillips\)](#)



Happy



Happy



Sad



Sad