



The Dales Class Newsletter

Working together to

inspire nurture empower

Spring 2 -2026

Welcome Back & Updates

Welcome back

We hope you had a restful and enjoyable holiday break and are ready for an exciting time 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 explore the Winter Paralympic

Games. Students will develop key life skills including teamwork, determination and confidence as they learn about Paralympic athletes and take part in adapted sports activities. Through this topic, we will celebrate perseverance, embrace challenges and build understanding of equality and inclusion. We are also excited to take part in Red Nose Day, where students will learn about kindness, helping others and being part of a supportive community. In addition, we will be celebrating British Science Week, giving students the chance to explore, investigate and ask questions about the world around them. Through hands-on experiments and sensory activities, we will encourage curiosity. We look forward to a busy and inspiring half term, full of new experiences that will help our students grow in confidence, develop independence and celebrate their unique 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



Cooking Around the Winter Olympic

Cooking together is a wonderful way to build independence, confidence and important life skills. Inspired by countries taking part in the Winter Olympic Games, you can explore new foods while developing measuring, mixing, spreading, pouring and following instructions. You might try maple oat bites inspired by Canada, simple sushi rolls from Japan, pasta dishes from Italy, waffles like those enjoyed in Norway, or dumpling-style snacks inspired by South Korea. These simple recipes can be easily adapted to suit your child's needs and preferences.

Health & Wellbeing



Paralympic Movement Time

Watch short clips from the **Paralympic Games** online and try simple adapted versions of sports like:

Seated ball throwing (like seated shot put)

Target rolling (like boccia)

Balloon volleyball (gentle and accessible)

We have some activities sheets we can send if you like these please get in touch.

Communication Community and Friendship



We have a story massage about the winter Olympics. These are lovely for spending time together and communicating if they want more of a certain move.

If you would like these, please let us know



Creativity, Contributions & Choices



Design a Medal

Create our medal. Think about the items textures colours things like using paper, foil, or recycled materials.

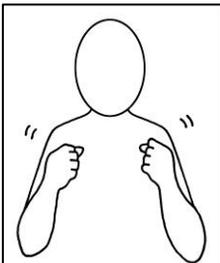
What would you win your medal for?



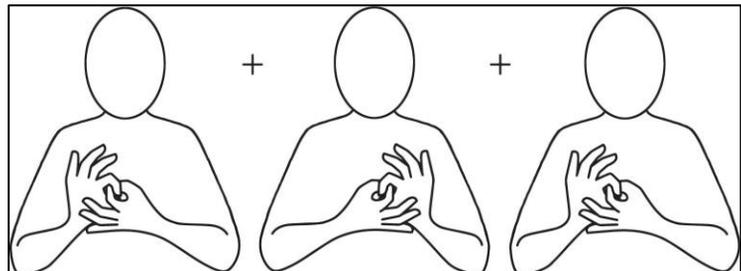
Makaton signing

This half term, we are learning signs about the winter Olympics.

[Are you tuning in to the Winter Olympics? If so, here's the #makaton s... | TikTok](#)



Winter



Olympics