

Nebula Newsletter

Autumn 2



Welcome

Welcome back! I hope you had a lovely half-term break.

Throughout this term, we will continue to focus on establishing consistent routines and supporting emotional regulation through the use of visual systems, such as the Zones of Regulation. We will use single-keyword verbal instructions supported by photographs, symbols or British Sign Language (BSL) signs. This approach will help children understand expectations clearly, providing consistency and reducing anxiety and emotional dysregulation.

Occupational Therapy (OT) and Speech and Language Therapy (SALT) strategies will be integrated into the daily class routine to support each child's individual needs and promote their communication, sensory regulation and independence.

Literacy & Phonics

In Literacy, we will use sensory storytelling to explore *The Colour Monster* and *Lost and Found*. We will focus on the characters ('who') and settings ('where') in each story to develop the children's understanding and comprehension skills. Children will have opportunities to engage with the stories through their senses, using a range of sensory resources and activities to bring the stories to life.

In phonics, we will be learning 'd', 'g', 'o', 'c', 'k', and 'e' sounds from our phonics scheme.

Maths

In Maths, we will focus on place value within 10 before progressing to number bonds to 10. We will then explore the properties of 2D and 3D shapes.

Children will use a range of practical resources and concrete manipulatives to develop their understanding of numbers as quantities. They will then progress to using pictorial representations to support their learning and build confidence in early mathematical concepts.

Foundation Subjects

In **Science**, we will learn about the human body, focusing on naming and identifying different body parts and exploring the five senses and how they help us understand the world around us.

In **Art**, we will explore mark-making and drawing, with a focus on developing pencil control and an appropriate pencil grip through a range of practical activities.

In **Religious Education (RE)**, we will explore the story of the first Christmas and learn about its significance.

In **History**, our topic will be *Toys*. We will explore toys from the past and present, looking at how toys have changed over time.

Sensory Integration



We will continue to provide a range of sensory integration activities to support the children's emotional regulation and sensory development. These will include exploring essential oils, paints, water, dry rice, dry pasta, lights, play foam and gloop. These experiences will provide opportunities for children to explore different textures, smells and visual stimuli in a safe and supportive environment.

Please ensure your child has a spare change of clothes in their bag, as some activities may get messy. If your child has any allergies or sensitivities to particular scents or materials, please let me know so that we can make appropriate adjustments.