

It's Spring!

I hope you have all had a festive break and enjoyed the holiday. Welcome back! With a spring in our step we are looking forward to the lighter nights!



Stow Heath Primary Coffee Mornings!

Thank you for those parents who attended the Coffee Morning last term and it has been great to see some new faces. I really hope you have been finding them useful and am looking forward to getting together this term. It was so lovely to see so many of you.

Thank you for all your support and the differences you are making.



Last term we discussed training and workshops that would be most useful. We had a presentation from Keren Dale, our school nurse who discussed the importance of dental care and strategies for children and look forward to welcoming Abbie Clarke who has been employed by Wolverhampton's Local Authority this term. She has skills in specifically children with Special Educational Needs.





This term, we have been busy arranging workshops to support parents and carers with the health and wellbeing of their children. Two confirmed dates are:

10th of January @ 1.15pm with a focus on Cool Kids.

Cool Kids

Cool Kids is an exercise programme devised by Joy High, former Head Occupational Therapist that follows a sequence of developmental activities. It is designed to be undertaken by teaching staff ideally on a daily basis. It aims to develop:

- Sensory Processing
- Modulation of arousal levels and the ability to self calm
- Body awareness – a sense of position in space
- Postural control – in lying, sitting, kneeling and standing
- Praxis – organisation of actions / ideation and motor planning
- Bilateral sequencing- left / right and crossing midline
- Basic skills: skipping, hopping, ball skills

Although aimed at developing gross motor control, Cool Kids has also been shown to improve writing (Joy High, 2006). However some children require further direct input to develop their writing, particularly if they were not ready to write at the age that letter formation is initially taught.

15th of February @ 9.10 am with WIASS

Wolverhampton Information, Advice and Support Service can help you to:

- ✓ Understand more about SEND support
- ✓ Develop good relationships with professionals
 - ✓ Prepare well for meetings
- ✓ Express yours and/or your child's views
- ✓ Understand processes and paperwork

All Welcome!



I am currently working with Speech and Language Therapy services to deliver a workshop on communication, language and interaction. Watch this space!

Please let me know your thoughts as these sessions are for you. If there are other topics you would like to cover please let me know. I am hoping to have an update on SNAP also. I look forward to seeing you all!

Key Dates for Autumn

19th of September Bank Holiday

October half term

24th -30th of October