

Cherry Trees School News



Diary Dates

Monday 1st May:
May Day Bank
Holiday

Monday 8th
May: King's
Coronation

Wednesday 10th
May: Year 6
Residential -
Laches Wood

Monday 29th
May - Friday 2nd
June: Half Term

27th April 2023: Issue 8

Headteacher's message: Alison Higgs



Hello and welcome to our April Newsletter!

Time seems to be flying and I can't believe we are now in the Summer Term!

This month we sadly say goodbye to Mrs Bond from Orange Class. Mrs Bond started at Cherry Trees School as a Teaching Assistant in 2016 and then progressed to being a class teacher. Mrs Bond will be missed by staff and our pupils, and I thank her for all she has done in her time here.

Can I take this opportunity to wish Mrs Bond all the very best with her exciting new career move to local authority family services. I know she will use her knowledge and experience of SEND to support and advocate for families and pupils.

I am pleased to let you know that on Wednesday the part for the swimming pool finally arrived and was fitted on Thursday! This has been a massive frustration for us all and we are now in a situation where we can begin to get the pool back in working order. We will send a letter out next week with a date for swimming sessions to recommence. Thank you for your patience on this matter.

We are very excited about our Coronation Celebrations next week. Please see the Class Dojo about our request for donations of plants for our Coronation Sensory Garden - we will be very grateful for every plant received.

Finally...we need your help! We are very lucky to have such supportive parents and we want to breathe extra life in our school with the formation of a new PTA or *Friends of Cherry Trees School* as it will be known,

The first meeting of the PTA will be at school on **Tuesday 16th May at 6pm—7.30 pm** in the school hall. I am hoping that the formation of a new PTA will pave the way to more fundraising and events that will provide funds for extra resources for our children and bring us together socially.

Thank you for your support and enjoy the Newsletter!

Ms Alison Higgs—Headteacher

**YOUR
PTA
NEEDS
YOU**

Cherry Trees Learning



Blue Class News

Blue Class have had a busy start to our term beginning our new topic "We're Going on an Adventure!" We have been enjoying the story "On the Journey Home from Grandpa's" which has introduced us to lots of different types of transport. We have sorted photos and toy vehicles into sets for whether they travel on land, water or in the air.

In Maths, we have been enjoying counting rhymes about cars and fire engines. We have engaged in lots of number activities using our small world vehicles. We have also explored 2D shapes and used them to make vehicle pictures.

We have made pathways and patterns in sand and flour with our toy vehicles to practice our fine motor skills. Everyone has enjoyed exploring the different patterns made by the wheels on our various vehicles.

We also learnt about St. George's Day and painted our own England flags.

Everyone has settled back into class really well after our Easter holidays, well done Blue Class!



Cherry Trees Learning



Red Class News

Well Red Class have had an excellent start back at school after the Easter holidays.

They have tackled their learning with such enthusiasm and settled back into class routines amazingly. We have all been very proud of them.

Over the last few weeks, we have been working on our addition and subtraction skills in Maths. The children have worked in a variety of practical ways to explore these skills in more depth.

In English, we have been learning about 'The Very Helpful Hedgehog'. The children have really enjoyed the story of Isaac the hedgehog, and we have had some fantastic written work based around this story.

During our afternoons, we have been engaging in colour mixing for a purpose, map skills and learning all about plants.

Well done Red Class, you have all been such superstars!



Cherry Trees Learning



Orange Class News

We've had a lovely start back to the term. On the first week back we had our trip to the Safari Park to see the dinosaurs to complete our topic Land Before Time. We all had lots of fun looking at all of the animals and sat really well for the Sea lion Show!

Our topic this term is Starry Night and we have been reading How to Catch a Star.

In number, we have been focussing on 5 Little Men in a Flying Saucer and counting aliens and rockets. In shape, we have been making shape rocket pictures.

We have continued to enjoy TacPac and Communication Music and our 'spa' afternoon.

Horse Riding is starting this week and we are all looking forward to meeting our horses.

I am very sad to say good bye to everyone at Cherry Trees. Thank you for all the support that you have given me over the last 6 years. I have loved teaching your children and watching them grow. I will miss you all and wish you all the best.

Alison Bond



Cherry Trees Learning



Green Class News

We are back and stepping into our final term of Green Class 2022-2023. Firstly, big congratulations to Ella- Rai and Lacey for being our class winners in the Easter Bonnet parade, they were amazing hats and very personal. Before Easter, we got a lovely treat organised by Ali to go to Playtropolis, a firm favourite of some of the children in Green class. To say they thoroughly enjoyed it is an understatement. We finished off the day with our Dojo goal party of Pizza and a film with a Teddy to take home. This term, we are diving deep into the history of the Romans, and will be looking at Roman mosaics, life, toys, rules and houses. Near the end of the half term, we are hoping to go and visit some local Roman ruins to round off our topic. We can't wait for the sun to come out and it to get a bit warmer so we can enjoy time outside!



Cherry Trees Learning



Yellow Class News

I am very happy to welcome Yellow Class back after the Easter Holidays.

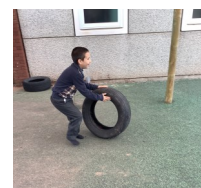
Yellow Class had a great week leading up to the Easter break. We got creative making Easter cards, we went on an Easter Egg hunt following the numbers and clues around the field, we then visited the outdoor learning area and all children decorated an egg template using natural resources.



This half term, our topic is 'Who Do You Think You Are?'. We are going to be spending lots of time exploring and ensuring children are aware of who their immediate family members are. We are also going to be spending time looking out ourselves and animals, the properties of animals will be explored in outdoor learning. The exploration will be addressed through a wide range of sensory stimulation, music, song, poetry, environmental and ICT experiences. We will continue to develop our Maths and English skills through direct teaching and via a TEACCH approach.

The children will continue to work on their phonic development using Bug Club phonics, and focussing on the phase that is relevant to the individuals.

Here are a few photos of our first few days back.



Cherry Trees Learning



Purple Class News

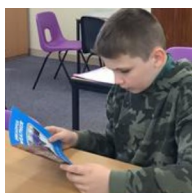
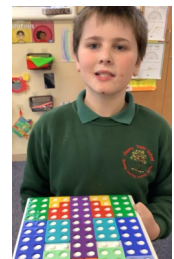
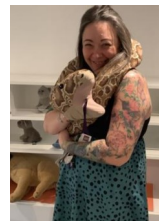
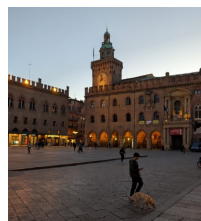


Time for another newsletter!

Purple class have been amazing as always...we have started our English unit 'I'll take you to Mrs Cole'. We have made predictions, talked about the characters and have lots more to look forward to. In our Jigsaw sessions, we have been looking at Love and Relationship.

I started my Stand up to cancer walk, Miss Brodie met Peter Andre at the West Midlands Safari Park, Miss Leatherbarrow went wine tasting in Shrewsbury and Mrs Smith went sightseeing in Italy.

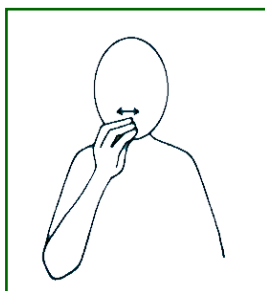
We had a wonderful morning session at Playtropolis - all of us enjoyed it and were model students...we are sure to go again. During our enterprise week, the children were able to experience some different job roles, helping in the front office, shadowing our site manager, completing health and safety checks, helping the school cook and other job roles. We have experienced different tasks and activities with Numicon and continued with Bug Club Phonics. We started our RE by looking at Hinduism.



Cherry Trees Sharing



Sign of the Month



Flower

Mime smelling perfume.

You can see how to do the sign here:

<https://www.youtube.com/watch?v=jkH4VXLYQJk>

Whole Class Monthly Attendance

Group	% Attend
Blue Class	83.7%
Red Class	92.7%
Orange Class	96.0%
Green Class	100%
Yellow Class	89.0%
Purple Class	96.6%



Congratulations to:

Green

You have the best
Attendance for the Month
Well done to all of you.



Cherry Trees Safeguarding



Is your child finding it difficult to sleep?

Sleep continues to be a difficulty for many of our children. For many children who have additional needs sleep can be tricky. A good bedtime routine is important. Consistency is key, sometimes sleep patterns may get worse before they get better. Please ask for advice and support with any sleep issues that your child may have. Please find attached some useful information from The Sleep Charity about bedtime routines, it is worth trying some of their ideas. Please find attached contact details for different support services to gain further advice and guidance, I hope you find the information useful,

Nicola



SLEEP ADVICE FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND)

If you have a child with additional needs and sleep issues, bedtime can be tricky. Here is some advice that may help if your child struggles to drop off or stay asleep.

- Explore reasons for your child's sleep issues. Underlying reasons may include sensory processing difficulties, lack of understanding about night and day or medical issues.
- Record what is happening at night by using a sleep diary. Share this information with professionals to see if they can help you to explore why your child may have sleep issues and which might be appropriate strategies to try to improve your child's sleep.
- Use visual clues to support your child's understanding. Visual timetables can help to show your child what is going to happen next during the bedtime routine. This can make the evening calmer and easier for you and your child.
- Television viewing may hinder melatonin production so avoid any screens in the hour leading up to bedtime - this includes mobile phones and computer screens. Melatonin is the hormone that helps us to fall asleep and some research suggests that some children with SEND may not produce enough or may release it later in the evening. Replace TV with calm activities like completing a puzzle together or colouring.
- Review your child's diet to ensure that they are not eating or drinking anything sugar loaded before bedtime.
- Ensure that your child is in a routine and put them to bed at the same time each night. It is also important to wake them at the same time each morning.
- Review your child's bedroom and assess whether it is a good environment to promote sleep. If they are visually impaired or hearing impaired then sleeping in total darkness may be disorientating for them. Consider how their bed feels and whether it meets their sensory needs.
- Sleep problems can be complex and it is important to try to identify possible causes, these can include anxiety issues, behavioural sleep issues as well as medical factors. Ask your health practitioners for guidance make sure that you tell them about any unusual night time behaviours such as snoring, teeth grinding or night terrors too.

For more information, contact The Sleep Charity or your representative.

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk

Kale Lodge, Woodfield Park, Tickhill Road, Bally, Doncaster DN4 6BN
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ELMER'S Bedtime Routine Checklist

Who's getting ready for bed?
Are you ready to have a good night's sleep?

Follow the bedtime routine below and tick each one off as you go along.

- ☐ Tidy away your toys
- ☐ Dim the lights and turn off your devices ready for some quiet play
- ☐ Get your pencils ready and do some drawing or colouring, or do a jigsaw puzzle
- ☐ Time for a bedtime supper - nothing too chocolatey and not too much to drink!
- ☐ Bath-time! Make sure you clean behind your ears like Elmer!
- ☐ Get into your snuggly PJs
- ☐ Brush your teeth and go to the toilet
- ☐ Snuggle in bed to read a bedtime story. Why not get your favourite teddy and tuck them in bed for the story too?
- ☐ Sing teddy a song or lullaby
- ☐ Turn off the lights and get cosy
- ☐ Good night and sleep well

The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. Find out more: thesleepcharity.org.uk



50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

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For more information, contact The Sleep Charity or your representative.

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NEW OPENING HOURS

Sunday 7pm-9pm
Monday 7pm-9pm
Tuesday 7pm-9pm
Wednesday 9am-11am *NEW*
Thursday 7pm-9pm

03303 530 541

the national sleep helpline

Cherry Trees School Council



Helpful Tips for Bedtime

Advice for parents and carers from The Sleep Charity

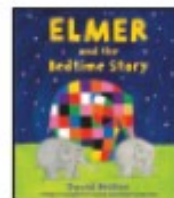


A bedtime routine is important in getting a good night's sleep. A routine helps to support a child's body clock and aid relaxation.

Feeling relaxed is important in the run up to bedtime for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them, so it is important to create a relaxing and calm environment as bedtime approaches.

Here are some helpful tips to create a relaxing bedtime routine for your child:

- A bedtime routine is important for all ages and a regular routine will help children relax and get ready for bed. Try to start the routine at the same time every night as it helps to support your child's body clock, meaning they are likely to nod off more quickly.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that sleepy feeling.
- Looking at screens can make it harder to fall asleep. So turn off an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Bedtime role-playing can help children mentally prepare for bedtime. Try letting your child put their Elmer or other toys to bed, tucking them in and saying 'Goodnight'.
- Younger children may enjoy a bedtime box, filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation, such as an Elmer colouring sheet. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath half an hour before bed can help to promote sleep, the decrease in body temperature after a bath can help your child to nod off more easily.
- Massage can help some children to unwind as can mindfulness or simple breathing exercises. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing exercises are also useful for parents to carry out and are a great exercise to enjoy together.
- There's no better way to end the day than snuggled up in bed with a bedtime story – and it's never too early to start reading to your child. Make it part of their bedtime from being very young. It helps develop listening, concentration and vocabulary skills. It's also a great way to spend time with your child before bed.
- Children love predictability so don't be afraid to have one or two books that you use frequently at bedtime – they love the repetition.
- Why not consider making up a story about one of your child's favourite book characters? You can even get your child to make up a story too – it's great for the imagination! If you've read *Elmer and the Bedtime Story* you can have a go at making up stories to go with the titles mentioned by the jungle animals (e.g. 'The Story of the Vanishing Biscuit').
- Don't forget to end the day on a positive note by sharing 5 great things that have happened during the day.



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