**West Kilbride Primary Early Years Class**

**March 2022**

**Health Week**

This week in our Early Years Class alongside our ongoing provision we will be doing a variety of activities related to keeping ourselves

SAFE and HEALTHY.

Snack time; Making smoothies, Fruit Kebabs, Soup and Bread making and preparing baked apples..

Before lunch; Cosmic Yoga sessions. Sticky Kids

Outdoors; building obstacle courses wearing helmets on the Balance Bike.

We will also have a fire pit, make campfire bread and cooking the baked apples.

PAThS sessions will relate to what it feels like to be calm and relaxed and what we should do if we feel angry.

We will refresh our Germ Busting Handwashing skills and revisit Pantasaurus (NSPCC)

**FRIDAY** – could all children wear their red hoodies/sweatshirts as we will join in with the school activities for Red Nose Day. Red Nose Hunt (playground) /Red Nose Day Dash

**Home Link**

This week

Each child will get a Childsmile Toothbrush and toothpaste pack.

A PAThS newsletter

The next Ziggy book

Ziggy goes Zab – a – ding – a- wheeeeeeeeeeee (also about wearing a helmet on a bike).

**Useful websites**

Links to Cosmic Yoga

<https://www.youtube.com/watch?v=xlg052EKMtk>

Germbusters video

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

NSPCC Pantasaurus

<https://www.youtube.com/watch?v=-lL07JOGU5o>

**Parent Workshops**

We are currently holding PEEPS sessions for younger siblings with Mrs.Steven

Bookbug sessions with Miss.Smith will be held after the Easter break

We also plan to hold a number of other workshops in the Early Years Class; please let Mrs.Barrett know if you’re interested

1. Introducing our PAThS programme,
2. French and Spanish in the Early Years
3. How we promote Numeracy and Literacy in the Early Years.
4. Triple P –promoting positive behaviour

**Follow us on Twitter** @WestKilbridePS

**For information:**

School web site: [www.westkilbride.northayrshire.co.uk](http://www.westkilbride.northayrshire.co.uk)

School email address: [westkilbride@ea.n-ayrshire.sch.uk](mailto:westkilbride@ea.n-ayrshire.sch.uk)

Head Teacher: Alison Ward Tel. 01294 822353

Thank you from the Early Years Staff Team