

# Welcome back to Redwood class



**WHAT'S ON**

Spring  
term 1 2024

**Happy New year!**

**We hope you all had a restful break. We have a lot of exciting activities planned this term.**

**In Redwood, we are starting the 'Bloomin' Marvellous' theme which will include outdoor learning and beginning to grow vegetables and flowers for the start of spring. There will be a new timetable shared with you highlighting our daily routines and activities that develop skills towards our PLGs and engagement profiles.**

Let's talk about... **Atmospherics** You will have noticed on the timetable we have weekly atmospherics sessions.

Atmospherics uses a combination of music, colour, fragrance and fabrics to stimulate the senses within a relaxed environment. We begin by positioning our learners on mats, beanbags or acheeva beds to be at their most comfortable and relaxed. We remove shoes and turn down the lights. Everyone is welcomed and given the opportunity to initiate and contribute to the session by vocalising. A light on the disco or mirror ball gives white spots of light and white fabric with no infused smell is wafted (touching the skin where possible) over the group to start the session, in between each colour and to end the session.

Each scent is introduced and coloured fabric infused with the fragrance is slowly drawn from head to foot in turn. Music is used to correspond with the coloured fabric and scent. The final music piece is upbeat and signifies the end of the session where the group has positive praise and the finished on body sign (TaSSeLs) is used.

## **Fabric Colour and positives:**

White- Wholeness / purity  
Blue- Restful / calm  
Purple- dignified / selfless  
Green- balance / peace  
Orange- overbearing / pessimistic



## **Fragrance and qualities:**

Lavender (blue) mellows the mood  
Jasmine (Purple) restore self confidence  
Ylang-Ylang (Green) hypotensive  
Orange (Orange) Purify



**→ DON'T FORGET!**

**Parent partnership meetings will take place over the next few weeks—please complete the return slip on the letter sent out if you haven't already.**

# Redwood class team



## Class Fund T

Thank you to those who contribute £5 to our half termly class fund, this supports us in our cooking and sensory exploration lessons.

If you are able to contribute please do so through Parent Pay so that we can continue to explore.

## Swimming

Please ensure that your child has a swim kit in school on their swimming day or a spare kit that can be kept at school. Swimming is weekly on a rota basis to ensure all learners have the opportunity to take part.

## Donations

We are asking for donations of compost, bulbs and seeds. Any spare garden equipment that would help us explore and tend the sensory garden.

Thank you



For updates, information and useful contacts, please check our school website and Facebook pages.

[www.doubletrees.org.uk](http://www.doubletrees.org.uk)