

# Welcome Back to Apple Class!



WHAT'S ON

Spring 2  
2024

Hello everyone! We would like to welcome Rachel back to Apple Class team. She is very excited to be re-joining us and knows our learners well. We will continue with our topic 'India' continuing to develop our opportunities to explore the sights, sounds, spices and sensations of Indian culture. We are delighted to have introduced a new activity 'Sound Bath' to our afternoon therapies. More info to follow!

## Lets learn about... **Sensology**

You may have seen in your young person's school diary, that we include 'Sensology' in our timetable. Sensology is a session designed to 'wake up the senses' The five basic senses (see, hear, touch, smell, taste) and also movement related sensory systems: the vestibular (balance, head movements and gravity) and the proprioceptive (body positions, body mapping and planning movements). Learners engage in experiences that stimulate each of the senses in turn, through resources specifically selected for the individuals. Sensology is used to support the learners' awareness, engagement and to enable them to make preferences. A variety of different equipment can be used when waking up the individual senses. It is important to use contrasting senses to not only enhance the senses but also to allow the learner to communicate and show preference to particular experiences.

In Apple Class, an upbeat, lively piece of music is used to cue in the session, providing a background for vestibular and proprioceptive stimulation. The five senses are then introduced individually against a soft, calm musical background. Each sense has two items used to stimulate it, to match our Indian topic we are using matt colourful saris Vs block colour tinsel shakers, curry powder Vs ginger, soft, Indian music Vs cow bells, dried rice/lentils Vs head massage and finally, where appropriate, mango chutney and coconut.



Parent Engagement sessions: Easter craft activity Friday 22nd March

Easter Break: Friday 29th March—Friday 12th April

# Apple Class Team



## Class Fund

Thank you to those who contribute £5 to our half termly class fund, this supports us in our Cooking/ Design and Technology and Sensory Exploration lessons. If you are able to contribute please do so through Parent Pay.

## 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. Our swim day is Tuesday.

## Outdoor Learning

We enjoy spending time learning outside. Please ensure ensure that your child is ready for all weathers!

## Personal Learning Goals (PLGs)

At the start of each term you will receive your child's updated PLGs. Please check these and return a signed copy to their class teacher. This may be completed during EHCP Reviews or Parent Partnership Conversations.

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

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