

Welcome to Cedar Class!



WHAT'S ON

Autumn 1
2024

Theme for the term

This term we will be exploring the world of Dinosaurs! A very exciting and interesting topic that I am sure your child will love! We will be exploring this through fiction and non-fiction texts, educational videos, small world-imaginary play and even through dance as we learn the "Dinosaur Stomp!".

Key texts

- Dinosaur Diaries by Julia Donaldson
- The Dinosaur Who Lost His Roar by Russel Punter
- There's a Dinosaur in your Book by Tom Fletcher
- Dinosaurs and other Prehistoric Life by Professor Anusuya Chinsamy-Turan

PSHE in Cedar Class

In Cedar, we teach PSHE through weekly sessions such as fun group games that require sharing and turn-taking, short video clips and class discussions about topics that are important to us. But it is also embedded through everything we do each day.

A key focus is teaching emotions through "Zones of Regulation", which labels emotions to a colour so that we can begin to identify these and recognise that we feel different as the day changes and that this is ok. We do this through the use of visuals; a familiar adult will check in with your child throughout the day and identify ways in which they can move into the green zone, where they are happy, calm and focused to learn. This will help support your child to build up their own toolbox of strategies to help them return to the green zone as they begin to recognise their triggers more clearly. Strategies may include, scented playdough to manipulate, a walking break, deep breathing or having a snack.

The Zones of Regulation

Blue Zone sad tired sick tired	Green Zone happy calm feeling ok focused ready to learn	Yellow Zone frustrated worried silly/wiggly excited loss of some control	Red Zone mad/angry terrified yelling/hitting elated out of control

Key dates and reminders:

Friday 25th October- Family stay and play afternoon- more info to follow.

Wednesday 16th October- Bike-ability trip- please look out for a permissions letter nearer the time.

Reminder: Please label all your child's belongings to help avoid anything getting lost.

→ DON'T FORGET!

Reminders



Key vocab this term

Dinosaurs: extinct, herbivore, carnivore, omnivore

PSHE: friendship, kindness, emotions, sharing, help

Maths: counting, ones, tens, hundreds, number, place value.

Things you can do at home to help

Your child will take their reading book home on a Friday, please read over the weekend with them.

Why not go on a number hunt or practice weighing out ingredients for recipes to help support your child's mathematical development in a fun engaging way?

Please share what you get upto on Evidence For learning :) Need help setting it up? Let me know via your child's home diary.

Personal Learning Goals (PLGs)

Please look out for new targets over the next couple of weeks and ask any questions. These are linked to your child's EHCP targets as well as some curriculum targets in both Maths and English. Is there something you'd like us to focus on, let me know.

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

www.doubletrees.org.uk