

# Welcome Back to Apple Class!



WHAT'S ON

Autumn 1  
2025

Welcome back and Hello to our new families! We hope that you all had a lovely summer. We would like to welcome Georgia to Apple Class and Lauren and Allison back to our team! Our topic this term is 'Autumn and Harvest!' We are going to have so much fun with this topic thanks to an abundance of resources just on our doorstep! We have lots of fun, sensory 'Autumn' themed activities and celebrations planned.

## Lets learn about... **Sound Bath**

We have been engaging in a new activity at school called a Sound Bath, which is a meditative journey or 'bath' of soothing sounds. This session is designed to 'promote relaxation and wellbeing'. During the Sound Bath, lights are turned down and a variety of Instruments are played softly, randomly and in an unplanned way with marked periods of silence to provide a relaxing atmosphere, calming vibrations and to put the body into healing mode. In school we play the instruments in the same order to provide opportunities for anticipation and realisation in those learners who have not achieved a state of mindfulness. Learners contribute to the Sound bath with opportunities to initiate interaction with their own instruments if they wish. This provides learners with the opportunity to develop agency and belonging as the sounds made by learners are also random and unplanned in keeping with the sound Bath theme. The sound bath increases in intensity, with increased pace and volume, climaxing with a gathering drum before gradually returning, through the instruments, to the soft beginning. As well as encouraging attentive listening, there are thought to be many other benefits to Sound Baths. These are re thought to be: feeling calmer, muscles feeling looser, a greater sense of relaxation, pain relief, the ability to sleep better, improved mood and happiness, better body awareness, enhanced creativity, being more in tune with your body and emotional release.

Halloween Disco - Thursday 23rd October

Half Term: Mon 27th October - Friday 31st October

→ DON'T FORGET!

# 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 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)