

# Welcome Back to Apple Class!



WHAT'S ON

Spring 1  
2026

Welcome back and Happy New Year! We hope that you all had a lovely Christmas break. Our new topic this term is 'Arctic Adventures!' and we are planning a trip to Eden on Ice on Monday 26th January, we hope you can join us! Our new Sensory Story, Story Massage, Art and Cookery sessions will all follow this theme. We also have a visiting pantomime group who will be presenting a production of Snow White.

Let's learn about... **HOP TIME!**

You will have noticed HOP Time mentioned as one of our daily activities in your child's home/school book. HOP stands for 'Hanging Out Project'. It is a programme designed for people at risk of social isolation, who may not have very many meaningful daily interactions. The approach is simple but powerful. The aim is to spend **quality** 'one to one' time with each learner, for 10-15 minutes daily, doing activities which they really enjoy and giving them **100%** of your attention. This learner led interaction promotes positive mental wellbeing through developing meaningful communication, building relationships, enjoying company and connection with another person, all of which enable a feeling of being valued. What you do in HOP Time is up to you but it is essential that you are focussing on the person. Sometimes the best way to start HOP is just to sit with the person, watch what they watch, listen to what they listen to, feel what they feel. You can use favourite props and activities but remember that **you** are the best and most adaptable, flexible and responsive resource. Try it at home!



Half Term: Monday 16th February - Friday 20th February

# 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)