



# The Meadow Newsletter

## Spring 2

### Looking forward...

...to the second half of our spring term! We hope you have a lovely break and that our children are excited to return to school for more fun-filled learning opportunities!

### Our topic this term is...

Night and Day

Over the coming weeks, we will be exploring the theme *Night and Day* through a range of hands-on, play-based activities. Children will have opportunities to notice changes between daytime and night time, such as light and dark, routines, and familiar events like waking up, going to bed, and mealtimes.



### Key dates and important information:

- World Book Day – Thursday 5<sup>th</sup> March 2026. The children and adults in the Meadow will be dressing up as **a character from a story involving colours or numbers.**
- Parent Consultation Meetings – 18<sup>th</sup>/19<sup>th</sup> March 2026.

### Educational visits

Please check the ReachMoreParents app regularly for updates on educational visits with your child's mainstream class.

### Keeping warm!

During these colder months, it is very important that our children have a warm coat to wear at school. Our children spend time learning outdoors throughout the day, so it is important they are dressed appropriately. This includes black shoes or boots.

### PE

Please ensure your child has their PE kit in school every day. All items of clothing should be clearly named, including school uniform.

## How to support your child at home...

- Explore changes in light at home, such as opening and closing curtains, turning lights on and off, or using a night light.
- Talk through daily routines – what do we do when we get up in the morning?
- Take photos of your child in the morning, afternoon, and at bedtime. Looking back at these together helps reinforce the idea of different times of day.
- Practise fine-motor skills with simple activities like stacking blocks, posting shapes or mark-making with different resources.

## OUR CURRICULUM

### Personal, Social and Emotional Development

This half term, we will be focusing on routines in the morning and in the evening. Children will also be supported to take turns with a range of activities and develop their awareness of sharing. We will also focus on recognising and communicating our feelings during play, using photos and mirrors to model emotions and calming strategies.

### Sensory Story

In Sensory Story sessions, children will explore the theme Night and Day through the stories *Whatever Next* and *Peace at Last*. Using familiar routines such as waking up, bedtime, and settling to sleep, children will engage with simple sensory experiences including changes in light, textures, sounds, and movement, supporting attention, engagement, and a sense of security.

### Fun with Food

This term in Fun with Food, we will explore foods linked to foods which are wet and tacky. E.g. Yoghurt. This is to build confidence with new textures. We will encourage curiosity and participation through playful, low-pressure interactions with food.

### Messy Play

In Messy Play, children will explore different movements and actions through a range of sensory materials linked to the theme Night and Day. This will include active daytime actions such as splashing, pushing, patting, and spreading, as well as slower, more controlled movements like gentle squeezing, tapping, and swirling to reflect calm night-time routines and settling..

### Busy Hands

In Busy Hands, children will develop fine-motor skills through drawing and mark-making activities linked to the theme Night and Day. This will include practising crayon grasp, scribbling, and making lines and circles using a range of tools and materials. Children will explore different movements and actions, such as big daytime marks and slower, controlled movements linked to calm night-time routines, supporting early handwriting skills.

Some of the texts we'll be looking at:

