

Reception Class Newsletter



Friday 20th January 2023



Dear Parents and Guardians,

We have had a lovely week. We especially enjoyed 'YogaBears', a course of yoga sessions for children with a focus on helping children to identify and manage their emotions. As part of our YogaBear sessions, we meet the yoga bears! So far, we have met YogaBears Mula and Stan. We used Mula's super power *happiness* to help the children understand that happiness comes when we feel love, safety and security. Next we met the yoga bear Stan. We used Stan's superpower *friendship* to learn what it means to be a good friend and how important friendship is to our happiness. We end our sessions with meditation. To calm down ready for meditation, we learnt a breathing technique called 'Take 5'.



We have continued our focus on our anchor text for this half term 'Mr Gumpy's Outing' by John Burningham. We have enjoyed retelling the story in our Mr Gumpy-inspired small world area.



Following the children's interest in the animals that feature in the story, the children have taken on the role of veterinary surgeons in our veterinary surgery role play area. The children are taking fantastic care of all of the animals that visit our vets.

Thank you for your continued support

Mrs Bell & Miss Murphy

Mrs Jones & Miss Clements