



This Weeks 'What's Happening'





Family Matters Course

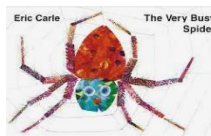


Would you like to learn positive strategies to help support your child's development, certain behaviours and learning? Come and join our workshops delivered over four sessions from 9.15am until approximately 11.00am hosted by our trained facilitators Nicola Wood and Emma Eaton starting on Wednesday 2nd February / Wednesday 9th February / Wednesday 17th February and Wednesday 3rd March. Email office@strongclose.co.uk or telephone 01535 605272 to book a place. **Please note that there has been a slight alteration to the dates as previously advertised.**

Change 4 life has a new name and look. It is now known as Better Health, healthier families, it still has the same great recipes and ideas to help you and your family move more. Why not go to <https://www.nhs.uk/healthier-families/recipes/> and try their step by step family meal recipes.



<p>This week</p>	<p>The Sign of the week this week</p> <p>"Help"</p> <p>Watch Lucinda make the sign at https://www.youtube.com/watch?v=OgWqlqmi5bU</p> 
<p>Tuesday / Thursday</p>	 <p>Our Let's Move sessions take place on a Tuesdays mornings and Thursday afternoons with children from blue and yellow rooms. The children have opportunities to develop their gross motor skills and move in time to music. We also hold Sensory Circuit sessions for the children in green group, twice a week, where they can explore different ways of moving, linked to their needs and interests. Go to https://www.bbc.co.uk/tiny-happy-people/have-dance-party/z7t992p for more ideas of how to feel energized by dancing at home.</p>
<p>This week</p>	<p>The children in red room have been doing lots of messy play. They have been exploring ice and using paint brushes to make marks on the fence as it melts. This week we will be adding colour to ice so they can see the marks that they make. They have also been using paint rollers in the shaving foam. Why not visit https://www.bbc.co.uk/tiny-happy-people/mess-play/zr87qp3 for more messy play ideas.</p> 
<p>This week</p>	 <p>Last week the children in green room were very interested in movement and watching cars and balls as they rolled down ramps. This week will be further developing this interest by rolling the ball through paints so that they can track their movements and see the marks that they make. We will also be providing ribbon sticks and opportunities to rotate their own body during our sensory circuit sessions. Why not visit https://www.bbc.co.uk/tiny-happy-people/how-to-make-a-ball-run/z4kk8xs for instructions of how to make your own ball run.</p>



Watch Laura from **green** room read their core story **The Very Busy Spider** written by **Eric Carle** See the video on our Facebook page at <https://www.facebook.com/StrongCloseNS/videos>



The 50 things to do before you're five programme has been developed in Bradford and is about getting parents involved in a range of fun, low-cost or no-cost experiences with their children. It is a great way to support and develop young children's oracy skills and confidence. Why not Download the 50 things to do before your 5 app today or to find out more about each activity visit <https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five>

