



F&B INCLUSION NEWSLETTER

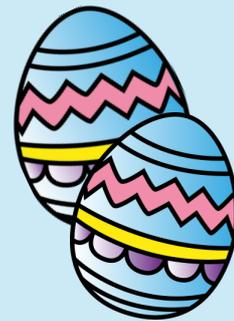
Issue 4 April 2025

Welcome

Dear Parents,

It has been a great term and we finally can see the first signs of Spring. The children have enjoyed a host activities in school, when walking around and support in class I have seen:

- porridge being made (and eaten!)
- a mad scientist doing experiments with the children
- ducklings walking around the carpet
- children enjoying dance workshops
- the school's choir and rock bands perform
- lots of parents surprise their child by being a secret reader



I can't wait to see what the Summer term will bring! Enjoy the Easter break.

Mrs Potma

Herts Local Offer

Every Local Authority must identify education, health and social care services in their local area provided for children, young people and families who have SEN or disabilities. These services are placed into a directory, known as a 'Local Offer'. The Hertfordshire Local Offer can be found [here](#). In addition to information on SEND, the Herts Local Offer also provides training and courses for parents on a wide range of topics.

Did you know?

All documents relating to Inclusion and SEND at Fawbert and Barnard can be found on our school website [here](#).



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50 things to do before you're 5!

F&B staff have worked together to create a list of things to do before children turn 5 years old....and they're still a lot of fun when you're a little bit older! The idea of this initiative is to have 50 things that are based around play, being in the community and having low or no cost activities. We wanted it to be as useful and engaging as possible, as well as providing our families with some quality time together and children with first hand learning experiences.



50 things to do before you are 5

1. Take a trip to a zoo or farm
2. Go berry picking
3. Visit your local play park
4. Go for a walk across your local fields in all seasons
5. Watch a tree change across the seasons
6. Go for a woodland walk
7. Climb a tree
8. Feed some ducks
9. Visit a splash park
10. Go for a swim
11. Visit a beach
12. Go for a paddle at the seaside
13. Make a sandcastle
14. Find a rockpool and investigate the life in it
15. Join your local library and borrow some books
16. Visit a library for Storytime
17. Make a den (inside and/or outside!)
18. Visit an elderly person
19. Paint a picture
20. Cut out a picture using some scissors
21. Learn how to write your name
22. Help to bake a cake at home
23. Help to make your own dinner
24. Visit a pet shop
25. Splash in some puddles
26. Go on a walk in the dark with some torches



27. Sleepover at a relatives house
28. Finger painting
29. Have your face painted
30. Learn how to ride a bike without stabilizers
31. Make a paper aeroplane
32. Go for a picnic
33. Make a daisy chain
34. Learn how to dress yourself
35. Learn how to use the toilet
36. Practice road safety with a grown up
37. Run through some long grass
38. Go on a treasure hunt
39. Go on an Easter egg hunt
40. Play 'pooh sticks'
41. Play hide and seek
42. Go on a bug hunt
43. Make a 'bug hotel'
44. Fly a kite
45. Play in some autumn leaves – throw them up in the air and crunch them under foot.
46. Lie down and watch the clouds
47. Blow a dandelion clock
48. Balance on a log
49. Chase your shadow on a sunny day
50. Play make-believe – who will you be?



How many things can you tick off for your child or can your child tick off themselves when they are already in Year 1 or Year 2? Can you do any of them during the Easter holidays? Maybe not a paddle in the sea just yet but definitely an Easter egg hunt, a visit to the local park and feeding some ducks!



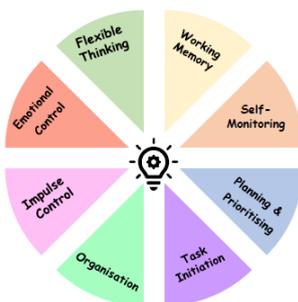
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Executive Functioning

Executive Functioning is an umbrella term. Our executive functions are cognitive processes that help us organise and manage our ability to maintain focus on a task. These skills are activated when our instinct or intuition is not enough.

There are 8 areas within executive functioning:



Flexible thinking: the ability to shift from one task to another.

Emotional control: managing feelings by focusing on a goal.

Impulse control: stop & think before acting.

Organisation: keeping track of your things.

Working Memory: ability to hold and retain information.

Self Monitoring: assessing what you have completed and what is next to do.

Planning & Prioritising: identifying next steps & what has to happen next.

Task Initiation: starting work & avoiding distractions.

Before a child can start learning, they need to be ready for learning.

Before we can expect a child to complete any activities for us, we need to ask ourselves:

- Are they regulated?
- Do they have the necessary sensory input they need?
- Are their basic needs being met? (Food, hydration, water, rest, comfort, health)
- Is there anything we can do in the moment to adapt / adjust the environment to support the child?

This is why it is vital that you share with us anything that you believe is relevant to your child being 'ready to learn'. For example: limited sleep one night, illness that means they haven't eaten properly, staying with someone different while parents are away etc.—all of these can impact a child's readiness to learn.



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Herts Mini-movers

Herts Sport & Physical Activity Partnership present to you Herts Mini Movers, a unique opportunity for families to get active! This online resource offers a wide range of activities, guidance, and advice to encourage young children to engage in physical activity and movement play.

Funded by Hertfordshire County Council and developed by renowned physical development consultant Helen Battelley, these resources provide practical tips and easy-to-implement ideas to promote physical activity in families with (young) children.

Ensure the space is safe for children to move. Where possible, when indoors, movement activities are best delivered with out shoes. Be vigilant of the changes in childrens' temperatures during the activities

Research indicates that children between ages 2-5 should achieve 180 minutes (3 hours) of physical activity daily, with 60 minutes of that time being high activity/intense physical activity (MVPA - Moderate to Vigorous Physical Activity).

Unfortunately, only 9% of UK children reach this level.....The partnership's goal is to help improve this statistic.

We invite you to explore our Herts Mini Movers resource, by clicking the below links:

[Herts Mini Movers Written Resources](#)

[Herts Mini Movers Video Resources](#)





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Dexter the Inclusion Bear

After an exciting holiday with Mr Wells during February half term, Dexter was keen to visit more F&B children this half term.

Take a look at his special section of the school website [here](#) to see what he has been up to so far. I wonder which teacher or teaching assistant will look after Dexter during the Easter holidays!





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Mental Health & Wellbeing Update

As it is now officially Spring, we thought it would be good to have a look at how we can use seasons to boost our mental health and well-being.

How we can use spring to boost our mental health?

There are ways we can support our mental health all year round, but how can we use our current environment and the seasons to tailor how we look after our wellbeing? [Here](#) are some tips on how we can use the arrival of spring to boost our mood and connect with the outdoors and others.



How we can use spring to boost our mental health - Mental Health UK

There's ways we can support our mental health all year round, but how can we use our current environment and the seasons to tailor how we look after our wellbeing? We're exploring some tips on how we can use the arrival of spring to boost our mood and connect with the outdoors and others.

mentalhealth-uk.org

Spring well-being calendar of activities.

This spring, we want to help you enjoy everything that gardening and nature offer for health and wellbeing. Join in with this four-week calendar of activities which can be found [here](#) as well as ideas for every week.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|---|--|-------------------------------------|---|
| 1 Send a photo of a spring flower to a friend | 2 Choose a nature photo as your phone background | 3 Take a nature walk with a loved one | 4 Make a plan for your garden in spring | 5 Listen to bird song | 6 Sow some seeds | 7 Give a plant or seeds to a loved one |
| 8 Take a walk and admire people's front gardens | 9 Notice tree buds and blossom developing | 10 Deadhead your plants | 11 Read about the '5 Ways to Wellbeing' | 12 Take a walk somewhere with a nice view | 13 Make a bird feeder | 14 Grow sweet peas/broad beans |
| 15 Lie under a tree and look at leaf patterns | 16 Draw a plant. Share your drawing. | 17 Try growing herbs | 18 Find 5 plants that feel nice to touch | 19 Make grass hand prints | 20 Pot up a plant | 21 Sow microgreens |
| 22 Go on a walk and observe wildlife | 23 Write ways you could connect more with nature | 24 On a local walk pick your favourite tree | 25 Smell 5 plants | 26 Make a nature collage | 27 Prick out or pot on seedlings | 28 Sow sunflower seeds |



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Mental Health & Wellbeing Update

Spring is a season of changes and we are aware that we soon start our last term of the academic year. This period will also bring change, for example the change of year group, classroom, teaching staff. For our Year 2 children it even brings a change of schools!

Preparing for the transition from Year 2 to Year 3.

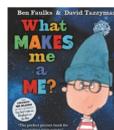
The transition from Year 2 to Year 3 in the UK is a significant new school year milestone. From curriculum changes to the learning environment, expectations start to change for children as they move from Key Stage 1 (KS1) to Key Stage 2 (KS2) education.

You can learn more about some of the changes that will happen in the transition from Year 2 to Year 3 and how you can help your child prepare for them [here](#).



At F&B, we are very proud of our transition arrangements which includes the children's new teacher visiting them at F&B, a short visit to Reedings Junior School, a longer visit, a transition newsletter, a lunchtime club called 'Happy Hearts' and more. In addition to this, Mrs Jones also runs additional transition sessions for identified children and their parents.

We are very lucky to have books in our F&B well-being library that teaching staff can use throughout the summer term to encourage conversations about transition in class. [Here](#) are some suggestions of books you might want to share with your child to prepare them and help them cope with changes.





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Families First Newsletter

Spring '25 edition- Please action before 4th April 2025

FamilyFirst

Proudly supporting  **NHS** in improving the physical & mental wellbeing of families living in England



FamilyFirst

"HERE'S YOUR FREE COPY OF THE UK'S LARGEST PARENTING TITLE - ENJOY!"

FamilyFirst

KIDS eat for free this Easter!

NETMUMS ADVICE on birthday party budgets, spring cleaning and more

GET MORE PLANTS ON YOUR PLATE

Woodview TOP-RATED FAMILY-FRIENDLY HOTELS

JB GILL

on sharing his passion for farming, family and cooking with the kids

Recipes with *The Happy Pear* | Interview with *JB Gill* | *Food Allergies in Children* | *Netmums Drop-in Clinic* | *Plus Lots More!*

CLICK HERE TO READ OUR LATEST EDITION

familyfirst.co.uk

 @familyfirstuk