

TRINKET BOX NEWSLETTER

SPRING 2025 / 1

LET'S SPRING INTO FITNESS!

As I'm sure you are aware, children are on the go a lot and parents seem to like it when we have managed to deplete their excess energy! We know that being active and exploring the world is how children learn and develop. NHS guidelines state that a child aged 3-4 years old should have 3 hours per day of physical activity and out of that time 60 minutes should be moderate to high intensity (<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>)

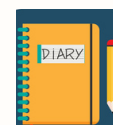
Whilst we offer lots of physical activities here, we like to offer different experiences and we are pleased to announce that John Gardiner from JKG Karate will be visiting us over the coming terms.

Sensei John Gardiner is the founder and chief instructor of JKG Karate and he is the former EKF England assistant national coach. He is a former British Champion and England team member receiving many England call ups during his competitive career. Sensei John also won the FSKA World Shotokan Championships in 2018 and won a bronze medal in the WSF World Championships the same year. John will talk to the children about Karate, health, and fitness and the children will have the opportunity to participate in some physical activities to improve core stability and co-ordination, providing 'Enhanced Provision' fees have been paid of course.



BREAKFAST & AFTER SCHOOL CLUB

We offer breakfast club from 7.45am, early start from 8.30am and after school club until 4pm every day! Got an early start? Never fear as we can take ad hoc bookings too! Natalie runs these so please email us for more information. Yoga, arts and crafts, games, stories, nature walks and lots more are on offer!



UPCOMING EVENTS

14TH FEBRUARY 2025 - CLOSED -
INSET DAY

We are CLOSED for staff training

28TH FEB, 4TH MARCH, 28TH APRIL, 22ND
MAY, 23RD JUNE - JKG KARATE VISIT

John will deliver a talk and various
exercise activities

DINO & REPTILE WEEKS - WEEKS OF
3RD & 10TH FEBRUARY

A look at dinosaurs and reptiles with a
visitor on Tuesday 11th February (email
to follow)

READY, STEADY, GO.....what's happening today?

Here's a little peek at some of the activities that the children have enjoyed over the last term.....



Ready, Steady, Go!



Oral health....even dinosaurs need their teeth cleaned!



Our children help to make the playdough



Whoa.....great hand/eye and fine motor control with this game!



Phonics and recognising letters



A peaceful time to paint



Keep them rolling! marble rolling activity



Story participation with puppets



Our waffle block extension....great building skills



New friends...showing care for younger peers



Concentration and pencil control

Working Towards School Readiness

How is this achieved here at Trinket Box?

Lots of skills come together to help a child be 'school ready'. Parents are often concerned about reading and writing and this will come in time. Children have to concentrate on their 'pre-writing' skills first. They can do this by engaging in activities to build the muscles and dexterity required to write. Gross motor skills are important and this is why your child should have lots of activity to strengthen their arms, shoulders and wrists. Good activities are throwing and catching a ball, whole arm movement activities like swirling ribbon/scarves and painting amongst others. Next, they need to hone their fine motor skills so precise movement can happen. Fine motor activities would be manipulative skills like threading, peg boards and using tweezers to pick up items.

Children also have to be able to sit still and concentrate, which is why we work on this by encouraging turn taking and really focusing for extended lengths of time. Children need to have good self esteem and build up resilience so they are happy and comfortable in their environment. They become more confident and willing to 'have a go'. Encouragement and stressing the fact that if something doesn't work out, it's doesn't matter will give your child the skills to have an open mind and a 'can do' attitude. Individuals stress about failure and making a fool of themselves so build up that self esteem and they can take on the world!

To read, your child must have an interest in books which will obviously build a varied vocabulary. We have our Trinket Box library so you have the opportunity to share lots of our books with your child. Children also need to have a phonics awareness. To help with this, if you feel your child may have an issue with hearing, please get their hearing tested. This can be done through the Health Service so make contact with your doctor or health visitor. Similarly, if you feel your child has a spatial awareness issue or is excessively clumsy, please get their eyesight checked.

Self help skills are also required prior to school so things like toileting, dressing, putting on and taking off shoes, doing up a coat, managing own lunch/drink/bag which are all things that we try to encourage. We know that doing it for them is quicker but it's not productive in the long run!



Super Manners!

As the children start to socialise more with their peers, we ensure that we are promoting good manners and empathy towards others. We've discovered recently that some children need a little bit of a brush up on their manners and therefore we are sharing our 'Super Manners' song with you to sing with them at home.

Don't be shy....its to the tune of 'I'm a little teapot' and is aimed as a little reminder for them.....

I have SUPER MANNERS, yes I do.
I say PLEASE and THANK YOU too!
When I'm with my friends I like to share
As that's the way I show I care!



Committee Focus

As you know the Committee manages Trinket Box, directly above Annabel and Natalie. Our focus is to help to make Trinket Box sustainable and therefore we look at all sorts of ways to fundraise.

Some forms of fundraising actually cost you nothing and here's one that we'd kindly ask you to explore.....

Please support us on #easyfundraising this year, you can raise FREE donations when you shop online with over 8,000 retailers. It's simple and only takes 2 minutes to sign up! This will make a BIG difference to us.

Here's the QR code to join

Thank you
Trinket Box Committee



Can You Help?

We are often requesting many weird and wonderful things that we can use here at Trinket Box. Here's the list so please let us know if you can help:

- Small Lego
- Offcuts of astroturf
- Large lampshade (to use as a light for our home area)
- Any collage materials like different papers, wallpaper, sequins, buttons etc
- Boxes/packaging for junk modelling (that haven't contained nut products)
- Spare throws, blankets

Early Years Alliance Online Family Festival

Home is where the start is: An online festival of fun and learning for the whole family brought to you by the Early Years Alliance. It's a FREE online family festival to celebrate your role of parents and carers as a child's first and most enduring educator.

During this fun family event, which will take place via Zoom and is aimed at parents and carers of under-fives, they will share information and advice about how you can support children's learning and development at home through lots of exciting sessions for you and your children.

Activities will include fun communication and language sessions, ideas to encourage your family to connect with nature, and much, much more. They have Professor Sam Wass and the author Michael Rosen delivering sessions too. The three-day online festival will run from Thursday 13 February to Saturday 15 February 2025, and you can book to attend as many or as few free sessions as you like. Here's the link to book: <https://www.eventbrite.co.uk/e/home-is-where-the-start-is-an-online-festival-of-fun-and-learning-tickets-1097149797579?aff=oddtcreator>

STAFF MEMBER OF THE MONTH

If you feel that a member of staff has gone over and above the norm, please nominate them for 'Staff Member of the Month'.

The Committee takes into consideration all the nominations and then awards staff members with the title.

Staff at Trinket Box take pride in their work and endeavour to work with you for the benefit of your child. They do have a job role but we feel that often they go over and above that. Your input DOES count.

ALL nominations are read and shared. Nominations can be made by email to annabel@thetrinket.org.uk or natalie@thetrinket.org.uk

Thank you

