

# Bright Sparks News

Newsletter No. 24

June 2024

Happy Summer. Finally, some sunshine. It has been great to spend time outside in the warm weather and eat ice creams. Thank you for all your support this year.



Please feel free to contribute to the newsletters; you can do this by emailing me at [lisa.solanki@fishergateschool.com](mailto:lisa.solanki@fishergateschool.com). All contributions welcome.

## Random bit: Did you know?



Hippos can't swim. Hippos really do have big bones, so big and dense, in fact, that they're barely buoyant at all.

They don't swim and instead perform a slow-motion gallop on the riverbed or on the sea floor.

## Heavy work activities

### What is heavy work?

Heavy work is activity that requires effort from our muscles and joints through pushing, pulling or lifting. The movement activities create resistance input to the muscles and this feedback is ultimately what calms and regulates the sensory system.

The sensory system that is activated during heavy work activities is called the proprioceptive system. The proprioceptive system receives messages when the muscles move to do work. These messages flow back and forth to the brain. The brain decides how much force a muscle should use based on the task at hand. This allows children to use the correct amount of force when they need to hold something gently or when they need to lift something heavy.

### Heavy Work activities at home

- Carry shopping into the house
- Carry a wash basket full of clothes
- Make the bed
- Water the plants with a watering can
- Drink thick liquids through a straw
- Push chairs in at the table
- Pull washing out of the washer/dryer
- Clean windows
- Stuff pillowcases

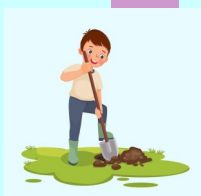


Carry a small pet

Build a fort



- Stack tins or boxes of food
- Sort the recycling
- Push or move furniture



### Playtime activities

- Climb a tree
- Push someone on a swing
- Play on a seesaw
- Monkey bars
- Climb up a slide
- Obstacle course
- Crawl backwards using hands
- Carry bean bags
- Army crawling
- Carry a pile of books
- Play catch with a large ball
- Do push ups
- Squish, knead and play with playdough
- Carry a bucket of water or sand
- Dig in the dirt, garden or sandbox



## LOCAL AUTHORITY SEN PARENT SUPPORT



### Parent and Carer Webinars - York's Neurodiversity Programme

York's Neurodiversity Programme has commissioned the ADHD Foundation is hosting live support sessions in 2024 to help you understand and support your child's unique needs. See the information below and register for sessions on ADHD, emotional regulation, sensory integration, diet/nutrition, and child development (age 7 and under). Sessions are online, exclusive to York, and not recorded.

Understanding your child's early development (age 7 and under) – Wednesday 22 May at 7.00pm

Understanding and supporting sensory integration – Wednesday 5 June 2024 at 1.00pm

Understanding and supporting emotional self-regulation – Thursday 13 June at 7.00pm

Understanding your child's early development – Monday 8 July 2024 at 10.00am

Understanding diet and nutrition – Tuesday 16 July from 7.00pm

Registration can be done here: <https://www.yorksend.org/professionals/parent-carer-webinars-yorks-neurodiversity-programme/1>



## Anger iceberg

Did you know that most of an iceberg is underwater? Anger is often a feeling people show outside, but there are tricky feelings and situations underneath.

When experiencing or supporting an angry outburst take a minute think about what feelings and situations may be



### Tea, coffee and chat.



Fancy a cup of tea/coffee and a piece of cake on **Wednesday 10th July** at 2.15 in the staff room?

If you able to come please let me know so I know how much cake to bake. It is a really informal time to chat with other parents and have a break!

**Head teacher–Tina Clarke**  
**Deputy Head teacher – Dani Rees** Inclusion leader– **Lisa Solanki**

