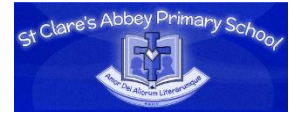




St Clare's Abbey Nursery Newsletter May 2024



Welcome to our May newsletter!

Can you believe we are into the final two months of Nursery?! We hope you are all very happy with your child's placement for next year.

May is a very special month in our school calendar, as we celebrate the month of Mary, our heavenly mother.

We are also hoping for May to bring us some lovely weather, so please remember to put sunscreen on your children, if good weather is expected.

Many thanks for your continued support,
Mrs Gallagher, Mrs Dineen, Miss Aggie, Mrs Edita and Miss O'Hanlon.

Save the Date!

**Nursery Sports Day – 14th
June 2024**

**Morning Class: 9.30pm-
10.30pm**

**Afternoon Class: 12.30pm-
1.30pm**

**Last Day of Nursery 2024
and Nursery Graduation –
21st June 2024**

(Children to arrive at normal start time, allowing us to prepare them for the beginning of the ceremony.)

**Morning Class: 9.15am for
parents.**

**Afternoon Class: 12.30pm for
parents.**



Home Learning Bags

The return dates for Home Learning Bags are:

- *Thursday 2nd May*
- *Thursday 9th May*
- *Thursday 16th May*
- *Thursday 23rd May*
- *Thursday 30th May*

Please note that the notebooks included in each bag, must stay in the bag. Each parent is invited to write a little message in the notebook and then passes it on to the next parent. Thank you.



Thank you so much to **Michael-Patrick's Mummy, Monica's Daddy and Fionn's Mummy** for coming in to speak to us about their jobs. The children have learnt so much about those in our community who help us.

Some of the learning we will be exploring during this month (and the coming months):

- Zipping up our coats independently.
- Pouring our own drinks.
- Buttering our own snacks.
- Piercing the milk carton with a straw, without help.
- Taking turns and sharing resources.
- Recognising numbers to 5.
- Counting objects by moving them.
- Beginning to represent numbers using fingers, marks on paper or pictures.
- Using scissors accurately and safely.
- Developing our pencil grip.
- Developing our cross-lateral and proprioceptive skills.
- Beginning to form some letters.
- Recognising our name and the names of some of our family and friends.
- Writing our own name with help.
- Exploring sound.
- Becoming familiar with musical instruments.
- Reciting familiar songs.

Movement of the Month
Proprioception

This month we are focusing on developing our proprioceptive skills. Our proprioceptive sense is internal and helps us understand where our body parts are in relation to each other, what each body part is doing, and how much effort is required to do things.

This sense is responsible for coordinated movements like using a fork to eat, walking across a crowded room, or typing without looking at the keys.

It also helps us use the correct amount of force for different things like lifting a heavy glass, grasping a paper cup, or pushing buttons through button holes.



Suggested Activities For Home:

- Weightbearing activities e.g. crawling, push-ups
- Resistance activities e.g. pushing/pulling
- Heavy lifting e.g. carrying books
- Cardiovascular activities e.g. running, jumping on a trampoline
- Oral activities e.g. chewing, blowing bubbles
- Deep pressure e.g. tight hugs

Thought for the Month

Remember that nothing is small in the eyes of God. Do all that you do with love.

St. Therese of Lisieux