



NEWS LETTER

Dates for your Diary

Children back to school

21.02.2023

World Book Day

02.03.2023

Red Nose Day

17.03.2023

Mother's Day

19.03.2023

What's on at the local libraries?

Chinese New Year celebration - Acton Library, **Saturday 11 February, 2 - 3.30pm**

Ealing libraries in partnership with Hong Kong People Association invite you to celebrate the New Year with an afternoon of dance, music and storytelling. No booking required.

Chess and games club - Acton Library, **Saturday 18 February, 11am - 4pm** Come and play chess and other board games including monopoly, dominos and scrabble. No booking required, Ages 5+.

Create a cushioned heart for Valentine's Day Jubilee Gardens Library, Southall **Saturday 11 February, 2pm** Make a soft cushioned heart for yourself with tissue paper, No booking required.

Come and make a big 3D heart to give as a gift or hang up. No booking required, Age 3 and over Make a bookmark Northolt Leisure Library, **Saturday 4 February, 1pm** (ages 3-5 years).

Animal craft Northolt Leisure Library, **Saturday 11 February, 1pm** To celebrate Darwin Day come make some animals with us. No booking required, Ages: 5-10.

KidsYogaFlo returns to Hanwell Library - Free event on **Thursday 16th February** Emma Hoddy @kidsyogaflo will run 2 Free yoga sessions on Thursday 16th February. She is running a parent/carer and child (ages 3-5 years) from 10-10:40am. 11-11:50am a session for children aged 6- 10 years (parents must remain on site). There are limited places and booking is essential via:

<https://bookwhen.com/kidsyogaflo>

If you book a place we kindly ask that you inform Emma if you are no longer able to attend so she can offer the space to someone on the waiting list. If you are unable to get a place, then please email Emma at kidsyogaflo@gmail.com and she will place you on a waiting

Tips from this term

Calming music to help children settle, wind down & get a better nights sleep recommended by our Speech & Language therapist:

https://music.amazon.co.uk/albums/B09WJ99GB1?do=play&trackAsin=B09WJ9S6WY&ref=dm_sh_AVCiFrocY4RGfb1nXEzMEesy0

Extremely helpful website for our children with non-visible disabilities:

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>

Marks & Spencer's now have a range of adapted clothes and shoes for additional needs, both physical and sensory.

<https://www.marksandspencer.com/l/kids/easy-dressing>