

# HILDEN GRANGE

PREPARATORY SCHOOL

**PLUS**



## HILDEN GRANGE PLUS PROGRAMME

### First Steps in Early Learning

Hilden Grange Plus is a unique early learning programme designed by teachers for families with children aged 6 months - 3 years. The Plus Programme, an Alpha Plus initiative, has been developed in collaboration with Alpha Plus Group and is supported by a dedicated team of early years specialists. Seven Alpha Plus Group schools and nurseries are now running their own Plus Programmes.

Our structured programme is for both parent and child and provides opportunities to learn from specialists, build relationships and prepare for the first steps in your child's education.

Join other families to share experiences and learn together as we provide the knowledge, skills and resources you need to support your child's development. Hilden Grange Plus lays the foundation for little learners to fulfil their potential. Parents say *"It feels great being part of a community of parents and this is what my child needed after the lockdowns"*.

### Headmaster's Welcome

At Hilden Grange we instil a passion for learning in a caring and happy environment. We are dedicated to giving our children a broad and balanced education in a supportive and stimulating environment where every child's potential can be realised.

Our Plus programme provides an excellent place to start as your child takes their first steps in early learning and we look forward to supporting you on the journey.

**Mr Malcolm Gough**

### PARENT TESTIMONIAL

We have found it very helpful and comforting to be part of the programme, especially when we have had specific questions about our child's development that have been answered very well.

I have found the parenting sessions especially interesting. It's also great to see how our child gets along at the play sessions, interacting with the other babies and activities.

## WHAT'S INCLUDED?



### Weekly Learn and Play Session

A weekly 90 minute learn and play session at Hilden Grange Plus for parent/carer and child to attend together. Each session is led by an early years specialist and focuses on supporting early child development.

### Weekly Home Learning Activities

Each week you will receive a digital pack of activities to enjoy at home including videos and activities designed by teachers to support your child's development.



### Weekly Virtual Learn and Play Session

Join our early years specialists each week on Zoom for fun activities, songs and stories.

### Access to our Online Learning Journal for your child

You can record your child's progress through photographs and written entries. Our early years specialists will use the journal to provide you with next steps and progress reports.



### Parenting Programme led by Early Childhood Experts

A series of Q&A talks each term on themes such as sleep, nutrition, child development and bilingualism.



## THE LEARN AND PLAY SESSIONS

The Learn and Play sessions are held every Friday during [term time](#) at 9.30am for parent/ carer and child to attend together.

The sessions are run by our skilled early years teachers who will guide you and your child through a variety of play-based activities. Each session focuses on introducing the children to a different skill or type of play for example: Sensory Play, Music and Movement.

The sessions are a wonderful opportunity to meet like-minded parents who are all focused on supporting their child's development.



## Weekly 90 Minute Learn and Play Sessions

Starting 29th April at 9.30am

62 Dry Hill Park Rd, Tonbridge TN10 3BX

## PARENT TESTIMONIAL

*"Our son clearly enjoys coming to the in-person sessions. There is so much for him to do and the teachers are lovely and give each child special attention that he doesn't get bored and always settles in quickly.*

*It's nice that he gets to be around other kids his age and has a chance to play with them in a learning environment.*

*He has also benefitted from the regular setting of activities and trying new things.*

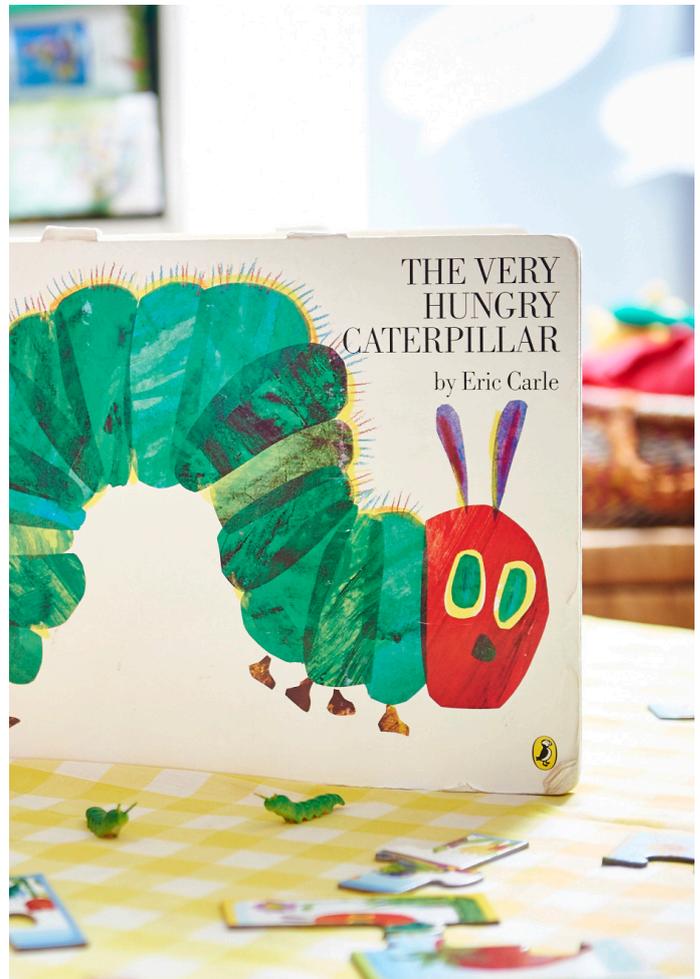
*I feel this is good practice for when he starts nursery."*

# THE PARENTING PROGRAMME

The Hilden Grange Plus parenting programme will support you to understand wider factors that might be influencing your child's development such as changes and transitions, sleep and nutrition and will place emphasis on parent and child well-being.

The sessions will be delivered by early years experts from Alpha Plus Group including Alexandra Samara, Director of Early Years and external experts from the early years community. We will send out confirmation as to whether these events will be held in person or via Zoom in advance of the sessions.

The first parenting session will be held at Hilden Grange on the 27th April at 6pm.



## WEEKLY HOME LEARNING ACTIVITIES

Each week during term time, you will receive a home learning pack containing everything you need to enjoy fun and educational experiences at home. Resources will include activity plans and videos of our early years specialists singing songs, telling stories and modelling activities.

*A parent says "The online material is extensive and very good at providing further imaginative scope to develop activities that keep our child endlessly engaged."*

Our activity plans will provide you with clear examples of what your child might be doing and how you can help them extend their learning using the activities in the home learning pack.

The activities link directly to the face-to-face nursery sessions and enable you to continue the learning at home.

24-36 MONTHS

TALKING ABOUT THE DARK AND MAKING A DEN

In our Learn and Play sessions we have been exploring mirrors, reflections and light with torches. This is a fantastic activity to explore light and dark with your child at home.

**What will they learn...**

- Explores change, cause and effect
- Begins to talk about what has happened using two word sentences
- Considers to explore a new situation or environment

activities and experiences

Personal, Social and Emotional Development	Communication and Language	Physical Development
<p><b>Resources</b></p> <ul style="list-style-type: none"> <li>• Spaghetti or any other type of pasta or noodles</li> <li>• Vegetable oil</li> <li>• Food colouring</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• You can create the same effect using broccoli and green food colouring or sweet corn and yellow food colouring</li> </ul> <p><b>Key Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Item vocabulary: noodles, spaghetti, raspberries, pull, break, squish and verbs related to the babies investigation</li> </ul> <p><b>Possible Additional Questions</b></p> <p>Are you playing with the spaghetti? Are you pulling it?</p> <p><b>What Next?</b></p> <ul style="list-style-type: none"> <li>• Consider using different coloured pasta or a different messy play activity</li> </ul>	<p><b>Activity Idea</b></p> <p>This is a fun, creative and stimulating sensory play experience by using spaghetti flavoured naturally with fresh raspberries. Fantastic for promoting curiosity, investigation and exploration for babies.</p> <p>Cook the spaghetti. To increase the sensory element of the play add a few drops of vegetable oil to make the spaghetti slippery and prevent it sticking together. Then squeeze juice and pulp from a few fresh fruit or vegetable pieces into the pasta (e.g. strawberries, or raspberries) to give it a hint of colour, smell and taste. You could use food colouring to make it more vibrant.</p> <p>Babies will pull it apart, drop it, break pieces off, squish it, lick it and taste it as they play and explore the spaghetti or noodles. Babies can pull and tug at the long strands and feel the texture of the spaghetti with their fingers and toes. It's wonderful as an early fine motor activity for babies and develops sensory awareness.</p> <p><b>Watch • Listen • Reflect - What to look for</b></p> <p>How did your child engage with the activity? How did they interact with the spaghetti? For example, did they show a preference for pulling the spaghetti apart or dropping it? What physical skills did they use? For example holding the spaghetti tight in between their fingers, transferring them from hand to hand? Did they attempt to put it in their mouth?</p>	<p><b>Activity Idea</b></p> <p>With your child make a dark place, this could be in a tent or under a blanket. Explore inside the tent together and give your child a torch, showing them how to turn it on and off. Talk about the torches, what they do and how they work. Shine them on the floor, the walls and the roof of your tent. Sit in the shelter with your child and turn off the lights, look at the darkness together and talk about how it makes your feet, encourage your child to talk about the dark and how they feel.</p> <p>You could also explore glow in the dark objects, shining light into a mirror.</p> <p><b>What Next?</b></p> <ul style="list-style-type: none"> <li>• Explore different ways to explore light and dark e.g. going for a walk with a torch</li> <li>• Reading about the sun and making suncatchers</li> </ul> <p><b>Watch • Listen • Reflect - What to look for</b></p> <p>Did your child enjoy the activity, were they confident to explore the tent in the dark? How did your child engage with the activity? How long were they interested in the activity? Could your child use the torch and begin to talk about the changes they could see when it was turned on/off?</p>

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## INTERESTED IN JOINING THE PROGRAMME?

### To register your interest:

Fill in our enquiry form

<https://www.hildengrange.co.uk/hilden-grange-plus/>

For further information please contact us

Email: [plus@hildengrange.co.uk](mailto:plus@hildengrange.co.uk)

Book a call here:

<https://calendly.com/the-plus-team/plus-programme-phone-call>

### Weekly 90 Minute Learn and Play Sessions

Starting 29th April at 9.30am - 1st July. No session on 3rd June for Half Term.

62 Dry Hill Park Rd, Tonbridge TN10 3BX

### Hilden Grange Plus Fees

£650 per term, payable at the start of term.

