

*Discovering  
Together*

# Notice Board

1st April 2021



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- Positive COVID case
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**Next term:** Monday 9th April—Back to School—Term 5

## EGGXCELLENT END OF TERM

After a short but busy term making the most of being back at school, today each class enjoyed their own Easter Egg Hunt. The children were fantastic participants, collaborating to solve clues. It was a joy to see all the children even the older ones excitedly finding their eggs.

It is incredible to think that we are already coming to the end of Term 4 and despite the year presenting many challenges, it has provided an opportunity to reflect upon how fortunate we all are to belong to such a wonderfully supportive community.

We cannot thank the parents, staff, governors and local community enough for your endless supply of encouragement and positivity. The children have been incredible. Despite experiences which none of us faced when we were their age, they have demonstrated such maturity and resilience and we are very proud of them.

With best wishes for a restful Easter break with hopefully some spring sunshine.

*Mrs Matthews & all the Stanton Team*



## Cricket

This term we have been fortunate to have had Wiltshire Cricket Coaches in to run a special COVID safe Chance to Shine programme. We were blessed with sunshine every week and the children really enjoyed the sessions which focused on developing skills like communication, leadership and perseverance.



Next term we will be holding an interschool cricket competition and Mr Carter is going to run some after school Cricket sessions Key Stage 2 (Year 3, 4, 5 & 6) It will be 3pm-4pm on Friday 21st May. If your child would like to take part please email the office to reserve a place.

## School Uniform for the Summer Term

As the weather warms up children can wear plain grey or black shorts with a plain white polo shirt and school jumper.

Children still need to come in with a sport style school shoe or trainers as we are still going outside most days and these are needed for PE lessons.

## Woods Learning

Amazon Class are planning to go to the woods on a Friday afternoon next term. Please send your child in with the appropriate clothing—more details to follow next term in the class letter.



## Parent's Evenings

**These will take place in the week beginning 26th April. These will run in the same way as the Autumn Term and you will be emailed you child's time in the first week back after the Easter Holidays. If the time given is not suitable, then please email the class teacher to re-arrange. We look forward to sharing your child's learning and next steps with you.**

# Poetry Off By Heart Competition

We are proud to announce the launch of our first annual Stanton Primary School  
Off By Heart Poetry Competition!

*Poetry is a story  
that is so good  
it doesn't need  
complete sentences*

For this competition we are asking all children in Reception-Year 6 to learn one poem from the list below 'Off By Heart' during the Easter break. The children will be reciting their poems in class at the start of Term 5 and the two winning entries from each class will go through to the Grand Final at some point during the term.

All the poems for this year will be made available on the school website and posted on Seesaw pages over the next few days. The best way of learning a poem is not to try and do it all at once. Little and often, line by line, is often the best approach. Your child may wish to learn the whole poem, or just a verse or two.



Enjoy!

## Darling Class

A Little Seed  
Welly Boots by Michael Rosen  
Aliens from Planet Trouble by Paul Cookson  
~~Elephant~~ by Laura Richards  
I Made a Robot by Michael Rosen  
Crabby by Barbara Vance  
Now We Are Six by A.A. Milne

## Amazon Class

Hurt No Living Thing by Christina Rossetti  
Wind On The Hill by A.A. Milne  
Stars by Gareth Lancaster  
I Opened a Book by Julia Donaldson  
Down Behind the Dustbin by Michael Rosen  
Cats Sleep Anywhere by Eleanor ~~Estes~~  
~~Elephant~~ by Laura Richards

## Rhine Class

Life Doesn't Frighten Me by Maya Angelou  
Stars by Gareth Lancaster  
The Sea is a Hungry Dog by James Reeves  
The Tiger by William Blake  
Where Broccoli Comes From by Michael Rosen  
Or a poem of your choice!

# COVID—positive case reporting during the Easter Holidays.

As per Christmas break, parents are asked to notify the school, should there be a positive case within your family. Should there be a positive case on or before Saturday 3rd April please notify the NHS and contact the school on the following email address:  
**covidalert@stanton-stquintin.wilts.sch.uk**

We have a few children who are sitting like this during carpet time and wanted to share with you some helpful information.



## W-SITTING

### What is "W"-sitting?

- When sitting on the ground, the child's bottom, knees, and feet are all touching the ground, with the feet resting outside of the knees
- When looking at the seated position from above, it resembles the letter "W"
- Hips rest in flexion, internal rotation, and adduction

### Why do kids "W"-sit?

#### 1: Structural Abnormality of the Hips



- **Femoral Anteversion** – when the head and neck of the femur is rotated anteriorly in relation to the transcondylar axis of the femur
- Hip internal rotation is the preferred position (in both walking and sitting), leading to preference for in-toeing and "W"-sitting

#### 2: Core Weakness or Poor Balance



- "W"-sitting position results in a larger base of support, which could be used as a compensatory strategy for abdominal and trunk extensor weakness or poor static balance

#### 3: Habit



- Children can begin exhibiting this hip positioning (flexion, abduction, and internal rotation) as early as 6 months in a multitude of positions, including:

- Crawling on hands and knees, with knees positioned outside of hips
- Kneeling with knees outside of hips
- Transitioning from sitting to hands and knees without moving through side-sitting

- Many children begin "W"-sitting for a multitude of reasons, but they soon realize that this position requires less muscle activation and achieves more stability, leading to increased reliance on "W"-sitting

### What is wrong with "W"-Sitting

#### 1: Decreased Core Activation



- Due to wide base of support afforded with "W"-sitting, less core muscle (trunk extensors and abdominals) activation is required to maintain position
- This wide base of support also limits the child's need to shift weight from side to side during play, resulting in decreased use of lateral and posterior balance reactions

#### 2: Poor Posture



- "W"-sitting encourages excessive posterior pelvic tilt, which can result in slouching
- Excessive hunching over results in minimal trunk extensor activation
- Creates a cycle of poor sitting posture due to muscle weakness, resulting in poor sitting posture

#### 3: Pigeon-Toed, or In-Toeing Walking Pattern



- Increased hip internal range of motion, decreased hip external range of motion, and hip abductor weakness can contribute to in-toeing gait pattern
- Some in-toeing gait can be attributed to femoral anteversion

#### 4: Decreased Trunk Rotation

- Poor trunk extension due to posterior pelvic tilt can limit ability to turn trunk from side to side
- Notice the difference in ability to turn from side to side between sitting hunched over and sitting with good posture
- Inability to play while exhibiting trunk rotation can impair body's ability to integrate left and right sides of the body, leading to decreased coordination



#### 5: Delayed or Impaired Fine Motor Development



- Trunk rotation is also important for midline crossing
- Midline crossing and bilateral coordination (integrating movement of left and right side of the body) are important for fine motor development
- Children should begin utilizing both hands in play as early as 8 months when they transfer objects from one hand to another
- Higher level fine motor tasks, such as fastening a button, require more coordinated effort between both left and right hands

#### 6: Stress on Joints

- Resting with the hips in flexion, abduction, and internal rotation, as seen with "W"-sitting, places the hip joint in maximum contact with both bones of the joint
- Excessive time spent in these positions of maximum contact can lead to hip pain as a young adult and osteoarthritis as an adult

#### 7: Back or Hip Pain as an Adult



- Prolonged time spent in any position of poor posture, such as sitting with a posterior pelvic tilt, can cause trunk extensor weakness and excessive loading through specific spinal segments
- >50% of Americans will experience low back pain at one point in their life, with many causes due to trunk extensor weakness and poor sitting posture for prolonged periods of time

- Femoroacetabular Impingement is a cause of hip pain due to excessive contact between the 2 bones of the hip joint (head of the femur and acetabulum/acetabular labrum of the pelvis)
- Excessive friction between these 2 areas can result in hip pain in young adults and predisposes an adult to osteoarthritis
- It is treated through conservative treatments such as exercise and stretching, or surgical options to reduce friction
- Sitting with flexion, adduction, and internal rotation ("W"-sitting) increases the friction between this one area of the hip joint

### "W"-sitting Solutions

#### 1: Alternative ways to sit



- **Tailor Sitting, or "Criss-Cross" Sitting:** sitting with hips in flexion, abduction, and external rotation
- **Long Sit:** sitting with knees extended and hip flexion, with or without trunk support
- **Side-Sitting:** sitting with both feet to one side, with one hip in internal rotation and one hip in external rotation

- **Squatting:** encourages lower extremity and core strengthening
- **Prone:** laying on belly, supporting self on forearms
- **Sitting on a Chair or Low Stool**

#### 2: Core Strengthening

- If the underlying cause of "W"-sitting is core weakness, a home exercise program aimed at strengthening the child's core will help the child feel stable in other sitting options

#### 3: Hip Stretching



- Prolonged "W"-sitting can result in shortening of the hip abductors, solei, and hamstring muscles, making it difficult to achieve or maintain alternative sitting postures
- Exercises aimed at stretching muscles that have been shortened will help a child achieve alternative sitting postures

#### 4: Repetition and Verbal Cues

- Consistency with a verbal cue will help a child associate a specific phrase with changing their sitting posture, such as "Fix your legs" or "Criss-cross- applesauce"

#### 5: Seek Help

- Have your child see a licensed Physical or Occupational Therapist
- An experienced therapist will help your child work on strategies to decrease "W"-sitting and increase proper postural positions

For more on Childhood Development including infographics, checklists, blogs, e-Books and webinars please visit [www.KidsBlossom.com](http://www.KidsBlossom.com)



Hello **Wiltshire Pre-schools!**

Apologies for the mass email. Hoping you are all springing along nicely over the way there. We're getting in contact from Corsham, as we wondered if this online show might be of interest to your little ones and their families. Should you have the means to send some information their way.

In April, on Wednesday 14 April, 10.30am and 2pm (two performances) we are presenting an online show/workshops with Akin Theatre, We Cover the Universe and we wondered if it might be of interest to your audiences/centres/communities...

It's a pay what you can event, so tickets can be picked up for £0 and we very much hope that they will be. An online show aimed at under-fives, their parents/carers and families. With poetry, drawing and gentle play combining across Zoom.

A bit more information here:

<https://poundarts.org.uk/whats-on/online-content-we-cover-the-universe-via-zoom/>

If you felt you were able to notify your lot that would be wonderful, we'd be ever so grateful. And if you would like any copy of images, if that's of use, then please do message either myself or Jon (cc'd here).

Thank you kindly.

Martin, Jon and Pound Arts

