



# Exeter

a learning community

September 2020

Dear Parent/Carers,

We are intending to run 'sunshine circles' in Year 1 based on Theraplay® principles. A sunshine circle is a group involving all children in enjoyable activities. The sessions are designed to build relationships, allowing children to grow socially, emotionally and often intellectually.

As part of sunshine circles children will participate in various nurturing activities, some of which will incorporate positive touch such as touching hands, legs, or backs (through clothes). So, in sunshine circles, practitioners and children hold hands for songs and games, dab lotion (E45 cream) onto hands, knees and shins, and put a hand on a child's shoulder to give reassurance. Every activity helps to develop your child's self-esteem, sense of belonging, ability to trust and to care for themselves and others.

We have the first UK purpose built Theraplay unit within Exeter- A learning community and we are looking forward to introducing sunshine circles to our children. Each session will involve active and pleasant experiences, leading to an atmosphere of fun, caring, acceptance and encouragement.

The sessions are going to be led by two of our members of staff, supported by other adults. Jo Williams (Theraplay® Therapist, Supervisor and Trainer) will be overseeing the use of Theraplay® techniques across school. As part of our ongoing professional development, some sessions will be videoed and used for staff discussion and training.

Please give consent via the gateway app for the following:

- My child to participate in sunshine circle sessions
- My child to have lotion applied to him/her (*this will be E45 cream. If this is not suitable for your child you may provide your own lotion*)
- Professionals working within education, care and health settings to observe Theraplay® sessions to enhance their knowledge of working with children.

If you have any questions, concerns or would like to know more about sunshine circles, please speak to your class teacher.

Please fill in and return the consent form as soon as possible if you are happy for your child to take part.

Yours,

The Year 1 Team.



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