

# March Newsletter

## Issue 7



### WELCOME

March has been such an exciting month with lots of festivals to celebrate, namely St. Patrick's Day, Mother's Day, and the Holi Festival of Colours! Read on to hear about all the fun we had!

### PATRICK'S DAY

We had our own St. Patrick's day celebrations in our centres on the 16<sup>th</sup> of March. We had done lots of art and craft activities in preparation for it, such as painting Irish flags, making shamrocks, and designing hats. All of the teachers and children wore green on this day and each centre had their own parade. Some of us

fancy-dress for it!

Our Dublin 15 centres also took part in the St. Patrick's day parade in Blanchardstown. We had our own train which took us along the route. We waved to the crowd along the way and everyone cheered us on!



in our pyjamas, and our teachers looked very funny too but it was for such a good cause everyone embraced it! We were all happy to be able to support such a worthwhile cause. We had a fun day, so everyone gathered in one classroom where we listened to stories and music, watched a movie, had some sweet treats, and snuggled up in our blanket forts. We got special stickers and balloons from the pyjama day organisation too.



### NATIONAL PYJAMA DAY

We took part in the National Pyjama Day fundraising campaign

this month. It was a bit strange going to school



## FESTIVAL OF COLOURS

The Holi Festival of Colours welcomes in spring and says goodbye to winter. It is associated with the spring harvest, when farmers saw that their stores were being refilled with new crops and they wanted to celebrate their happiness.



Our school aims to promote diversity, and so we celebrated Holi. Our teacher got us special coloured powder, which we splashed on each other to symbolise

friendship. This was great fun. We really enjoyed experimenting with the different colours and bonding with our friends and teachers.



## MOTHER'S DAY

It was Mother's Day on the 26th of this month and we all wanted to make a special effort to say thank you to our Mums for all their love. We put lots of effort into making beautiful cards. We hope you had a lovely day!

## TIPS FOR NAVIGATING THE HOLIDAYS

We know that for parents it can be difficult and challenging to take your kids on holidays, so we've put together some tips which we hope will be helpful.

1. Let your child cope - Stimming behaviours can sometimes draw unwanted attention, but research shows that these

behaviours can serve an important function for your child and can help regulate their nervous system. If holidaying is a particularly exciting or anxious time for your child, you may see an increase in these behaviours and that's OK!

2. Celebrate your child – Don't focus on what you don't want from your child. Instead cheer loudly every time he/she does something right!
3. Explain in Advance – Take the time to explain to your child where you're going and what you will do there. For some children this can be done verbally, and for others pictures are a better means of communication.
4. Give hosts a heads up – If you're staying with friends or family, tell them in advance

things that your child likes and dislikes so that your child can settle in easily and it may feel more like home. You could also designate a safe space within this setting where you can keep some of their favourite things from home for when they feel overwhelmed.

5. Mimic an outing without leaving your home – Some activities can be overwhelming and overstimulating for children with autism, but there are ways to do fun activities at home! For example, during the summer you could set up a paddling pool and a sandpit in the back garden if the beach is too stressful!

For further reading, go to the SunRise Centre website at [http://www.autismtreatmentcentre.org/content/reviews\\_and\\_articles/navigating\\_the\\_holiday\\_s.php](http://www.autismtreatmentcentre.org/content/reviews_and_articles/navigating_the_holiday_s.php)

## WORLD AUTISM DAY

We had a Fun Day on the 31<sup>st</sup> March as part of World Autism Day. This will take place in our Dublin 15 centre, and was a great day out for everyone who made it along! There were bouncy castles, face-painting, a BBQ, bake sale and much more!



## UPCOMING EVENTS

We have a lot of fun activities planned for the incoming summer.

The kid's graduation is going to be celebrated in June.

We are also planning for June a school trip.

Our family dinner is going to take place on July.

## THANK YOU

Thank you very much for all your support and donations in helping the day to day running of the school. We appreciate all your help and generosity.

## QUOTE OF THE MONTH

"You are braver than you believe, stronger than you seem, and smarter than you think"

Christopher Robin, to Winnie the Pooh.

