

Noah's Ark News

Supporting children and families with God's love and practical care

April 2019

News from the Rooms

This term the Orange Room will be looking at the story 'Maisy goes Camping' and the Yellow Room will be exploring pattern and culture through the story Handa's Surprise.

This term we are looking forward to exploring different media and materials as part of a Creative Arts two week focus.

We are excited to invite back Eve Wood from Red Shoe Science to show us some interactive fun science experiments.

Mel Curren will continue to deliver 'Godly Play

Healthy Lunch box ideas...

Packing a healthy and appetizing lunch for a young child can feel challenging. Here are some ideas:

- Pot of dried fruit
- Hummous and breadsticks
- Raisin bread or maltloaf
- Ham/cheese in a wrap/pitta/bread
- ½ packet of crisps in a pot rather than whole pack or try plain popcorn
- Slices of cheese/hard boiled egg
- Crudites e.g. carrot/cucumber/pepper sticks

Change for Life offer some lunch box tips:

- To use whole grain bread/pasta/rice or if your child isn't keen mix white and brown.
- Try to add salad to your child's sandwiches as this counts towards your child's 5 a day.
- For more info, do check out www.nhs.uk/change4life

We suggest just putting 4 or 5 different items in a lunch so that the choice is not too overwhelming. We always provide fresh water for your child to drink at lunch time but feel free to pack an additional drink if you would like to.

We have some 'Mix Up and Munch' cards which help to give an idea of portion sizes for young children – do ask a member of staff for one if interested.

Please remember we are a nut free setting!

Diary Dates

- Pre-school art focus: Week beg 6th-18th May 2019
- Community Family Art Event; Saturday 18th May (afternoon)

Facebook

If you have not had a chance please check out the new website www.noahsarkps.org.uk. Also, do 'like' us/follow us on Facebook.

News from The Office



- We managed to raise a grand total of £2,117 from the recent sale which is a fantastic. This money will be used to buy some exciting new equipment for pre-school and we will let you know what we spend the money on.
- A huge thank you to Ellie and Jenny for all your hard work over the past 3 years organising the sale for us. You have both been amazing. They are now handing over to Lucy, Jenny and Joy who have kindly agreed to take on the running the sales for Noah's Ark. So welcome to the new Nearly New team and we will let you know the date of the next sale in due course.

Art Focus: What a Wonderful World We Have Around Us



We are planning to have two weeks where we specifically focus on art using various media and creative ideas (Monday 6th May - Saturday 18th May). Much of this will be linked to Spring, growth and our wonderful natural world. We hope to build up our very own 'natural history gallery' inspired by the children some of which will be displayed on Saturday 18th May as part of the community event with the church. We will be exploring clay, silk painting and having a go at planting flowers in pots to go in our outdoor environment. We will chat about recycling and what we can do to help our beautiful world stay beautiful.

If you yourself are an artist and/or would like to be involved in supporting the children or showing them some simple arty skills then we would love to hear from you. It might be that you don't necessarily call yourself an artist but you would like to be an extra pair of hands maybe to help with spring planting of flowers etc.

Community Celebration of Hope; Family Event

Cairns Road Baptist Church are planning a 'Celebration of Hope' on the afternoon of 18th of May. They are asking the question "What does the hope of a new start mean to you?".

Noah's Ark Pre School

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