

# Noah's Ark News

October 2019

## News from the Rooms

All of the children are settling well into our routines. We are so enjoying getting to know each of the children as well as their families. It was lovely to see many of you at the 'coffee and cake' session last week.

Maki (CRBC leader) has been visiting the Yellow Room this week to talk to the children about the Bristol Foodbank and how it works. If you feel willing and able to contribute, we will be collecting tinned foods, packets, pasta, cereals, long-life milk and orange juice for the foodbank over the next few days. Look out for the basket in the hallway.

Please can we remind you to make sure that **all bags, coats and lunchboxes are clearly labelled**. If you don't yet have a Noah's Ark label for your child's bag, please let one of the team know.



## Book Borrowing

This week do look out for the start of our 'Book Borrowing' scheme. This is a great opportunity for you to promote the joy of reading with your child and for you to have the chance to find and try some different stories from the ones you have read many times at home!

## News from the Office



The Nearly New Sale is now only 2 weeks away and the team are busy finalising things for the sale. If you are able to help on the day please do sign up through the attached link. <https://www.signupgenius.com/go/8050A4FAAA923A6F94-autumn1>

If you are unable to help on the day then why not bake a cake which can be sold on the day. This is great fund-raising event for Noah's Ark and we really appreciate your support.

Parents in the yellow room please remember that applications for September 2020 Reception school places must be submitted by **15th January 2020**.

## Diary Dates



- Nearly New Toy and Clothes Sale; Sat 19th October; 10-12
- Parents Evening; Monday 21st October; 4-5.30pm
- End of Term 1: Friday 25th October
- Start of Term 2: Monday 4th November

## Some Tips for your Child's Mental Health

Ways to support our children to lead happy, healthy, fulfilled lives:

### **SHIFT—5 important elements of good mental health**

**S— soothe and reassure.** Provide quiet times. Have routines and rituals.

**H— healthy living is vital.** Give opportunities for time outdoors, provide a varied diet, ensure your child stays active, and limit screen time and develop positive sleep patterns.

**I—Identity** Help your child develop a positive sense of who they are . Avoid labelling. Foster a sense of belonging. Create happy, sociable mealtimes. Give opportunities for kindness and helpfulness. Discuss and celebrate your child's personal qualities.

**F—Feelings** Name feelings and emotions. Openly discuss and acknowledge your own. Give the message that feelings are ok!

**T—Time** Children need our time and uninterrupted attention. Spend regular 1:1 time with your child. Let your child lead activities. Provide opportunities to talk. Have fun!

**Feel free to chat through any of these strategies with your child's Key Person, Jane or Sophie**

## Mental Health Awareness

### Thursday 10th October is World Mental Health Awareness Day



Noah's Ark places a high emphasis on promoting the well-being of all of the children in their care as well as how best we can support families through challenging times. Please note that we have an open door policy and we always welcome parents/carers in need of a chat when things feel tricky.

The Cairns Road Café will be focusing on offering those that visit next week the opportunity to hear 'stories' from some members of our community that have experienced mental health issues. Annette from Pre-school will be leading a few minutes of active songs and exercises to do with young children on the Thursday morning in the café. The café will also be promoting ways to eat healthily and to increase exercise.

Noah's Ark Pre-school  
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