

# Noah's Ark News

22nd September 2023

Dear Parents and Carers,

We have been busy **planting** in the outside spaces this week. You might notice some new flowers, herbs and lettuces as you come into Pre-School.

The children in the Orange Room have been enjoying listening to short stories and singing this week. The Yellow Room children have all taken part in **Sunshine Thinking Time**. These sensory based sessions promote positive wellbeing and help the children to develop their confidence and self esteem. The children must use kind hands, work together and have fun! We have been looking at the story, 'Bath time Little Rabbit' and children have had the chance to give a little toy rabbit a bath.

**Forest School** will be starting again this week. The first group will have a great time exploring and playing games at Leigh Woods for their Thursday morning session. All children in their Pre-School year get an opportunity to go to Forest School. The office will be in contact to let you know when your child will have their turn.

We have included information about a free online course for parents who would like support with 'arguing better' and improving **family communication**. Hopefully it may be useful for some families.

Bristol City Council are currently doing a review into Early Years to ascertain if there is enough Early years childcare provision and that this provision is meeting the needs of parents. We have been asked to share the attached online survey with parents to complete to have their say. Please click on the attached link to complete the survey: <https://forms.office.com/e/1E6VHpieuc>. The deadline to complete is the 29th September.

Have a lovely weekend,  
The Noah's Ark Team.



[www.noahsarkps.org.uk](http://www.noahsarkps.org.uk)

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An online course to help parents communicate better with each other

# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

## You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.