

Dear Parents and Carers,

We have been focussing on our **health and caring for ourselves** this week. There have been lots of discussions about the importance of fuelling our bodies with healthy food, taking regular exercise and washing our hands. During thinking times, children have considered the differences between playing with water outside and washing our hands in the toilets at Pre-school before we have our snack or lunch. The babies have all been thoroughly washed and wiped whilst thinking about when we have a bath, wash our faces and brush our teeth at home.



Children have all had the chance to make roasted **vegetables with cous cous**. They have worked on their fine motor skills using the knives to chop a variety of vegetables and spoons to mix up the ingredients once they have been cooked. We hope you enjoy sharing the cooking at home.



Sophie and Jane are looking forward to welcoming parents and siblings to one or both of our **Coffee mornings on Monday 16th and Wednesday 18th October next week at 8.45—9.45am**. Please bring a re-usable cup with a lid and we will fill it with tea or coffee for you. It will be a nice chance to have a chat with other parents and find out more about what is going on at Pre-school.



Cairns Road Baptist Church would like to share details of **half term activities** they are running during the holiday. If you would like to go to any of the events, scan the QR code on the leaflet, go to www.cairnsroad.org.uk or contact community@cairnroad.org.uk.



Have a great weekend,

The Noah's Ark Team.



*You're
winded!*

bring light to Westbury Park
with Cairns Road this
October/November

Salt
light

110 Half Term; Sciency fun for children with their grown ups
0-11:30 Why is salt so special?!



110 Half term; Baking together children with their grown ups.
2-3 A bake to share light



110 Streets of light window making workshop for all 3pm welcome for a 3:15 start.
3pm Leave when you're ready



110 4pm Light Party for primary ages
5 join as a family for hotdogs
pm 5:45 streets of light walk together for all.



*Sign up to
Streets of light
by 16th October*



www.streetsoflight.co.uk

Cairns Road Baptist C

Bringing the hope of Jesus to Westbury Park
www.cairnsroad.org/salta

For more info or to get involved visit website
or contact Ruth community@cairnsroad.org



People create a window display in their home, their place of work, in a school, a church, a shop – in fact anywhere where there is a window! The display can be totally simple or wildly creative – the only rule is that it must contain the words **Light, Love or Hope** somewhere within it.

Once the displays are ready, the windows are lit up each evening from 5.30-9pm, for everyone to enjoy. We produce online trail maps so people can have fun with friends and family, as they try to find all the decorated windows in their local area.

Last year over 500 windows were lit up all across the UK – from Dorset and Cornwall, to Cleethorpes and Bridlington, from Tunbridge Wells, Leigh on Sea and Barnet, through to Loughborough, Leicester, Manchester and Sheffield.

From East to West, and North to South, people are taking part in Streets of Light.....and we would love you to join us in making Streets of Light 2023 the biggest and best yet!

You can sign up using this flyer, or visit our website where you will find more information and display inspiration: www.streetsoflight.co.uk

Streets of Light

Monday 30th October – Sunday 5th November 2023

Why are we doing this?

Streets of Light seeks to bless neighbourhoods and communities all over the UK, by conveying a simple message of Light, Love and Hope, as an alternative to Halloween.

The nights surrounding Halloween are not always associated with a positive community atmosphere - many in our neighbourhoods are scared and frightened to open their doors, or worry about tricks being played on them.

The Streets of Light trail is about doing things differently!

We want people to walk down the streets of their city, town or village, and see window displays that tell them that they are loved; that in the darkness - there is light; and that in these times of difficulty and challenge for so many - there is always hope. We believe these simple truths are something that everyone needs to see and to know.

We want people to get involved with the Streets of Light

Streets of Light Trail

Please return this form to us by Sunday 16th October, so we can have enough time to make all the trail maps.

I would like to be involved!

Name(s)

Full address and postcode (this won't be made public, but will help us put the maps and trails together)

Email _____

Will your window be at your:

- Home
- Workplace

Please provide name of business or workplace below, and make sure it is their address given above.

From Monday 30th October, check back on our website and Facebook page to find the interactive online maps showing all