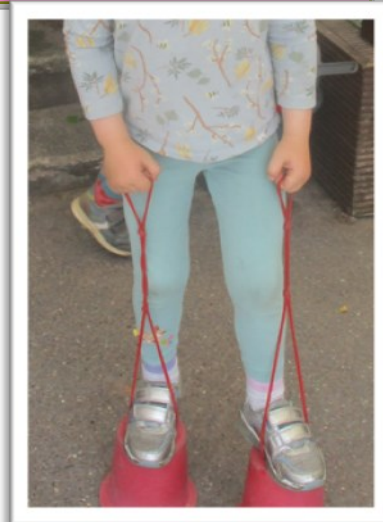


Dear Parents and Carers,

This week at Pre-school we have been focusing on **physical development** and practising our **moving and handling skills**. The children have been using stilts, balancing, throwing bean bags at targets, going through tunnels and following the leader. We have been making the most of the wonderful weather and spending lots of time in the play area to use the climbing frame and play moving and stopping games.



The children have all had a go at **handling** percussion instruments, using full buckets to water the plants and using hand whisks in the sandpit! Clay and junk modelling have also been really popular on the making table.

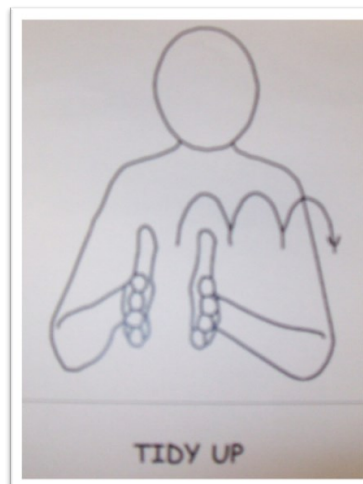
Our **Makaton sign of the week** this week is to 'tidy up'. You can see how to do the sign at home in the image below.



Families with children starting school in September may be interested in these tips on how to support your child with their transition from the CBeebies web-site:

[Seven tips for parents and careers to help prepare children when starting primary school - CBeebies - BBC](#)

There is some information about support with **parental conflict** for any families that might have slightly older children attached.



Please remember we will be **closed for an INSET day for staff training on Tuesday 23rd July**. So the last day of term will be Monday 22nd July.



Have a lovely weekend,

The Noah's Ark Team.



FREE support  
available  
for one or  
both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then this SIPCo project could help.

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or a local practitioner will help you access online resources which can be used at your own pace. If English is not your first language, translators can be provided.

Please contact Gina Pazienza:



relationshipsmatter@bristol.gov.uk



07721 635376



<https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.  
After applying online, if you do not see our response email, please check your junk/spam folder, then mark relationshipsmatter@bristol.gov.uk as a trusted sender.

Scan QR code to find  
out more





**Please join us for a free online event, designed for parents who are feeling under pressure.**



**Online via Microsoft Teams  
Thursday 27th June 2024, 7 - 7.45pm  
or Tuesday 2nd July, 7 - 7.45pm**

You are invited to join us for a FREE online event, designed for parents who are feeling under pressure. The event is an opportunity for you to hear about a free support project we have in your area.

Gina Paziienza (Parental Relationship Practitioner) will be outlining some of the challenges parents are facing.

If you can answer 'YES' to any of the following, then please do join us.

- **Do you have a child or children aged between 8 and 14 years?**
- **Have you been arguing more in the last few months?**
- **Are there tensions between you and your partner or ex-partner?**
- **Have you seen a change in your child's behaviour?**
- **Are they upset by your arguing or silences?**

**To register your interest, please email  
[relationships@bristol.gov.uk](mailto:relationships@bristol.gov.uk)  
or call Gina on 07721 635376 or Helen on 07721 311726**