

Dear Parents and Carers,

We have been thinking about our **health** and **how to look after ourselves** at Noah's Ark this week. On Wednesday, the wet weather prompted us all to have a go at putting on our wellington boots and raincoats independently to stay dry when playing outside. We have also been practising taking our shoes on and off, using the toilet, washing our hands, talking about moving our bodies to exercise and taking deep breaths to help to make us feel calm. Our Makaton sign of the week this week is 'Toilet'.



The children have really enjoyed the cooking table this week and have had the opportunity to make their own **apple crumbles**. We hope you have enjoyed sharing these at home. Please let us know if you have a go at making your own versions at home, we'd love to see some pictures! Thank you to all the families that brought in apples.



We will be holding two **coffee mornings** on **Monday 11th and Wednesday 13th November 8.45-9.45am**. We hope you will be able to come along to share a drink and have a chat with the Noah's Ark staff and families. Please bring a reusable cup and we will fill it with tea or coffee for you. Younger siblings are welcome to come along.

Have a lovely weekend,

The Noah's Ark Team.



***you to join them in the
outside space on***



***Monday 11th and/or Wednesday
13th November***

From 8.45 to 9.45am

***For a chance to meet other Noah's Ark families and chat over a warm
drink. Please bring a reusable cup with a lid and we will fill it with tea
or coffee for you. Younger siblings welcome.***

Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.