

Noah's Ark News

Friday 16th October 2026

Dear Parents and Carers,

This week our focus has been on health and self care which is a key part of a child's development.

We have learnt about the importance of brushing our teeth, talking about why and when we brush our teeth. We have then had a go using our laminated teeth pictures, putting crayon on the teeth and then using our toothbrush to remove the crayon to reveal lovely clean teeth.

In Thinking Time we have also talked about other ways we can be healthy and look after ourselves, such as when we should wash our hands and why this is important. We also played the shopping game and talked about different foods working out which are healthy and which are not.

Understanding about health and self care is so important as it helps promote knowledge and positive attitudes around this, encouraging independence and confidence so that they can perform these daily tasks by themselves.

This week we have also been making yummy cheese scones. We have mixed dairy free spread, flour, grated cheese with a little yoghurt and milk then shaped into our scone. These have been cooked here and children have taken them home so that you can see what they have made. Cooking is a great activity to develop motor, cognitive and social skills.

We have had a great time playing with Mr Potato Head. There has been lots of great concentration as we found the different parts of the body and then worked out how to attach them to our body. There were some amazing characters created.

It was so lovely to see so many families at our stay and play event on Tuesday. There were different activities in each room including making bird feeders from pine cones and decorating a picture frame with autumnal leaves. The children also had an opportunity to make their own flavoured drink picking what they would like to add to their water whether that be mint, orange, cucumber or a lemon slice, and they enjoyed seeing what the water tasted like. Doing this is a great alternative to squash drinks.

We have been asked to send the attached flyer to any families who might want to give this stay and play group a go.

The Makaton sign for this week, is 'Wash'.

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

