

Noah's Ark News

11 March 2022

Dear Parents and Carers,

This week we have been “deconstructing”. We have been looking at real world objects and under careful supervision, we have been taking them apart to see what is inside and think about how they work.

We have had some fascinating conversations as children explored and worked out what they wanted to do. They had to think critically, consider safety issues and exercise characteristics of resilience and perseverance when things didn't always go to plan. One group even discovered that the screws they were removing were magnetic and stuck to the screwdriver.

Ukraine

We have all been concerned and moved by recent events in Ukraine and the humanitarian crisis which emerged from it. Whilst we want to protect our children, they can sometimes pick up things from the news or though overheard conversations and may be aware that something is happening. We have found some helpful information about how to talk to you children about what is happening in Ukraine on the Unicef website . <https://www.unicef.org.uk/what-we-do/emergencies/how-to-talk-to-children-about-the-conflict-in-ukraine/>. There is a summary on page 2.

Book Borrowing

Finally, a gentle reminder that our book borrowing scheme is available for you and your child to choose a book to take home and share. Please come and look at our selection and take one home in your child's book bag. If you are not sure how to sign it out, please ask a staff member.

Best wishes for the weekend,

The Noah's Ark team

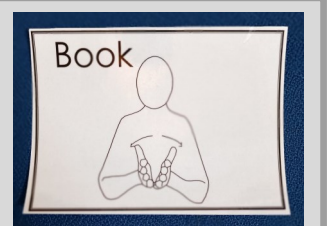


has



Makaton sign of the week

We are all using Makaton to support Children's language and understanding. Our sign of the week is “Book” For a video showing this sign see <https://www.youtube.com/watch?v=F8BiqOkbBVY>



www.noahsarkps.org.uk

UK Charity no. 1112004

Tel: (0117) 9446229

Email: office@noahsark.org.uk



Talking to Children about what is

happening in Ukraine



Although you want to protect your children, they may be feeling worried and anxious about the stories they have seen and heard. The UNHCR have put some tips together to help you talk to them about what's happening in Ukraine and support them through these difficult times.

1. Be aware—Look out for changes in their behaviour – disrupted sleep, mood changes and fights breaking out could all be signs that they're worried.

2. Listen first—Do they want to talk about it? If so, give them your full attention, take their lead and use their words. A good starting point is to understand what they already know and find out how they are feeling. Look together at responsible, age-appropriate sources, such as BBC [Newsround](#) or [First News](#) and let them know you're always there if they want to talk.

3. Be honest and calm—Children have a right to know what's going on in the world, but as adults we have a responsibility to keep them safe from distress. Use age-appropriate language, watch their reactions and be sensitive to their level of anxiety. Acknowledge that what's happening is worrying you as well, but keep in mind that kids take their emotional cues from adults, so try not to overshare any fears with your child. Speak to them calmly and be mindful of your body language. Reassure them that they are safe from any danger. Remind them that many people are working hard around the world to stop the conflict and find peace. And remember it's ok if you don't have all the answers.

4. Focus on the helpers—It's important for children to know that people are helping each other with acts of courage and kindness. Find positive stories, such as the first responders assisting people, or young people calling for peace.

5. Be there for one another—As the conflict continues, continue to check in with your child to see how they're doing. How are they feeling? Do they have any new questions or things they would like to talk about with you?

6. Look after yourself—Keep informed but think about how much information you're exposing yourself to and take care of your own wellbeing. Children pick up on our anxieties, so it helps them to know that you are calm and in control.

For older children, organisations like [Young Minds](#) are sharing resources via their websites and social media accounts. These are specifically designed for young people who may be feeling worried.