

Dear Parents and Carers,

Everyone at Noah's Ark has really enjoyed the sunshine and warmer weather this week. We apply Noah's Ark **sun cream** to the children at the start of the afternoon session, but please make sure children come to Pre-school with sun cream applied to cover the morning session. If you would like us to apply a specific sun cream for sensitive skin, please bring in a named bottle for your child for us to keep at Pre-school. Please remember to put children in clothing that covers their shoulders.



Creative juices have been flowing this week for our **creating with materials** focus. Children have enjoyed colour mixing, making collages and painting flowers. We have been exploring different textures like scrunching paper and tickling feathers and using natural materials to make pictures. Opportunities for children to explore and play with a wide range of media and materials helps to develop their understanding, self-expression, vocabulary and their ability to communicate through the arts.



Now the weather is warming up, it would be a good idea to include an **ice pack in your child's lunch box** to keep their food cool whilst on the lunch trolley.

If your child is moving on to another setting or school at the end of the academic year, please **SAVE THE DATES** for the Leavers Events. There will be a Stay and Play followed by a party tea on Tuesday 9th July and a Leavers Service on Tuesday 16th July at 2.30pm. More details will follow nearer the time, but please save these dates in your diaries.



Please see the attached flyer from Cairns Road Baptist Church inviting families to their **story service** this Sunday. All families are welcome to go along.

There is also a flyer from a previous Noah's Ark parent advertising some postnatal workshops, should they be of interest.



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

Story Sunday

SUNDAY 12TH MAY 3PM

The Helper Arrives

A 45 minute time together to explore the story of Pentecost, when the Holy Spirit came to dwell with Jesus' followers.

With different ways to engage with the story this time is suitable for all to explore together. Followed by drinks and cake!



For more info visit www.cairnsroad.org/explorethestory or email Ruth_community@cairnsroad.org

SACRED RHYTHMS AYURVEDA



MamaToto

Nurturing Mother and Baby

Join us for this 2 hour workshop for expecting Mamas and their community. Learn how to support physical and emotional wellbeing in time of postpartum.

- What is 4th trimester
- Aims of postpartum care
- Healing Mama with Ayurveda
- Nourishing foods for postpartum
- Creating Sanctuary in your home



Your host - Uliana
Ayurvedic Health
Cousellor and mother

Learn easy practical tips that will help you embrace the rhythms of new motherhood