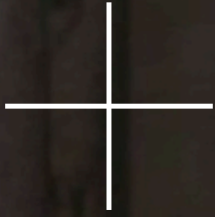


Friends of
ALMA



**SUKKOT
COMMUNITY
GATHERING**

Not another school event. Alma's sukkah is a living room of food, art, and stories — where neighbours become friends.

82%

OF PEOPLE FEEL
MORE SOCIALLY
CONNECTED
THROUGH ARTS

A JOYFUL VISION FOR ALMA'S COMMUNITY



Tastes of Alma

For this event, every family brings a dish — not just food, but a story on a plate. It might be a recipe passed down, a dish your children love, or something that feels like home. Together, the plates tell the story of Alma's community — flavours, traditions, and memories.

Full details about what can be brought — including kashrut and allergy info — will follow closer to the event.



WHY MAKING THINGS MAKES US FEEL BETTER

Turns out the best stress relief isn't in a bottle, it's in your fingertips. And the science agrees. In 2021, the HEartS Survey in the UK found that **82% of adults** feel more

socially connected when engaging in creative activities¹. The idea that making things links us to others isn't new — it's been in the data for years.

Fast forward to 2024, when neuroscientists at Drexel University's Creativity Research Lab used brain imaging to show how **creative flow rewires the brain**: executive control centres quiet down, while sensory and emotional networks light up².

And now, in 2025, researchers confirmed that just **45 minutes of art making** — doodling, sculpting clay, collage — can significantly lower **cortisol**, the body's stress hormone, regardless of skill level³.

"Creative flow rewires your brain into calm focus." – Drexel University, 2024

WHO KNEW COMMUNITY WAS A HEALTH HACK?

And when you take this creative flow into community, the effect doesn't just add up — it multiplies. Your calm becomes someone else's calm. One person's laughter sparks another's. A single act of making turns into a chain reaction of connection.

We're looking for you.

This Sukkot, Alma's sukkah is no longer just decoration. It's a stage, a studio, a playground. We're calling on parents, neighbours, and friends to step in — with your skills, your passions, or simply what you love to do.

Think about it: one mum is sharing her professional eye for style. Another parent is reshaping how Hebrew is taught, turning lessons into play.

And yes — someone is baking challah,

because even the simplest acts of love can leave the deepest mark.

Your talent. Our sukkah. A community stage.

This isn't "just another school event."

Every table, every workshop, every gift becomes a thread in Alma's larger tapestry — weaving friendships, collaborations, and stories that last.

And here's the key: what you share doesn't end that day. It gets remembered, it travels, it sparks new connections — the kind of word-of-mouth no advert could ever buy.

So here's the call:

Sign up by September 30. Bring your skill, your spark, your story. Get featured in Alma's yearbook, be discovered by your community, and plant seeds of connections that keep growing long after the sukkah comes down.

Deadline to join: September 30

Skip it, and you skip the stories, the collabs, the friendships waiting for you.



Read the Science

Reativity connects us—

¹ Arts engagement supports social connectedness in adulthood: findings from the HEartS Survey, **BMC Public Health, 2021**

Flow changes the brain—

² New Neuroimaging Study Reveals How the Brain Achieves a Creative Flow State, **Drexel University, 2024**

Creativity connects us—

³ Making Art For 45 Minutes A Day Can Lower Stress Levels – Even If It’s Rubbish, **IFLScience, 2025**

Created with love by the FOA – in collaboration with Shimakesit.
We believe in design that builds community, in words that spark action,
and in small steps that lead to big change.

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You're invited to be part of the story.

