



**INTERNATIONAL NURSERY**

# **MONTHLY NEWSLETTER**

## **DECEMBER 2014**





## A note from our Principal

Dear Parents,

The end of the term is always a good time to reflect and rejoice over all of our children's achievements... the milestones they reached, the new friends they made and the many, many new things that they learnt over the past months. **Term 1 will officially end on Thursday, 18<sup>th</sup> of December 2014.** We have prepared lovely collages for you to look back and once again celebrate with us our most important events of the term: Book Swap Day; our Parent Workshop on Routines & Discipline; TIN's 5<sup>th</sup> Birthday Celebration; Eid, Diwali and Halloween; the exciting Fire Station field trip; our National Day Celebration with our Burj Khalifa group craft and our attempt of creating a UAE 'human flag'; Picnics in the garden; Book Fairs; the Christmas cookies distribution between all classes; Santa's visit with the gift distribution, and much more... **What good fun this term has been!**

In addition to being introduced to the theme "Winter", the highlight of December for our children has certainly been our amazing Winter Concert. All of our friends, from Tiny Tots to Foundation, performed beyond all expectations. Most importantly, they had a great time and were very pleased to see one or more family members in the audience. A **BIG THANK YOU** to all of you who were able to attend the concert.

In the spirit of the holiday season, this month has also been a time for giving. We thank all families who have made their contributions to the Red Crescent Charity. The items will be delivered to the Red Crescent new week. The money collected during our Winter Craft Sale this year is also going for a charity organization: "**Make a Wish Foundation**". The Parent Committee has done a wonderful job of working with the children of the Nursery while they painted and decorated lovely ornaments. They then organized the sale and managed to collect a total of 655 dirhams. Once again, thank you to our wonderful Parent Committee and to all

families that showed their support and bought one or more of the lovely items made by the children.

In addition to helping charities that also work with children, the activities mentioned above give us, educators, an opportunity to start instilling great values in the children. Although the children we work with are still very young, through examples and simple explanations they can, for example, begin to understand the importance of being kind, generous and grateful. Thus, they should be given opportunities to develop and to practice these values. But what can you do at home to reinforce important values to your child at this stage in their development?

### **Here are a few suggestions and ideas...**

1. Be a role model. Remember that with children actions speak louder than words!
2. If your child demonstrates a value that is important to your family, label the value and praise the child: *"I am so proud of you! You should feel proud too! You were so generous and kind with your friend when you shared the toy/took turns..."*
3. When donating items for a charity, involve your child. If they struggle with giving toys, you can start by having him/her separate clothes that don't fit them anymore.
4. Get them into a habit of making 'thank you cards': They can say thank you to someone that came to their party; someone who gave them a gift, etc.
5. It's hard for young children to "feel empathy", but they still need to be encouraged to do it. The best thing you can do? Treat your child with empathy too. For example, avoid shouting or scolding. Be firm, if needed, but also be understanding: *"I understand you are feeling upset because your sister snatched your toy, but you cannot hit her. Hitting hurts!"* Gradually encourage them to put themselves into other people's shoes: *"How would you feel if she had done that to you?"*
6. To further teach gratefulness, as part of bedtime routine, encourage your child to tell you what made them happy on that day. In other words: *"What are you grateful for today?"* You can help by giving examples of your own day! Simple things will do: *"The highlight of my day was to see you smiling when I picked you up from Nursery!"*

Last but not least, I would like to thank all families that have returned the filled Survey Form. Your feedback is much appreciated.

On behalf of our staff, I would like to wish all our families the very best for this upcoming holiday season. Enjoy the holidays, as well as each and every minute spent with your child! At times we tend to get so busy, that we actually fail to realize that for a child each and every day is full of learning opportunities and precious moments. So stop for a minute and take joy in these moments along with your child. A dear colleague once shared a poem with me on this topic that touched me deeply. I now share it with you, hoping that it will touch you too.

**Merry Christmas and a Happy New Year to all!**

Carol Oliveira

Principal

### **Slow Down Mummy...**

Slow down mummy, there is no need to rush,

Slow down mummy, what is all the fuss?

Slow down mummy, make yourself a cup tea.

**Slow down mummy, come spend some time with me.**

Slow down mummy, let's pull boots on for a walk,

let's kick at piles of leaves,

and smile and laugh and talk.

Slow down mummy, you look ever so tired,

come sit and snuggle under the duvet, and rest with me a while.

Slow down mummy, those dirty dishes can wait,

Slow down mummy, let's have some fun - bake a cake!

Slow down mummy, I know you work a lot,

but sometimes mummy, it's nice when you just stop.

Sit with us a minute,

and listen to our day,

spend a cherished moment,

**because our childhood won't stay!**

-R. Knight

## Winter Concert 2014



## Special Moments - Term 1





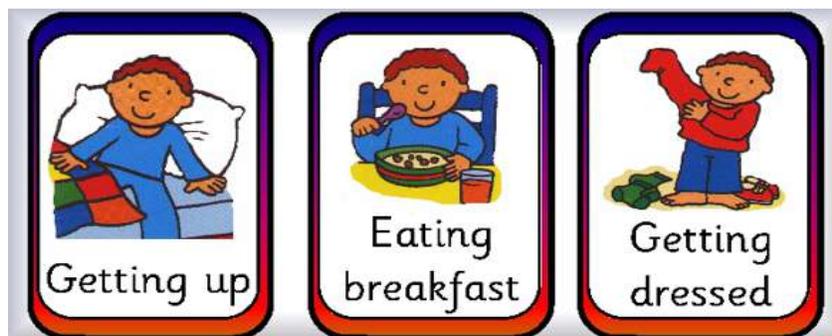
# Tiny Tots and Nursery Programme

Dear Parents,

**Term 1 is over!** The end of our first term is here and it has been truly an amazing journey for the new and old children. We have observed many special moments and wonderful transitions in the children throughout this period of time. These memories will be recorded in their Learning Journals. The children are blossoming so quickly! Some are moving to different environments and some are staying back. We thank all the parents for their cooperation and support during this 1<sup>st</sup> term. We hope it has been a wonderful term for you as well.

Our theme of this month was **WINTER**. All the children were introduced to different concepts related to this cold season. Gradually, our little friends have become more familiar with this new weather and often talk about how cold it is. In addition to this, we had our **WINTER PERFORMANCE** this month. It was wonderful to see the children practice their dances in the outdoor play area, which gave them an opportunity to interact with children from different ages and classrooms. We hope all the parents enjoyed the lovely performances and a **BIG THANK YOU** to all of you who could attend! Moreover, for the past few weeks the children have been busy decorating their craft folders in their respective classrooms to show their mummies and daddies their artistic work.

Our topic for this Month's Newsletter is Routines



Last month, the school organized a coffee evening and some of the teachers spoke about:

- **THE IMPORTANCE OF ROUTINES**
- **HOW TO INTRODUCE ROUTINES**
- **HOW TO ESTABLISH A GOOD ROUTINE FOR YOUR CHILD**
- **WHAT IS DISCIPLINE**
- **INTRODUCING ROUTINES THROUGH DISCIPLINE**

In this Newsletter we are going to go over the points mentioned above, in a more deeper and detailed manner.

It is essential that you establish a good routine for your child in order for them to lead a healthy lifestyle. A structured routine makes your child's mind organized and encourages them to cooperate more during different activities. By implementing a good routine, you will be able to avoid power struggles and difficult situations with your child. It also enables them to become more calm, observant and attentive. To implement this structured routine, we suggest that you should:

1. Create a **VISUAL TIMETABLE** with some pictures related to your child's daily activities (e.g. bathtime, nap time). The child should be involved in the making of this timetable, as it will enable him/her to become more familiar with it. Once it is made, you and your child can go over it every day and gradually he/she will start remembering what comes after bath time or lunchtime, etc. This will be helpful for the child and the parent as well.
2. **PRAISE** your child whenever he/she is successful in following the routine laid out in the timetable. Children love praises and they always try to make their primary caregivers happy through one way or another. As a result, if you praise their efforts in adjusting to the new routine, they will feel they have achieved something and will tend to follow the routine more often.
3. The most important ingredient for the implementation of a good routine is **CONSISTENCY**. We need to be consistent throughout the implementation process. Parents should avoid, as much as possible, to change the routine, as it can unsettle the child. Additionally, if you are planning to take a holiday or to move to a different house avoid starting the implementation process as the child will not register it in his/her mind.
4. The routine that you are going to establish for your child should include:
  - A morning routine: brushing of teeth, having a shower, getting ready for the day/school and having breakfast.
  - An after school routine: freshening up, changing of clothes, having lunch, having milk (if your child has milk before a nap) and a nap of an hour or an hour and a half.  
**Please Note:** Your child's nap should NOT be longer than 1 hour or 1 ½ hours or else he/she will not be able to sleep at eight o'clock in the evening.
  - A bedtime routine: dinner, bathtime, brushing of teeth, a story and sleeping time.

TV time, outdoor play and other activities must be included in the after school routine too. If the child is watching TV or playing with a gadget, this part of the routine shouldn't be longer than 20-30 minutes.

Under the topic of routines area, there is another very important sub topic we need to take into account and that is **Discipline**. This enables the children to learn good values and basic etiquette. It also allows them to become more independent and inhabit good habits in

themselves. Additionally, it teaches them to have a more **positive behavior** and attitude towards other children. The primary caregiver's role is the most important in implementing discipline in their child.

A structured routine makes the child's life more disciplined and for this to be successful it is essential to establish some **limits and boundaries** (ground rules, such as: no throwing, no hitting, no shouting, etc...). As a parent you are the most important **role model** for your child, and they will imitate everything that the parent does. Consequently you need to role model good habits and good manners for her/him, so that he/she can internalize these habits/good manners

**Remember that one routine might not work for every child. Each child is unique and special, so we need to adapt the routine to the child's needs and not vice versa.**

Best Regards,

**Tiny Tots and Nursery Programme**

## Foundation Programme



**Jingle bells Jingle bells, Jingle all the way!**

**Santa Claus is coming to town, riding on a sleigh...HEY!!**

The month of December was truly a festive month with celebrations and events galore. But apart from celebrating festivals and events at the Nursery, we also celebrate the children's achievements each and every day. It is very important that at this stage of the children's development they receive many positive and fun experiences which will help them to form their love for learning and exploring the world around them.

Children are the future of tomorrow. Children will live what they have learned. The opportunities given and the reactions of the people surrounding them will influence their character and their behaviour. What do we want our future world to be like? What do we want our children to become when they grow up?

Here is a lovely poem that we would like to share with you :

### 'Children learn what they live by' by Dorothy law Nolte

If a child lives with **criticism**, he learns to **condemn**.  
If a child lives with **hostility**, he learns to **fight**.  
If a child lives with **fear**, he learns to be **apprehensive**.  
If a child lives with **pity**, he learns to **feel sorry** for himself.  
If a child lives with **ridicule**, he learns to be **shy**.  
If a child lives with **jealousy**, he learns what **envy is**.  
If a child lives with **shame**, he learns to feel **guilty**.  
If a child lives with **encouragement**, he learns to be **confident**.  
If a child lives with **tolerance**, he learns to be **patient**.  
If a child lives with **praise**, he learns to be **appreciative**.  
If a child lives with **acceptance**, he learns to **love**.  
If a child lives with **approval**, he learns to **like himself**.

If a child lives with **recognition**, he learns that it is **good to have a goal**.

If a child lives with **sharing**, he learns about **generosity**.

If a child lives with **honesty and fairness**, he learns what **truth and justice** are.

If a child lives with **security**, he learns to have **faith in himself and in those about him**.

If a child lives with **friendliness**, he learns that **the world is a nice place in which to live**.

If you live with **serenity**, your child will live with **peace of mind**.

**With what is your child living?**

Would we like to see a world full of people who are envious of others, unsure of themselves and their abilities, condemned, hostile, unfriendly, unloving or constantly fearful? Or would you like to see our children growing up to be loving, generous, confident, happy and strong individuals?...

The early years are the most fundamental years in a human being's life. It is when we are between the ages of 0-6 that we learn the most. We learn all the foundational concepts that we build later on in life. Therefore, it is important that we spend the most time with our children teaching them and modeling exemplary behaviour. It is also important to understand that children are still forming their personalities and they learn what they see and experience. Children need to be treated with respect and love. The way we react not only to the child but also to the way in which we react to stressful situations will form the basis for a child's understanding of dealing with emotions.

**Enjoy every moment of your child's early years because they will never return!**

**Wishing all the families a Merry Christmas and joyous New Year !**

Foundation Programme

