



Dear Parents,

What a fun month this has been! The theme **“My City and its Transportation”** focused on concepts that most of the children at the Nursery are familiar with: cars, buses, boats, aeroplanes, helicopters, etc. Nonetheless, the various hands-on activities to which the children were exposed during this month were far from ordinary... Our little ones had a blast while washing the school bus, as well as our bicycles; they went on an amazing field trip to the Satwa Fire Station where they had a chance to see and to sit on the real fire engine and even to explore the hose which is used by the firefighters to put off fire. By working with cardboard boxes and others recyclable materials, some of our friends also created 3D vehicles which they were thrilled to use in their pretend play. Others took part in fun science experiments through which they learnt about ‘float’ and ‘sink’ or participated in fun cooking activities, such as the one in which they made a fire engine using bread, jam and biscuits.

All of the activities described above offered the children what they need the most at this stage of their development: **hands-on experiences**. Young children are ‘natural-born scientists’ who thrive when offered the chance to explore while using all of their senses. In other words, **they learn and can understand best from what they see, touch, feel, and manipulate**.

*“Tell me and I will forget;
Show me and I will remember;
Involve me and I will learn.”*
(Chinese Proverb)

At home children should be encouraged to explore through hands-on activities too. Daily chores, for example, are a great way to get them started! Here are some suggestions that, in addition to being age-appropriate and lots fun, can help boost your child’s fine motor skills, cognitive, language and mathematical development:

- ✓ *Tidy up their toys*
- ✓ *Mend books*
- ✓ *Water the plants*
- ✓ *Count and put dirty clothes in the washing machine and/or sort them by colour*
- ✓ *Sweep the floor with their own small hand broom and dustpan*
- ✓ *Help you hang wet clothes (great for their pincer grip!)*
- ✓ *Fold clothes and match clean socks*
- ✓ *Set the table for dinner*

Additionally, November has also been a month of receiving guests at the Nursery. **Emirates Driving Institute** came to talk to the Foundation children about road safety. We also had **Dr. Menon** coming in to conduct the individual Medical Examinations of the term. The children have been gracious hosts and

hostesses and they carried on with our tradition of giving out 'thank you' cards to all of those that come to visit or help us in anyway.

Speaking of special guests... Our TIN Parent Committee has now been formed, and they have been actively present at the Nursery this month: they have worked closely with the children to create lovely ornaments which will be sold during our **Winter Craft Sale. This event will take place from the 8th to the 11th of December during Dismissal Time (from 12:00pm – 12:30pm).** This year the money collected during the Winter Sale will be donated to one local charity.

Last but not least, the children have also been involved in a very ambitious project this month. For the first time ever, all of the classes in the Nursery worked together to create something **HUGE!** To celebrate the UAE's National Day, we decided to have the children make their favourite building in Dubai, the Burj Khalifa. The children were very excited with this idea and loved being involved in the whole process: they had a great time painting toilet paper rolls with the colours of the UAE flag and then arranging the rolls together to create this famous building. The sense of pride that they all felt once their amazing creation was finally standing could be clearly seeing on their enthusiastic faces. We thank all parents who took the time to send in the toilet paper rolls as per our request. This wonderful project would not have been possible without you!

Our Burj Khalifa is now displayed near our main reception door. Please come to have a look and celebrate the children's work with us.



Happy National Day!

Carol Oliveira
Principal



43 روح الاتحاد
SPIRIT OF THE UNION
اليوم الوطني
NATIONAL DAY
الإمارات العربية المتحدة
UNITED ARAB EMIRATES

UAE National Day celebration at Toddlers International Nursery





December

- UAE National Day Holiday - Tuesday, 2nd of December until Thursday, 4th December
- Winter Craft Sale – Monday, 8th December until Thursday, 11th December
- Winter Concert for Foundation Classes – Wednesday, 10th December at 9:30 am
- Winter Concert for Tiny Tots and Nursery Classes – Thursday, 11th December at 9:30 am
- Parent Teacher Interview – Saturday, 13th December
- Book Fair – Thursday, 11th December (from 12pm-4pm) and Saturday, 13th December (from 9am – 2pm).
- Last Day of Term 1: Thursday, 18th of December

Field Trip Pictures to the Fire Station



Tiny Tots and Nursery Programme

A Healthy Choice

As Educators we understand that parents often feel overwhelmed by the amount of different information that is out there with regards to children's nutritional needs and eating habits. We also know that helping our children establish a healthy relationship with food from an early age is extremely important, yet at times it can also be very challenging!

With this in mind, this month we, the Tiny Tots and Nursery teachers, have selected a few important tips related to nutrition to share with you. Here they are...

- ✓ **Try to get your child into a good eating routine and aim for establishing a BALANCED diet from an early age!** Remember that the food a child eats in their early years can greatly influence their eating habits later in life.
- ✓ **Offer three meals a day at regular times.** Your child's diet should include items from the different food groups: proteins, carbohydrates, fruits & vegetables, milk and dairy products.
- ✓ **Avoid substituting meals for milk or unhealthy options** (e.g. biscuits, chips and sweets). Children are clever, and they will soon realize that when they don't eat what's on their plate, they get something else! Be consistent and keep offering them new things to try.
- ✓ **Let your child help choose their meal or snack.** For example, you can give them two HEALTHY snacks options to be sent to school and let them pick their favourite.
- ✓ **Involve your child in food shopping and preparing meals.** Children will certainly be more willing to eat or try foods that they have helped select and/or prepare.
- ✓ **Plan for snacks!** Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times.
- ✓ **Foods which are high in fat and sugar DO NOT contain the nutrients a child needs to be healthy.** These include: potato chips, sweets, juice with added sugar, and carbonated drinks. Keep these foods as treats ONLY!
- ✓ **Do NOT use food as a reward.** For example, instead of telling your child that he/she will only get dessert if they eat all of their vegetables, try a different and more logical approach...Explain that if he/she feels they've had enough and cannot eat more of their vegetables, then that means that there's no space in their stomach for dessert too.
- ✓ **Water should be the main source of your child's liquid intake.** One small glass of fresh fruit juice per day is enough. Over consumption of sweetened drinks has also been linked to increased rates of obesity in children.

- ✓ **Discourage your child from eating while watching TV or using gadgets.** Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the TV can make it difficult for children to pay attention to feelings of fullness, and may lead to overeating too.
- ✓ **Avoid sending your child to school on an empty stomach!** Breakfast is a very important meal, especially for children. It helps with brain development and gives them the energy they need to start their day.
- ✓ **When buying cereals read the labels carefully!** As many processed cereals contain higher levels of sugar, it's best to choose a simple oat or bran based cereal. To make it sweeter, you can add fruits, like banana or raisins.
- ✓ **Eat meals together as a family and be a good role model!** Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. Making sure that your child actually sees you eating the food that you expect him/her to eat will definitely help!

Here are some snack box ideas which we would also like to share with you...

- **Fruits:** Are a wonderful option as they are easy to pack and very healthy. These include: sliced apples, strawberries, pomegranate, tangerine, banana, pears, etc. You can even make a small fruit salad with your child's help or use cookie cutters to cut fruits and make them more fun! Watermelons, for example, can easily be cut into hearts and stars.
- If your child is not fond of fruits, dried fruits, such as raisins and dates, are a good way to start introducing these items into their diet.
- Raw vegetables like carrots, cucumbers, celery and cherry tomatoes can be served on their own or even with a dip. Add a small container with hummus, guacamole or cheese spread.
- To ensure that you include dairy in your child's diet, you can always add cheese and yogurt to their snack box.
- Rice, pasta, sandwiches and any type of bread presented in various manners are also a good option. Add vegetables to make them more nutritious!



We hope this helps!

Best regards,

Foundation Programme

The month of November '*vroomed and zoomed*' by very quickly, but nevertheless with lots of fun and learning! The theme of the month, "My City and its Transportation", gave us teachers an opportunity to engage the children not only in activities meant to have them create different vehicles, but also to encourage them to think about the different aspects of Transportation...

What transportation vehicle do you use to come to school every day? How do vehicles start/move? Where can you find different vehicles? What are the different vehicles that you see around Dubai? Is the colour of the fire truck in Dubai red like in other countries? Why do aeroplanes have wings? etc...

This theme was also supported by hands-on experiences, such as: meeting the real fireman in a real fire station or meeting people from the 'Driving school' (Emirates Driving Institute).

Additionally, the Emirates Driving Institute presentation gave us an opportunity to discuss and reinforce the most important aspect of travelling. That is: the use of the seatbelts, as well as road safety. With this in mind, we have compiled a list of key points related to this very important topic to share with our families this month...

"There is a 40-60 per cent chance of surviving a car crash if all passengers are buckled up" quoted by Thomas Edelmann, Khaleej Times (May 7th, 2104).

- ✓ For your child's own safety, whether the drive is a short one or a long one, it is very important to ensure that your child is ALWAYS wearing his/her seatbelt or using a car seat while travelling. Making this a habit, hence a part of your child's daily routine, will help reinforce it to your child. It might even prevent arguments and power struggles!

- ✓ While you are driving, do not to let your child stand or sit in the passenger seat. Ideally they should not be sitting on an adult's lap nor be allowed to try to roll down the car windows either. These activities can distract the driver and cause an accident.

- ✓ As told by the Emirates Driving Institute representatives: "Children below 8 must use a car seat or booster seats". Children below the age of 1 should use rear facing car seats.
- ✓ Teach your children the road safety rules when they are young.
- ✓ Instruct children never to go into the street alone. Hold your child's hand and tell him/her to always look both ways before crossing.
- ✓ Remind your child to stay on the sidewalk when you take a walk. Encourage them to walk and NOT run on the sidewalk explaining to them the reason behind this.

Last but not the least, we leave you with a quote to think about:

SAFETY ISN'T EXPENSIVE...IT'S PRICELESS !!



Best regards,

Foundation Programme