

September Monthly News

2018



Message from the Principal

Dear Parents,

On behalf of the staff team, I would like to extend a warm welcome to all our returning families, as well as to our new ones! It has been a great pleasure to meet so many of you during our 'Special Play Date' session and our 'Parent Orientation' which were held at the beginning of September. For those who couldn't attend these events, please rest assured that there will be plenty of other opportunities for parental involvement throughout the school year.

Term 1 is off to a great start at TIN DSO! Most of the children are settling in well into the new school year and getting used to their daily routines. It's also great to see new friendships forming already.

If your child doesn't seem completely settled yet, do not worry! Have a look at the 'Tips to Help your Child during Settling in' which we have prepared for you. If you require any further support or have other queries or concerns with regards to this matter, please don't hesitate to contact me.

I thank you for your continued support. We are excited to see what the rest of the school year has in store! •

Best regards,

Carol Oliveira
Principal at TIN DSO

Dismissal time for those who are not part of our Extended Day Programme is from 12:15pm-12:30pm. Those taking part in our extended day programme have an option of being collected at 2pm, 5pm or 6pm. Late collections can also be truly upsetting for a child, especially during the settling in period. Your support with this is greatly appreciated. •

§ Food: A good diet is particularly important for young children as it affects their growth & development. At TIN we promote healthy eating so please ensure that you only send nutritious meals to school. Cut-up fresh fruits or vegetables, yoghurt, cheese or a simple sandwich are examples of appropriate healthy snack choices. Carbonated drinks, chocolate & chocolate spread, sweets and crisps should NOT be sent to school.

§ Uniform: If you haven't bought your child's uniform yet, please remember to do so. All sizes are now available at our Admin Office. The school uniform must be worn from Sunday to Wednesday. Thursday is a casual day.

§ Backpacks: Please do not send oversized bags to the Nursery. We are encouraging children to become more independent. Therefore, each child will be encouraged to manage their own belongings.





Tips to Help your Child During Settling in...



Although most of our new & returning children have now settled, some of them still have those days in which they cry or struggle a bit more to let go of mum or dad. We understand how distressing this can be for the child and for the parents, but would like to reassure you that this behaviour is absolutely normal. Most children tend to take 2 to 3 weeks to settle and, even after this time, some might still get occasionally upset - especially after being away from the nursery for some time or right after the weekend.

For those children who still haven't adjusted completely, it's important for parents to work very closely with the class teacher, communicate your concerns and stick to the 'shorter settling in sessions' for a bit longer if needed. Here are some other tips/ideas that can help your child settle & eventually start to look forward to coming to school! ☐

- v Keep your Goodbyes 'Short & Sweet': When dropping off your child, avoid sneaking out. Instead, establish a daily routine of saying a pleasant, loving, yet firm and short goodbye. Extending your goodbyes or going back into the classroom several times will only make things more difficult for your child. As hard as it can be to leave a child who's screaming & crying for you, it's important to have confidence that the teacher can handle it. Rest assured that we will always contact you if needed!
- v Bedtime Routine: It has been observed that children who don't get a good night sleep often tend to take longer to settle and make the most of their day at school. To help your child arrive fresh and prepared for their day, try and establish a consistent bedtime routine at home. All children between 1-2 years of age should get around 11-14 hours of sleep at night. Children between 3-5 years of age should sleep from 10-13 hours per night.
- v Stay positive about the Nursery!: It's understandable for parents to get concerned when a child appears to be taking long to settle. However, try to avoid displaying your concerns in front of your child. Talk about the nursery in positive terms! For instance, you can talk to your child about his/her new friends, his teacher and the many fun things he/she will do. Don't forget to also reinforce that you will always come back to pick him/her up!
- v Follow through your Promises: Do try your best to come back at the time you said you would! This will help your child develop confidence that they can make it through the time separated from you. Explain this in a way that your child can understand, such as "I'll be back after story-time".

A **BIG** thank you to all parents for your support & cooperation during this period of transition! ☐



Find us on
Facebook

Please note :We have a facebook closed group accessible to our DSO families

If you have any queries regarding how to join the facebook page you may contact the admin office

What we will be learning in

October



Fruits, Vegetables &
Healthy Eating



Delightful Dolphins

Nursery Programme



September 2018

Dear Parents,

It amazes me how quickly this month just flew by! I would like to start the first of many newsletters off by welcoming back all our returning children and also welcoming all our new children and you, of course, to the **Delightful Dolphins** class. It has been such a pleasure getting to know each and every one of you this month. September may have started off a bit bumpy as we all settled into our new routine, but now that we're pretty much settled, it should be smooth sailing!

We spent our first weeks together in September getting to know all about ourselves and each other in our "**All About Me & My Environment**" theme.

We learnt about all our body parts, our senses and our emotions using songs, flashcards and role playing activities. We made our "1st Day at nursery hand prints", checked our weight and height, met new friends every day and danced and wiggled our way through the month. We read a lot of books this month, which focused on our theme and we learnt that we need to say "sorry", "please" and "thank you" and, most importantly, "Sharing is Caring!" when we're playing throughout the nursery.

A few of our new friends are still getting used to getting their hands dirty while exploring new textures, but we still tried out lots of sensory messy play activities. We played with play dough, water beads, shaving foam, sand, rice, feathers and pompoms. Some were a huge hit and others were a miss, but we had lots of fun and we used a lot of our senses during our activities. We even had a baking day and made our very own sugar cookies that we got to decorate and take home. They were super yummy! We also had a **5 Senses Day**, where we tried some lemon, honey, cinnamon and salt, as well as explored some musical instruments, tried smelling some different spices, played with various sight objects and touched different textures too.

This month we also learnt all about our families and what they mean to us. We reinforced that by having a family dress up day wherein we came dressed up as a member of our family.

It was a wonderful way to end our theme.

This month we also celebrated **Farida's 2nd Birthday!** The children loved celebrating her special day with her! Thank you for joining us, mommy!

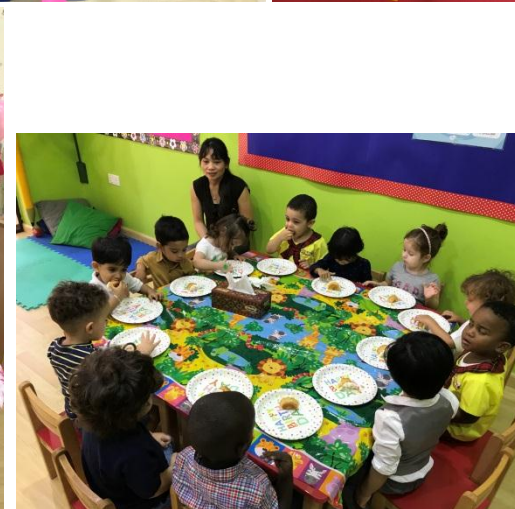
On behalf of myself and my wonderful teaching assistants, **Ms Hannah** and **Ms Ronica**, I would just like to thank you all for the encouragement and support during this settling in period. You all made it a smooth transition.

Ms Taryn

Here are some photos of what we've up to this month:











I can't wait to see what we get up to next month!