

# 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

## Arrivals & Dismissals



Please ensure that your child is at the Nursery by 8:30 am. Punctuality is vital as being late and missing out on part of their daily routine can be very upsetting for a child.

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.** ☺

## Important Reminders...



- **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! ☺

- ❖ **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!
- ❖ **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.
- ❖ **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!
- ❖ **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**

**Toddlers International Nursery**  
**Dubai Silicon Oasis**

**PLEASE NOTE:** We also have a Facebook Closed Group accessible to DSO families only.

If you have any queries regarding how to join the group, please contact our Admin office.

What will we learn  
about in October?



**Fruits, Vegetables & Healthy Eating**

## Monthly Newsletter

### September 2018

Dear Parents,

A warm welcome to all our children and families to the new Academic Year 2018- 2019 and to our FS1 Sensible Snakes classroom! I am Mrs Shehara, your child's classroom teacher and this year I will be working along with Mrs Carrie, my teacher assistant. I have been working at Toddlers International Nursery for 5 years now. Teaching young children and making a difference in their lives is my passion, I look forward to working with your child this year, as well as to working in partnership with you to help each child develop holistically.

The children are settling in beautifully and most of them have also adjusted well to the routine of the day. They can be observed exploring the environment with interest, and are starting to interact, make friends and communicate with their peers and teachers. Our initial focus during the month of September was to help children become more aware of themselves, gain independence in taking care of their belongings, tidying up after activity time, eating independently and using the washroom independently too. To best support the children, we would like to kindly encourage parents to reinforce these concepts in the home environment too. Additionally, we have also started exposing children to different pincer grip activities in order to help them further exercise their concentration and pre-handwriting skills.

**The theme for September was "All About Me & My Environment."** The children have been learning and exploring the different parts of their body, observing their faces through a mirror and working on various theme-related crafts. They have also been encouraged to make their own drawings and take part in physical activities meant to further reinforce the concepts mentioned above. This theme also touched on concepts like stating one's name and exploring our 'Five Senses' through our fun '5 Senses Day'. Additionally, we touched upon the concept of 'My Family' and the different members in our family. The children were also exposed to different emotions and how we must express our emotions in words rather than inappropriate actions. Finally, we ended the topic by learning that we are all unique, beautiful and special and together we make a masterpiece! Looking forward to a wonderful fun filled learning journey ahead!

**A Few Reminders to keep in mind:**

### **IMPORTANT REMINDERS:**

- ✦ It is very important that an early bedtime routine is observed for children in order to ensure that they are able to manage throughout the day, be happy and energetic and be able to participate in all the activities planned. (Lights should be out by 8:30pm the latest!)
- ✦ Kindly send in an extra change of clothes and 2 sets of underclothes if you have not done so already.
- ✦ Please send in 2 passport size pictures of your child which will be used in the classroom if you haven't done so already.
- ✦ Kindly note that we upload pictures twice a week on our TIN Parents Closed Facebook page. If you are still not a part of it, please contact the admin. department.

# Activities Based on the 7 Areas of Learning

## Personal Social and Emotional Development:

- Focus on independence in the area of taking care of own belongings, eating independently and expressing the need to and using the washroom independently.
- Children are encouraged to interact, communicate, help each other and work in groups sharing and taking turns through different group activities.
- Discussion about different emotions and how we should express our feelings and needs in words.
- Motivating children to talk about their family members and how they call them through the family tree show and tell activity.
- Reinforce routines related to: tidying up, being responsible for materials and social behaviour.

## Physical Development:

### Gross Motor:

- Daily stretching and movement exercises.
- Play in the Indoor area, climbing, sliding, jumping and balancing on the balancing equipment.
- Throwing and catching a ball.

### Fine Motor skills:

- Sensory and fine motor activities: Pouring and transferring rice, oat flakes, and pompoms. Transferring and pouring water using a sponge. Fish out items using a strainer.
- Threading, pegging linking lings together, and building towers and models using blocks.
- **Pre- writing activities:** Paper Tearing and use of glue stick to stick within an object.
- Using a Q- tip to paint within a surface
- Free painting, colouring and mark making using paints, crayons and colour pencils.

## Mathematics:

- Gaining number awareness through stories and rhymes.
- Rote counting numbers 1-10 and counting the number of friends in the classroom.
- Revision of primary colours through recognition and painting and activities.
- Revision of shapes through games, activities and crafts.

## Communication/Language and Literacy:

- Children were exposed to vocabulary related to: the different parts of one's face and body, different emotions, our 5 senses and what we can do with them and names we may call our mother, father, brother, sister and grandparents.
- Greetings and using short sentences like: Good morning, I am fine thank you, present I am here, My name is ....., I am a boy/ girl, I am happy, I am sad, please give me, thank you and sorry.
- Children are exposed to different Stories, action rhymes and circle time activities to help develop their communication, language and literacy awareness.
- **Stories:** "Llama Llama misses Mama" "Now I am Big", "My Body", "Rainbow fish", "Goldie Locks and the Three Bears".
- **Songs:** "Head, Shoulders, Knees and Toes", "I am special, I am special", "If your happy and you know it" "Good morning and greeting songs, 7 days of the week".

## Understanding of the World:

- Learning about the different parts of our body and what we can do with it through discussions, stories, songs, flashcards and activities.
- Talking about one's family members and how we call them in different families.
- Children showed their family pictures and talk about their own families.
- Looking at different feeling and emotions and how we should express them.
- Gaining the understanding and ability to express ones name, gender and how we feel during different parts of the day.

## Expressive Arts and Design:

- My face craft
- Making one's body using shapes.
- Girl/ Boy craft
- Tearing and sticking activities.
- Painting and mark making activities
- Exploring musical instruments and following the beats on drums and shakers.



## Personal Social and Emotional Development

Learning to play as a part of a group, sharing, taking turns, communicating and building ones confidence.



## Expressive Arts and Design

Playing the drums, listening and following beats and rhythms played by the teacher and creating a body and my face craft.



### Physical Development

Some fine and gross motor activities done to help children develop their pre-hand writing skills, concentration, balance and coordination.



### Knowledge and Understanding of the World

Exploring their 5 senses and what they can do with them, My family Dress up day, and learning all about themselves.



Best Regards,  
Mrs. Shehara  
Sensible Snakes