

APRIL NEWSLETTER



Dear Parents,

I hope all our parents and our little ones are safe and healthy.

Wow, what an incredible first month we have had on this remote learning journey! Our Journey together with the new Home Learning portal has been amazing throughout this month with feedback and cooperation from the children and our Parents.

A big Thank You to our parents for their personal contributions in supporting their children. While the world battles on the global front, our parents juggle between housework and ensuring that their children are safe and secure and continue to enable learning. We admire you and think you are superheroes and marvel at the ways you are creating fun memorable moments with your children. We will all definitely remember these days for the rest of our lives and our children will look back on these times and how we responded to the situation

We also want to express a huge appreciation and admiration for all our teachers. While our health care workers battle on the frontlines, our teachers work very hard behind the scenes to ensure that no child is left behind. Thank you, dear teachers, for the hard work and commitment that you show to your profession and to our children

Our children will learn new skills in this triangle of learning - children, parents and teachers together create special learning experiences. Seeing our children indulge in various activities make us proud and feel that we make a difference in our little one's life. Our teachers and principals are busy making exciting creative and innovative plans filled with challenging activities for the coming weeks.



We are going to start separate plans for our babies and 2 to 3-year-old children which will help parents keep their children occupied with something to do every day.

We would like to share some tips for the parents whose children will be going to school the next academic year. The most important area of learning during this time is setting routines. It is imperative that our children have a few set routines. Follow the below activities to make home learning an amazing experience and keep that feedback coming in as it gives us lots of positive energy in these difficult times

Promoting Independence

- Expect more from your kids.
- Resist doing for her what she can do herself.
- Don't redo what they've done.
- Let your kid solve simple problems.
- Assign a simple chore

Encouraging Cooperation

- Praise is key.
- Develop predictable routines
- Turn responsibilities into a game
- Give advanced notice before transitions
- Use sticker charts and rewards judiciously.
- Give structured choices.
- Prioritize play
- Encourage teamwork.
- Let your child work out minor squabbles.

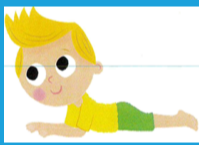
Disciplining Effectively

- Rely on distractions
- Prevent good-bye meltdowns
- Involve her in righting her wrongs
- Don't delay

In these hard times around us we should be positive, eat healthy; exercise or yoga is very important also adding some yoga positions that you can do with your children at home.

Improves Physical and Emotional Wellbeing

Benefits: -Helps Strengthens the arms and shoulders, increases flexibility and stretches the spine



Improves Balance

Benefits: - Helps in better Body control, core stability.



LEARNING AND ACTIVITIES



Letters: **Jj, Ww**

Numbers: **13 and 14**

Counting: **1-15**

Colour: **Purple**

Opposites: **Hot and Cold**

Rhymes: **Four Seasons** Shape:

Semi - Circle



Letters: **Ss, Aa, Tt, Pp, Nn**

Numbers: **15 and 16**

Counting: **1 - 20**

Colour: **Purple**

Opposites: **Light and Heavy**

Rhymes: **Four Seasons**

Shape: **Semi - Circle**



Colour: **Purple**

Shape: **Semi - Circle**

Rhymes: **Four Seasons**

Born Smart Games: **Sand Steps/ Water Tray Fun**

Physical Development: **Building Tall Towers**



Colour: **Purple**

Shape: **Semi - Circle**

Rhymes: **Four Seasons**

Born Smart Games: **Sneak Peak, Noisy Fun, Bubbles**

Physical Development: **Tummy Time, peek a Boo Using Blanket, Pushing Toys Back and Forth**



BKN Tips To Parents

How to Talk About COVID-19 To Children?



• Don't be Afraid to talk about it:-Convey the facts and set an emotionally reassuring tone.

• Be Age Appropriate:-Older children can take in more details than the younger children. Focus on answering their questions. Do your best on answering honestly and clearly and its ok if you cant answer all their questions.

• Follow their lead:-Encourage them to ask questions and share their perspectives. Invite them to tell you anything they may have heard about COVID-19 and express how they feel.

• Check Yourself:-Feeling anxious? Take some time to calm yourself down before trying to have a conversation or answer your child or students question.

• Focus on actions you can take:- Emphasize safety precautions everyone can take to help keep themselves and others healthy :good hand hygiene, cough and sneeze etiquette, social distancing and staying home if you aren't feeling well.



• Stick to routine:-Structure days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

• Keep Talking:-Let them know the lines of communication are going to be open and as you learn more, you will share the information with them.

Recommended Books to read:

- In the Sky- (Project X: Alien Adventures)
- Weather and Seasons Paperback - 2 Jan 2020 (by Catherine Baker (Author), Teresa Heapy (Author))
- The seasons of Arnold's apple tree- (Book by Gail Gibbons)
- Four Seasons Make a Year- (Book by Anne Rockwell)
- Tree: A Peek-through Picture Book- (Book by Britta Teckentrup)
- Goodbye Summer, Hello Autumn- (Book by Kenard Pak)
- The House of Four Seasons- (Book by Roger Duvoisin)
- A Friend for All Seasons-(Book by Julia Hubery)

Contact

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