

# JANUARY NEWSLETTER



Dear Parents,

Welcome to 2020! A new decade begins! Take a breath... Our little ones will be part of the new wave of education, preparing for a future led by AI technologies. At Bright Kids Nursery, we are proud that our children are exposed to a curriculum that promotes the development of innovation, creativity, problem-solving and thinking skills that are transferable and empowering.

A brief look back, with gratitude for all that Bright Kids Nursery has achieved:

★ Bright Kids Nursery was recognised as a Superbrand.

- ◆ The children joined Hannah, our Drama teacher, and her puppet Ziggy for a mission into SPACE.
- ◆ Our children, parents and staff celebrated the Year of Tolerance with a difference; we learned that tolerance starts with protecting our environment.
- ◆ We also celebrated National Day with great pride and energy.
- ◆ With the support of our kind parents, we were voted 'Nursery of the Year' at the Mother, Baby & Child Awards.
- ◆ Bright Kids Nursery signed up for MOVE with Zip Active, a London-based programme created especially for the early years. The Zip Active themes - 'Zooming Stars' and 'Space Walk' - are in line with our monthly themes

and our Summer Camp's 'Voyages into Space'.

- ◆ In association with LEGO for Education, we designed our super-fun Coding @2 programme.
- ◆ Bright Kids Nursery became the first nursery in the Middle East to participate in the Early Arts programme, a Children's University's initiative.
- ◆ Bright Kids Nursery invited leaders, experts and policymakers to collaborate on excellence, innovation and continuous improvement in education at TA'ASEEN 2019, an exclusive event held at Bab Al Qasr Hotel in Abu Dhabi on November 16th. TA'ASEEN is built on the belief that exciting things happen when teams of educators believe they have the ability to make a difference. The programme included an expert talk on health and safety, a panel discussion and roundtable collaborative activities to facilitate an exchange of ideas with Chief Guest Abdulla Salem Alhosani, Acting Chief of ECE Licensing at ADEK.
- ◆ We opened a new branch in Al Sarouj in Al Ain and a branch in Sharjah. A branch in MBZ and a second branch in Najda will be opening soon.
- ◆ We are proud to announce that Bright Kids Nursery is the only nursery shortlisted for two prestigious GESS Education Awards - 'Ambassador for the Environment' and 'Best Use of Digital Learning in the Classroom' for Coding @ 2.

## HABITATS

This new term at Bright Kids Nursery promises to be very busy. The focus this term is 'Habitats', and the children will explore different types of habitats - The Farm, The Jungle and Under The Sea as well as the associated animals, birds and insects. The theme for this month is 'On the Farm', and children will learn about farm animals and food as they develop key skills and concepts throughout the month.

We wish you a very Happy New Year, and we look forward to a wonderful term full of learning and discovery.



**Hanaa Rafic Loutfi,**  
Bright Kids Nursery's  
Co-ordinator

With a passion for learning and providing quality education and care for babies, toddlers and young children, Hanaa believes that educating children requires a strong partnership and teamwork among parents, teachers and nursery managers.



Hanaa has over 27 years of experience at schools and nurseries in many countries, including Lebanon, the KSA and the UAE. This global experience has given her a strong understanding of the contemporary education culture in the region, the best practices in early childhood care and education, the needs of a cosmopolitan society, the region's culture and traditions, and the requirements and expectations of the regulatory authorities.

## LEARNING AND ACTIVITIES

Letters: **Cc, Kk**  
Numbers: **5 and 6**  
Colour: **Orange**  
Opposites: **Big and Small**  
Rhymes: **About the Farm**  
Shape: **Heart**



Letters: **Oo, Cc, Kk**  
Numbers: **9 and 10**  
Colour: **Orange**  
Opposites: **Tall and Short**  
Rhymes: **About the Farm**  
Shape: **Heart**



Colour: **Orange**  
Shape: **Heart**  
Story Book: **About the Farm**  
Rhymes: **About the Farm**  
Play, Explore, Learn: **Number Magic**



Colour: **Orange**  
Shape: **Heart**  
Rhymes: **About the Farm**  
Play, Explore, Learn: **Number Magic; Born Smart Games**



## QUESTION OF THE MONTH

What can I pack in my child's lunchbox?



We recommend healthy, whole, nutritious, homecooked food that contributes to growth and development. You could try the 5532 guide:

- 5 starchy foods per day (e.g. pasta, rice, bread, potatoes)
- 5 fruits and vegetables per day (e.g. cucumbers, carrots, apples, bananas, oranges, grapes)
- 3 dairy foods per day (e.g. yoghurt, milk, cheese, laban)
- 2 protein foods per day, or 3 if the child is vegetarian (e.g. chicken, meat, fish, lentils, beans, tofu)



Children under 5 should have a daily supplement with Vitamins A, C and D - please consult your doctor for more information. Foods such as chocolate, biscuits, cake and high salt snacks like chips are not necessary and they shouldn't be a regular part of children's daily diets; offer small portions occasionally. Offer children 6-8 drinks a day; water is a good choice.

Keep these tips in mind when packing your child's food for the day:

- Try not to send something that your child has never had before.
- Try to make lunch a mix of foods that are yummy, healthy and familiar.
- As Bright Kids Nursery is a nut-free nursery, remember not to send any nuts or nut products such as peanut butter.
- Ask our teachers for feedback about what your child ate so that you know what they are enjoying
- Don't worry too much if your child's appetite varies from one day to the next. This is totally normal.
- Always cut and serve foods in sizes that you know your child can handle.

## Contact

For further information call **+971 566 877 977**

Keep up to date with our daily activities and follow our social media channels

[brightkids\\_nursery](#) [Bknuae](#)

