



روضه امباسادور

AMBASSADOR KINDERGARTEN

INSPIRE INQUIRE INNOVATE

MONTHLY NEWSLETTER - OCTOBER 2018



Principal's Note:

Dear Parents,

The month of October was action packed with activities and events and kept everyone on their toes. It all began with our little ones getting familiar with the value of the month, **APPRECIATION**, which they continue to follow it religiously even to this day! It was indeed a joy to see our children depicting and expressing the essence of this word in their own innocent and sweet way which brought a smile on their teachers', friends' and aunties' faces.

'Value of the month' was initiated to inculcate and integrate the core values in our children's day to day actions. But, honestly speaking, they have opened our eyes to a new world of meaning to these values. They really know how to take the maximum out of every moment, and who better than our dear little children to teach us the art of appreciating the hue of experiences that life has to offer.

A salute to our little teachers - our children!!

With best regards,
Rashmi Nagendra





Just Jazzle

It was an awesome 'jazzling' day by our pre kindergarteners showing off their talent and gaining confidence through group coordination and sync.

Pattern Pajama day

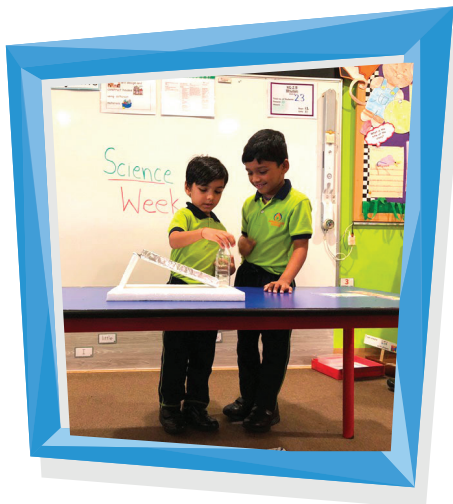
Our little ones dressed up in their pajamas showcasing their patterns, had a great time having a sleep over in class with friends and teachers through a story time!!



Dress up day

Our little ones dressed up to become what they want to be when they grow up.





Science Week

Our kindergarteners had an exploration and learning time through the Science Week, understanding the different facets of ‘water’ and ‘energy’, demonstrating their skills and understanding of the experiments they researched from home.

Book fair

A book fair held by Booktopia in our school for our young readers providing an opportunity to ignite the passion for reading, selecting their choice of books and paying using real currency.

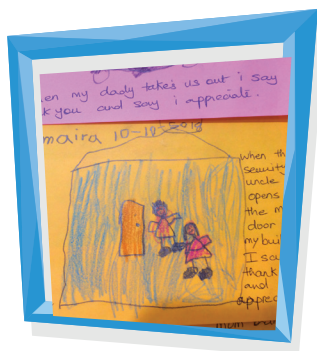


Special Assembly

A special assembly by KG 1 A showcasing the unity of different emirates and the greatness of our country-the United Arab Emirates.

Special Assembly

A special assembly by KG 2 G portraying that being ‘Different is good’ and accepting others through understanding, openness and friendship.



Value of the month

Appreciation is our value for the month of October, our students have gained an understanding and imbibed the value to like and appreciate all good things around them.





Halloween Day

A spooky day with our little ones dressed up as cute zombies, pumpkins, witches, etc. It was a fun filled day to celebrate the end of summer season and the beginning of winter!!

Wow moments – Ms. Sangeetha and Ms. Mamta

Every day in school is a treat for all teachers to perceive and be a witness to the astounding knowledge and pioneering ideas today's children exhibit. Every day brings those WOW moments for us and it is my great privilege to share the same with you all.

STEAM (Science Technology Engineering Arts and Mathematics) seems to be inborn competences in today's kids when I see my class and their analyzing capabilities of any task assigned to them. Children are excited about exploring ideas to do STEAM activities in a hands-on, applied, integrated way. It's about much more than learning facts and figures. Instead it is all about presenting challenges and helping children come up with their own solutions, developing the sort of critical thinking skills that will be needed in the future workforce. Plus, this type of learning is much more fun!!

A topic "How they will help the Billy Goats to cross the river safely and escape from the troll." brings outstanding scientific ideas and situational fluencies by the children of just 5 years old. Comments like - "I will build a bridge connecting both shores" "I won't use paper (one of the resources provided) as it won't be mechanically strong and paper may get soggy", "Let's measure the distance first", "I recommend to use the raft", "I will form an Abra", "I will use bricks to form a solid structure" and so on...

These outstanding comments and ideas by children make all of us feel those "WOW" moments and we start seeing that passion for STEAM in this generation. It helps children ask questions, connect the dots, problem solve, think creatively, and be innovative. While we teachers do create an environment for children to blossom ideas, they realistically give us that energy and motivation with these WOW moments.

I am really privileged to be part of experiencing these WOW moments and sharing the same with you all. This makes my belief solid that these children are the hopes and future of the world.



Ms.Sangeeta



Ms. Mamta



Nutrition and care

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

The diet should be calorie dense contains all food groups:

- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits.** Encourage your child to eat a variety of fresh fruits between 2-3 different types of fruits.
- **Vegetables.** Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. Around 4-5 vegetables in a day .
- **Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.
- **Dairy.** Encourage your child to eat and drink dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Aim to limit your child's calories from:

- **Added sugar.** Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, honey and others. Increasing simple and refined sugar will spike blood glucose causing hyperactivity in your child .
- **Saturated and trans fats.** Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil.



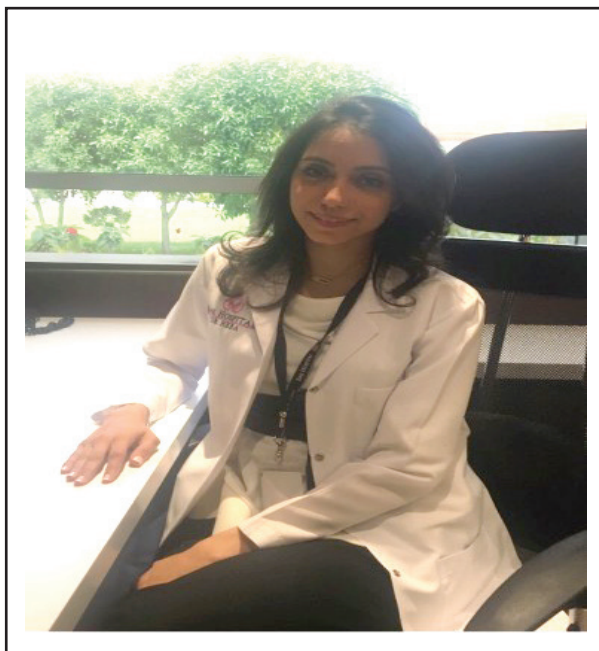
Beside healthy diet children preferred to spend around one hour daily doing different physical activities.

Benefits Physical activity helps your child:

- Build a healthy heart, lungs, bones, muscles and joints
- Develop confidence in their movement skills
- Develop positive self-esteem
- Improve the ability to deal with stress
- Develop friendships
- Promote leadership skills
- Be better prepared to learn
- Do better in school

Here are some physical skills you can help your kindergarten-aged child develop:

- Walking in a straight line
- Throwing and catching a ball
- Changing directions when running
- Climbing playground equipment
- Hopping on 1 foot



Ms. Heba Khalid,
Clinical Dietician RAK diabetic Center



How to get your child to eat...

Dr. Aarti Javeri-Mehta

Ellyn Satter

Feeding competence

- Positive
- Comfortable
- Flexible
- Enjoyable
- Nourishing

Are you a competent eater?

- Eating competent people eat healthier and are healthier
- Eating competence creates harmony between your wants and should with eating
- Trusting Hunger

Division of Responsibility

Adult

What

When

Where

Child

How much?

Whether to eat or not

What?

- You prepare the food that is delicious, enjoyable and yet nutritious
- Be considerate of your child's lack of food experience without catering to likes and dislikes.
- Involve them

Carbohydrates

Whole grain pasta, bread, barley, grains, cereal, rice

4-5oz equivalents (1 oz = 1 slice of bread , ½ cup cooked pasta/rice, cereal

Proteins

3-4 oz equivalents (1oz meat/chicken/fish, 1 tbsp nut butter, ¼ cup cooked beans, 1 egg)

Fruits & Vegetables



Vegetables 2-3 cups a day

Fruits 1-2 cups a day

Fats

Oil 4-5 teaspoons

Dairy

3 servings (1 cup milk, 1 cup yoghurt, 2 slices cheese)

When?

- Provide regular meals and snacks
- 3 meals , 2 snacks
- No food and drinks between meals

Where

- Make eating times pleasant
- Step by step , show your child by example, how to behave at mealtimes

How Much?

Eat the amount he needs

Whether to eat or not ...

Word of Caution

- Your eating-competent child may still be picky
- To eat only one or two foods from any meal
- To eat a food one time and ignore it another
- To eat a lot one time and not much another
- To not eat vegetables.

Solution?

- Keep Calm
- Don't pressurize
- Create Structure
- Maintain Division of Responsibility
- Wise use of "forbidden foods"

Diet for Hyperactive kids

- Avoid Candy, Sodas, Caffeine
- Avoid High Fructose Corn Syrup



- Avoid Processed Foods, Flavor Enhancers
- Caution on Certain frozen foods and vegetables
- Caution on Additives
- Caution on food intolerances and sensitivities

What can we add ?

- Good Quality Protein : Eggs, Chicken, Fish , Greek Yoghurt
- Why? To prevent blood sugar spikes , best with a complex carbohydrates
- Greens : Spinach , Carrots, Lettuce, Parsley
- Zinc, Magnesium, Iron
- Fruits
- Omega 3 rich foods
- Olive Oil
- Whole Grain

Helping Children Chew their food

- Encourage self feeding
 - Feed when hungry
 - Remove distractions
 - Make it a game
 - Positive Reinforcement + Motivation
 - Repetition
 - Sensory Issues – vibration/massages (speak to therapist)
 - Stay calm!
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