

DECEMBER 2014 NEWSLETTER

ISSUE # 2 – DECEMBER 2014

HIGHLIGHTS



- **Holiday Programme**
24th November 2014 to 2nd January 2015
- Our programme is tailored for kids from 3 – 6 years of age and each day has a different focus including phonics workshops, arts and crafts etc.

EVENTS



1. Christmas tree decoration held on the 8th of December 2014. Student will take part in decorating the Christmas Tree.
2. Colouring contest held on the 12th of December 2014
3. Christmas party 19th December 2014

TIPS & ADVICE COLUMN

Tips to encourage sharing

Helping your toddler to learn to share will be one of your toughest parenting assignments. Here are some practical ideas to help you:

- Play games that involve taking turns and sharing. Build a block tower and take it in turns to add one block at a time.
- Encourage your toddler to 'share' with her teddies and toys.
- Set your kitchen timer for five minutes to help playing toddlers learn to share a toy by swapping toys every time it rings.
- Point out good examples of sharing when you are reading books or watching a DVD or TV.
- Ask your toddler to look out for good examples of sharing and tell you about them. When you see her sharing, give her specific praise: 'It was very kind of you to let Sally have a go on your scooter – good sharing!'

Sharing doesn't come naturally – it is a useful social skill that must be learned

QUOTE OF THE MONTH



It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.

Ann Landers

ACTIVITY COLUMN Rubber Finger Puppets



This is a quick and easy way to make finger puppet characters for your child

Age Group : 24 - 40 months

Duration of Activity : 15 mins


You will need :


Scissors, Old Rubber Dishwashing Gloves, Permanent Markers

Cut the fingers off the rubber gloves.

Let your child use the markers to create a face and other features

EVENT CALENDAR

DECEMBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
	DECORATING TREE				COLOURING CONTEST	
14	15	16	17	18	19	20
					CHRISTMAS PARTY	
21	22	23	24	25	26	27
			CHRISTMAS EVE	CHRISTMAS 		
28	29	30	31			

LEGEND :  SCHOOL HOLIDAY / PUBLIC HOLIDAY EVENTS

COLOURING ACTIVITY



NUTRITION

BANANAS

- Potassium-Bananas are rich in potassium, a mineral essential for healthy heart, muscle, kidney and digestive system.
- Vitamin C-Vitamin C is known for its antioxidant properties.
- Vitamin B6-It converts carbohydrates to glucose and thus maintains healthy levels of blood sugar in the body. It also helps in the formation of hemoglobin and metabolism of protein.
- Fiber-Bananas contain soluble fiber which lowers cholesterol. Soluble fibers also help in weight loss.

TODDLER RECIPES

BANANA & BERRY SMOOTHIE



- 1 large banana
- ½ cup frozen mixed berries
- 2 teaspoons wheatgerm
- ½ cup low-fat milk
- ½ cup low-fat strawberry yoghurt
- 2 teaspoons honey

Step 1 : Place banana, berries, wheatgerm, milk, yoghurt & honey in a blender

Step 2 : Blend until smooth. Divide between 2 glasses. Serve

Snowman Word Search



COAL SNOW
CARROT STICKS
SCARF TOP HAT



E O Y C Q V B
T O R R A C T
S K C I T S O
M D D C Q G P
C S N O W R H
K F R A C S A
F C M L V W T