

# *Newsletter - Issue no. 9*

early  
years





# MESSAGE FROM THE PRINCIPAL



**Sleep** is considered one of the most important activities in a person's life, it is not important for recovery of internal organs and removing all exhaustion and toxins from the body, but it is the brain time to sort and store all learning and mental connections that took place during daytime. This draw great emphasis on the importance of sleep in the life of babies and toddlers who are barely starting their curiosity journey and exploration of the world.

Research has highlighted multiple benefit of having a **restful** and **uninterrupted sleep** time as well as developing a successful sleep routine for children. **Sleep** is vital for healthy cognitive and psychosocial development. **Sleep** is related to children learning and memory retainment, emotional regulation abilities and better cognitive and brain structure development (Jiang, 2019). Hence, sleep times and keeping a steady routine takes a priority in our children lives and must be given the proper consideration when planning our day as parents.

**Typical bedtime activities that have been shown to have beneficial effects on sleep include:**



- Nutritious snack or bottle breastfeeding
- Bath or diaper change
- Brushing teeth and going to the bathroom
- Reading a book
- Lullaby or singing a song together
- Massage, cuddling, and rocking
- Talking about their day
- The bedtime routine should culminate in a goodnight kiss and lights-out (Sleep Foundation, 2021)





### Current Events

We just concluded our **Halloween** celebration with loads of songs and activities like decorating a candy bag, printing a spider with hands, and sticking a pumpkin face and indulged in carving a pumpkin and digging deep to find the seeds.



### What we've been learning

We focused on family. We introduced our household members through displaying their pictures and discussed whether we play together or alone. Independency and life skills took a great interest. Skills as feeding ourselves and taking our bags to and from the dining room and finding our belongings by finding our pictures and names was an addition to our independency and a beginning of a new phase of preparing children for better understanding of what is theirs and what is for other.

### Upcoming themes

We are moving forward to know about our various parts of the body and the use of each; from the five senses to all the limbs as well as what can we do with those hands and feet.





### Current Events

- Halloween and Thanksgiving
- Extended new daily routine
- New Friends joining next week; Camilia and Lara



### What we've been learning

The Butterflies have been busy learning the animals that are found on the farm by their names and sounds, through the song of Old McDonald's. They also discussed the animals that are common between farms and Halloween, which are the cat, spider, and bats. They learned the Halloween songs and have been practicing them with their actions. They enjoyed their pumpkin carving session and smelling different kinds of spices. They learned to build towers with two kinds of toys, pegs and rubber cubes, and are experimenting with solving peg puzzles and connecting two-pieces picture puzzles.

### Upcoming themes

For the next 3 weeks, the Butterflies will continue talking about the **products, babies' names, skin patterns & colors and the houses of the Farm animals, as well as the weather changes and colors of the Fall season.**

By mid-November, we will start discussing the changes that will be happening in the winter weather, the clothes that can keep us warm and the animals that can live in ice and wintry weather. We will be also celebrating the Christmas and seasonal festivities.





Bumble Bees



### Current Events

We were remarkably busy celebrating **Halloween** and preparing the harvest season decorations and practicing *"Trick or Treat"*.

### What we've been learning

The Bees were learning new cooking skills, we cooked and ate healthy food as vegetable soup, fruit salad and porridge. We learned how to count from 1 to 10, answer simple questions as; What's your name? How old are you? Are you happy or sad today? The best part about exploring food was the assorted colours and shapes we explored.



### Upcoming themes

We will be moving forward exploring **"Living creatures"**. For the first few weeks we will be diving into Farm Life creatures and learning about different life cycles, e.g. Chicken life cycle and frog.



We will discuss each animal, what they eat and where do they live and their products, lay eggs or give birth, their babies. We will learn about the different actions farm animals do; e.g. pigs roll in the mud, chicken lay eggs, milking cows, waddling duck in the ponds, swimming geese, sheering sheep, jumping sheep.





### What we've been learning

The ladybirds were learning about the fall and the changes we see around us during that time, we focused on the colours **yellow**, **orange** and **brown**.

We also got into the **Halloween spirit** and discussed all the spooky characters and learned the **Halloween songs**.

We can now recognize the shapes of **triangles** and **circles** and identify the number **1**, and we are beginning to cut lines in papers independently.

### Upcoming themes

We are starting our "Community helpers" theme, starting with **firefighters, doctors, farmers and chefs**. We will find out how each of them performs their tasks and benefit our community.







### What we've been learning

We've been learning about **jungle animals** and their skin pattern and **farm animals** and their babies, we learnt two facts about each animal. We practiced cutting and tracing straight lines.



### In phonics:

We covered letters **S, T, A** and their sounds and we learnt lots of things that begin with these letters, moreover we traced them on laminated sheets.

### In Math:

We covered numbers **1, 2, 3** and we practiced counting objects till 3, we also traced these numbers and focused on **red, green** and **yellow** colors.



### Upcoming themes

We are starting talking about **pets** for one week, **mini beasts** for two weeks and **plants** for two weeks.







## What we've been learning

### Theme

We have been learning about gardens, planting and animals and insects you can see in the garden. We practiced planting beans inside our classroom.

### Phonics

We covered letter sounds /s/, /a/, /t/, their sounds and formation. We learnt lots of things that begin with these letters. Moreover, we traced them on laminated sheets, working sheets and with paint.



## Upcoming themes

### Transportation

For the four upcoming weeks we are going to learn about transportation, transportation means we can use and the difference between them. Moreover, we will learn more about our actions and usage for these means of transportations and safety regulations we can take



# Upcoming Events

**Thursday November 24<sup>th</sup>**

Thanksgiving day (Daycare closed)

**Thursday December 1<sup>st</sup>**

Tree Trimming (Children event)

Please note that not all kids are pictured during the activities yet this doesn't mean they didn't share in the practising...