

April Newsletter 2018

Dear Parents,

Welcome back I trust you all had a relaxing Spring Break and the children are ready for a busy and exciting Term 3!

As the weather is getting warmer please can you ensure that your child brings a sun hat for when they are playing outside.



Next week on Monday 16th and Thursday 19th April the children will be having their **class and individual photographs** taken by **Stu Williamson Photography**. Your class teacher will tell you when your child's schedule. Please ensure that your child is wearing **Nursery Uniform** for their photographs. There are options for sibling and family photographs to also be taken, please come and talk to me if this is of interest to you.



Our topic for the first week of term is 'Water and Sun Safety'. With this in mind on Wednesday April 11th we will be having our first 'splash day'. This is a lovely opportunity for the children to engage in fun interactive water play. Please send your child into Nursery with their swim suit, towel and swimming nappy if applicable!

Week 2 will be all about 'Pirates' and on Tuesday April 17th we will be holding a swash buckling Pirate day. We invite your child to come Nursery dressed as a Pirate on this day.

In weeks 3 and 4 we will be looking at the different seasons of the year!



Dates to Remember in April

Wednesday April 11th

First Splash Day

Children will need swimsuit/swim nappy, towel, sun cream and sunhat

Monday April 16th

Nursery photographs

Karate starts 12.30—1 pm

Tuesday April 17th



Pirate Day

Thursday April 19th

Nursery photographs

Football starts 12.30—1 pm

Splash Day

On Wednesday April 11th we will be having our first splash day. The children will enjoy all sorts of water play. On these occasions true holistic learning takes place. The children develop their personal, social and emotional skills along side that of gross and fine motor, mathematical and language skills. They begin to understand about the world around them, sun and water awareness and how to keep themselves safe in water and in the sun, for example, looking for the shade and making sure they only drink water from their own water bottle. Your child will need to bring their swimsuit/swim nappy (if appropriate), towel, sun cream and sunhat.



Drop off in the morning

Nursery opens at 7.30 am, the teachers take their class registers at 8.15 and then the day's activities begin. When children arrive after this time it can be unsettling for them and you miss the opportunity to talk to your child's class teacher. Your child is missing activities that the teachers have planned for the day which are an essential component of the curriculum. Please support your child by arriving at Nursery before 8.15 am.

Extra-Curricular Activities

Term 3 activities begin Monday 16th April

Stallions Sports Academy run class on Monday and Thursday from 12.30 - 1pm.

All children over the age of two years are welcome to join.

Monday: Karate

Thursday: Football

650 AED for 10 classes plus 5% vat

Please call reception for more information/registration



The snack box dilemma

Snack boxes can often be a concern, what to put in, how much to put in, what will my child eat and so it continues. Here a few tips that might help with this.

- ◆ Get your children involved in preparing and choosing what goes in their snack box. They're more likely to eat it if they helped prepare it.
- ◆ Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers and give them hummus or cottage cheese to dip the veggies in.
- ◆ Dried fruit is not recommended as a snack between meals as it's high in sugar and can be bad for teeth, but it's OK when eaten as part of a meal
- ◆ Try chopped apple, Satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. (Not too big to avoid a choking hazard!) Add a squeeze of lemon juice to stop them from going brown.
- ◆ Don't give you child too many different containers of food it becomes confusing for them. Try one box labelled snack and one labelled lunch. The ones with different compartments inside are useful.
- ◆ A healthy snack box should be based on [starchy carbohydrates](#) (bread, potatoes, rice, or pasta).
- ◆ Include fresh fruit and vegetables/salad.
- ◆ Include a source of protein such as [beans and pulses](#), eggs, fish, meat, cheese (or non dairy alternative).
- ◆ You could include a side dish such as a yoghurt (or non dairy alternative), plain rice/corn cakes, sugar-free jelly.
- ◆ Please avoid sugar loaded cakes and biscuits and fatty foods. What the children eat now will shape their future!
Please remember that HKN is a nut free campus, this also includes spreads such as Nutella and nut butters.

Arabic in April

- Number: '8' thamania
- Shape: 'Oval' bidawy
- Colour: 'Black' aswad

Alphabet Letters

Letter 'ظ' zarf like 'envelope'

Letter 'غ' ghasala like 'washing machine'

Letter 'ر' rajol like 'man'

Stories

Augustus and his smile

I took the moon for a walk

Where is the tree?

Songs

If you're happy and you know in Arabic

The wheels on the bus in Arabic

Our Topics

Water and Sun safety:

We will talk about:

Sun safety, sunscreen-play in the shades - wear a hat - drink plenty of water.

Pool safety, never push anyone in the pool - always walk never run by pool.

Seasons:

Autumn

Digging and planting, trees and leaves.

Summer

Days out, buckets and spades, sea and sand

Winter

Hibernation, weather around the world