

January Newsletter

Dear Parents,

On behalf of us all at HKN I would like to wish you all a very Happy New Year! May 2018 be filled with good health and happiness

We hope you have all had a restful Winter Break and are ready for the busy term ahead.

Please do not be alarmed if, when you and your child/children return to nursery, they appear a little unsettled. This is not at all unusual after a break particularly when it has been such a long one. Just remember to be positive, smile and reassure them that you will be back later to pick them up! If you are at all concerned please talk to your child's class teacher or pass by my office!

To begin with in term 2 we will be looking at different animals starting on The Farm and moving to the Jungle. Through a multi sensory approach the children will learn about the different animals. How and where they live, what they eat and what their young are called. They will look at things they can do to protect our animals, recycling and conservation for example. We all want to do our part in looking after our planet!

Some dates to remember this term

Term 2 Begins

Sunday January 7th

Horizon English School Spring Fayre

Friday February 2nd

Half Term

Sunday February 11th – Thursday
February 15th

Term 2 Doctors Visits

Monday February 19th &

Thursday March 1st

Parent Conferences

Dates to be confirmed

Last Day of Term 2

Thursday 22nd March

Extra-Curricular

Activities

Stallions Sports Academy run a different class each day from 12.30 - 1pm. All children over the age of two years are welcome to join.

Sunday: Music and Movement

Monday: Tiny Tennis

Tuesday: Football

Wednesday: Gymnastics

Thursday: Ballet



AED 650 for 10 classes

Please call at reception for more information/
registration

Arabic in January

This month we will be going through the following:

- Number: 4 (Arbaa)
- Shape: Triangle (Mothalath)
- Colour: Orange (Bortokali)



Alphabet Letters

letter "ا" Arnab like "Rabbit"

letter "ك" kalb like "Dog"

letter "ف" Feel like "Elephant"



Stories

Honda's Hen

Whose cat

Farm animals

Down in the jungle

Songs

Old McDonald

Colours song



Farm Animals and Jungle Animals

We will learn about Farm & Jungle animals and their habitats, the features that distinguish them and the funny noises they make. Pets at home, where does milk/cheese/eggs come from? Animals in the wild-extinction and preserving life.

Recycling and Junk Modelling

This term we ask that with your children you think about recycling and looking after the planet. We must all have seen the images of the state of our oceans! With this in mind we ask that you bring clean empty boxes containers and 'bits and bobs' that the children can use for 'Junk Modelling'. Items such as

- Buttons, cotton reels, thread, yarn and fabric scraps.
- Plastic bottles, cartons and cardboard tubes.
- Boxes, jar lids, tissue paper, sweet wrappers, foil and bubble wrap.

A seemingly simple activity with a 'load of old junk' has a wealth of benefits for growing minds and a child's imagination. It's a very tactile activity that depends on touch and texture.

By selecting individual items from a large collection and using those items to create a personal object, a child is enjoying free expression, using lateral thought and specialised design skills. The ability to model random shapes and materials into meaningful 3D objects gives children an immense amount of self-confidence and a real sense of achievement.

They will need to visualise the end result and make the transition from recycled waste items to model using a whole range of fine and large motor skills.

There may be problems to be solved along the way, a degree of patience will be needed and if the activity is a group activity, the young modellers need to learn to share, negotiate ownership of the raw materials and socialise with each other. Junk modelling is also a very early lesson in recycling. It introduces the idea that even things that we have finished using can be turned into something else which is useful and valuable.

Label boxes will be in the art room for you to place your items...thank you!

I am adding this article which I wrote for the September Newsletter just incase you are feeling a little stuck about what to put in your child's snack box next week...I hope you find it useful!

Snack Boxes

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. Practice opening snack boxes and bags at home.
- ◆ 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 dairy alternative).
- ◆ You could include a side dish such as a yoghurt (or 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, nut butters and nut milk products.

Please ensure your child has a water bottle that they can open and drink out of independently and please only water to drink. Children get very thirsty during the day and water is the best thing for them not fizzy drinks, sweet juices and milk drinks, these do not quench a thirst!

Should you wish to purchase extra uniform items please speak to Amor at reception