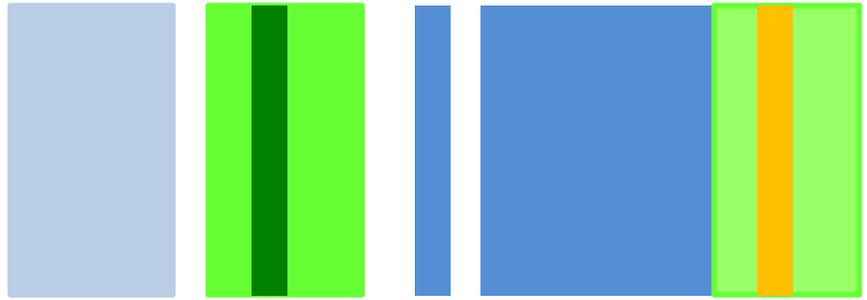


THANK YOU

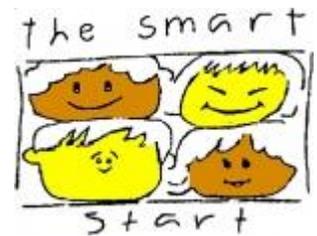
Thank you Tito Dino for talking about conservation and introducing us to your marine mammal friends! We had a so much fun!

CONGRATULATIONS

Congratulations to the Kinder Kids for completing their first Mock Exam. Great job everybody!



Childstart International



IMPORTANT DATES:

- Aug. 2,8,16 – Mommy Activity
- Aug. 9 – Eid’l Fit’r (No Classes)
- Aug.19 – QC Day (No Classes)
- Aug. 21 – Ninoy Aquino Day (No Classes)
- Aug.26 – Nat’l Heroes’ Day (No Classes)
- Aug.31 – Field Trip
- Sept. 9 – Receive Evaluation
- Sept. 11 – Cooking Day
- Sept. 13 – Grandparent’s Day Art
- Sept. 27 – Pajama Day

THEMES:

- August : Food and Nutrition
- Filipino Month
- September: Home and Family

Value in Focus: Being Respectful



Hello, Families!

In our program, we love to get moving!

This August and the upcoming months, we are once again integrating Nemours Health and Prevention Services, KidsHealth.org and Sesame Street’s **Healthy Habits for Life** in our SmartStart Program. We’re exploring all the ways that moving is fun and healthy. You can help at home!

Try these moves to liven up your time at home.

Animal Moves As your child is picking up his toys, call out the name of a fast-moving creature, like a bee, and move like that creature as you work together. As you are getting ready for bed, you might move like an elephant or a turtle to help your child calm down.

Story time can be an active time, too!

Action Tales In our class, we’ve been moving along to the actions of stories. The next time you’re sharing your child’s favorite book, move along! For instance, if someone in the story is running, you and your child can run in place. If children in the book are dancing, dance along. You can also make your own action stories together. Go on an adventure as you jump over a puddle, crawl under a bush, and spin around on a windy beach. All the kids loved moving along the story, “We’re Going on a Bear Hunt”.



CSI White Plains Phone #

5088541

www.childstart.com.ph

DID YOU KNOW?

Your preschooler might not be getting as much physical activity as you think. One study shows that an average day they only get 20-25 minutes of the kind of activity that gets their little hearts pumping! But you can help. Encourage more play and keep moving – so it all adds up to at least 60 minutes a day.

Carrots

Anti-aging
Heart health
Dental health

Liver cleansing Positiveness
Cancer prevention
Strengthen Immune system



The cupcakes we made in school last July was a huge hit among the little ones. Here's how...

CARROT CUPCAKE RECIPE

- Oil for greasing
- 2 (about 300g) carrots
- 1 cup (150g) self-raising flour
- 1/2 cup (75g) plain flour
- 1 tsp bicarbonate of soda
- 1/2 tsp ground cinnamon
- 1/2 cup (80g) brown sugar
- 3/4 cup (185ml) oil
- 1/2 cup (125ml) golden syrup
- 3 eggs
- 1 tsp vanilla essence

Preheat oven to 170°C. Grease cupcake molder with oil. Peel and grate the carrots, and set aside. Sift the flours, bicarbonate of soda and cinnamon into a large bowl.

Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to mix until combined.

Pour the oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot.

Pour the mixture into the pan and bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely.

You may top it with cream cheese frosting! ENJOY!

August September
SY 2013-2014

ENRICHMENT CLASS UPDATE

The children practiced singing in tune during Eurythmics class. When they met “Bee Bee Bumblebee”, they willingly sang their name to her. They too learned to move with the rhythm. We started with slow-paced music using simple movements like clapping and tapping to make sure everybody is able to follow. As part of our dance exercises, they were taught the steps to “Body Rock” and “Grow”.

Each level has a different gym class to ensure that activities given are age-appropriate. The toddlers focused on learning how to walk while holding a light object, tiptoeing, and trying to bend and jump.

The Nursery kids did their best to walk along a straight line while holding something (ex.book) and while pushing a wagon. They also practiced climbing and going down short staircases.

The Kinder kids being older and stronger were given more challenging activities outdoor. They learned how to play tag and encouraged to run. They also did some running and hopping relay using cones.

Buwan ng Wika Field Trip



In lieu of our annual Kamayan Festival, Childstart White Plains and Paseo branches, together with students of Reach International School will be going on a cultural immersion. We will be visiting **Nayong Pilipino** in nearby Clark, Pampanga on Aug.31. Through this trip, hopefully the children will appreciate Filipino culture more.



We will also be visiting a new exciting destination – Dinosaur Island.

A letter regarding the field trip will be sent.